



कार्यालय रक्षा लेखा प्रदान निपंत्रक (मध्य कमान), करियप्पा मार्ग, लखनऊ छावनी - 226002
Office of the Principal Controller of Defence Accounts (Central
Command) Gariappa Road, Cantt., Lucknow, Pin Code - 226002
कार्यालय दूरभाष सं.-0522-2451084 कार्यालय फैक्स सं.-0522-2453038
Office Phone No. 0522-2451084 Office Fax No. 0522-2453038

E-mail ID: pcdaccan1a.dad@gov.in



सं. प्रशा./1अ/1004/AKAM

परिपत्र

दिनांक: 05/04/2023

सेवा में,

- 1- क्षेत्रीय प्रशिक्षण केन्द्र, लखनऊ
- 2- एकीकृत वित्तीय सलाहकार (म.क.), लखनऊ
- 3- संगठन के सभी उपकार्यालय
- 4- मुख्य कार्यालय के सभी अनुभाग

(केवल वेबसाइट के माध्यम से)

विषय: - "Har Dil Dhyan, Har Din Dhyan" initiative- regarding

संदर्भ:- मुख्यालय कार्यालय का परिपत्र संख्या AN/III/3012/Misc/Vol. XXII दिनांक 31.03.2023

उक्त विषय से संबंधित मुख्यालय कार्यालय का संदर्भित परिपत्र तथा अर्द्धशासकीय पत्र संख्या 42-22/22/2023-AKAM दिनांक 10.02.2023 संज्ञान हेतु संलग्न है।

संलग्नक:- यथोपरि।

लेखा अधिकारी (प्रशासन)



रक्षा लेखा महानियंत्रक

उलान बटार रोड, पालम, दिल्ली छावनी- 110010

Controller General of Defence Accounts

Ulan Batar Road, Palam, Delhi Cantt.- 110010

Phone: 011-25665703 Fax: 011-25674806, 25674821 email: aniii.cgda@nic.in

No. AN/III/3012/Misc/Vol. XXII

Date: 31.03.2023

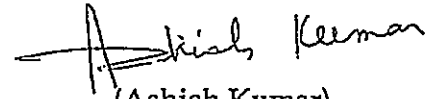
To,

All PCDAs/ PCA (Fys.)/ PIFAs,
CDAs/ IFAs/ RTCs.
(through e-Mail)

Subject: "Har Dil Dhyan, Har Din Dhyan" initiative -regarding

Please find copy of MoD ID No. 4(02)/22/D(Medical) dated .03.2023 alongwith a DO letter No. 42-22/2023-AKAM dated 10.02.2023 for information and compliance.

2. In this regard, it is requested to participate in the subject initiative and to nominate/assign a Nodal Heartfulness Meditation Ambassador as desired in above MoD ID.



(Ashish Kumar)

Accounts Officer (AN)

- Early work,
- At 6:00, let me
know a clear
response.

~~GO (AN)~~

DO (AN-1A)

31/3/23

31/3 04/2/23

Ministry of Defence
Department of Defence
D(Medical)

Subject: D.O. letter from Joint Secretary, Ministry of Culture regarding
"Har Dil Dhyan, Har Din Dhyan".

Please find enclosed a D.O. No. 42-22/22/2023-AKAM dated 10.02.2023 from Joint Secretary, Ministry of Culture with request to whole-heartedly participate in the "Har Dil Dhyan, Har Din Dhyan" initiate and nominate/assign a Nodal Heartfulness Meditation Ambassador for facilitating this initiative.

2. It is requested to take the necessary action in the matter. It is also requested that all Divisions may direct subordinate organization under their administrative control to nominate/assign a Nodal Heartfulness Meditation Ambassador.

Ravi
16.3.23

((Ms) Ravi Kiran)
Officer on Special Duty (Medical)
Tel. No. 2301 2732

JS(L&W/SSC)	JS(Plg/Parl) & Estt.	JS(Coord)	JS(AF & Policy)
JS(IC)	JS(BR)	CVO(MoD)	JS&AM(LS)
JS&AM(Air)	JS&AM(M&S)	JS(Trg.)	JS(Cer.) & CAO
Addl FA(RS)&JS, Def(Fin.)	: in r/o Def. Fin.		
JS(Estt & Coord), DMA	: in r/o DMA		
JS(P&C), DDP	: in r/o DDP		
JS(ESW)	: in r/o DESW		
DG(R&M), DRDO	: in r/o DRDO		
Col AFMS(Coord)	: in r/o DGAFMS		

MoD ID No. 4(02)/22/D(Medical) datcd .03.2023

Copy for information to:-

PPS to JS(Med)

उमा नंदूरी
संयुक्त सचिव
Uma Nanduri
Joint Secretary



भारत सरकार
संस्कृति मंत्रालय
नई दिल्ली-110001
GOVERNMENT OF INDIA
MINISTRY OF CULTURE
NEW DELHI-110 001
Dated: 10th February, 2023

DO No. 42-22/22/2023-AKAM

Respected Sir,

Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of its people culture and achievements

2. Ministry of Culture in collaboration with Shri Ram Chandra Mission and Heartfulness Institute is organizing a national and global wide series of integrated Heartfulness Meditation Programs (aided by Pranahuti or Yogic Transmission) along with Heartfulness Yoga Programs for helping individuals and communities discover inner peace, joy and overall-being for improvement in their Mental Health. This initiative is called "Har Dil Dhyam, Har Din Dhyam" (Every Heart Meditates, Everyday) to especially emphasize the importance of Heart Based Meditation to be done on daily basis by everyone. These modules have been developed by Heartfulness Institute under the guidance of Pujya Daaji, Shri Kamlesh Patel ji - Founder Heartfulness Institute & President, Shri Ram Chandra Mission. Heartfulness Trainers from all over India, shall visit interested organizations and community platforms to facilitate this program without any charge for individuals and organizations across the country and provide continuing support without any financial consideration.

3. In this regard, it is requested to urge all nodal organizations and institutions in the Ministry to whole-heartedly participate in this initiative launched by Shri Ram Chandra Mission and Heartfulness Institute to offer Heartfulness Meditation and Yoga by extending your fullest co operation and support.

4. Each Ministry and Organization may kindly nominate/assign a Nodal Heartfulness Meditation Ambassador for facilitating this initiative by sharing details in the attached link: <http://hfi.link/hddi-request> whom representatives of Heartfulness Initiative shall contact directly for facilitation and support.

5. For any queries/clarifications at National Level, Shri V.Srinivasan (Convenor- Global Heartfulness Programs, New Delhi) at +91-8936081000 or Shri Sanjay Sehgal (Working Committee Member, Shri Ram Chandra Mission) at +91-9361908369 may kindly be contacted.

With warm regards,

Yours sincerely

(Uma Nanduri)

Shri Giridhar Aramane
Secretary
Department of Defence Production
136, South Block, New Delhi-110001

