



कुलसचिव कार्यालय  
Office of the Registrar  
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Ref. No. UH/REG/S-2/2024 / 30174

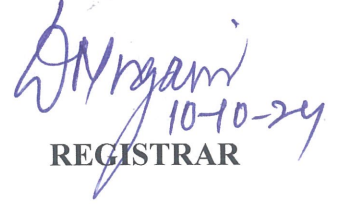
Date: 10 October 2024

**CIRCULAR**

- Subject: The Art of living in organizing various activities under Nasha Mukta Bharat Abhiyaan (NMBA).
- Reference: (1) F. No. DP-9/4/2023-DP-I dated : 04.12.2024, Dept of Social Justice and Empowerment  
(2) Vice-Chancellor order's dated 08.10.2024

With reference to the subject cited, The Competent Authority order's to Mr. Vijay Sharma (Art of Living faculty) to interact with the first-year students in classrooms for about 15-20 minutes. And also Deans/Heads/Directors to schedule for an interactive session with the first-year students during 15<sup>th</sup> to 17<sup>th</sup> of October, 2024.

Also Art of living faculty to visit the first-year classes and further, Mr. Vijay Sharma is organizing various activities during 15<sup>th</sup> to 17<sup>th</sup> of October 2024 for 15-20 minutes in the classroom for an introductory session with the first-year students, covering key aspects of the program, including techniques for managing anxiety, stress and emotional stability.

  
10-10-24  
REGISTRAR

To  
All concerned

Copy to:

1. Dean's Student Welfare
2. Webmaster – with a request to circulate to all faculty through GAPPS and place in Intranet
3. OSD to VC