



**No. EDN-HE (21) B (15) 15/2021-Vol-II-**

Directorate of Higher Education,  
Himachal Pradesh, Shimla-1

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E-mail: [dhe-sml-hp@gov.in](mailto:dhe-sml-hp@gov.in) & E-mail: [genbr@rediffmail.com](mailto:genbr@rediffmail.com)

**Dated:** Shimla-171001 the 16 AUG 2021

To

- 1 All the Deputy Directors of Higher Education, in Himachal Pradesh.
- 2 All the Principals/Headmasters, GSSS/GHS, in Himachal Pradesh.

**Subject: - Regarding the Art of Living HIMTATPAR Programme.**

The Art of Living Foundation is going to conduct online training programmes on Suksham Yoga Pranayamas, Breathing Techniques, Yogic Breaths and Meditation for promoting mindfulness and relaxation w.e.f. 17.08.2021 to 10.09.2021. The training programme will be organized in three sessions as per following detail:

- 1 Morning Session 06:30 A. M. to 7:00 A.M.
- 2 Day Session 11:30 A.M. to 12:00 Noon
- 3 Evening Session 06:30 P.M. to 07:00 P.M.

Teachers and non-teaching staff can attend the any one of the sessions for a day as per their convenience. The Link is being provided to each teacher through WhatsApp and during this training programme the Hon'ble Education Minister, Worthy Secretary (Education), Worthy Director of Higher Education and Deputy Director of Higher Education's can randomly join any group as per their convenience.

After completion of above said programme, the Heads of the Schools will ensure to send the Data to Deputy Director of Higher Education and DDHEs will send the same in consolidated manner to this Directorate through E-mail: [genbr@rediffmail.com](mailto:genbr@rediffmail.com) and CC to id [hp.admin@in.artofliving.org](mailto:hp.admin@in.artofliving.org) (Proforma for sending information is available at Point Number 06 of enclosure.

**KINDLY TREAT IT AS MOST URGENT.**

**NOTE:-**

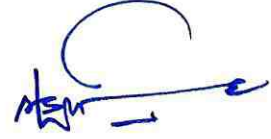
**For any query you can contact Art of Living resource persons as per their list attached herewith.**

(Dr. Amarjeet K Sharma)  
Director of Higher Education  
Himachal Pradesh, Shimla-1  
Phone Number: 0177-2656621  
E-mail: [dhe-sml-hp@gov.in](mailto:dhe-sml-hp@gov.in)

Endst. No.                      Even                      Dated:                      Shimla-171001                      the                      August, 2021

Copy for information to:-

- 1                      Shri Abhay Sharma, Director (Government Programmes), Art of Living Foundation w.r.t. his letter No. Nil dated: 16<sup>th</sup> August, 2021.
- 2                      The Technical Officer (Computer/IT Cell), Directorate of Higher Education, Himachal Pradesh, Shimla-1 to upload the letter on Departmental Website.
- 3                      Guard file.



Director of Higher Education  
Himachal Pradesh, Shimla-1



Dated: 16<sup>th</sup> August, 2021

From:

**Abhay Sharma**  
Director (Government Programmes), Art of Living Foundation

To

**Dr. Amarjeet K. Sharma**  
Director of Higher Education, Shimla-1

Sir,

This has a reference to a meeting held on 12<sup>th</sup> August, 2021 in the Vidhan Sabha chamber of Hon'ble Education Minister, Himachal Pradesh Sh. Govind Singh Thakur in your august presence to review **HIMTATPAR Programme**. This programme was launched by Hon'ble Minister on 31<sup>st</sup> July, 2021 from HP Government Secretariat in collaboration with Art of Living Foundation aimed at preparedness for expected third wave of COVID-19 for Teachers and Students of Government Schools Himachal Pradesh.

The Art of Living Foundation is one of the largest volunteer-based NGOs in the world having a presence in 155 countries and over 370 million people worldwide have participated in its various Programs. The Art of Living is founded and inspired by 'Padma Vibhushan' Gurudev Sri Sri Ravi Shankar, world renowned humanitarian leader. We enjoy special consultative status with the ECOSOC of the United Nations, and are globally recognized for the outstanding work we have accomplished in the development of Human Values for the past 36 years. The Art of Living Training Programs are guided by Gurudev's philosophy of peace: "Unless we have a stress-free mind and a violence-free society, we cannot achieve world peace." Apart from various Training Programs, the Art of Living Foundation has spread peace across communities through diverse humanitarian projects, including conflict resolution, disaster relief, sustainable rural development, empowerment of women, prisoner rehabilitation, education for all, and environmental sustainability.

Sir, we are taking our courses for school teachers as per letter issued by the State Project Director, Samagra Shiksha (**Annexure-'A'**) but, very less number of teachers are joining these courses. Now, it is felt that a letter from your end is solicited to activate their participation and get benefitted.

You are, therefore, kindly requested to issue a letter to all the Deputy Directors of Higher Education, Himachal Pradesh in this regard with a direction to ensure presence of all teachers under their jurisdiction and provide information as under to your office mail id and as well as to [hp.admin@in.artofliving.org](mailto:hp.admin@in.artofliving.org).

✍

<b>Name of the School</b>				
<b>District</b>				
<b>E-mail-Id of School</b>				
<b>Phone Number</b>				
<b>Sr. No.</b>	<b>Name of Teacher</b>	<b>Male/Female</b>	<b>Mobile Number</b>	<b>Date of Birth</b>

Thanking you

Yours faithfully,

(Abhay Sharma)

Director (Government Programmes) Art of Living ([Statedirector.hp@gep.artofliving.org](mailto:Statedirector.hp@gep.artofliving.org))

For any information kindly contact

9418332997 (Ms Rukmani), 9418110987 (Ms Seema Sharma)

HPSSES, HO (ISSE) Fit India Movement 2020-21 (Loose)-1594 to 1609  
State Project Office (Samagra Shiksha)  
DPE-P Bhawan, Lalpam, Shimla-171001, HP  
e-mail id: spdssahp@gmail.com, Phone No: 0177-2658668

Dated: 16<sup>th</sup> July, 2021

From:

**State Project Director (Samagra Shiksha)**  
Himachal Pradesh, Shimla-171001

To:

**All the District Project Officers (Samagra Shiksha)-cum-Principal DIETs**  
Himachal Pradesh

**Subject: Preparing Children and Teachers for the Expected Third Wave of COVID-19-reg.**

Sir,

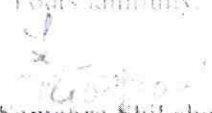
On the subject cited above it is to inform that Government has approved preparation of Children and Teachers of Government Schools of Himachal Pradesh for the expected third wave of COVID-19 in collaboration with the Art of Living (AOL) Foundation. This programme shall be conducted by both medias, i.e. through web link of videos (YouTube) and through free Video Conferencing platform in a phased manner.

As per proposal following activities will be undertaken by AOL :

- i) Small video of around 10 minutes will be shared for students through existing Har Ghar Pathshala on weekly basis to make them aware of different processes i.e. Pranayams, Yogic Breath & Sooksham Yoga for promoting mindfulness and relaxation.
- ii) Side by side, Teachers of Government Schools will be trained with these techniques as per their convenience and timings only once for 03 to 04 days. All teachers will have to attend these sessions. Trained teachers will then share these practices with their students. Trained volunteers of AOL will also interact and train students directly through respective BRCCs, if possible.
- iii) Trained teachers will be provided with follow up session weekly or fortnightly to update these practices. Also, in near future, AOL will organize one day free workshop for Government school teachers on stress free teaching during this tough and testing times of COVID 19.

You are, therefore, requested to proceed in the matter accordingly


Yours faithfully,

  
State Project Director (Samagra Shiksha)  
Himachal Pradesh, Shimla-1

Endst. No.      Even      Dated      Shimla-171001      \_\_\_\_\_ July, 2021

Copy to:

1. The Secretary (Education), to the Govt. of Himachal Pradesh, Shimla-171002 for information please.
2. The Director of Higher Education, Himachal Pradesh, Shimla-171001 for information please
3. The Director of Elementary Education, Himachal Pradesh, Shimla-171001 for information please
4. Sh. Abhay Sharma, Director, Art of Living (Government Programmes), e-mail id statedirector.hp@gep.artofliving.org for information and further necessary action.

  
State Project Director (Samagra Shiksha)  
Himachal Pradesh, Shimla-1

<b>Contact Details of Art of Living Volunteers for HP Education Department</b>				
<b>State Implementation Team</b>		<b>Role</b>		<b>Phone</b>
Seema Sharma		State Coordination		9418110987
Rukmani		Project Head		9418332997
Shilpa Sood		Coordination Support		8628066119
Hukum Raghuvanshi		Technical Support		9418372717
STC		Coordination Support		
<b>District</b>	<b>Project Head</b>	<b>Phone</b>	<b>District Teacher Coordinator</b>	<b>Phone</b>
SOLAN	Anuradha Sharma & Sanwali Ji	7018582455 & 9805628993	Arundhati & Pallavi	9418606278 & 9805630238
SHIMLA	Shilpa Sood	8894961067	Kanta Sharma	9418310710
BILASPUR	Latesh Bhargav	7018454977		
MANDI	Ritu Kharbanda	9418201114	Anita	7018136514
HAMIRPUR	Rajesh Kumar	9459213220	Ajay Sharma	9882999991
KINNAUR	Lalit Mohan Bharti	9418065709		
KANGRA	Amit Thakur	9418146194	Vikas Choudhary	9459411194
CHAMBA	Rattan Chand & Hemant Puri	9418936181 & 7807500096	Hemant Puri	9418472498
KULLU	Mehar Chand & Baldev Chand	8219261921 & 7018023874	Mehar Chand	8219261921
UNA	Shashi Ji	9418066878	Swati Shukla	9459689014
SIRMAUR	Sunny Sewal & Deep Shikha	9816318539 & 7019083837	Sunny Sewal	9816318539
LAHAUL & SPITI	Raj Kumar & Reena Thakur	9418436126 & 9805479292		