

Report on “Har Dil Dhyan Har Din Dhyan” held during 10-12th April, 2023 at ICAR-NIBSM, Raipur

As per directive issued by Ministry of Culture, GOI vide D.O. No. 42-22/22/2023 dated 10th February, 2023, ICAR-National Institute of Biotic Stress Management, Raipur has organized three day programme on “Har Dil Dhyan Har Din Dhyan - Every heart meditates every day” during 10th – 12th April, 2023 at 11:00 a.m to 1:00 p.m every day. About 150 participants (including Joint Directors, Scientists, Officers, Young professionals, students and contractual staffs) from ICAR-NIBSM have attended the programme during the three days. The representatives from Heartfulness institute, Chhattisgarh branch namely Mr. Kamaljeet Khurana (Zonal Coordinator), Mr. Deonarayan Sharma (heartfulness trainer) and Dr. Kirti Sisodia (heartfulness trainer) were invited to conduct the three days session on “Every heart meditates every day” as per the module developed by Pujya Daaji, Shri Kamlesh Patel Ji. On first day, 10th April, the audience were brief about the significance of organizing the Har Dil Dhyan Har Din Dhyan and about the Ram Chandra Mission and Heartfulness institute by Dr. Lata Jain. The introductory remark about benefits of Heartfulness was given by Dr. S.K. Ambast, Joint Direct (Education). Then there was session on ‘Relaxation and Meditation’ in which all the participants learn the process of relaxing the body and how to meditate. On second day, session was on ‘atama suddhikaran or cleanliness’ along with meditation. On 3rd day, the session was on “Prayer and Meditation” to connect heart with supreme power. At the end of session every day, the queries raised by participants were resolved by the heartfulness trainers. On last day, feedbacks on the meditation experience were shared by participants and the Joint Directors of Institute. In the concluding remarks, Dr. P. K. Ghosh, Director NIBSM, has discussed about the importance of dhyan and heartfulness in the routine life to relax our mind and to increase concentration and has emphasized on adoption of this module in our daily routine. The vote of thanks was extended by Dr. P.N. Sivalingam, Principal Scientist. The entire programme was coordinated by Dr. Lata Jain, Senior Scientist and Nodal officer of the programme. This programme was planned and organized under the dynamic leadership of Dr. P. K. Ghosh, Director and Vice Chancellor, ICAR-National Institute of Biotic Stress Management, Raipur (Chhattisgarh).

Photographs Day 1 (10.04.2023)





Photographs Day 2 (11.04.2023)



Photographs Day 3(12.04.2023)



