

GOVERNMENT OF ANDHRA PRADESH AYUSH DEPARTMENT

Circular Memo. No. 3079591/PMU/2025 Date: 18-12-2025

Sub: AYUSH Department – Instructions to Participate of all AYUSH Medical Officers, Para Medical and Other staff in World Meditation Day 2025 on 21 December 2025 – Reg.

Ref: From Global Executive Committee, Director, PR-Outreach, Heartfulness Institute, Kanha Shanti Vanam, RR, Telangana, dated 10/12/2025.

A copy of the reference cited along with enclosures are communicated here with to all unit Officers and RDDs of this Department regarding the upcoming **World Meditation Day** on **Sunday, 21 December 2025**.

In this regard, they are informed that, the Heartfulness Institute is hosting a global online meditation session led by Rev. Daaji to promote peace, unity, and emotional well-being. Recognizing the high-stress nature of healthcare, this initiative is an opportunity for our staff to enhance their mental wellness and focus.

Further it is informed that the following are the details of the above event for active participation by the Department.

1. **Register:** Visit <https://hfn.link/meditation> (requires only name and phone number).
2. **Join the Session:** On **21 Dec 2025 at 8:00 PM**, join the live session via <https://hfn.link/21dec>.

All the participants will be awarded a digital certificate of participation.

In view of the above, all the Medical, Para medical and other staff of this Department are hereby instructed to participate in the Event. The RDDs & Unit Officers shall monitor for maximum participation and report to the undersigned promptly.

**KOTHAMASU DINESH KUMAR, I.A.S
DIRECTOR**

To:

The Unit Officers & RDDs of this Department.

Copy to:

1. The Global Executive Committee, Director, PR-Outreach, Heartfulness Institute, Kanha Shanti Vanam, RR, Telangana.
2. The O.S.D to Hon'ble Health Minister for Medical, Health & Medical Education, A.P., Secretariat, Velagapudi.