

MAHARSHI DAYANAND UNIVERSITY ROHTAK
Dean Students' Welfare Office

NOTIFICATION

This is for your kind information that one day workshop on Transcendental Meditation Programme is being organized on 10th Sept. 2019 from 10:00AM to 1:30PM at Tagore Auditorium. The key speaker of this workshop will be Swami Shailendra Saraswati, Spiritual leader, Alumni of Delhi University & IIM Ahmedabad. He will focus on the Transcendental Meditation technique which is an easy, effortless, natural and scientifically verified technique to achieve enhanced brain function, perfect health, improve productivity and harmony in relationship. Further, research has also proven its efficiency in providing powerful benefits in providing relief from symptoms of stress, insomnia, anxiety, depression, etc. and makes the mind sharper, the body healthier and gives you access to your inner source of unconditional happiness.

Managing stress of the life through mediation and achieve inner happiness, the Office of Dean Students' Welfare is going to organize above said one day workshop for students and staff.

All the HoDs/Directors/Branch Incharges/Principals are requested to motivate their students/staff for participation in this workshop on the above said date, time and venue. Further, HoDs/Directors are also requested to direct the mentors of the class for ensuring participation of the students.



Dean Students' Welfare

Endst. No: DSW/19/689

Dated : 08/09/2019

Copy to:

1. Coordinator, NSS, MDU Rohtak for kind information and with request to make sure the participation of 200 NSS volunteers from college/institute located in Rohtak city.
2. Coordinator, YRC, MDU Rohtak for kind information and with request to make sure the participation of 200 YRC volunteers from college/institute located in Rohtak city.
3. Commander, NCC Group Headquarter with the request to direct the concerned officers for participation of NCC Cadets from Degree colleges of Rohtak city.
4. Principals of Colleges, Rohtak city for kind information and with request to circulate among all the staff/teachers.
5. All Programme Officers, UTD NSS Units, to ensure the participation of all the NSS Volunteers of their respective units.
6. Chief Warden (Boys & Girls), MDU Rohtak for kind information and to motivate for participation of their staff and residents of Hostels.
7. OSD to VC (for kind information of the Vice-Chancellor) MDU, Rohtak.
8. P.A. to Registrar (for kind information of the Registrar) MDU, Rohtak.
9. Director Public Relation, MDU Rohtak.
10. Director, UCC to upload on MDU website.



Dean Students' Welfare