



**KSSEM**  
K S SCHOOL OF ENGINEERING AND MANAGEMENT

Kammavari Sangham (R) 1952  
K. S. GROUP OF INSTITUTIONS

**K. S. SCHOOL OF ENGINEERING AND MANAGEMENT**

Approved by AICTE, New Delhi; Affiliated to VTU, Belagavi, Karnataka; Accredited by NAAC

#15, Near Vajarahalli, Mallasandra, off kanakapura Road, Bengaluru – 560109

Tel: +91 8028425012/013/163, Fax: +91 80 28425164, Mob: 88844444408 / 9606055906

[www.kssem.edu.in](http://www.kssem.edu.in)

## Har Ghar Dhyam Campaign

On

8<sup>th</sup> July 2023

by

KSSEM, Bengaluru - 560109

Association with



**National Service Scheme (NSS)**

KSSEM, Bengaluru - 560109



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The NSS Unit has conducted Har Ghar Dhyan Campaign at KSSEM in association with Art of Living on 8th July 2023 at 10:30 am in the respective classrooms. Har Ghar Dhyan Campaign was conducted for the first year Engineering students of KSSEM with great enthusiasm. The Har Ghar Dhyan session acted as a medium for guiding them towards a healthy lifestyle and encouraged them to take up meditation as a regular practice.

Har Ghar Dhyan is a collaborative initiative of The Art of Living and Ministry of Culture, Government Of India, under the aegis of “Azadi ka Amrit Mahotsav” (AKAM), as a special offering to benefit the citizens on the occasion of 75 years of independence for our Country.

In order to increase outreach, Art of Living teachers as meditation coaches, conduct one-hour introductory sessions on meditation and mental health for people from all walks of life. The Government of India has also issued a notification, suggesting all the colleges affiliated to VTU to conduct Har Ghar Dhyan sessions for students.

The initiative works through volunteers, who are aware of the benefits of Meditation, to reach out to the society and encourage people to experience Meditation.

Art of Living Volunteers and Meditators Meditation Ambassadors were organised one-hour sessions to educate about mental health and meditation. These sessions will be conducted by Trained Art of Living Teachers or Meditation Coaches.

A nation-wide mental health project was launched that aims to reach out and educate the youth in urban and semi-urban areas about mental health and empower them with the tool of meditation for better health.



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## Photos





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