HIMACHAL PRADESH UNIVERSITY
(NAAC Accredited 'A' Grade University)
'GENERAL ADMINISTRATION SECTION'

No. 16-63/2001-HPU (Genl.) Dated: 28 OCT 2026

CIRCULAR

The Director, Empowerment of SCs, OBCs, Minorities & the Specially Abled, Himachal Pradesh, Shimla-9 vide letter No. 4-16(7)2019-SOM-Wel-NMBA-II-17172-17272 dated 06.10.2026 has informed that Nationwide 14-day complimentary online Yoga & "Nasha Mukt Bharat" Pledge Campaign is being organized by the Art of Living in collaboration with the Ministry of Social Justice and Empowerment, Government of India (copy enclosed).

Accordingly, all the Chairpersons/Directors/Principals and Heads of Departments/Institutions of this University are hereby requested to take further necessary action in the matter as required vide letter No. 4-16(7)2019-SOM-Wel-NMBA-II-17172-17272 dated 06.10.2026.

REGISTRAR

Endst. No. Even. Dated: 28 OCT 2026

Copy to:-

1. The DS /DSW/Chief Warden/Dean, CDC, HPU, Shimla-5.
2. The Director, the Directorate for the Empowerment of SCs, OBCs, Minorities & The Specially Abled, Himachal Pradesh, Shimla-9 for information.
3. All the Chairpersons of Teaching Departments, HPU, Shimla-5.
4. The Director, ICDEOL/ Phy. Edu. & Y.P./ AERC/ HRDC/ IMS/ UCBS/ PECC/IIHS / UIIT/ Adult Education, HPU, Shimla.
5. The COE/ACOE/FO/P&DO/Chief Security Officer/Librarian, HPU, Shimla-5.
6. The Principal HPUCES/HPU Model School/ Medical Officer, HPU Health Centre/In charge Computer Centre, H.PU, Shimla-5.
7. The XEN (Const. & Maint.)/ AE(Elect.)/Architect/Security Officer, HPU Shimla
8. The Chief Security Officer, HPU, Shimla-5.
9. The Public Relation Officer/ Pool Officer (Veh.), HPU Shimla.
10. The Member (EC)/Member (Court), of employees' constituency, HPU Shimla-171005.
11. All the Presidents of various Association, Unions of H. P. University, Teaching &N.T./SCA (Campus) HPU Shimla-171005.
12. All the Branch/Section Officers of the University.
13. ***The Web Administrator, HPU, Shimla-5 with the request to upload above circular on the University website immediately.***
14. SPS to VC/PA to Registrar/ DR (Admn.) HPU, Shimla-5.
15. Notice Board/Guard File.

REGISTRAR

No. 4-16(7)2019-SOM-Wel-NMBA-II 17172-17272
Directorate for the Empowerment of SCs, OBCs, Minorities & the Specially Abled, Himachal Pradesh, Shimla-09

REGISTRAR'S OFFICE
Dy. No. 4310
Date 07/10/26

H.P. University
Genl. Admn. Section,
Dy. 1822
Date 8/10/26

To

1. All Head of the Departments
   (as per mailing list) In Himachal Pradesh

2. All Deputy Commissioners
   In Himachal Pradesh

Dated:- 06 OCT 2026 Shimla-09, 6th October, 2026

Subject: **Regarding Nationwide 14-Day Online Yoga & "Nasha Mukt Bharat" Pledge campaign by the Art of living.**

Sir/Madam,

In reference to the D.O No. DP-9/4/2023-DP-I dated 01.10.2026 received from the Ministry of Social Justice and Empowerment, Government of India on the subject cited above. The Government of India has entered into MoUs with 12 prominent spiritual organizations. These organizations have committed to supporting of NMBA through awareness, sensitization, prevention and community mobilization activities.

In view of the above, the Art of Living has proposed a Nationwide 14-day complimentary online Yoga & "Nasha Mukt Bharat" Pledge Campaign in collaboration with the Ministry of Social Justice and Empowerment. The campaign is proposed to commence from 05.10.2026 and will comprise free online live Yoga sessions, with 7 batches daily in 5 languages. These sessions will cover Yoga Asanas, Pranayama, Meditation and Stress Management. The following key action is required:

1. **Internal Departmental Circulation**: Direct schools, colleges, corporate bodies, and district offices to circulate the campaign details and registration link widely.
2. **Whats app & Social Media Amplification**: Urge internal communication cells to broadcast the provided whats app message draft across official employee groups, citizen network and social media platforms.
3. **Appointment of Nodal Officers**: Designate a nodal officer to facilitate this synergy.
4. **Local Press & Media Coverage**: Schedule local press conference and media briefings at state and district headquarters to amplify public participation and community engagements.

In this regard, it is requested that the information regarding the aforesaid campaign may kindly be disseminated widely and participation in the initiative may be encouraged. Wide publicity may also be given to the campaign through the District-level and other available platforms. The registration link provided by the Art of Living is https://challenge.srisriyoga.in/oct26/user-msji and the

Registrar
AR (GAD)
SO (Admn)
08/10/26
2 Nos
8.10.26
D.A (misc)

same is being suitably integrated on Nasha Mukt Bharat Abhiyaan portal.

Encl. as above

Yours faithfully,

Director
Empowerment of SCs, OBCs, Minorities
& the Specially Abled, Himachal Pradesh

Endst. No. 1772-17770 6 OCT 2026 Dated

Copy forwarded to the all District Welfare Officers in Himachal Pradesh for information and necessary action.

Director
Empowerment of SCs, OBCs, Minorities
& the Specially Abled, Himachal Pradesh