



KAMARAJ IAS ACADEMY
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Har Ghar Dhyan campaign

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Why is in news? Ministry of Development of North Eastern Region (MDoNER), observes One-hour Introductory Session on Meditation and Mental Health under “Har Ghar Dhyan” campaign

Under the aegis of “Azadi Ka Amrit Mahotsav”, the Ministry of Development of the North Eastern Region (MDoNER) has organized One Hour Introductory Session on Meditation and Mental Health under “Har Ghar Dhyan” campaign in New Delhi.

The session focused on orientation of the participants to **mental and emotional health**, introduced a simple and easy-to-adopt practice of meditation and provided a plethora of content for a continuous journey of self-improvement.

MDoNER wishes to carry forward the practice of meditation and mental health to new heights in near future for people from all walks of life.

The **National Mental Health Survey** conducted in 2015-16 says that there are **150 million Indians suffering from mental illness**.

The numbers are so high because of a **lack of awareness about mental illness symptoms**.

To increase awareness among the public, the Ministry of Culture launched Har Ghar Dhyan Campaign.

The campaign will spread the importance of meditation to the public.

The **Ministry of Culture has collaborated with Art of Living** to reach out to **the masses and youth to educate them about mental health and empower them** with the **tool of meditation for better health**.

The project was **launched on 26th October 2022** at the international headquarters of the Art of Living at Bangalore by Gurudev Sri Ravishankar in presence of the Chief Minister of Karnataka Sh. Basavaraj Bommai amidst a gathering of 20 thousand people.

The project will engage Art of Living teachers as Meditation Coaches, representatives of institutions, and interested persons from the public as Meditation Ambassadors, who will together reach out to the masses, especially youth.

This scheme puts into **action the Jan-Bhagidari model** to empower the youth towards better health and create a more resilient future for the country. The project will be implemented in various phases.

The project is supported by the Ministry of Culture, Government of India, and will culminate on the Independence Day of 2023.

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