



राजीव गांधी प्रौद्योगिकी विश्वविद्यालय  
(मध्यप्रदेश का तकनीकी विश्वविद्यालय)  
**Rajiv Gandhi Proudyogiki Vishwavidyalaya**  
(State Technological University of Madhya Pradesh)

**Prof. Rajeev Tripathi**  
Vice Chancellor

Letter No. R.G.P.V/VC/2025/22

Date 28/01/2025

To,

**The Principals/Directors,**  
All the Affiliated Institutions of RGPV.

**Sub.:-** Awareness Workshop on heartfulness meditation and life skill Programme.

**Dear Colleagues,**

Rajiv Gandhi Proudyogiki Vishwavidyalaya has always been concerned for all round development of its students, which include mental and physical health of the students. With this objective the heartfulness has come up with a Mediation and Life Skill Programme for the students, teachers and employees of all the affiliated institutions.

You must agree that Meditation and Life Skill Programme can help students in many ways, including improving their focus, memory, and emotional health. It can also help them manage stress and anxiety, and boost their confidence.

The letter received from the heartfulness institution is attached herewith. Your institution may consider it to organize the workshops of 'heartfulness' for your students, teachers and employees.

For more details you may kindly contact Dr. Nivedita Ojha, Trainer, Heartfulness institution, Bhopal through mobile No. 9425606501 and email id niveditamb@yahoo.com

**Encl.:** As above

End. No. : RGPV/VC Office/2025/23

**cc to :**

1. Dr. Nivedita Ojha, Trainer/Preceptor, Heartfulness institution, Bhopal with reference to her letter dated 16-01-2025.

  
(Rajeev Tripathi)

Dated : 28/01-2025

  
(Rajeev Tripathi)