



ASSAM
down town
UNIVERSITY

NAAC A+ Accredited & UGC 12(B) Status Holder

Assam down town University

Established Vide The Assam Act. No. VIII of 2010, Gazette No. LGL.9/2010/11

Promoted by: **Down town**
Charity Trust

Memo No: AdtU/R/2025-26/1274

Date: 15-06-2026

CIRCULAR

Invitation to Attend and Participate in Meditation and Mental Well-being Session for Teaching and Administrative Staff

This is to inform all concerned that in accordance with the guidelines and advisories issued by the University Grants Commission to conduct signature events in lieu of International Yoga Day celebration, a 3 days **Meditation and Mental Well-being Session** will be organized by the Om Yoga and Meditation Club, Assam down town University in collaboration with Heartfulness from 18th to 20th June, 2026.

The sessions aim to enhance mindfulness, emotional resilience, stress management, mental wellness, and overall workplace well-being among employees.

All Teaching and Administrative Staff are requested to attend the sessions and actively participate. All Deans, Heads of Departments are requested to nominate faculty members and staff for participation in the session.

Attendance of all participants will be recorded by the organizer.

Programme Details:

- **Activity:** Meditation and Mental Well-being Session
- **Date:** 18th to 20th June, 2026
- **Time:** 3-4 pm
- **Venue:** Auditorium 2, Pobitora Block (C block) and Yoga Hall, Bornadi Block (K block)

Issued with due approval of competent authority.

(Dr. Ashim Barman)

Registrar,

Assam down town University.

Copy for favour of their information to:

1. Executive Secretary to Chancellor, AdtU
2. Asst. Manager- Office of Vice Chancellor, AdtU
3. P.A. to Pro-Vice Chancellor, AdtU
4. P.S. to Dean of Studies, AdtU
5. P.A. to Managing Trustee, dtCT
6. P.A. to Resident Trustee, dtCT
7. **Chairperson/Dean/Director/Associate Dean/ HoD (For circulation)**
8. Office of the Controller of Examinations, AdtU
9. All Officers (Admin/Academic/IT/Accounts/Admission/Marketing/Legal/ Placement/Library/CLPPD/IQAC)
10. HR Office



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11. Notice Boards/Message Desk (For display)

12. Office file (for record)



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