



# RKDF UNIVERSITY, RANCHI

ESTABLISHED UNDER GOVT. OF JHARKHAND ACT & REGISTERED UNDER UGC 2(f) 1956

Ref - ADC-NO/RKDF/2025/12

Date:22/08/2025


## Notice for Meditation Programme

This is to inform to all the employees that a **Meditation Programme** will be organized by the Prajapita Bramhakumari Iswariya Vishwavidalaya, Ranchi Branch, at our university campus to handle the stressful scenario and turmoil situation regarding health and happiness in line of 'नशा मुक्त भारत अभियान' on **26/08/2025**.

That will be very much beneficial for our mental and emotional well-being.

So, I request all the HOD's/ Coordinators along with their students to attend this session to create a stress-free campus environment.

Timing → 11:30 onwards.

  
Dr. Mainak Banerjee  
Nodal Officer  
Anti Drugs Committee  
RKDF University Ranchi