

CIRCULAR

No.:DSU/ADM/HR/2026/40

23rd April, 2026

To,
All Staff of DSU

REGISTRATION FOR “HAPPINESS PROGRAM” BY ART OF LIVING

All staff members are hereby informed that Dr. Subhash University is organizing a “**Happiness Program**” conducted by the Art of Living during the upcoming vacation period. This program is designed to enhance mental well-being, reduce stress, improve focus, and promote a positive lifestyle. A key component of the program is the practice of **Sudarshan Kriya**, a powerful rhythmic breathing technique known to help in relieving anxiety, increasing energy levels, and fostering emotional balance.

The details of the program are as follows:

- **Duration** : 4 Days
- **Program Fees** : ₹1200/- per participant
- **Mode of Registration** : Through Google Form
- **Link** : <https://forms.gle/NXVUgvcvRdyfm8kq5>

Interested staff members are requested to register their names through the provided Google Form link. The final schedule, including dates and timings, and mode of payment will be communicated in due course.

All are encouraged to take advantage of this opportunity for personal well-being and stress management.

For any queries, please contact Mr. Pravin Panara (Account Department).

Note: Repeater can also apply without fees.



Dr. Jignesh J. Patel
Registrar
Dr. Subhash University