



मुंबई विद्यापीठ  
University of Mumbai

Re-Accredited A++ Grade (CGPA 3.65) by NAAC  
Category 1 University by UGC

दूरस्थ व ऑनलाईन शिक्षण केंद्र (सीडीओई)  
(पूर्वीची दूर व मुक्त अध्ययन संस्था)

**CENTRE FOR DISTANCE AND ONLINE EDUCATION (CDOE)**

(FORMERLY INSTITUTE OF DISTANCE AND OPEN LEARNING (IDOL))

Dr. Shankar Dayal Sharma Bhavan, Vidyanagari, Santacruz (E.), Mumbai - 400 098.

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## NOTICE

Date: 09/06/2025

Dear Students, Faculty, and Staff Members

You are aware that in today's fast-paced world, managing stress, improving mental focus, and achieving emotional balance are essential for a healthy and fulfilling life. Therefore, on the occasion of the International Day of Yoga, **Centre for Distance and Online Education (CDOE), University of Mumbai** has organized a **Global Online Meditation Event** titled, **Life Management through Dhyanyog** in collaboration with **Shree Shivkrupanand Swami Foundation and Gurutattva** on **Saturday, 21st June 2025 at 5:00 PM on Zoom + YouTube Live + Facebook Live**.

Himalayan Samarpan Dhyanyog is a time-tested, simple, and globally recognised meditation technique that promotes:

- Mental clarity and emotional resilience
- Inner peace and better decision-making
- Balanced academic, personal, and professional life
- Stronger connections with self, family, and community

The session will include guided Yogasana, introduction to Dhyanyog, a special discourse by His Holiness Shree Shivkrupanand Swami, and a live meditation session.

We encourage all CDOE students, faculty, and staff to join this unique opportunity along with your family and friends. Let's come together as a community to experience calmness, clarity, and connection through meditation.

Join us in making this event a meaningful step toward personal well-being and holistic life management.

Registration form for participation- <https://forms.gle/UDw4vP8QychyQBL09>

Global Online Meditation Event link- <https://www.youtube.com/live/usqUIZZOjfc>

  
Prof. (Dr.) Shivaji Sargar

Director

Centre for Distance and Online Education (CDOE)

University of Mumbai

