



## Report of World Meditation Day celebration

Venue: College campus, Shri V M Mehta Institute of Ayurved

Date: 20 th December 2024

Time: 9am to 10 am

Year: 2024

No. of Students: 40

Name of Faculty: Dr Vidyadhar Balikai, HOD , Department of Swasthavritta

Dr Revathy P S, Assistant Professor, Department of Swasthavritta

Report Summary:

The Department of Swasthavritta and Yoga at Shri V.M. Mehta Institute of Ayurved, Anandpar, organized a World Meditation Day celebration on December 21st, 2024. This event aimed to promote mental well-being, reduce stress, and foster a sense of global unity through meditation.

The celebration brought together students, faculties, and staff for a one-hour meditation session, which included yoga and breathing exercises. This collective effort cultivated inner peace, harmony, and balance, dedicating the day to overall well-being and inner transformation.

Notably, June 21st marks the International Day of Yoga, recognizing its power to bring balance to every aspect of life - mental, emotional, physical, and spiritual. Coinciding with the Winter Solstice, December 21st marks the beginning of Uttarayana, a period for inner reflection. As it falls six months after the International Yoga Day on June 21st, it serves as a meaningful midpoint to reaffirm our commitment to yoga and meditation. This was the first world meditation day officially announced by UNESCO.

By coming together on this special day, we reinforced the importance of mindfulness, self-reflection, and collective well-being

Photos:

