

8. 1st Inter National meditation Day 2024-25.

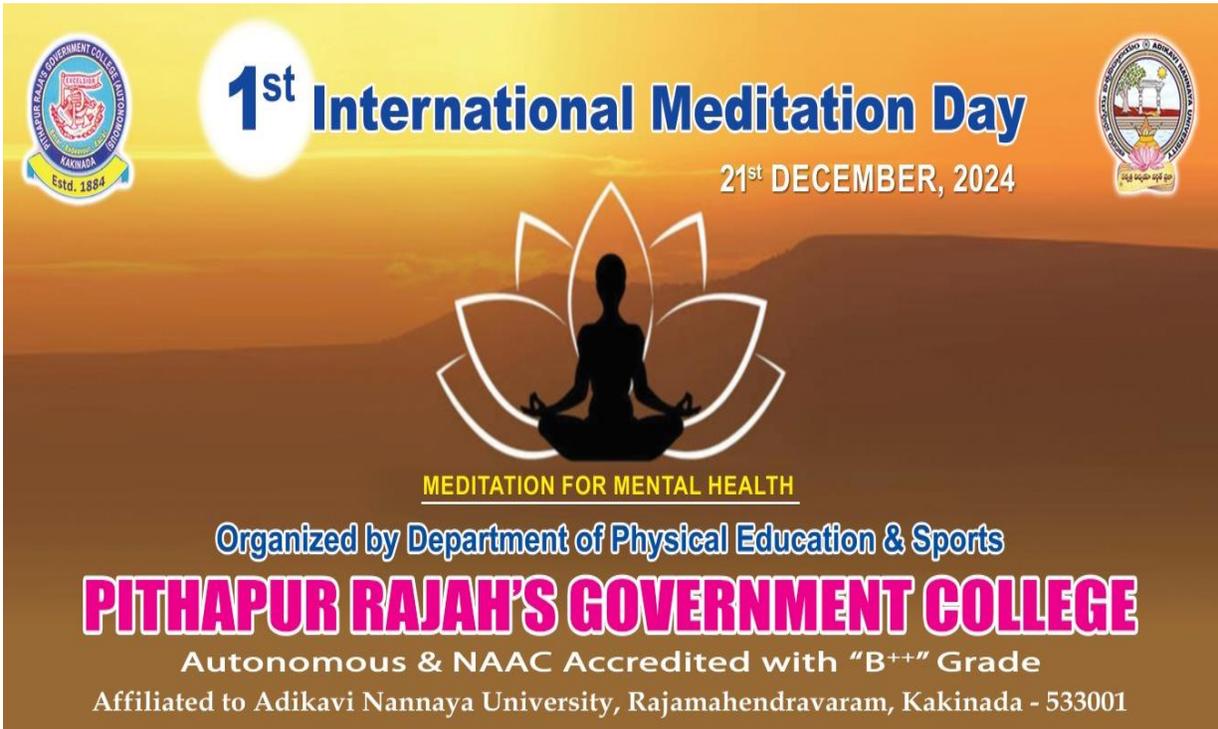
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As per the instructions of the Principal, Dr. B. V. Tirupanyam Garu, Pithapur Rajah's Government College, Kakinada, the Department of Physical Education organized the Meditation Day Programme on the occasion of the 1st International Meditation Day.

In this connection, a Meditation Programme was conducted on 21-12-2024 at 10:00 AM at the Commerce Department Seminar Hall in the college campus.

All the teaching staff, non-teaching staff, and students attended the programme and made it a grand success.

— Department of Physical Education



1st International Meditation Day
21st DECEMBER, 2024

MEDITATION FOR MENTAL HEALTH

Organized by **Department of Physical Education & Sports**
PITHAPUR RAJAH'S GOVERNMENT COLLEGE
Autonomous & NAAC Accredited with "B++" Grade
Affiliated to Adikavi Nannaya University, Rajamahendravaram, Kakinada - 533001





Success Report on Meditation Day Programme

As per the permission and guidance of the Principal, Dr. B. V. Tirupanyam Garu, Pithapur Rajah's Government College, Kakinada, the Department of Physical Education successfully organized the Meditation Day Programme on the occasion of the 1st International Meditation Day.

In this connection, the Meditation Programme was conducted on 21-12-2024 at 10:00 AM in the Commerce Department Seminar Hall, Pithapur Rajah's Government College, Kakinada.

The programme was graced by Sri Satchidananda Sadhguru Yogi from Meditation Center Kakinada, who acted as the resource persons. They guided the students through meditation practices and explained the importance of meditation, its role in improving self-confidence, mental peace, and inner spiritual strength. The session was interactive and practical, enabling students to actively participate in the meditation exercises.

The programme was attended by:

Sub. Lt. B. Chakravarthi , Incharge of Department of Zoology

Dr. S. V. V. L. G. Varma Garu ,LPE

Dr. D. V. Ramana Garu, LPE

Sri K. Durga Rao Garu ,PD

A large number of Arts and Commerce And Science students participated enthusiastically and benefited from the programme.

The guests were felicitated by Dr. B. V. Tirupanyam Garu as a mark of respect and appreciation for their valuable guidance.

— Department of Physical Education
Pithapur Rajah's Government College,
Kakinada