

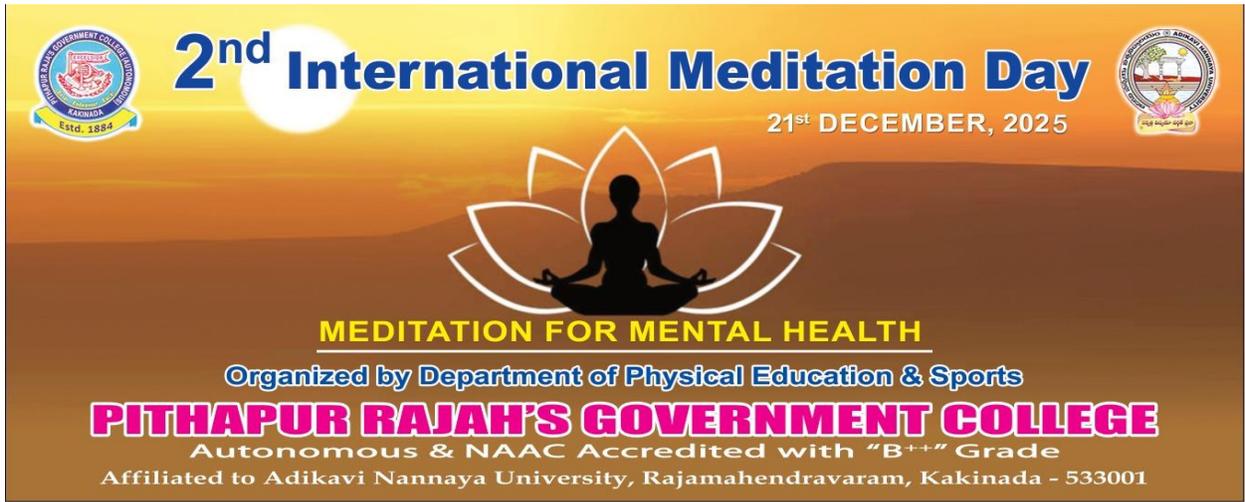
Circular

As per the instructions of the Principal, Dr. Kandula Anjaneyulu Garu, Pithapur Rajah's Government College, Kakinada, the Department of Physical Education organized the Meditation Day Programme on the occasion of the 2nd International Meditation Day.

In this connection, a Meditation Programme was conducted on 20-12-2025 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



Success Report on Meditation Day Programme

As per the permission and guidance of the Principal, Dr. Kandula Anjaneyulu Garu, Pithapur Rajah's Government College, Kakinada, the Department of Physical Education successfully organized the Meditation Day Programme on the occasion of the 2nd International Meditation Day.

In this connection, the Meditation Programme was conducted on 20-12-2025 at 10:00 AM in the Commerce Department Seminar Hall, Pithapur Rajah's Government College, Kakinada.

The programme was graced by Sister Lakshmi Garu and Sri Govind Garu from Brahma Kumaris 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. Dr. J. Panduranga Rao Garu, Head, Department of Commerce

Dr. Surekha Garu, Head, Department of Physics

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

Dr. D. V. Ramana Garu

Sri K. Durga Rao Garu

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

The guests were felicitated by Dr. Surekha Garu and Dr. J. Panduranga Rao Garu as a mark of respect and appreciation for their valuable guidance.

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







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