

International Meditation Day

International Meditation Day was observed at the Amaravati Campus in a calm and spiritually uplifting atmosphere. The programme commenced with a devotional prayer song, setting a peaceful tone for the session.

The gathering was addressed by the Executive Director, Shri Vijayendra, who spoke on the relevance of meditation in achieving mental peace, emotional balance, and clarity in everyday life.

The meditation program was organized and guided by Dr. S. V. B. K. Vishwanath Gupta, Department of Amrita Darshanam. Participants practiced meditation by listening to the divine guidance and discourse of Mata Amritanandamayi Devi (Amma), which helped them experience inner silence and mindfulness.

All arrangements for the programme were taken care of by Dr. Kavitha, Director, Department of Physical Education, with the active support of the supporting staff. The programme was conducted smoothly and in a disciplined manner.

Participants

The programme witnessed enthusiastic participation from the Executive Director Shri Vijayendra, Vice Principal Dr. Prasada Kumari, Chairpersons of various departments, teaching and non-teaching staff, and around 350 students.

Outcome

The programme helped participants experience calmness, mental clarity, and emotional well-being. The session concluded peacefully, leaving participants refreshed and positive.

Photographs

Photos & Videos link :

https://drive.google.com/drive/folders/12orZWCEdmdAxY0hpbqjBrWmOGth20gW6e?usp=drive_link

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