

MALLA REDDY COLLEGE OF ENGINEERING

((Approved by AICTE-New Delhi, Affiliated to JNTUH)

Recognised under Section 2(f) & 12(B) of the UGC Act 1956, An
ISO 9001:2015 Certified Institution.

Maisammaguda, Dhulapally, post via Kompally, Secunderabad -
500100



Wellness Club (Svastha)



Date: 20/12/2024,

To,
Principal,
Malla Reddy College of Engineering,
Misammaguda,
Hyderabad,
Telangana.

Subject: Request for Permission to Conduct the **First World Meditation Day**–
Request –Reg.

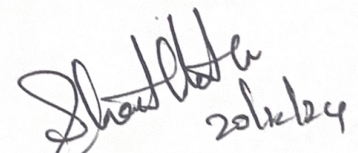
Respected Sir,

I am writing to you on behalf of the Wellness Club from Malla Reddy College of Engineering, requesting to permit to conduct a **First World Meditation Day**, which is on **21st December 2024**. This event aims to raise awareness about the significance of meditation in promoting mental health, well-being, and the practice of mindfulness, deeply rooted in India's ancient knowledge systems.

As part of our club's mission to promote Indian traditions and the profound wisdom of our ancient texts, we believe that meditation plays a central role in shaping a peaceful, focused, and balanced lifestyle. The event will include meditation sessions, interactive talks, and activities to educate participants on the history, techniques, and benefits of meditation.

Please grant me permission to conduct the International First Meditation Day Event.

Thanking You Sir,

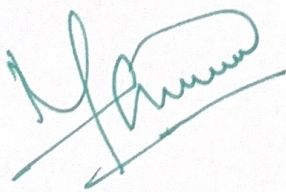

20/12/24
Yours faithfully,

Dr.K.Shanthi Latha

Convenor,

Wellness Club,

Malla Reddy College of Engineering,
Misammaguda, Hyderabad, Telangana.





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Date : 20/12/2024

MRCE/2024-2025/WC/CIR-2

CIRCULAR

Wellness Club & Indian Knowledge System Cell

Subject : First World Meditation Day

Dear Students, Faculty, and Staff,

This is to inform all the students that the **Indian Knowledge System Club** and **Svastha Wellness Club** will be conducting the **First World Meditation Day** event on **21st December 2024** at the **Seminar Hall, MRCE**. This day will focus on promoting mental health, mindfulness, and the ancient practice of meditation which has been an integral part of our culture and heritage.


We invite all students, faculty members, and staff to participate in this enlightening and rejuvenating event.

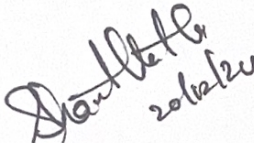
Agenda for First World Meditation Day

Time:10:00 AM to 11.30 AM

1. **Welcoming the guests, students, and faculty members** by Ms. Mumtaaz, a first-year student from the Department of H&S.
2. **Inaugural welcome note** – Brief address.
3. **Invitation to the dignitaries:** Principal Dr. M. Ashok Garu, Guest of Honour Prasad Rao Garu, convener of the Wellness Club Dr. K. Shanthi Latha, and convener of the Indian Knowledge System (IKS) Cell Dr. Saritha Kumari.
4. **Lighting of the lamp** by all the dignitaries on the dais.

5. **Speech on World Meditation Day** by Principal Dr. M. Ashok Garu, convener of the Wellness Club Dr. K. Shanthi Latha, and convener of the Indian Knowledge System (IKS) Cell Dr. Saritha Kumari.
6. **Introduction of the Resource Person.**
7. **Talk by the Resource Person, Prasad Rao Garu.**
8. **Honouring the guest** by Principal Dr. M. Ashok Garu.
9. **Vote of Thanks** by Mr. N. Arjun, Assistant Professor, H&S Department.


20/12/24
Convener of IKS


20/12/24
Convener of Wellness


Principal

Copy to
All Dean's
All HoD's
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CIRCULAR


Wellness Club & Indian Knowledge System Cell

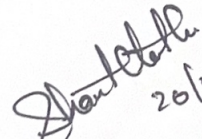
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We invite all students, faculty members, and staff to participate in this enlightening and rejuvenating event.


20/12/24
Convener of IKS


20/12/24
Convener of Wellness


Principal
Principal
MALLA REDDY COLLEGE OF ENGINEERING
Maisammaguda, Dhulapally Post,
Kompally, Via, Secunderabad 500 014. T.S.

Copy to:

1. All Dean's
2. All HoD's
3. AO





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Minutes of the Meeting - First World Meditation Day (21st December 2024)

Date: 20th December 2024

Venue: MRCE

Time: 10:00 AM

Agenda:

1. Welcome Address:

- The meeting commenced with a welcome address by the organizing committee, welcoming all faculty members, staff, and students to the First World Meditation Day event.

2. Introduction to Meditation:

- A brief introduction to meditation was given, highlighting its significance, benefits, and how it has been a crucial practice in our cultural heritage for promoting mental well-being.

3. Guided Meditation Session:

- The first guided meditation session focused on relaxation and mindfulness, guiding participants to calm their minds and experience the practice of meditation.

4. Deepening Meditation Practice:

- Participants were then guided through techniques aimed at deepening their meditation practice, fostering inner peace, and enhancing focus.

5. Expert Session:

- A session led by an expert in the field discussed the various benefits of meditation for mental health, especially in today's fast-paced world, and how regular meditation can improve emotional well-being and resilience.

6. Interactive Q&A Session:

- An interactive Q&A session followed, where attendees were encouraged to discuss their personal experiences with meditation, ask questions, and explore different meditation practices.



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World Meditation Day Report

Details of the Event

Name of the Program	:	First World Meditation Day
Name of the Convener	:	Dr. K. Shanthi Latha, AP/CSM Dr. Y Saritha Kumari, AP/H&S
Name of the Principal	:	Dr. M. Ashok, Principal
Resource Name	:	NLV Prasada Rao, Satya Narayana Member of Heartfulness.
Date & Time of Event	:	21/12/2024 10:00 AM to 11:30 AM
Venue of the Event	:	Seminar hall.

Overview:

World Meditation Day was celebrated with great enthusiasm at Malla Reddy College of Engineering, under the guidance of the Wellness Club & IKS Cell. The event aimed to promote mental well-being and raise awareness about the benefits of meditation among students and faculty members.

Objective:

- To emphasize the importance of meditation in managing stress and enhancing focus.
- To encourage participants to incorporate mindfulness into their daily lives.

Event Highlights:

1. Welcome Speech:

The event commenced with a warm welcome speech by Dr. M Ashok, Principal. He highlighted the significance of meditation in today's fast-paced world and outlined the schedule of the program.

2. Keynote Session:

A keynote session was delivered by NLV Prasada Rao, Heartfulness, a renowned meditation expert. The speaker elaborated on the science behind meditation and shared practical tips for starting a meditation practice.

3. Guided Meditation Session:

Participants engaged in a 30-minute guided meditation session led by the expert. The session focused on deep breathing, mindfulness, and relaxation techniques.

4. Interactive Workshop:

An interactive workshop was conducted, where participants shared their experiences and discussed how meditation has impacted their lives. The session also included Q&A, addressing various queries about meditation practices.

5. Feedback and Takeaways:

Participants were encouraged to provide feedback about the event. Many expressed appreciation for the insightful sessions and expressed a willingness to continue practicing meditation regularly.

6. Outcome:

- Over 150 participants attended the event, including students, faculty, and staff.
- Attendees reported feeling relaxed and inspired to adopt meditation as a daily habit.
- The event successfully created awareness about mental health and the role of meditation in achieving holistic well-being.

7. Acknowledgments:

Special thanks to the organizing committee, volunteers, and NLV Prasada Rao garu for their invaluable contributions. Gratitude is also extended to the college management for their support in making the event a success.

8. Conclusion:

World Meditation Day at Malla Reddy College of Engineering was a resounding success. The Wellness Club & IKS Cell looks forward to organizing similar initiatives to foster a healthy and mindful campus environment.



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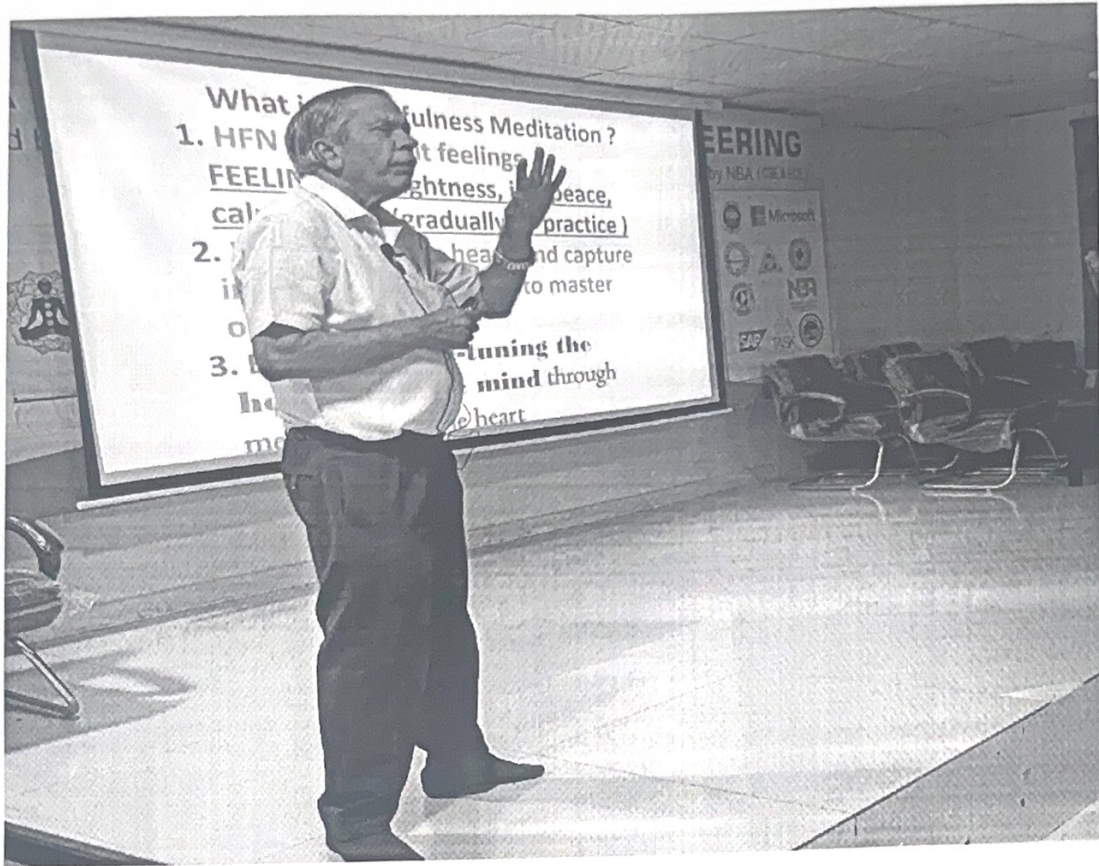
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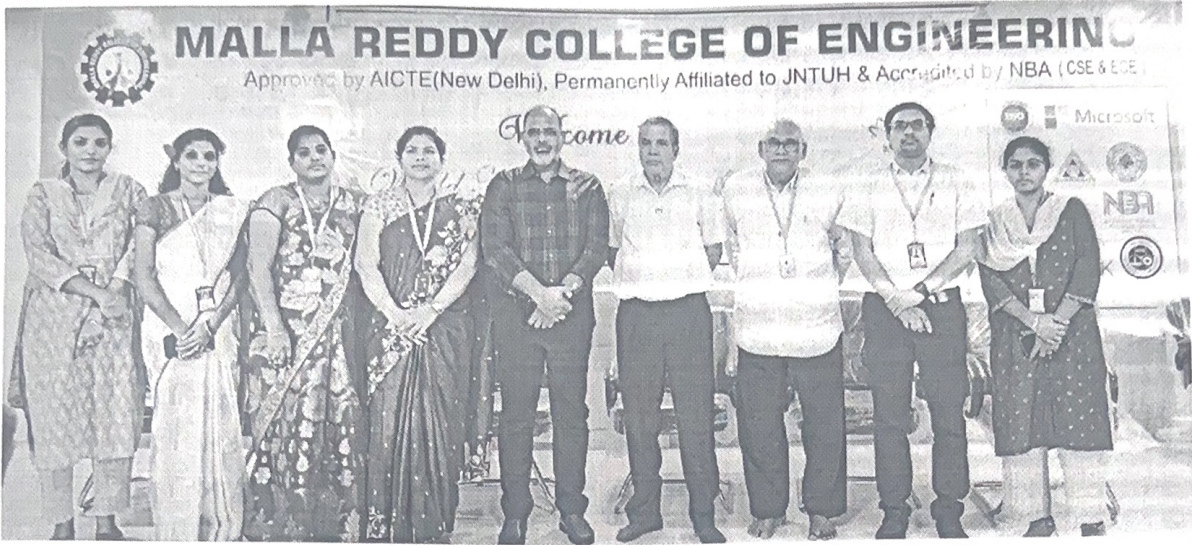
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SAMPLE PHOTOS DURING THE SESSION







K. Sreenivas
2/01/20