

**A Report of**  
**World Meditation Day**  
***(21<sup>st</sup> December 2024)***

**Organized by**



**WELLNESS CLUB**



**MALLA REDDY**

**COLLEGE OF ENGINEERING**

**Date** : 21-12-2024  
**Time** : 10:00 AM - 11:30 AM  
**Guest Speaker** : **NLV Prasada Rao ,Satya Narayana**  
Member of Heartfullness.  
**Venue** : **Seminar Hall**  
Malla Reddy College of Engineering  
Maisammaguda, Dulapally, Secunderabad-500100



## MALLA REDDY COLLEGE OF ENGINEERING

Approved by AICTE - New Delhi, Accredited by NBA (CSE & ECE) Affiliated to JNTUH - Hyderabad,  
ISO 9001:2015 Certified Institution, Recognition of College under Section 2(f) & 12 (B) of the UGC Act, 195  
Malsammaguda, Dullapally, (Post via Kompally), Secundrabad-500100.

# *World Meditation Day*

**“Inner Peace, Global Harmony!”**



**Date: 21.12.2024**

**Venue : MRCE Seminar Hall**

**Convener**

**Dr.Y Saritha Kumari (IKS Cell)  
Dr.K Santhi Latha (WC Club)**

**Principal  
Dr. M Ashok**

# **Content**

1. Introduction
2. Objective
3. Event Highlights
4. Welcome Speech
5. Keynote Session
6. Interactive Workshop
7. Outcomes
8. Acknowledgments:
9. Conclusion

## Introduction

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

### Welcome Speech:

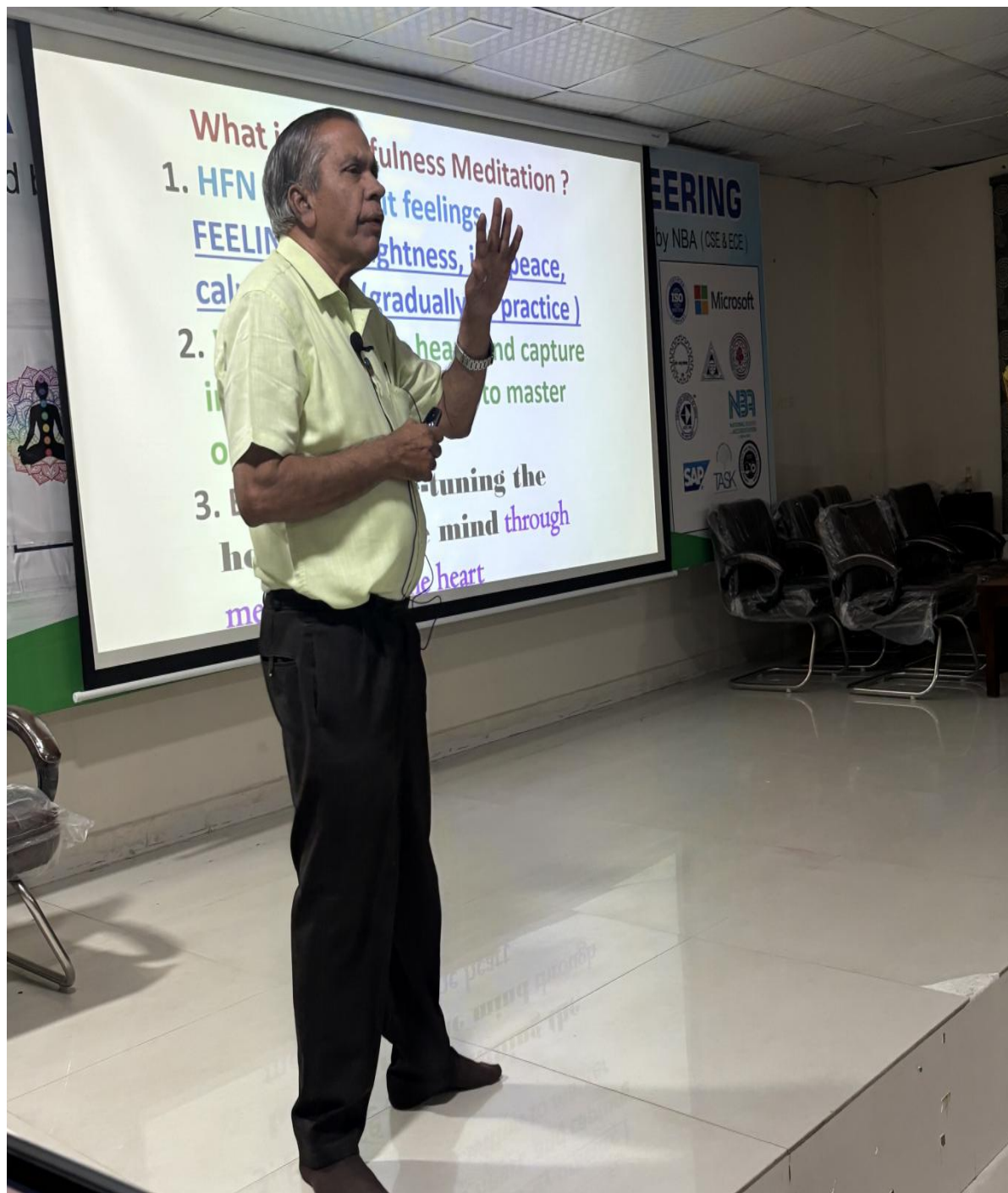
The event commenced with a warm welcome speech by Dr. M Ashok , Principal. He highlighted the significance of meditation in today's fast-paced world and outlined the schedule of the program.





### 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.



## 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.



Students involved in the meditation process



**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.

**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.

**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.

**Prepared by:**

Convener of Wellness Club, Malla Reddy College of Engineering