



# MALLA REDDY COLLEGE OF ENGINEERING

Estd :2005

(Formerly CM Engineering College)

Approved by AICTE - New Delhi, Affiliated to JNTU - Hyderabad, Accredited by NBA & Accredited by NAAC.  
ISO 9001:2015 Certified Institution, Recognition of College under Section 2(f) & 12 (B) of the UGC Act,1956.

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## Event Report

### First World Meditation Day Celebration

**Date:** 21<sup>st</sup> December, 2024

**Venue:** Seminar Hall, MRCE

**Organized by:** Indian Knowledge System Cell & Wellness Club

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#### Introduction

The First World Meditation Day was celebrated with great enthusiasm at Malla Reddy College of Engineering on 21<sup>st</sup> December, 2024 from 10:00 am to 12:40 pm. The event aimed at promoting mental well-being and raising awareness about the importance of meditation. Faculty members, first-year students, as well as second, third, and fourth-year students actively participated in the event, making it a resounding success.

#### Chief Guests and Dignitaries

The event was graced by esteemed guests:

- **Sri NLV. Prasad Rao Garu** – Guest of Honor
- **Dr. M. Ashok** – Principal
- **Dr. Y. Saritha Kumari** – Convener, Indian Knowledge System Cell
- **Dr. K. Shanthi Latha** – Convener, Wellness Club
- **Satyanarayana Garu** – Hands-on session facilitator

#### Event Proceedings

##### Welcome Address by Dr. Y. Saritha Kumari

The event began with a warm welcome address by **Dr. Y. Saritha Kumari**, Convener of the Indian Knowledge System Cell. Dr. Saritha Kumari emphasized the growing importance of mental health in today's stressful environment, urging everyone to integrate meditation into

their daily lives for achieving peace, focus, and well-being. She highlighted the significance of **World Meditation Day** as an opportunity to explore the transformative power of meditation techniques, not just for students but also for faculty members. Dr. Saritha Kumari introduced the distinguished guests and expressed her gratitude for their support in making the event possible. She encouraged the students and faculty to participate actively and make the most of the sessions that were to follow.

### **Inaugural Speech by the Principal**

Dr. M. Ashok, Principal of the institution, officially inaugurated the session by expressing his support for the celebration of World Meditation Day. He acknowledged the importance of incorporating meditation and mindfulness into daily routines for improving students' academic performance and mental health. He expressed hope that this initiative would inspire the students to prioritize their mental well-being alongside their academic pursuits. Suggested students to avoid junk food and transform their lifestyle with Satvik diet.

Principal Dr. M. Ashok Garu introduced Indian Knowledge System cell to students and faculty of Malla Reddy College of Engineering and emphasised the importance of the cell in the present-day student's life.

### **Address by Guest of Honor Sri NLV. Prasad Rao Garu**

**Sri NLV. Prasad Rao Garu**, the esteemed Guest of Honor, delivered an insightful address on the power of meditation, with a special focus on **Heartfulness** techniques. He explained how meditation could lead to emotional balance, inner peace, and spiritual growth. Sri Prasad Rao Garu urged all attendees to make meditation a regular practice in their lives, emphasizing its role in achieving a harmonious and fulfilling life. His speech motivated everyone to adopt Heartfulness techniques, not just for personal growth, but also as a means to contribute positively to the world around them.

### **Hands-On Meditation Session by Satyanarayana Garu & Prasad Rao Garu.**

The highlight of the event was the interactive hands-on session conducted by **Satyanarayana Garu and Prasad Rao Garu**. During this session, participants were guided through various meditation techniques, with a particular focus on mindfulness and breathing exercises. Satyanarayana Garu provided practical demonstrations, helping participants experience the calming effects of meditation firsthand. The session was highly interactive, with students engaging actively and asking questions to improve their practice e.

## Participation

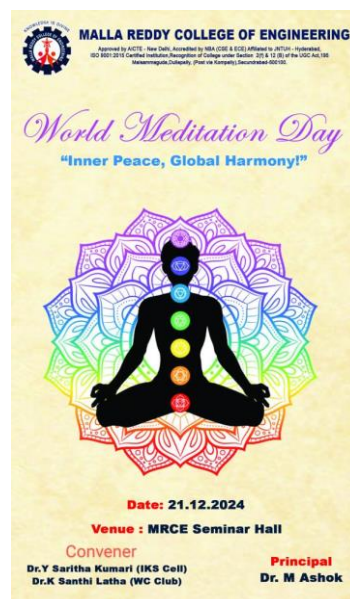
The event saw an overwhelming participation from students across all years, including first-year students, as well as second, third, and fourth-year students. Faculty members also joined the session, fostering a sense of unity and collective wellness within the institution. The students expressed their eagerness to incorporate meditation techniques into their daily routines, with many sharing positive feedback about the experience.

## Conclusion

The First World Meditation Day at [Institution Name] proved to be an enriching experience for all attendees. The informative sessions and practical demonstrations provided students and faculty with the tools to improve their mental and emotional well-being through meditation. The leadership of Dr. Y. Saritha Kumari, Dr. K. Shanthi Latha, and the support of Sri NLV. Prasad Rao Garu helped make this event a great success.

The event concluded with a vote of thanks by **N. Arjun**, Assistant Professor Department of H&S, who expressed gratitude to all the dignitaries, participants, and organizers for their valuable contributions to the event. The positive feedback from the participants signifies the success of the event, and the institution looks forward to continuing such initiatives to promote holistic wellness and mental health awareness in the future.

## Event Photos





### Welcome Address and Principal sir speech



## Meditation Session by NLV. Prasad Rao Garu



## Practice session by Satyanarayana Garu



### Feedback session



### Felicitation for chief guest



### Group photo

