



R.M.D. ENGINEERING COLLEGE

(An Autonomous Institution)



NATIONAL SERVICE SCHEME (NSS)

Universal Meditation Day – 21.12.2024 : A REPORT

NSS Unit of RMDEC organized a **Rejuvenating Yoga Meditation Program in Association with Sahaja Yoga** along with Sports and Yoga Club and Anti-Drug Club on the occasion of the **Universal meditation day** on 21st December 2024 from 10.20 am 11.10 am. at CSE seminar hall

The chief guest, **Mr. Sita Ramachandra** of **Sahaja Yoga**, with his experience and knowledge, shared the immense benefits of meditation and motivated practicing it as a mantra for a healthy and happy life. The master and his team performed a variety of meditations followed by Omkar chanting, Meditation for relieving stress and enhancing the flexibility of the neck were also done for the benefit of the faculty and the students. Following the instructions of the Trainers, the participants performed the meditation simultaneously. Totally 160 students attended the programme.

The faculty and the students participated with complete interest, enthusiasm and eagerness and appreciated the effort taken for imparting such enlightenment. Universal Meditation Day was widely appreciated by attendees, reinforcing the significance of yoga as a global movement for health, inner peace, well-being and harmony. The organizers expressed their gratitude and commitment to hosting similar events in the future to encourage more people to adopt yoga as a lifestyle.

Program Invitation



R.M.D. ENGINEERING COLLEGE

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Approved by AICTE, New Delhi, Affiliated to Anna University, Chennai
All the Eligible UG Programs Accredited by NBA & Institution Accredited by NAAC
R.S.M Nagar, Kavaraipeitai – 601 206, Gummidipoondi Taluk, Tiruvallur District



UNIVERSAL MEDITATION DAY CELEBRATIONS

Sports and Yoga Club, NSS and Anti Drug Club jointly organize

Rejuvenating Yoga Meditation Program in Association with Sahaja Yoga

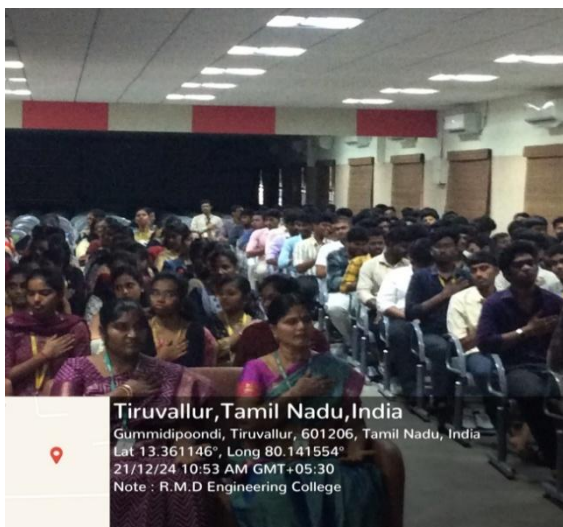


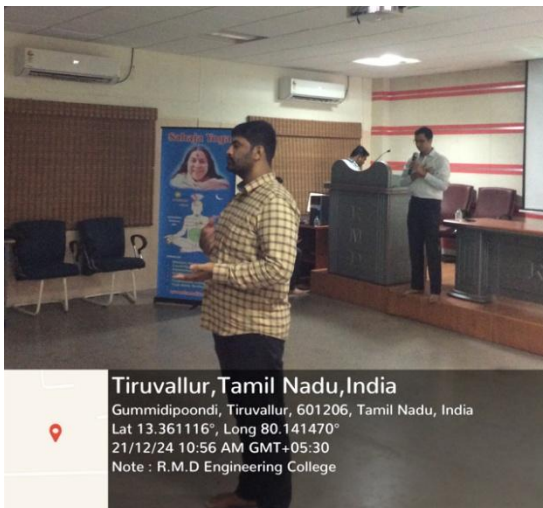
- DATE : Saturday, 21st December 2024
- VENUE : CSE / IT Seminar Hall
- Time : 10.20 am 11.10 am
- All Faculties and Students are welcome to experience the serenity of Yoga and Meditation.

SMT.MANJULA MUNIRATHINAM CHAIRPERSON	SHRI.R.S.MUNIRATHINAM CHAIRMAN	SHRI.R.JOTHI NAIDU DIRECTOR	SHRI.R.M.KISHORE VICE-CHAIRMAN
SHRI.YALAMANCHI PRADEEP SECRETARY	Dr. DURGADevi PRADEEP VICE-CHAIRPERSON	SMT.SOWMYA KISHORE TRUSTEE	Dr. M. S. PALANICHAMY ADVISOR
Dr. N. ANBU CHEZHIAN PRINCIPAL	Dr. K. K. THYAGHARAJAN DEAN RESEARCH	Dr. V. TAMIL SELVI PROFESSOR & HEAD - S&H	Mr. G. ARUL JOTHI NSS PROGRAM OFFICER
	Dr. K. S. RADHA SAC COORDINATOR	Dr. V. R. MURUGESAN YOGA CLUB COORDINATOR	Dr. V. SUBHA ANTI DRUG CLUB COORDINATOR

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"Our NSS unit at RMDEC proudly celebrated Universal Meditation Day with the enthusiastic participation of 160 students, embracing wellness and unity through yoga!"

NSS PROGRAM OFFICER

(ARUL JOTHI G)