

AKDR Women's College celebrated World Meditation Day.

Dec21, 2024



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A.K.D. Dharma Raja Women's College, Rajapalayam, celebrated World Meditation Day on December 21, 2024. The event's chief guests were trainers from the Art of Living, including Mr.Jagatheswaran, Mr.Raghuraman, Ms.Suganthi Selvaraj, and Ms. Vasanttha Mallika.

Mr. K. L. Jagatheswaran delivered a speech highlighting the benefits of meditation in reducing stress, enhancing mental clarity, and achieving emotional equilibrium. He emphasized that regular meditation can lead to inner peace, a healthy life, and happiness. In this event, the students participated in twenty minutes meditation session. Smt. Ramani Dharmakrishnaraja, Mother of Correspondent and Smt. Geetha, President, graced the occasion. Dr. S. Jamuna, The Principal, delivered the welcome address. The student leader, Ms. Sri Rajalakshmi expressed her gratitude.