



SWARNNIM STARTUP & INNOVATION UNIVERSITY ACTIVITY REPORT 2025

Institute and Department	AARIHANT HOMOEOPATHIC MEDICAL COLLEGE AND RESEARCH INSTITUTE
Name of event	WORLD MEDITATION DAY
Mode of conduct	Offline
Faculty	Mrs Lalita Y Chahar
Date of the event	23/12/2025
Duration	09:00 PM onwards
Semester	3rd BHMS STUDENTS
Full Name of Mentor/Principal with designation	Prof. Dr. Amita V. Peter Principal
Faculty Coordinator Details (Name, Designation,	Mrs Lalita Y Chahar Yoga instructor
Number of Participants	66Students and 1faculty from Aarhant Homoeopathic Medical College and RI participated



Objective of the event:

1. Raising awareness:
2. Promoting meditation Practice: To emphasize the importance meditation in busy to busy life.
3. Empowering Students: to Empowered Practice of meditation with knowledge and encourage them to take charge of their health.
4. Encouraging To Do meditation practice
5. To provide valuable tips on maintaining a healthy lifestyle and reducing the risk of disease

Event summary:-

At 9:00 Am we came to college and gathered

From 9:05 Am To 10:00 Am primary instructions were given by yoga instructor

From 10:00 Am to 10:15 Am small speech is given by Lalita Chahar about importance of meditation in daily life.

Significance/Outcome:

Outcome of the Event:

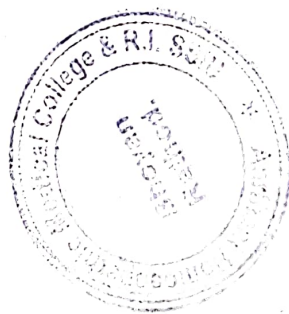
Overall, the event achieved its objective of raising awareness about meditation among homoeopathic students.

Conclusion:


Promoting meditation practice is essential in today's fast-paced and demanding lifestyle. By raising awareness about the benefits of meditation and empowering students with the right knowledge and skills, we encouraged them to take charge of their mental and physical well-being. Regular meditation helps improve focus, reduce stress, and develop emotional balance.

The theme of meditation day celebration was "one earth one heart"

Thank you!





 GPS Ma...



Google

Arihant Medical
College-Classroom, Arihant
Medical College, Bhoyan Rathod, ...

Lat: 23.2331856 Long: 72.54348...

23-12-2025 09:55 +0530

W...  1 km/h AM Pres...  1017 ...

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Latitude
23.2333

Longitude
72.54417

66M/39PG Anirban Medical
College, Bhoyan, Faridkot, Gurgaon
382422, India



Google

23/12/2025

09:46 am



AARIHANT
HOMOEOPATHIC MEDICAL
COLLEGE & RESEARCH INSTITUTE
Ministry of AYUSH, Government of India & AARH, Maharashtra

WORLD MEDITATION DAY 2025

Theme

One Earth, One Heart



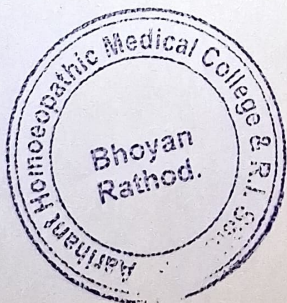
21st Dec. 2025

Organized by

Yoga Department



WWW.SWARNNIM.EDU.IN



Principal

**Aarihant Homoeopathic
Medical College & R.I.**

Bhoyan Rathod, Gandhinagar