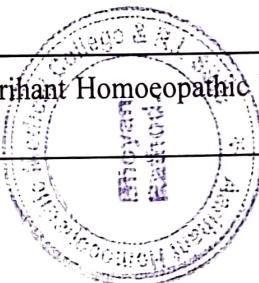




## SWARRNIM STARTUP & INNOVATION UNIVERSITY ACTIVITY REPORT 2025

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	66 Students and 1 faculty from Aarihant 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:**

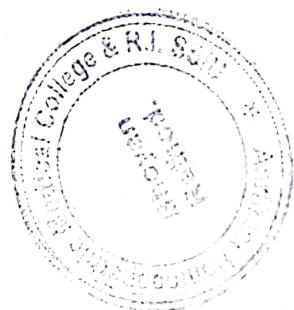
Overall, the event achieved its objective of raising awareness about meditation among homoeopathic students.

### 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...

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

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6G NTR Engineering College  
College Bhawanagar, Gujarat  
382422, India



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**AARIHANT**  
HOMOEOPATHIC MEDICAL  
COLLEGE & RESEARCH INSTITUTE

# WORLD MEDITATION DAY 2025

**Theme**

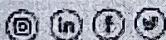
One Earth, One Heart



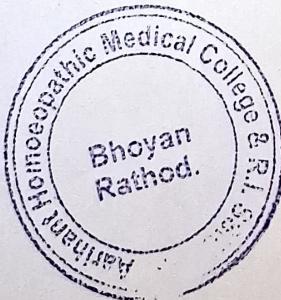
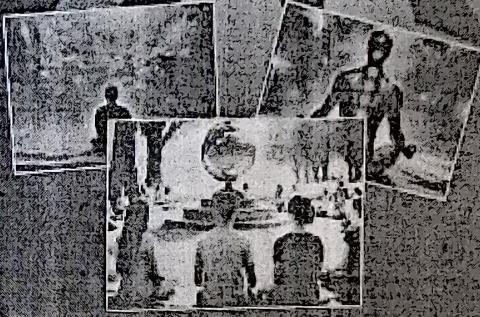
**21<sup>th</sup> Dec. 2025**

**Organized by**

**Yoga Department**



[WWW.SWARRNIM.EDU.IN](http://WWW.SWARRNIM.EDU.IN)



  
**Principal**  
Arihant Homoeopathic  
Medical College & R.I.  
Bhoyan Rathod, Gandhin...