



AVIT
AARUPADAI VEEDU INSTITUTE OF TECHNOLOGY



**VINAYAKA MISSION'S
RESEARCH FOUNDATION**
(Deemed to be University under section 3 of the UGC Act 1956)



World Meditation Day 2024

The theme for World Meditation Day 2024 is “Meditation for Global Peace and Harmony.” The theme emphasizes the role of meditation in fostering global peace and unity. Today marks a historic moment as the world comes together to celebrate the first-ever World Meditation Day. The NSS unit of Avit ISR cell conducted World Meditation Day at Yoga Hall on 21.12.2024 at 3.00Pm. 20 NSS Volunteers actively participated in the Meditation Day event.





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