

## **GRIID organised a two-day meditation program to celebrate World Meditation Day**

In observance of World Meditation Day - 21<sup>st</sup> December, GRIID organised a two-day meditation program for GRIID staff and students. The theme of World Meditation Day for 2025 is Inner Peace and Global Harmony.

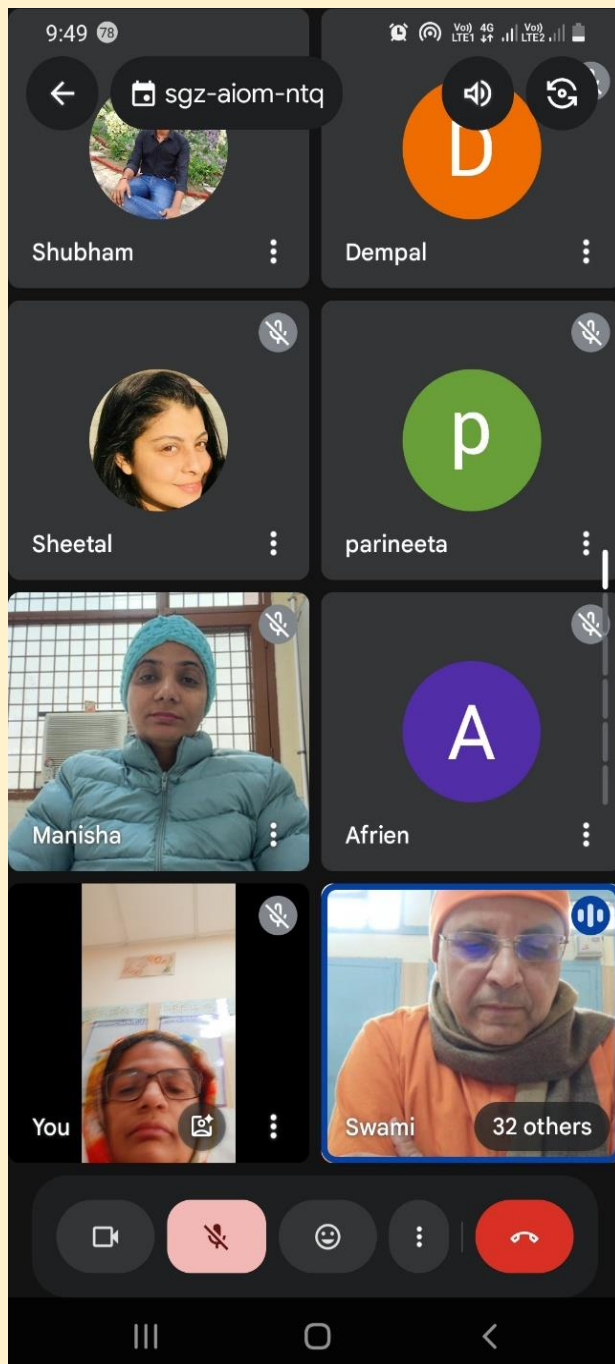
The United Nations General Assembly declared 21<sup>st</sup> December in year 2024 to be observed annually as World Meditation Day, following the unanimous adoption of a draft resolution co-sponsored by India. This time is the natural transition considered a symbol of the journey from darkness to light.

On the first day of the two-day program, i.e., 18<sup>th</sup> December, meditation sessions were conducted group-wise for GRIID special school students in the seminar hall, Block B new extension building of GRIID by Ms. Manisha Sharma and Dr Parineeta Jindal, Yoga therapists at GRIID school. Students chanted OM during meditation sessions. Class teachers and supportive staff also participated with students.

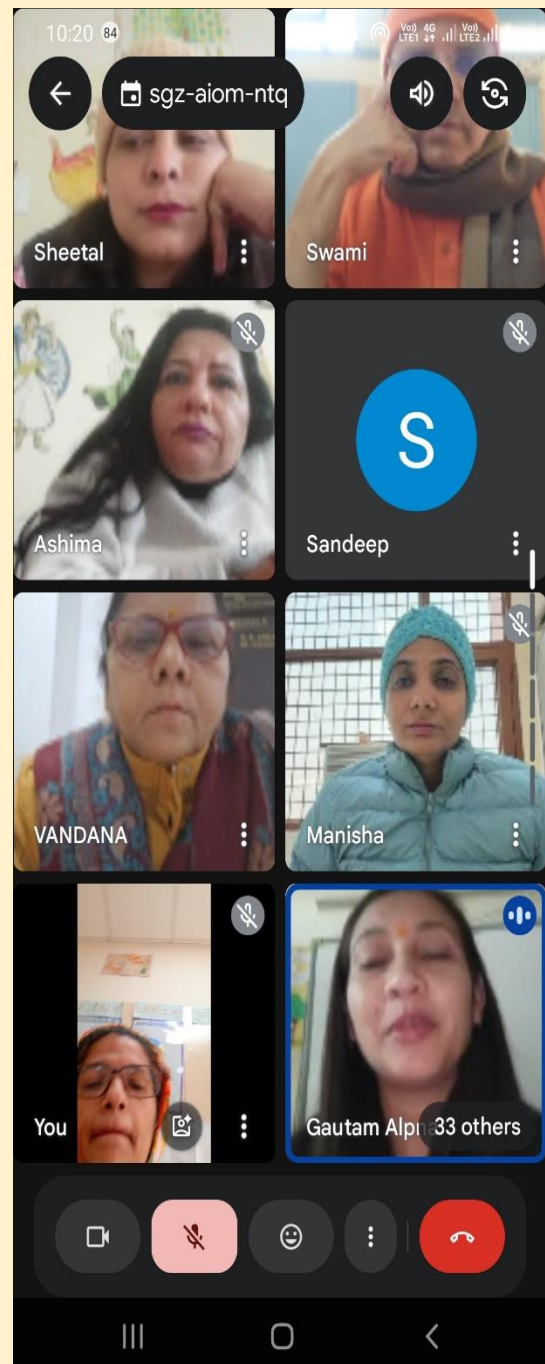
On the second day of the program i.e., 19<sup>th</sup> December, approx. 50-minute online program was organised. It included a guided meditation session by Ms Manisha Sharma, a Talk on World Meditation Day & a guided Meditation by the Guest Speaker - Revered Swami Bhitiharananda ji, Secretary, Ramakrishna Mission Ashram, Chandigarh. This was followed by a Question & Answer session with the Guest Speaker by GRIID school teachers. Ms Vandana Singh, Principal GRIID school proposed a vote of thanks. Dr Parineeta Jindal was the comperer of this online program.



**18<sup>th</sup> December: GRIID special school students doing OM chanting during the meditation session.**



**19<sup>th</sup> December: Online talk & meditation by Guest Speaker - Swami Bhitiharananda ji, Secretary, Ramakrishna Mission Ashram, Chandigarh**



**19<sup>th</sup> December: It was followed by Question & Answer with the Guest Speaker**