



WORLD MEDITATION DAY 2024

The department of Physiology celebrated the first World Meditation Day on 21st December 2024 to promote mental well-being and the importance of mindfulness. The event was held at the lecture hall 1 of Velammal Medical College at 11 am to 12 pm. The theme for this year's celebration was "**Inner Peace and Global Harmony**". The primary objectives of the event were to raise awareness about the scientific benefits of mindfulness meditation for physical and mental health, to provide practical insights into integrating mindfulness meditation into daily routines and to foster a culture of well-being and stress management within the academic environment.

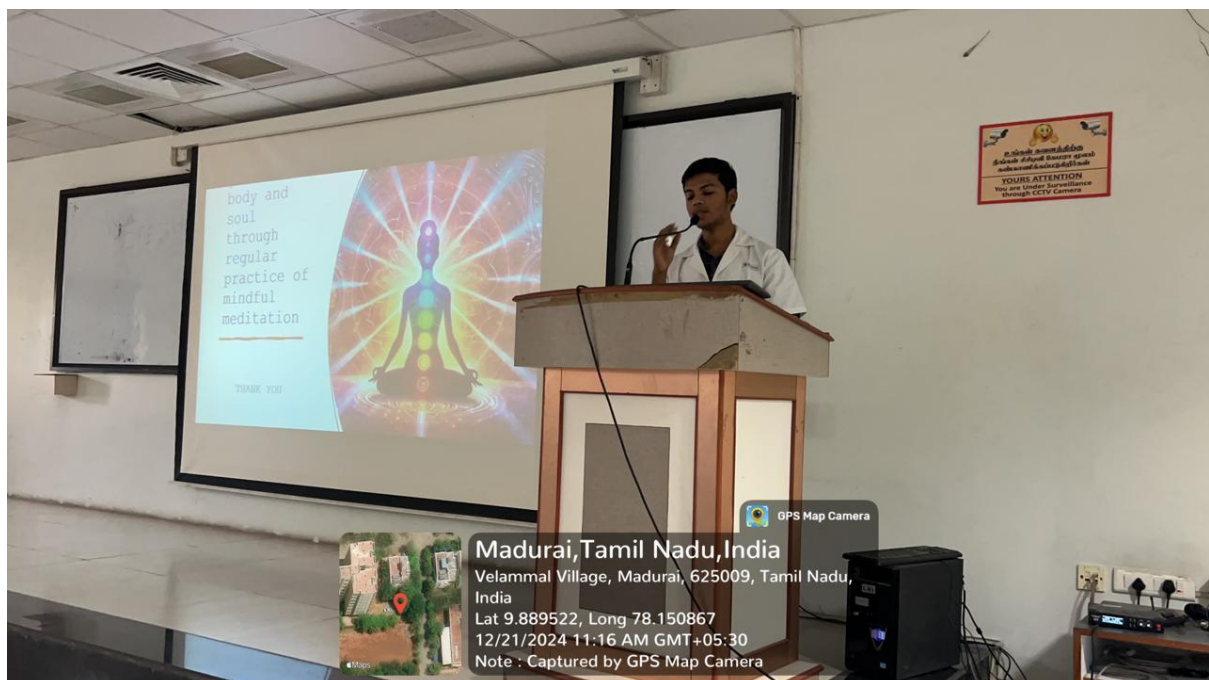
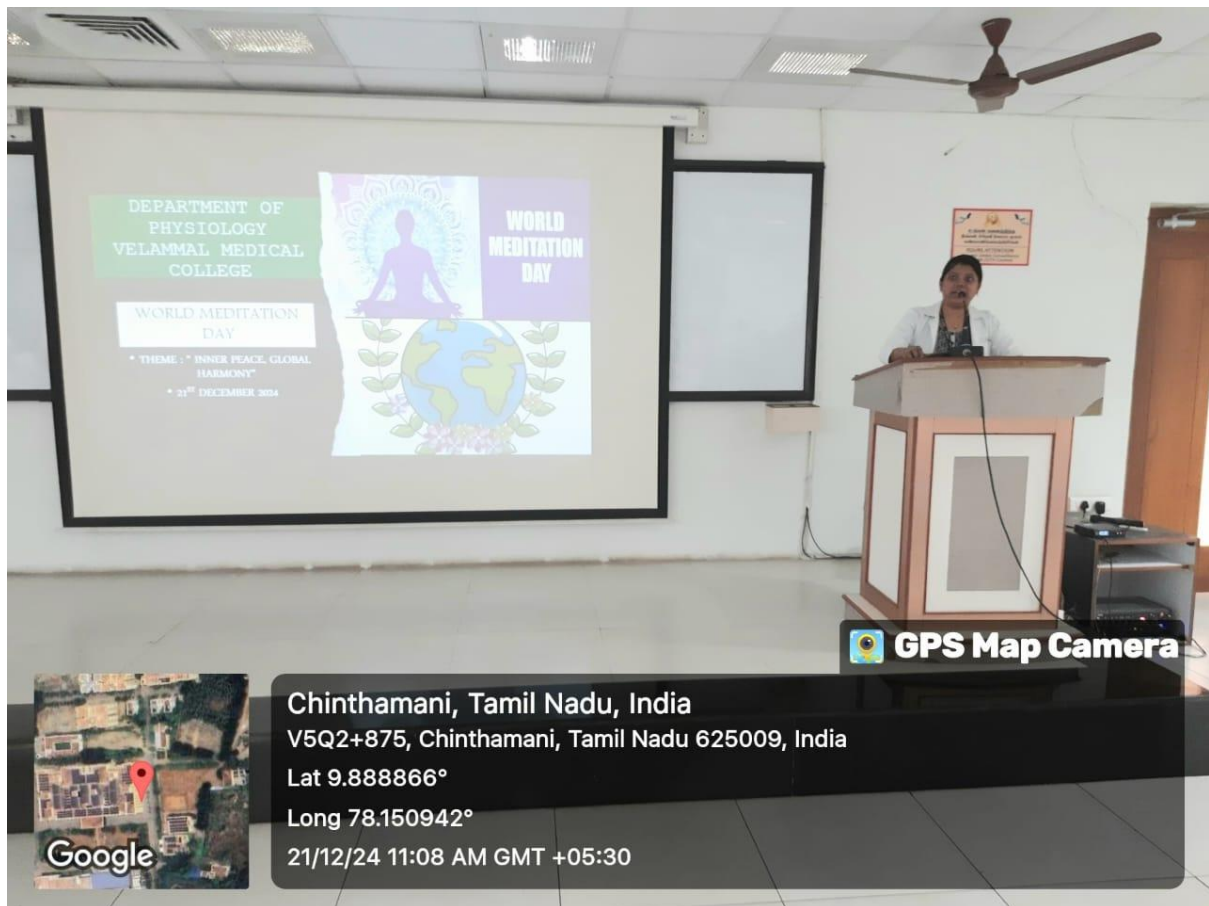
The program commenced with an inaugural address by the Dr. S. Anu, Professor and Head of the Physiology Department. Dr. Noel Naveen Johnson welcomed the gathering. Dr. Yegu Muthu, Professor and Head of the Pathology Department was the chief guest for this event. Dr. M. Renu Meena, Assistant Professor, physiology department delivered an engaging talk on "**Mindfulness Meditation**". Following this a first year MBBS student, Nikhil Srinivasan gave a talk on Practising mindful meditation. The session shed light on how meditation positively impacts the brain and body.

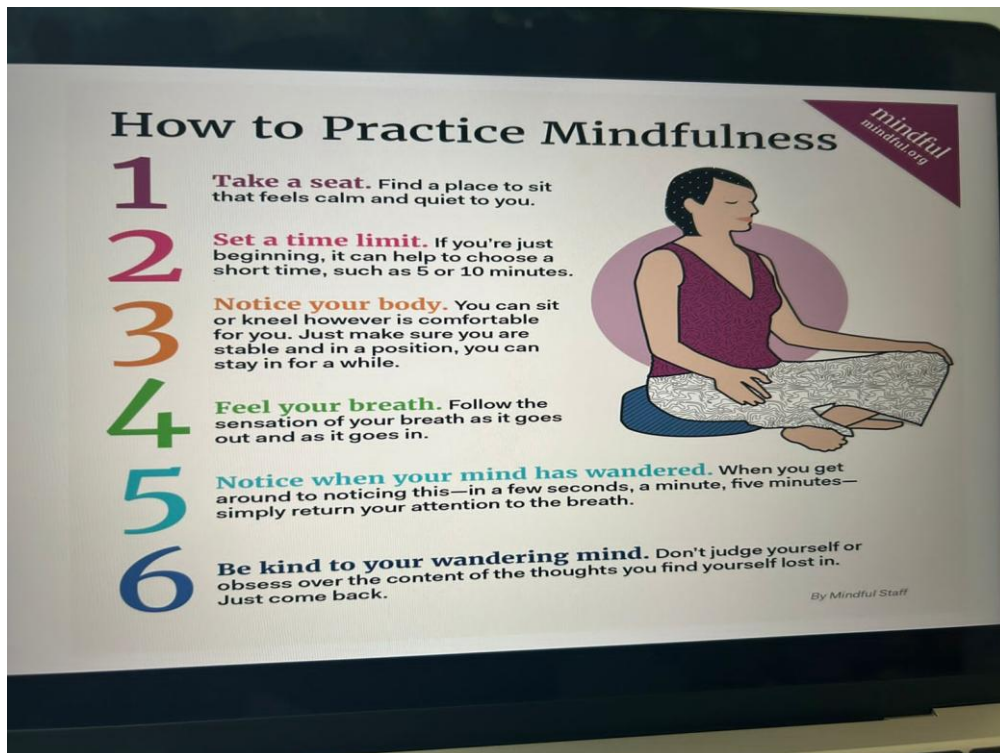
After this, students were assembled outside the lecture hall and in the yoga lab and were taught about the steps of mindfulness meditation. The students practised breathing techniques as well.

The event received overwhelmingly positive feedback from participants, who reported feeling more relaxed and inspired to integrate mindfulness meditation into their routines. Many expressed interests in attending similar sessions in the future. World Meditation Day served as a reminder of the importance of pausing amidst the busyness of life to reconnect with oneself. The Physiology Department takes pride in contributing to the well-being of its community by organizing such initiatives and looks forward to hosting similar events in the future to promote holistic health and mindfulness.



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