

**Koyana Education Society, Patan**  
**Balasaheb Desai College, Patan**

**Hostel Committee**

**Activity Report**

**2024-2025**

**Name of the Activity:** Celebration of World Meditation Day

**Participated students:** 38

**Day and Date:** Saturday, 21/12/2024

**Venue:** Ladies Hostel



Gauri Sali addressing about importance of meditation in daily life and students participated in meditation

**Objective of the activity:** To promote awareness of the benefits of meditation for mental, emotional, and physical well-being.

**Outcome of the activity:** Helps to fosters global awareness and adoption of meditation, promoting mental well-being, stress reduction, and a sense of collective peace.

**Introductory Speech:** Dr. S. D. Pawar (Principal, Balasaheb Desai College, Patan)

**Name of the guest:** Gauri Sali

**Chairperson of the activity:** Mrs. Ashwini Chavan

**Vote of thanks:** Dr. S. S. Kumbhar

Convener  
(Dr. S. S. Kumbhar)