



Dr. Baiju Antony CM, De Paul College, Mysore <baijuacm@gmail.com>

Invitation to join the Global event and meditate for global peace and harmony with Heartfulness for World Meditation Day - December 21, 2025- reg.

1 message

AICTE(no-reply) <noreply6@aicte-india.org>
To: baijuacm@gmail.com

Thu, Dec 18, 2025 at 11:11 AM

Dear Sir / Madam,

As you may be aware, The Heartfulness Institute and Shri Ram Chandra Mission are global organizations dedicated to human transformation through meditation, yoga, and values-based living. Guided by Daaji, Global Guide, they offer free meditation practices in more than 160 countries. The global headquarters, Kanha Shanti Vanam, host's one of the world's largest meditation centers and serves as a hub for training, meditation, and community programs.

Meditation supports clarity, compassion, and emotional balance. When millions meditate together, the shared intention strengthens the experience for everyone. In this spirit, various organizations are invited to join for **World Meditation Day on Sunday, 21st December 2025, at 8:00 pm IST**, and come together for a **unified global online meditation session**.

On this day, people from around the world will join together in a unified online meditation session, creating a shared experience of peace, compassion, and unity. Such a communion of meditators globally will inspire a unique spiritual egregore that carries a vibration of love and harmony. **The event will be streamed live on YouTube, and the meditation session will be led by Rev. Daaji (Kamlesh D. Patel), Global Guide of Heartfulness.**

All participants will be awarded a digital certificate issued by Rev. Daaji and a commendation plaque will also be awarded to the partner organizations by Heartfulness Institute for their contribution to this great ennobling cause. Participating in the event by any student / faculty/ resource persons involves two simple steps:

1. Register: <https://hfn.link/meditation> (takes less than a minute; only name and phone number required)
2. Meditate: <https://hfn.link/21dec> (click the link to join)

More detailed guidelines regarding the event are ANNEXED (A & B) for your kind perusal.

Kindle note the event day and time as: **Sunday, December 21, 2025, 8:00 PM IST**

Website- <https://meditationday.global/en/>

World Meditation Day 2025: Join the Global Meditation for Peace on Dec 21

Promotion Video of the Event

- <https://www.youtube.com/watch?v=kKKD2B-8nNI&authuser=1>


Shri Chandrashekhar Patil, Associate Director- Heartful Campus Programs, Delhi reachable at **7500244443** will co-ordinate on behalf of Heartfulness Institute.

We are pleased to share this invitation on behalf of Heartfulness, with the aim of enabling its widespread dissemination across all AICTE approved institutions in India. This will allow interested students, faculty, and staff across the country to come together and participate in the event, joining in collective meditation for global peace and harmony. Google form may also be filled in at

https://docs.google.com/forms/d/e/1FAIpQLSerx1gHI_SZush6cieK-17Mvky34D1OcCunQrxHD5sNLnKJxw/viewform?usp=publish-editor

We look forward to the cooperation and active participation of all concerned.

With Regards,
Dr. N. H. Siddalinga Swamy
Adviser, Policy & Academic Planning Bureau
AICTE, New Delhi


Principal **18/12/25**
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