

WORKSHOP ON WORLD MEDITATION DAY

World Meditation Day, celebrated on 21st December, is dedicated to promoting the practice of meditation and its numerous benefits for mental, emotional, and physical well-being. On this day, people from all walks of life pause, take a moment for mindfulness, and connect with inner peace. On this occasion, [#DLA](#) under the Ministry of Law and Justice organized a Meditation Session on 20th December 2024, where officers and staff of the Department of Legal Affairs and the Legislative Department came together to meditate for self-realization and a happier world.

The workshop focused on the transformative role of Pranayama (breathing techniques) in meditation and its efficacy as a tool for managing modern-day challenges. Resource person Shri Arvind Pal Tomar from Heartfulness organization underscored the importance of meditation in combating anxiety, stress, and depression-issues especially prevalent among youth today.

Concluding the workshop, Resource person, Ms. Vinita Upreti, from Heartfulness organization, reiterated the importance of mindfulness and its alignment for the debut World Meditation Day: “Inner Peace, Global Harmony.”

This celebration of World Meditation Day by the [#DLA](#) exemplifies a forward-thinking approach toward societal well-being.

[#worldmeditationday](#)

[#mentalhealth](#)

[#momentsofmindfulness](#)

[#meditation](#)

