

## A three day Meditation Programme

Date: 13<sup>th</sup> October – 15<sup>th</sup> October, 2022

A three day Meditation Programme was Organised by Diamond Jubilee Celebration Committee in association with Heartfulness Foundation, Dibrugarh Branch, from 13th-15th October, 2022. The programme was attended by around 90 participants which includes students, teaching and non-teaching staff of the college. The resource persons were Br Premananda Thakur, Sister Anita Sonar, Br. O. P Agrawal, Rtd. Col. Nitesh Jangid, Br. S Subramanyam. The Resource persons explained and illustrated three steps of meditation, viz. Relaxation, Cleaning & Prayer.



The poster features a central graphic with a green and blue circular design. On the left is the college crest, and on the right is the 'heartfulness' logo with the tagline 'SAAJ, MAAS, MEDITATION'. The text is as follows:

**Meditation Programme**  
*Organised by*  
**Diamond Jubilee Celebration Committee, 2022-23**  
**M. D. K. G. College, Dibrugarh**  
*In Collaboration With Heartfulness Institute*  
**Shri Ramchandra Mission**  
**World Head Quarter - Kanha Shantivanam, Telengana**  
**Date: 13<sup>th</sup> - 15<sup>th</sup> October, 2022**  
**Time: 2pm-3pm**

