

RPA FIRST GRADE COLLEGE

Rajajinagar, Bangalore – 560010

Anti-Ragging Cell

REPORT – 2025 - 26

WORLD MENTAL HEALTH DAY – MEDITATION SESSION

1. Date: 10 September 2025
2. Time: 10:30 AM
3. Venue: Dr. Saraswathi Mayurnath Seminar Hall
4. Organized by: Anti-Ragging Cell

On the occasion of World Mental Health Day, the Anti-Ragging Cell of RPA First Grade College organized a Meditation Session on 10 September 2025 at 10:30 AM in the Dr. Saraswathi Mayurnath Seminar Hall. The session was conducted by Smt. Veena Badarinath mam, Associate Professor, Department of Sanskrit, RPA First Grade College.

The programme began with a brief welcome from the coordinator, highlighting the importance of promoting mental well-being and creating a peaceful campus environment. Students and staff members participated enthusiastically.

Smt. Veena Badarinath mam guided the participants through a structured meditation practice aimed at reducing stress, improving focus, and enhancing emotional balance. She also spoke about the significance of mindfulness and how meditation can help students cope with academic pressure and daily challenges.

The session concluded with a vote of thanks, acknowledging the Management, Principal, staff, and all participants for their presence and cooperation. The event was well-received and contributed meaningfully toward promoting mental wellness and fostering a positive campus culture.

Photos of the Session:



Bengaluru, Karnataka, India 🇮🇳

Xhj3+m53, 70th Cross Rd, 5th Block, Rajajinagar, Bengaluru, Karnataka 560010, India

Lat 12.98164° Long 77.553003°

10/09/2025 10:54 AM GMT +05:30

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Ca-2, 69th Cross Rd, 5th Block, Rajajinagar, Bengaluru, Karnataka 560010, India

Lat 12.981615° Long 77.553161°

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