



Chowgule Education Society's

**Parvatibai Chowgule College of Arts and Science  
Autonomous**

Accredited by NAAC with Grade 'A+'  
Best Affiliated College-Goa University Silver Jubilee Year Award

**World Meditation Day**

To raise awareness about meditation and its benefits, the UN General Assembly has proclaimed 21<sup>st</sup> December 2024 as World Meditation Day.

In light of the above, the Art of Living, Registered Charitable Trust will be having a global meditation event "Meditate with Gurudev" on 21<sup>st</sup> December at 8.00 p.m. IST, which will be live on YouTube.

The link to the live meditation is <https://www.youtube.com/live/QvIYzOATbWo?si=K7a4utHOI7vTTvIL>

We encourage all students to join in this online meditation.

**Sd/-**

Prof. (Dr.) Sangeeta G. Sankhalkar  
PRINCIPAL

Date : 20<sup>th</sup> December 2024