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I.R.S

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D.O. No. PA/DGEE/2025-85

Dated, Panchkula the 19/12/2025

Subject:- Collaboration with Global Heartfulness Programs for observation of World Meditation Day on 21st December 2025- reg.

It is informed that World Meditation Day will be observed globally on 21st December 2025 and an invitation has been received from The Heartfulness Institute and Shri Ram Chandra Mission which are the global organization, to collaborate in the observance of World Meditation Day on 21st December 2025 with the objective of promoting inner peace, mental well-being, harmony and value-based living.

The invitation is hereby forwarded to all the District Elementary Education Officers with a direction to participate in the said event. DEEOs may also ensure encourage schools to come together on the said day and organize a meditation session. Guidelines for dissemination of event and link to participate is also attached.

Participating in the event involves two simple steps: -

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

(Dr. Vivek Aggarwal, IRS)

To

All the District Elementary Education Officers
In the State.



may be circulated
in all
districts
of



World Meditation Day 2025 - Invitation to Partner

19/12

Join One Million Hearts - One World One Heart

To

The Director General

Elementary Education Haryana

Panchukula

Respected Sir/Madam

Date: 11-Dec-25

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, our Global Guide, we offer free meditation practices in more than 160 countries. Our headquarters, Kanha Shanti Vanam, is 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, we invite your organization to join us for **World Meditation Day on Sunday, 21 December 2025, at 8:00 pm IST**, as we 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. Your support in encouraging participation of the members of your organization, will help us reach a wider community. All meditation services will continue to remain freely available to everyone.

All participants will be awarded a digital certificate issued by Rev. Daaji and a commendation plaque to key partner organizations for their contribution to this great cause.

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2. Meditate: <https://hfn.link/21dec> (click the link to join)



World Meditation Day 2025 - Invitation to Partner

Join One Million Hearts - One World One Heart

We will be happy to provide visibility to your organization across Heartfulness communication channels during the campaign, enhanced employee well-being through meditation, continued access to free Heartfulness resources throughout the year, and

opportunities for deeper collaborative wellness programs with Heartfulness.

We request you to share this message for World Meditation Day and inspire your community to participate. An attached annexure provides additional information about the event and outlines how your organization can support this initiative.

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

Thank you for your support

Your Sincerely

Parag Khantal

Zonal coordinator Heartfulness Chandigarh

Mobile no:- 8427977769

heartfulness
purity | weaves destiny

MEDITATE with

Daaji

WORLD
MEDITATION DAY

21

DEC 2025

8:00

PM IST



Free &
Open
to All

heartfulness
purity weaves destiny

विश्व ध्यान दिवस

लाखों लोग शांति, करुणा और एकता के लिए एक साथ जुड़ रहे हैं

21
दिसम्बर 2025

रात्रि
8 बजे
भारतीय समयानुसार

दाजी

के साथ
ध्यान करें



निःशुल्क रजिस्टर करें

एक विश्व एक हृदय

meditationday.global/hi/

