

‘Shortest Day, Biggest Message’: IIM Nagpur Hosts World Meditation Day

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World Meditation Day was celebrated with great enthusiasm and national significance on Sunday morning at the Indian Institute of Management Nagpur campus. The programme highlighted India's message of inner peace and spiritual wellness to the world, with eminent speakers stressing the need to move beyond physical health towards the well-being of the soul.



Addressing the gathering, Shivkrupanand Swamiji, founder of the Himalayan Samarpan Dhyanyog movement, spoke on the deeper purpose of meditation. He said that while yoga strengthens the body and stabilises the mind, meditation ensures the well-being of the soul, which he described as the highest form of wellness.



He noted that yoga has become globally popular through International Yoga Day on June 21, and India must now lead the world towards the next level—meditation.

“India must now speak about meditation. IIM Nagpur is the best place to give this clarion call that India is offering its biggest gift to the world,” he said.

IIM Nagpur Director Bhimaraya Metri said the occasion carried a powerful message.



“December 21 is the shortest day of the year, but today we are giving one of the biggest messages to the world,” Prof. Metri said.

The lamp-lighting ceremony was attended by Prof. Bhimaraya Metri; Rahul Karangale from Infosys; Sandip Patil, IG, Nagpur Range; Shashikant Chaudhary, angel investor and senior entrepreneur; and Brigadier Abhijeet S. Valimbe, President of the Kamptee Cantonment Board. Representing Guru Tattva

and the Samarpan Meditation Movement were Sheena Omprakash, Ashish Thalawar, and Liladhar Thamke.



Academicians, prominent citizens, and leading personalities from Nagpur attended the event. Along with faculty and staff, hundreds of students of IIM Nagpur participated in large numbers.

Saurabh Khekde/Parshuram Kor

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