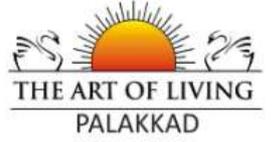




# THE ART OF LIVING

(Registered Charitable Trust, Reg. No.3255/IV/95-96 Karnataka)



28/273-2, Snehatheeram, Near Railway Gate, Yakkara, Palakkad-678 001,  
Mobile : 9846039283, 9447286122., E-mail : aolddcpkd@gmail.com

## ART OF LIVING WORLD MEDITATION DAY

### **COMMITTEE MEMBERS**

**General Convenor**  
Sri. Muralidharan  
Ex-Secretary,  
Kerala Apex Body

**Advisers**  
Sri. Rakesh  
STC

Sri. Abdul Rahiman  
Apex Body Member

Smt. Adv. Santhadevi  
Ex-Apex Body Member

Sri. Proff. Dr. Nastikumar  
Senior Art of Living Teacher

Sri. Sasikumar  
Senior Art of Living Teacher

Sri. Jayaprakash  
Senior Art of Living Teacher

Sri. Prachod  
VDS State Coordinator

**Convenors**  
Sri. Gokuldas  
Art of Living Teacher

Sri. Balakrishnan  
Ex-HS, DDC

Sri. Viswakumar  
Ganashetra President

Sri. Chandrashekar  
Ex-Secretary,  
Ganashetra Palakkad

Sri. Haridas  
Ganashetra Secretary

To,

The Head of the Institution

Subject: Request for Permission to Conduct a Meditation Programme at  
Your Institution

Respected Sir/Madam,

Greetings from The Art of Living, Palakkad.

International Meditation Day (officially World Meditation Day) in 2025 falls on Sunday, December 21st, as declared by the UN General Assembly, encouraging global meditation for inner peace and a happier world. In alignment with this global initiative, The Art of Living is organizing major events worldwide. As part of these preparations, we are conducting introductory meditation and stress-relief sessions across the district for the benefit of the public. In this regard, we kindly request you to grant us an opportunity to conduct the programme for the members of your institution on a day and time convenient for you. The session will provide immense benefit by reducing stress, improving mental clarity, and supporting overall well-being. We look forward to your positive response and support.

Thanking you in advance.

Warm regards,

Muralidharan  
Programme Coordinator  
Mob: 94470 24313  
Art of Living

Syamaladas  
President  
Mob: 94472 86122  
Art of Living

Sundarkumar.P  
Honorary Secretary  
9846039283  
Art of Living