



**CHELLAMMAL WOMEN'S COLLEGE
OF THE PACHAIYAPPA'S TRUST
UNIVERSITY OF MADRAS AFFILIATED
NATIONAL SERVICE SCHEME**



Event: Miracles of mind Meditation session

Theme: "Yoga for Health and Harmony"

Organized by: NSS Units, Chellammal Women's College

Resource Person: Representative from Isha Foundation

Date: 21 January 2026

Time: 1.00 p.m.

Venue: College Campus

The NSS Units of Chellammal Women's College organized a meditation session titled "Miracles of Mind" on 21 January 2026 at 1.00 p.m., held at the Chellammal Campus. The session was conducted by a resource person from Isha Foundation with the objective of promoting mental well-being, self-awareness, and inner balance among students.

The resource person emphasized the importance of meditation in reducing stress, improving concentration, and strengthening emotional stability. NSS volunteers and first-year students actively participated in the guided meditation and mindfulness practices. The programme created awareness about mental health, positive thinking, and self-discipline. The session was highly beneficial and motivated the participants to incorporate meditation into their daily routine for holistic development, reflecting the true spirit of the NSS motto – "Not Me But You."

NSS Programme Officers

1. Dr. S. SUSA – Unit II

2. Dr. Ananda Priya – Unit III

3. Dr. J. Velankanni Sumathi – Unit I

V. Plavish
PRINCIPAL

**PRINCIPAL
CHELLAMMAL WOMEN'S COLLEGE
OF THE PACHAIAPPA'S TRUST
GUINDY, CHENNAI - 32.**





CHELLAMMAL WOMEN'S COLLEGE

(A Unit of The Pachaiyappa's Trust)

NOT ME BUT YOU

NATIONAL SERVICE SCHEME

INVITES FIRST YEAR STUDENTS TO

Miracles of mind Meditation session

Conducted by resource person from

Isha Yoga Foundation

On 21st January 2026 Time: 1.00 PM @ Auditorium

NSS Programme officers

Dr. S. Susa

Dr. S. Ananda Priya

Dr. J. Velankanni Sumathi

Chief Patron
Dr. V. Malarvizhi
Principal



