



# THE ART OF LIVING

(REG. CHARITABLE TRUST)

REGN NO. BNG(U)BSK/489/18-19

GUJARAT APEX BODY

GYANMANDIR, PLOT NO 272

OPP MAYURPANKH SOCIETY

BEHIND SHALIGRAM FLATS,

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Date: 20/12/2024

To,  
**Shri Shankarbhai Chaudhary**  
Hon'ble Speaker, Gujarat Legislative Assembly  
2<sup>nd</sup> Floor, Vithalbhaji Patel Bhavan, Vidhan Sabha,  
Sachivalaya, Gandhinagar

**Subject: World Meditation Day Dec 21, 2024**

Respected Sir,

The United Nations has declared 21<sup>st</sup> December as "World Meditation Day". This landmark announcement highlights the link between Yoga and Meditation as effective complementary approaches to health and well-being. As we are all aware, Meditation has been an integral part of India's glorious spiritual heritage.

Under the inspiration of our Founder Gurudev Sri Sri Ravi Shankar ji, world renowned spiritual leader, ambassador of global peace and Master of Meditation, the Art of Living has been facilitating Meditation programs at the grassroots level in over 181 countries for over four decades. Today, the transformative impact of Meditation is widely acknowledged across the globe

It is indeed a proud moment for our country that the United Nations has invited Gurudev Sri Sri Ravi Shankar ji to deliver the **Keynote address** on the historic occasion of the **1<sup>st</sup> World Meditation Day** at the **UN Head Quarters at New York, USA.**

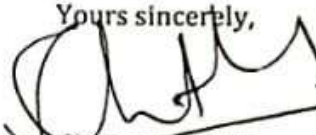
Millions across the globe will join in as Gurudev leads a **live Meditation at 8 pm (IST) on 21st December 2024. I cordially invite you, all respected Members of the Legislative Assembly and Officers to join the Meditation on <https://taol.cc/wmd-live>.**


I request you to convey best wishes to the people of Gujarat State and welcome them to be part world's largest gathering for Global Peace.


We always remain grateful for continued support being given by the Government of Gujarat for our various initiatives for the welfare of the Society at large.

Best Regards,

Yours sincerely,

  
Chetan Bundela  
Apex Member -The Art of Living  
98247 50118

  
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