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Constituent College KLCE Accredited by NAAC with CGPA 3.76/4.00
Approved by A.I.C.T.E ± Accredited by N.B.A.± ISO 9001-2000 Certified

ACADEMIC STAFF COLLEGE

09.11.2017 to 11.11.2017

“Heartfulness Meditation “

A 3-day Program on **“Meditation”** by **“Heartfulness Institute** from 09th to 11th November, 2017 was organized by Academic Staff College in Room NO-E-104, EEE Block, KLU Campus daily for the faculty of CSS Department by Shri S.Basaveswara Rao, Retired Professor, Andhra Loyola College-Vijayawada and Preceptor of Heartfulness Mediation .

The Objectives of the Meditation: the participants will be to:

- Free from tension and stress
- Learn the Good habit of healthy living
- Learn how to Concentrate
- Understand the multiple benefits of Meditation

The first day began with the explanation of resource person about the importance of meditation and later the members were lead through the practice session of mediation for 30 minutes for 30 participants from CSS Department faculty and faculty of other departments and as well thenon teaching staff gathering

- Meditation physically keeps fit and healthy every person. Intellectually, it brings such sharpness, keenness of attention, awareness and observation. It creates positive vibrations around the people, influencing the behavior with others, interpersonally. Meditation gives the deepest rest in the shortest time

The second day master has provided deep insight into “the cleaning process”, which rejuvenates the spirit of each individual. The third day resource person has explained the **“Connection “between Heart and Mind.**

The three day program has come to an end with oral and written feedback and with the distribution of the certificates to the participants.

Resource Person : Shri S.Basaveswara Rao



Participants experiencing
Gnana Nidra during
Meditation



Participants expressing their views on their experience of meditation



Dr.V.Rajesh, Principal , Academic Staff College were given the certificates to Participants



Group Photo of the Participants