



Koneru Lakshmaiah Education Foundation

(Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

Accredited by **NAAC** as 'A' Grade University ♦ Approved by AICTE ♦ ISO 9001-2015 Certified

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Academic Staff College

22.02.2018

A 3-Day Orientation Program on “Heart fullness Meditation” by Shri B. Nageswara Rao, Retd. Chief Engineer, APTRANCO along with Dr. Thirupathi Rao, Associate Dean, Student Registrations, KLEF was organised by Academic Staff College on 22.02.2018 for 30 members registered faculty members of KLEF.

Objectives of the orientation of the program

- To promote the feeling of harmony and mutual brotherhood among all human beings, irrespective of race, religion, caste, colour or gender.
- To promote and create human integration – for individuals and for the world.
- To promote and evoke interest in spiritual and moral attitudes in a healthy and educative manner through publications and electronic media, as well as through conferences, seminars, discourses and public meetings.

Heart fullness meditation is not a religion but a practice that has transcended all barriers of culture, religion and spiritual paths bringing together people from around the world. Heart fullness is a simple, modern, methodical approach to meditation. Rather than homing in on your breath or repeating a mantra, all you have to do to practice it is focus inward, on your heart, to cultivate inner strength and serenity.

Rooted in the Raja Yoga tradition, Heartfulness can be done alone or in a group. And the practice is offered free so there's no need to shell out thousands of dollars for training or dedicate weeks to lengthy workshops and teaching sessions.

On first day the resource person has introduction to the meditation and later on the second the members were lead through the process of meditation. The members also understood the importance of performing meditation in this busy life schedule.



Resource Person :Shri B.Nageswara Rao Retd. Chief Engineer, APTRANCO



Participants experiencing Gnana Nidra during Meditation

