

REPORT ON A THREE-DAY HEARTFULNESS FACULTY DEVELOPMENT PROGRAM

DATE- 01-03 AUGUST, 2024



DEPARTMENT OF HUMANITIES AND SCIENCES
MALLA REDDY COLLEGE OF ENGINEERING

Department of Humanities and Sciences, MRCE has organized a three-day Faculty Development Program in English Language and Communication Skills Lab, Block 1 of Malla Reddy College of Engineering from 1st August 2024 to 3rd August 2024. This FDP was conducted in association with Heartfulness Meditation Institute, Sri Rama Chandra Mission, Hyderabad. Around 50 faculty members participated in this FDP.



MALLA REDDY COLLEGE OF ENGINEERING
Maisammaguda, Hyderabad

DEPARTMENT OF HUMANITIES AND SCIENCES
Organizing

A Three-Day Heartfulness Faculty Development Programme

In Association With "HEARTFULNESS" Meditation Institute, Shri Ram Chandra Mission, Hyderabad

From 01-08-2024 to 03-08-2024

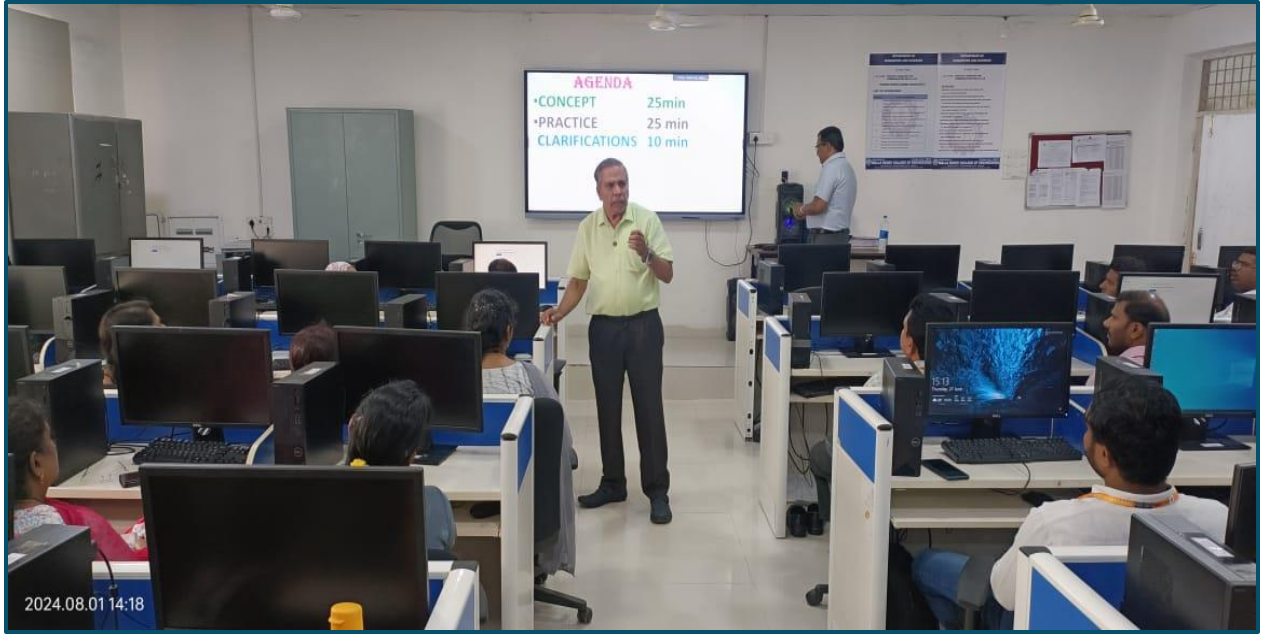
Venue:
MRCE Block-B
ELCS lab @2pm

Trainer:
NLV Prasada Rao,
Heartfulness Institute,
Hyderabad

The three days FDP dealt with three major topics. There were two meditation experts from Sri Ram Chandra Mission who conducted the whole FDP program, they are Mr. NLV Prasad Rao and Mr. Vijay Mohanty.

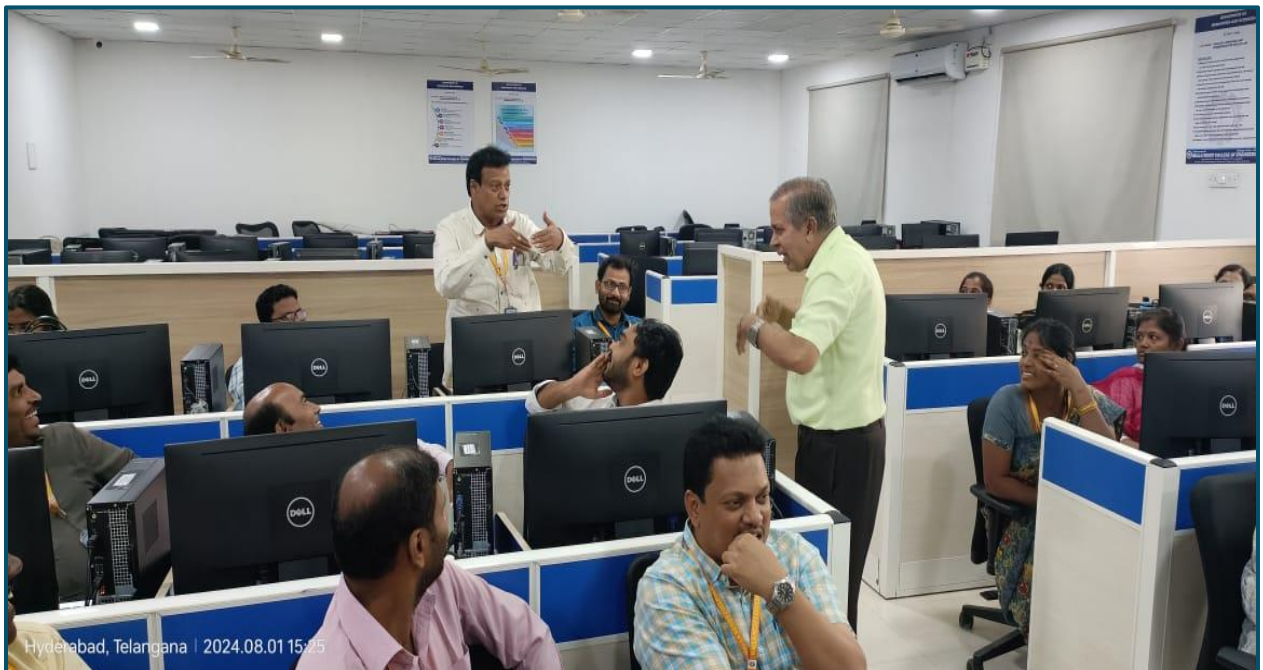
Day 1- How to Meditate

Mr. NLV Prasad Rao, in his Day 1 session discussed the concept of meditation and how to meditate. He said, "Meditation is a powerful practice that involves training your mind to focus, relax, and become more aware of your thoughts, emotions, and bodily sensations. It's a technique that helps you cultivate a non-judgmental awareness of the present moment, often by focusing on your breath, body sensations, or emotions."

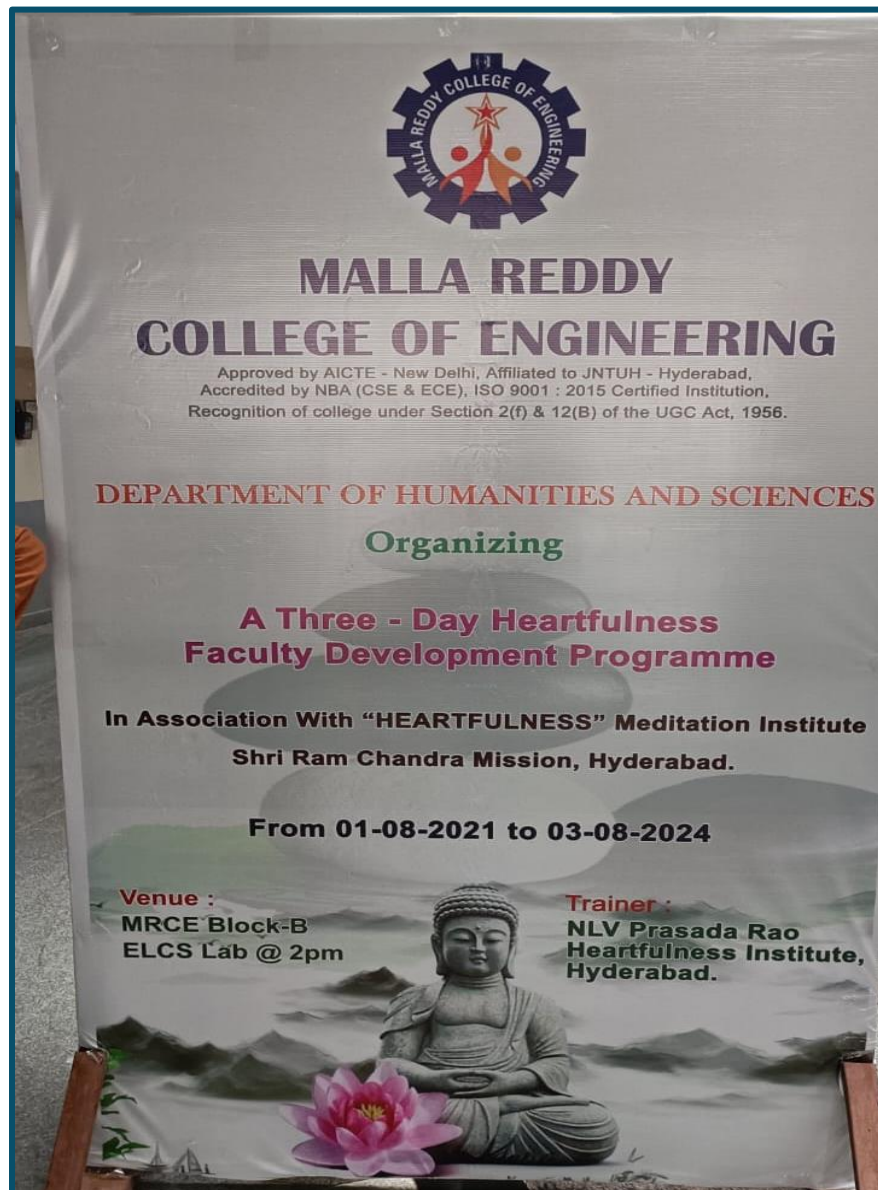



Mr. NLV Prasad Rao during his session

He discussed the history and source of meditation. According to Rao, “Meditation has a rich and ancient connection with India, dating back thousands of years. India is the birthplace of meditation, and it has been an integral part of Indian culture, spirituality, and philosophy. Here are some key aspects of the India-meditation connection. Meditation is mentioned in the Vedas, ancient Indian scriptures dating back to 1500 BCE.”



Prasad Rao guided all the participants on how to meditate and all the participants practiced meditation for 20 minutes. He said: "To begin your meditation practice, start by closing your eyes and taking a deep breath in through your nose and out through your mouth. Focus your attention on your breath, feeling the sensation of the air moving in and out of your body. As you sit in stillness, your mind will inevitably wander - but when it does, gently bring your attention back to your breath without judgment."




**MALLA REDDY
COLLEGE OF ENGINEERING**
Approved by AICTE - New Delhi, Affiliated to JNTUH - Hyderabad,
Accredited by NBA (CSE & ECE), ISO 9001 : 2015 Certified Institution,
Recognition of college under Section 2(f) & 12(B) of the UGC Act, 1956.

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Meditation FDP Flex

Day- 2 : Rejuvenation of body through Meditation

Prasad Rao discussed how to clean the body through meditation on Day 2 of the Faculty Development Program. Through meditation, the body undergoes a profound rejuvenation, restoring its natural balance and harmony. As the mind quiets and focuses inward, the body's cellular structure begins to resonate with calming energy, releasing deep-seated tension and stress. The nervous system relaxes, allowing the body's natural repair mechanisms to kick in, revitalizing and refreshing the cells. The immune system strengthens, and inflammation subsides, as the body's natural healing processes are amplified. With regular meditation practice, the body's energy levels increase, and its resilience to disease and illness improves.



The rejuvenating effects of meditation also manifest in improved sleep quality, enhanced digestion, and a radiant glow, reflecting the body's renewed vitality and well-being. As the body rejuvenates, the mind and spirit also flourish, leading to a holistic transformation that nurtures overall health and happiness.

Day 3: Connecting with the Divine Source

Mr. Vijay Mohanty discussed the topic on how to connect with the divine Source through meditation on day 3 of the FDP program. He provided examples from around the world to support his claim about getting happiness by connecting with the divine source irrespective of religious faith.



Meditation serves as a powerful bridge, connecting us with the divine source. By quieting the mind and ego, we transcend limitations and tap into a deeper sense of inner connection. As we access higher states of consciousness, the interconnectedness of all becomes revealed. We receive guidance, wisdom, and inspiration from the divine realm, awakening to our true nature and purpose. Through meditation, we experience a sense of oneness, unity, and harmony with the universe.

This connection to the divine source transforms us, allowing its love, light, and guidance to flow into our lives. We become a conduit for the divine, radiating peace, joy, and compassion. Regular meditation practice strengthens this connection, deepening our understanding of ourselves and the world.



By embracing meditation, we open ourselves to the divine, embracing a journey of spiritual growth, self-discovery, and enlightenment. As we connect with the divine source, we become one with the universe, realizing our true potential and living a life of purpose, meaning, and fulfillment.

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