

**G. PULLAIAH COLLEGE OF ENGINEERING & TECHNOLOGY,  
Kurnool**

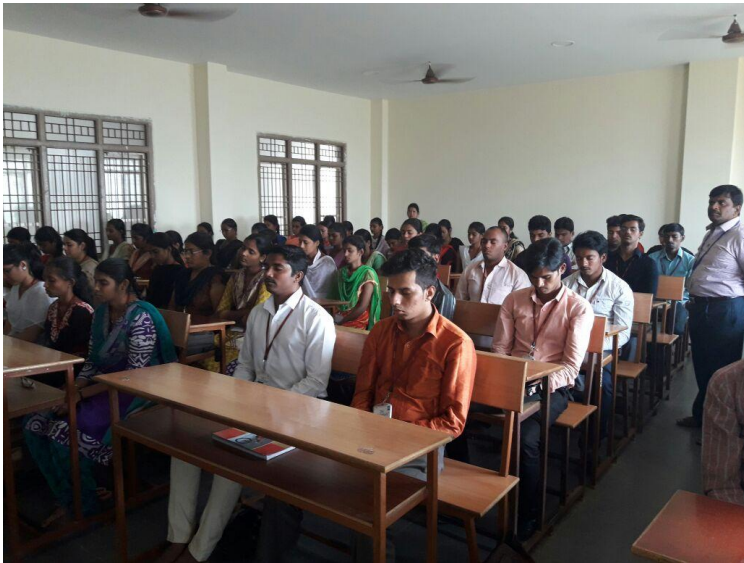
**Department of MBA**

**A Report on “HEARTFULNESS THROUGH MEDITATION”**

*“Prayer is when you talk to God; Meditation is when God talks to you”*

With the above Quote **“Heartfulness through Meditation”** program was organized for MBA II semester students as part of NSS activities from **1<sup>st</sup> February, 2017 to 3<sup>rd</sup> February, 2017** at Seminar hall, GPCET. Meditation is an effective antidote for the overwhelming stressors of college life. The members of Shri Ram Chandra Mission visited the college with the motto to teach the students different techniques of meditation. Students gained the valuable inputs of meditation from **Kamlesh. D. Patel, Global Guide of Heartfulness**. The committee members even shared their personal experiences of how beneficial meditation has been in their life.





**HOD-MBA**