

# CMR TECHNICAL CAMPUS

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Kandlakoya (V), Medchal Road, Hyderabad - 501 401



LUMINOS SCIENCE AND SPIRITUALITY CLUB

## Event Report on Luminos - Soul of Heartfulness

**Date of the event held** - 23rd January, 2026

**Organizer** - Luminos Club

**Venue** - Kanha Meditation Centre, Shamshabad

**Number of Students Participated (Students)** - 135

### Description about the event -

The visit to the largest meditation centre in India was organized to provide students with exposure to Heartfulness meditation practices in a serene and spiritual environment. The programme included guided meditation sessions, interactive learning, and an introduction to chakra-based meditation halls, helping students understand inner balance and self-awareness.

### Outcome of the event -

The sessions helped students reduce stress and achieve mental and emotional balance. Participants experienced calmness, positivity, and a deeper connection with the heart and soul, encouraging them to adopt meditation for a peaceful and spiritually balanced life.

Photo 1: Visit to the largest meditation centre in India

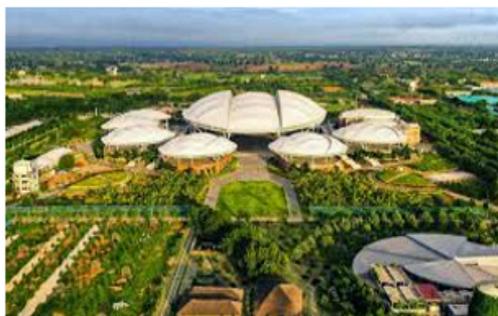


Photo 2: Students and management team assembled before the commencement of the visit.



Photo 3: Students listening attentively to the guest speaker's inspiring session



Photo 4: Students having lunch at Shanti Meditation Centre.



Note: Number of Photos restricted to two or four