CMR TECHNICAL CAMPUS

UGC AUTONOMOUS

Accredited by NBA & NAAC with 'A' Grade

Approved by AICTE,New Delhi & JNTU,Hyderabad

EVENT REPORT ON MEDITATION SESSION

Date of the Event : 21-12-2025

Venue : NECKLACE ROAD, HYDERABAD

Organizer : SPIRITUAL SOCIETIES MOVEMENT

Program Officer : M. SAAHUL

Number of Participants : 20

Description of the Event : On 21-12-2025, the NSS volunteers of CMRTC participated in a Meditation Session held at Sanjeevaiah Park, Necklace Road. The session was organized by the Spiritual Societies Movement to promote mental well-being and inner peace among participants. Volunteers actively engaged in guided meditation practices that helped reduce stress, improve concentration, and enhance emotional balance. The program highlighted the importance of maintaining a healthy mind along with physical fitness. Overall, the session was calming, refreshing, and beneficial for personal growth and self-awareness.

The activity aligns with SDG 3 and SDG 4.

Signature of Program Officer

Signature of Head