

Detailed Report

Activity- "Meditation Camp"

Scheme- Meditation

Organized by- Eshan Club

Meditation is the intentional, systematic practice of calming and focusing one's attention. Meditation has been practiced since antiquity as a component of numerous religious traditions and beliefs. Meditation often involves an inward focus, such as on a single object (e.g., one's breathing), sound, or mantra. Meditation can take on many different forms. Different types of meditation may focus on different aspects of the mind and body, including relaxation, concentration, mindfulness, visualization, attention, or mantra (silently repeated words or sounds). A **"Meditation Camp"** was arranged for students on 16/10/2017 where 55 pupils were present.

Meditation may involve generating an emotional state for the purpose of analysing that state such as anger, hatred, or grief for directing it towards a particular object, such as light. Trainers stated that-

- Meditation may also involve repeating a mantra and closing the eyes. The mantra is chosen based on its suitability to the practitioner, such as mediated upon a particular syllable, thought, breathing exercise, or visualization during meditation.
- Meditation is one of many tools that can be used to help you live your life with more happiness and positivity, and less stress. Yoga asanas (postures) and pranayama (breath control) are the foundation of all meditation practices.

Meditation provides a connection between mind and body. The benefits of meditation are deep mental, physical, and spiritual. Meditation helps us know ourselves better. Over time, we become more comfortable with the way we are, which in turn increases our self-confidence and self-esteem. Guided meditation sessions give us deeper insights into our limitations and ways to overcome them. As we at Eshan believe in holistic development of students, this camp proved to be fruitful. The programme ended with Q&A session so that students could interact with experts and effectively implement meditation practices most beneficial for them. Experts and resource person were appreciated during Vote of Thanks by our respected Director.



