

## Detailed Report

**Activity- "Meditation Camp"**

**Scheme- Health Awareness**

**Organized by- Eshan Club**

Many students are searching for healthy practices that relieve stress, calm nerves and help them relax. Mindfulness is a natural, easy-to-follow meditation method that offers college students who are feeling the grind important physical, emotional and psychological benefits. No fancy meditation equipment to buy, no member's card to acquire: a few minutes a day is all that is required. It seems like from grade school to college, today's students can barely find time to take a breath of fresh air and smell the roses. College students in particular find themselves completely engrossed in campus life, from classes and exams to the requisite parties, and they may feel like they have no time for themselves. The intense rhythm of college activities can be relentless; as a result, many students suffer from stress, anxiety and sleep deprivation. This can have a negative impact on their health. Due to this, a "**Meditation Camp**" was organized on 01/11/2018.

The college offered dedicated meditation spaces to help students distress and replenish. The trainers delivered information about the advantages of meditation to attract young students towards this procedure on a serious context.

- Most students have to deal with an assortment of stressful situations: assignments, tests, admissions exams, co-curricular activities and social pressures are all part of the college experience.
- Meditation practice has also been shown to promote creativity, improve happiness levels and foster peace of mind.
- Confident minds also enjoy the challenge of finding inventive solutions to problems and puzzles.
- There is conclusive evidence that mindfulness meditation promotes quality sleep and is an effective treatment for insomnia.

Just a few minutes of regular practice can help train body and mind to disconnect from the being busy and pressures of college life. This session has shown that regular meditation can be a more effective remedy to sleeplessness than medication, as per resource person.



