

Detailed Report

Activity- "Meditation Camp"

Scheme- Fit India

Organized by- Eshan Club

Meditation is the practice of the mind to make it clear and focused. This technique - meditation, was used in ancient times as well. Its origin can be found in Hindu and Buddhism Scriptures. It was widely practiced in Asian countries. But now it's practiced in Western countries as well. The early Hindu sages used to practice meditation to relax their minds. They believed that meditation helps to gain spiritual powers. Buddhists lay down incredible importance on concentration, calm, and one-pointedness in meditation. According to them the six forces that needed to be taken care of are: hearing, pondering, mindfulness, awareness, effort, and intimacy. Realizing this a "**Meditation Camp**" took place on 01/11/2019 with 188 participants.

Our Director was highly obliged that meditation experts gave some tips to the students so that they take full advantage of meditation. They stated-

- If you feel stressed or sad, you should try meditation. Because many studies have found that meditation helps to reduce stress and anxiety.
- Furthermore, they have found that practicing meditation can help to avoid stress-related health problems such as IBC, Post Traumatic Stress Disorder, etc.
- Meditation changes the structure and function of the brain through relaxation and it helps to increase our attention and focus.
- Some forms of meditation are meant to understand yourself. Understanding yourself will help you to control your mind and body.
- You need to understand that it is not necessary to always run for something or the other, spending time with yourself is important.

Meditation is a very powerful exercise of the mind. It can prove very helpful for your mind and body. So everyone should practice it to calm their mind, body, and soul. In this age of the digital era, we should not neglect our mental health.



