

Detailed Report

Activity- "Meditation Camp"

Scheme- Fit India

Organized by- Eshan Club

We live in a culture of distraction, in a fast-paced world where unplugging and slowing down is getting more difficult each day. Amidst all the chaos, students and faculty need to make more time for self-love and introspection. The benefits of meditation have been studied and proven time and time again. And since you can practice it just about anywhere and at any time, you might be wondering why you should go on a meditation retreat in the first place. Our everyday life is full of distractions and stressors. We constantly have to deal with a variety of situations that may bring up strong emotions. Over-stimulation can take a toll on our mental and physical wellbeing. So, Eshan Club took initiative to organize a "**Meditation Camp**" on 01/11/2021.

The esteemed instructors proficiently highlighted vital aspects of meditation to an impressive number of 269 participants in the event. According to them, meditation in today's busy world of information, texts, emails and busy lives, has never been so important. Following major points were covered-

- Reduced stress levels
- Decrease in resting heart rate
- Clearer mind
- Increased awareness of breath
- Creation of space in the mind to use
- Find creativity and encourage the mind to become quiet and settled.

In this form of meditation the students simply refocuses his/her awareness on the chosen object of attention each time he/she notices his/her mind wandering. Rather than pursuing random thoughts, students are taught to let them go. Through this process the ability to concentrate improves. This mindfulness meditation encourages the practitioner to observe wandering thoughts as they drift through the mind. Our Director Dr. Pankaj Sharma and non-teaching staff also dedicated themselves to this camp and got its fruitful advantage.



