

Vivekananda Institute of Professional Studies Vivekananda School of Information Technology

The Way towards Meditation

Meditation being a potential exercise has the capability to bring physical changes in the brain structure (Luders et al. 2011). Meditation, the prayer, is the way by which one connects with the inner self. But it's very important to understand the concept of meditation, the role of our thoughts during meditation. As it can be reflected by Fig 1, how mediation regulates the traffic of our thoughts inside.

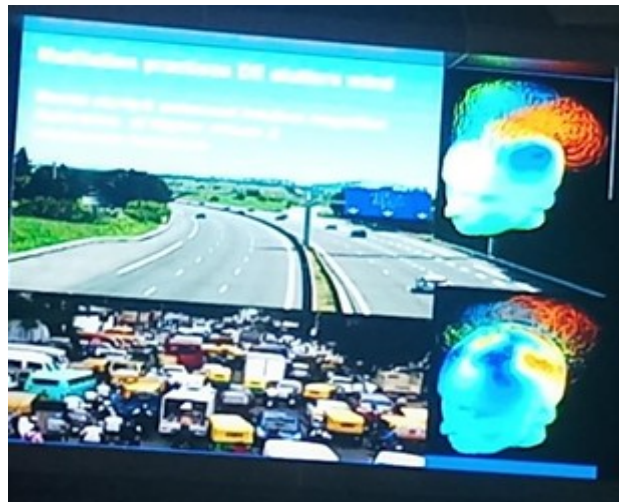


Fig.1 The effect of meditation on brain

By keeping this thought Dr. Neha Malhotra, VSIT, VIPS has conducted one session on the topic The Way towards Meditation and the focus of the session was to aware the students of its importance and inculcate this culture in their daily life. Along with that, the role of good and bad karma was also explained scientifically. Few fooding habits were discussed in which the importance of vegetarian food, as well as the role of outside food on our brain, was also highlighted. Lastly, the session was terminated with an interactive questions and answers round.

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Flyer





**THE
WAY
TOWARDS
MEDITATION**

 TIME: 3.00 TO 4.00 PM

 ROOM NO. 307, A BLOCK

 DATE: 24TH JAN 2020

SPEAKER
Dr. Neha Verma Malhotra

A Glimpse

Vivekananda Institute of Professional Studies Vivekananda School of Information Technology



Faculty Coordinator

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VSIT, VIPS