



योग: कर्मसु कौशलम्  
IN PURSUIT OF PERFECTION

## Vivekananda Institute of Professional Studies Vivekananda School of Information Technology

### **ROLE OF MEDITATION**

Date: 28<sup>th</sup> Oct, 2016

#### **Introduction**

Meditation is a precise technique for resting the mind and attaining a state of consciousness that is different from the normal waking state. Meditation is not a part of any religion; it is a science, which means that the process of meditation follows a particular order, has definite principles, and produces amazing results. In meditation, the mind is clear, relaxed, and inwardly focused. When you meditate, you are fully awake and alert, but your mind is not focused on the external world or the events taking place around you.

**Name/ Schedule of the Activity:** Role of meditation in our life

#### **The objective of the Activity:**

The major objective of this session was to make students aware of the role of meditation in our daily life. What are the reasons for which we feel depressed?

#### **Brief Report**

This session was conducted by Ms. Neha Verma for MCA (2nd year) students for describing the impact of meditation on their academic life. Various positive aspects were discussed in a session like:

- Rise in IQ levels
- Lower absenteeism, better behaviour
- Academic stress goes down
- Improved academic achievement
- Better focus
- Brain integrity & efficiency
- Reduction in depression and anxiety
- Happier, more confident students

Vivekananda Institute of Professional Studies  
Vivekananda School of Information Technology

C. Photographs





योग: कर्मसु कौशलम्  
IN PURSUIT OF PERFECTION

# Vivekananda Institute of Professional Studies Vivekananda School of Information Technology

Faculty Coordinator

Ms. Neha Verma

VSIT, VIPS