

**MEDITATE TO RELEASE STRESS AND
DISCOVER INNER PEACE**



Journey Within

Workshop on learning the theory & practice

24th April 2019 - 25th April 2019

**AMAR SHAHEED BABA AJIT SINGH JUJHAR
SINGH MEMORIAL COLLEGE, BELA**

MEDITATION

“Journey finite to infinite” Meditation is the process of quieting the mind in the order to spend time in thought of relaxation or religious/spiritual purposes. The goal is to attain an inner state of awareness and intensify personal and spiritual growth. In practice, meditation involves concentrated focus on something such as a sound, image or feeling.

BENEFITS OF MEDITATION

Immersing yourself in meditation on a weekly basis does a whole lot of good things to your body. It improves your overall wellness and enhances your inner self. Here are some of the other benefits meditation can give.

1. REDUCES STRESS

Meditation reduces stress. There are many processes of it and each process will surely get that burden off your shoulders and feel relieved. Stress is one of the factors why people become unproductive in their lives. It contributes so much to the overall non-productivity of a person. When you are stressed, you end up not doing things that are important and feel tired all the time. With the right amount of meditation, you start to feel lighter and more ready to get through the day.

2. SHARPENS MEMORY

Meditation can sharpen your memory. It improves your ability in memorizing things at first glance. It helps your brain in picking up things that you only saw once. A sharper memory can help you in many ways. Remembering the important things that you need to do will get you more organized.

3. PROVIDES EMOTIONAL STABILITY

When you are troubled emotionally, meditation helps ease and release the emotional baggage that you feel inside. Emotional troubles are one of the results of too much stress. It hampers personal growth and good relationships with others. The emotional quotient is as important as the intelligence quotient. Emotions need balancing and right handling.

PROGRAMME

24-April-2019

INAUGURATION CEREMONY: 10:00 AM

By

Principal Surmukh Singh

Session-1

Speaker- Prof. Harpreet Singh

Time- 10:30am

Topic – Meditation and stress

Session-2

Practical session for students

Time- 11:00am

Instructor Prof. Gagandeep Kaur

25-April-2019

Session-1

Speaker- Prof. Gurlal Singh

Time- 10:00am

Topic – Inner management

Session-2

Practical session for students

Time- 11:00am

Instructor Prof. Gagandeep Kaur

Organizing Committee

Prof. Sunita Rani

Prof. Harpreet Singh

Prof. Gurlal Singh

Prof. Gagandeep Kaur

Prof. Taranjeet kaur

Prof. Lovepreet Singh