

Report on Training Session on “Meditation Techniques for Enhancing Student Health and Wellness” Organized by the Indian Knowledge Systems Club, GSSSIETW, Mysuru

Date: 31.10.2023

Location: Rangamantapa, Prof. B S Pandit Memorial Block, GSSSIETW

Duration: 4.50 PM to 5.50 PM

Facilitator: Dr. Vinay Venugopal, Professor & Head, Dept. of Physics, GSSSIETW

Summary of the Session

The Meditation session took place on 31-10-2023 at the Rangamantapa. It was led by Dr. Vinay Venugopal. Aishwarya A Kadrolli, Secretary, Indian Knowledge Systems Club welcomed the gathering and introduced the office bearers of the Club for the year 2023-24. The purpose of this session was to promote health and wellness through meditation techniques as recommended in ancient Indian texts of *Bhagavad-gita*, *Srimad Bhagavatam* and *Patanjali Yoga Sutra*, in student community who face several life style health issues including anxiety, stress and immunity problems.

The session commenced with an explanation on the meaning of meditation as per Patanjali Yoga Sutra. There are three levels- *Dharna*, *Dhyana* and *Samadhi*. For this the pre-requisites are *Yama*, *Niyama*, *Asana*, *Pranayama* and *Pratyahara*. The requirements for meditation like empty stomach, place, time and posture to be adopted including appropriate Mudra for the hands was explained. The meditation training began with instructions on relaxing the body while focusing the mind on different parts of the body from toe to head, while eyes are closed. Then the meditation stage of *Dharana* to be attained by focussing the mind on the tip of the nose and observing the breath (inhale/exhale), and later on the third eye location was demonstrated. The stage of *Dhyana* was attained by focussing one's entire attention on the heart. During the entire process the body and mind has to be maintained in a state of complete relaxation and rest without any thinking. The session ended with information the benefits of meditation such control over sleep, food intake, improved work efficiency, enhanced immunity against communicable diseases and facing life challenges.

Participant Feedback

Many participants reported feeling a sense of relaxation and reduced stress. Some noted improved concentration and heightened awareness.

Conclusion

Regular meditation practice as mentioned in ancient Indian texts is a powerful tool for enhancing student health and wellness.



Demonstration of *Dhayana Mudra* which is very effective for deep meditation



Students practising *Dhayana Mudra* posture



Participants listening to the explanation on the meditation techniques as discussed in ancient Indian texts