



V.V.GIRI GOVT. KALASALA

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Accredited by NAAC @ B+

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TITLE OF THE BEST PRACTICE: MEDITATION CENTER

“ONENESS CENTER”

Objective:

The institution is building facilities to direct and shape learning in addition to curriculum components. Mahatma Gandhi Oneness Dhyana Kendra offers an understanding of the power of inner serenity and solitude.

The center is excited about offering talks and workshops on stress management, positive values, meditation, and stress-free living.

It seeks to assist students and local residents in realizing their own innate traits and remembering their full potential. The meditation center uses stillness to help people experience their inner selves.

Context:

One develops the ability to concentrate through meditation. Certain types of meditation train their students to notice their thoughts, feelings, and sensations and to observe preconceived notions. Many people think that engaging in this exercise promotes a condition of increased serenity, physical ease, and psychological harmony.

Programmes for meditation may have an impact on a number of outcomes pertaining to psychological stress and wellbeing. The study covers a wide range of topics, from the rare study of positive outcomes like enhanced wellbeing to the more popular strategy of analyzing decreases in undesirable results like worry or sleep disturbance.

The Practice:

Basic aspects of meditation are:

Concentrated attention: One of the key components of meditation is attentional focus.

The key to clearing your mind of the various things that bring anxiety and tension is to focus your attention. You can direct your attention to something specific, an image, a phrase, or even just your breathing.

Calm breathing. This breathing method uses the diaphragm muscle, which is located between the chest and the abdomen, to expand your lungs while you breathe deeply and steadily. In order to improve your breathing, the goal is to slow down, inhale more oxygen, and utilise less shoulder, neck, and upper chest muscles when breathing.

Tranquil environment:For a beginner, it could be simpler to meditate in a peaceful place. Reduce the number of items that can divert your attention, such as televisions, computers, and cell phones.

As one's meditation skills improve, the person might be able to practice anywhere. This includes situations that are known to cause stress, such as heavy traffic, tense meetings at work, or lengthy lineups at the grocery store. This is the optimal time for you to benefit from meditation.

Relaxed posture:A person can walk, sit, lie down, or engage in other positions or activities while you meditate. To ensure the most out of meditation, the person has to maintain proper posture to meditate.

Receptive mindset. Allow ideas without passing judgement on them.

Evidence of success:

Instead of attempting to control circumstances, mindfulness can assist the process of discovering alternative ways to respond to them. Furthermore, this phenomenon isn't limited to lives in the workplace. Being attentive can enhance our daily interactions with teachers, students, and family members as well as our relationships with friends, studies, and learning.

In order to get things done during the day, self-imposed stress can be reduced by engaging in mindful meditation. But more crucially, this can assist students in particular focus more precisely on the work at hand and potentially enhance performance in general.

Problems encountered and resources required:

1. Maintenance of dhyan mandir.
2. Regularity of participants.



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