Crafting a balanced life through Transcendence, nutrition and exercise or physical activity

Transcendence

* Experience of going beyond regular limits,
* Reach to highest level of self-awareness, understanding
* feeling more connected to something bigger than ourself like feeling part of nature, humanity

How Transcendence can contribute to personal growth and development?

* Expands our perspective
* Enhance Creativity
* Gives inner strength and peace , makes stronger in our tough times

How to achieve Transcendence?

Transcendental Meditation

* Mantra meditation technique founded by Maharishi yogi in 1950
* Sitting comfortably in quiet place with closed eyes and silently repeating a mantra to achieve Transcendence
* Practice 15-20 min TM twice a day, experiencing benefits of TM

Good morning everyone, Its me Sanjukta Sunar. I am here to represent my group and start our presentation. we are total three asmina,luman and me. First of all Thankyou renay for giving us the opportunity to present our idea and improve our communication skills and confidence as well. Our group had decided to choose this topic that is balancing our life through Transcendence, nutrition and exercise. We will elaborate how these are important in our life. My Topic is about Transcendence.

Lets understand how transcendence improve our personal growth and development

It Expands our perspectives.Which means when we experience Transcendense, we are able to see things from different angles, we can understand others and can accept on their own way. Also, Transcendense increase our creativity . When we transcend we can access new ideas, that we didn’t know before. Creativity includes getting innovative solutions of problems, creating beautiful art or thinking new for our project. Lastly, It gives us inner peace and strength. Which help us to fight in our difficult time and to win. If we have inner peace , We cannot be suffered from mental illness,which is crucial for healthy life

Now I am going to describe How we can achieve the Transcendense?

The best way to achieve Transcendence is from Transcendental Meditation which we called TM.

TM is a simple meditation technique. In which we sit comfortably in quiet place with closed eyes and silently repeat our mantra . This Technique is founded by Maharishi yogi in 1950. By practicing 15-20 min twice a day we can experience Transcendense.I have personally experienced the change.

Now for next topic.How exercise play vital role to balance our life, I would like to handover the slide to Asmina , Thankyou!!