



## Koneru Lakshmaiah Education Foundation

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### Report on Meditation Programme

Conducted by

K L E F Women's forum on 28<sup>th</sup> January 2020

KLEF Women's forum conducted Seminar on “**Body-Mind-Soul Recreation**” Programme for Boys and Girl students on 28<sup>th</sup> January 2020.

Resource Person : B. Vamsi Kiran Spiritual Master

Venue : Jasmine Hall

Date : 28.01.20

Time : 10.00AM

Topic : Seminar on “**Meditation**”

The programme started with a welcome note by Dr M.Sreedevi, Coordinator Women's Forum K L E F she introduced the resource person B. Vamsi Kiran Spiritual Master to the gathering. He explained to students that Meditation is a simple way of freeing your mind, forgetting about daily anxieties and focusing on mental relaxation. Going into a meditative state involves learning to become a passive observer of one's thoughts. It does not mean suppressing them or attempting to force them to disappear. Meditation is the process of continuous focus on one object for a prolonged period of time. It is a gentle, subtle method which does not require any force or pressure on the mind. The result you gain out of the practice is increased concentration and focus.



He told some simple five tips for beginners to learn how to meditate:

- 1) Find a quiet, peaceful place.
- 2) Sit comfortably, with eyes closed and focus on the heart.
- 3) Begin with a suggestion that the source of light is within my heart and it is attracting me inwards.
- 4) Meditate for 10 minutes, or until you feel ready to come out of the meditation.
- 5) Repeat it every day, in the morning and the evening. Incorporating this time for quiet contemplation and reflection can bring you enormous mental and physical benefits.

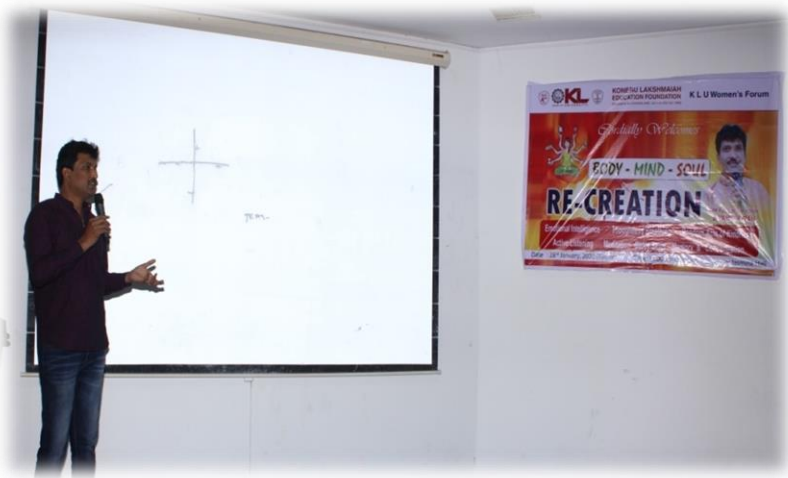


He also explained the benefits of meditation also

1. **Reduces stress and bring peace:** Most people understand that meditation reduces stress and promotes peace of mind. Other health problems like high blood pressure, irregular or high heartbeat, high pulse rate, abnormal breathing patterns, and anxiety also are regulated.

2. **Helps in concentration:**

Meditation is a great aid in regulating your mind. The mind's tendency is to think a lot and to be easily pulled in different directions depending on our personal likes and dislikes. Practicing meditation helps you to gently ignore what is unnecessary and focus more on what is important. This gives you greater clarity and makes you faster and more capable of anything that you do.



3. **Helps you sleep better:** If you have ever laid your head on a pillow and then struggled for hours to sleep because of thoughts racing through your mind, then meditation is ideal for you! We are often stuck in limbo, worrying about the past and the future which interferes with our

sleep at night. When you wake up the next morning, you'll feel lighter and fresher. Maintaining a balanced sleep cycle can help to eliminate many health problems.

**4. Makes you emotionally stronger:** Wondering how? During the meditation process, where we are constantly focusing our attention on one thing, we learn to let go of unnecessary thoughts. By understanding ourselves, we are able to build our emotional resilience and tap into our inner intuition. Daily struggles and irritations will no longer impact you, as you remain centered in yourself and the present moment.

**5. Keeps you active throughout the day:** One who is committed to balancing their mental energies is also a lot more energized. When you feel calmer and happier, your relationships with people around you grow stronger.



The programme is ended with a vote of thanks to the resource person B. Vamsi Kiran, the faculty and convener women's forum felicitated the Guest, with shall and a memento.

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