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## Q1. a) Gratitude List:

1. Life: I'm grateful for the existence of life on Earth, which has evolved and diversified over billions of years.
2. Nature: The natural world, with its beauty and complexity, is something to be grateful for. This includes landscapes, oceans, forests, and the incredible variety of species.
3. Progress: The development of civilization, from early societies to modern civilizations, has brought about countless improvements in quality of life, technology and knowledge.
4. Science and Knowledge: The accumulation of knowledge over the centuries has allowed us to understand the world better and improve our lives.
5. Cultural Diversity: The diversity in human culture and traditions is something to be grateful for.
6. Learning and teachings from Ramayana, Mahabharata etc.
7. Parents, who have given birth to me and their contribution in my upbringings.

## b) Perspective change:

1. Appreciation for Complexity :- The history of the world reveals the intricate processes that have led to the current state of our planet.
2. Interconnectedness : Learning about the history of the world highlights how everything is interconnected.
3. Human Responsibility :- Recognizing the long history of human impact on the planet can lead to a sense of responsibility for its future.

4. Cultural Awareness: Learning about the history of different cultures can lead to greater cultural sensitivity and understanding, fostering tolerance and empathy.

#### B. Observations during Meditations:

1. Date & Duration → while meditating in morning sessions i feel much good then in afternoon sessions
2. Environment → Meditating in open air has much deeper effect / I feel much good. than in room meditation.
3. posture → sitting on cushion while meditating
4. State of Mind → from tired to relaxed mind.
5. Physical Sensation → tingling, warmth, .
6. Thoughts → Empty / blank mind