



TELANGANA TRIBAL WELFARE RESIDENTIAL DEGREE COLLEGE (Girls) MAHABUBABAD DISTRICT, TELANGANA

(Affiliated to Kakatiya University, Warangal, Telangana)

TITLE OF THE BEST PRACTICE: MEDITATION



Meditation is a practice in which an individual uses a technique— such as mindfulness, or focusing the mind on a particular object, thought, or activity— to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state

OBJECTIVES OF MEDITATION

The objectives of meditation are to

- Build awareness
- Increase peace and calm
- Live more fully in the present moment
- Enhance empathy and compassion

- Lessen reliance on external sources of happiness
- Improve sleep
- Unlock your subconscious mind
- Reduce stress and anxiety
- Help increase both physical and mental peace and calm
- Help you to realize the nature of your true self
- . Helps in better working memory
- . Stress relief



