



Government Degree College, Seethanagaram

Accredited by NAAC with 'B' Grade, ISO 9001:2015 Certified College

Affiliated to Aadi Kavi Nannayya University
Opp K.G.N.M. Trust, Purushottapatnam Road, Seethanagaram



DEPARTMENT OF NSS

AWARENESS PROGRAM ON MEDITATION BY KGNM

TRUST30-01-2020

Meditation, which is the practice of focused concentration, bringing yourself back to the moment over and over again, actually addresses stress, whether positive or negative." Meditation can also reduce the areas of anxiety, chronic pain, depression, heart disease and high blood pressure.

2 Science-Based Benefits of Meditation

Reduces stress. Stress reduction is one of the most common reasons people try meditation.

Controls anxiety.

Promotes emotional health.

Enhances self-awareness.

Lengthens attention span.

May reduce age-related memory loss.

Can generate kindness.

May help fight addictions.

Keep reading to learn more about the different types of meditation and how to get started.

Mindfulness meditation.

Spiritual meditation.

Focused meditation.

Movement meditation.

Mantra meditation.

Transcendental Meditation.

Progressive relaxation.

Loving-kindness meditation.

Distract yourself.

Once you have taken the time to think about and review the content of your disturbing thoughts, you should start moving past them. Try some of the following positive activities to distract yourself. Exercise - it can help reduce tension and anxiety. Pick up a hobby to keep your mind and body busy.

The poster is framed and contains the following text in Telugu:

శ్రీ వశిష్ట గౌతమి పీఠమిదే సాసైబీ ఆధ్వర్యంలో
కర్నూర్ గాంధీ ఆశ్రమము నందు

ఉచిత ధ్యాన జ్ఞాన శిక్షణ

“ధ్యానం అంటే శ్వాస మీద ధ్యానం”

015112 6006 - 9951489326

The poster also features a portrait of a man on the right side and a logo at the bottom right.





