

NSS ACTIVITY: MEDITATION SESSION

9th JUNE, 2022

The NSS Unit of Gitarattan International Business School organized a meditation session for the faculty and staff members on 9 June, 2022. The meditation session was a part of ongoing celebration of International Yoga Day, 2022. The resource person for the session was Shri Abodh Shrivastava, President and Director, Saha Yog Anubhuti, New Delhi. He has trained over 2000 Yoga Instructors in various branches of Yoga such as Teaching, Therapy, Research and Practice. Shri Abodh is also a visiting Faculty at VYASA Yoga centre Singapore and NINGBO Yoga centre China.



As introductory note, the resource person acquainted the audience with the concept of meditation. Contrary to general belief, he said that meditation is a part of Yog, it is not a separate practice. Dhyana (meditation) is the seventh stage of Yog, it precedes Samadhi, which is the final stage of Yog according to Ashtanga Yog. His profound understanding of Yog in its entirety is unparalleled. The way he explained the meaning of meditation, it enhanced the audience's understanding of meditation.

The introductory note was followed by a practical session of meditation. Shri Abodh asked the audience to close the eyes and concentrate on the breathing practice. After that, he urged the audience to focus on the point between two eyes and look for the divine symbol Om. The seminar room was flooded with positive energy and peace. The audience felt calm and relieved due to meditation.

He also recited a song wherein he told the audience that the divine symbol Om is actually AUM made up of three syllables : AA,Uu and Mm. The three syllable represents the energy of holy Hindu trinity Brahma, Vishnu and Shiva respectively.

The session came to a close after a very interactive question-answer round wherein the faculty members and staff members asked questions regarding healthy food. The resource person informed audience about healthy food options. He also made audience aware of the side effects of many routinely used food and dairy products.

The meditation session endowed audience with an advanced knowledge of Yog and Aahaar (food). It was indeed a fruitful activity, highly relevant to the audience.

Prepared by : Ruby, Assistant Professor, GIBS