



## Meditation: Mindfulness to Heartfulness

*"Meditation is both a conscious act & a refinement of what is possible with our brains, minds & bodies".*

In fast pace life, there are times when we should slow down, sit back and just let ourselves relax. We try and take care of our physical health by eating right, exercising, sleeping etc. But do we bother about our mental health!!

With this perspective Newgen Women Forum organized a session on Meditation. We realize the importance of sound mental health, hence, an attempt was made to rejuvenate employees through this relaxing technique. All employees were given an opportunity to learn the art of meditation from experts of Heartfulness.

These experts taught employees' relevance of mediation and appropriate technique of doing it. An experiential exercise was conducted to experience the same and the audience actively participated in this exercise. It left an influential impact on the employees leaving them relaxed and rejuvenated.

The session was concluded with the discussion on importance and effectiveness of applying such techniques in one's daily life and reaping its advantages for maintaining healthy lifestyle.



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