

NAZARETH COLLEGE OF ARTS AND SCIENCE

Affiliated to the University of Madras

Re-accredited with 'B' Grade by NAAC

Kovilpathagai Main Road, Kannadapalayam, Avadi, Chennai – 600 062

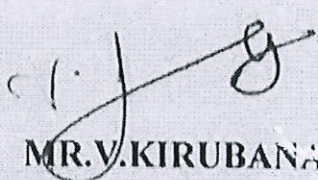
DEPARTMENT OF PHYSICAL EDUCATION

MEDITATION SESSION – A REPORT (ACADEMIC YEAR 2018–2019)


The Department of Physical Education, mindful of the present generation students, introduced the Meditation Session for the sports students during their Sports Practice in the academic year 2018. All the Sports Students of Nazareth have their regular practice hours on the ground between 3:00 pm and 5:00 pm. After their warm-up session they warm-down and settle for the Meditation Session for about 30 to 40 minutes every day for a non-judgmental observation of their thoughts.

The Meditation Session is done regularly to make the students realize their true potential. First, they are instructed to subdue their thoughts and pay attention to the breath, the students are made to breathe slowly and deeply. After this the students are trained to concentrate on the optimistic entities of life in order to relive their anxiety.

The Students found that this session particularly improves their concentration and avoids all distractions, relieves them from anxiety and depression thereby calming their nerves. The students also conveyed that they get a peaceful sleep during night times. Thus the Meditation Practices had brought a fruitful effect on the lives of the students.


MR. V. KIRUBANANTH
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