

## Research and PG Department of Botany

### Report on Meditation-Acquiring a state of contentment

A meditation class was conducted on March 15, 2025, at 9:30 AM by Sr. Eushma. The session commenced with a short meditation exercise to create a calm and focused atmosphere for an attentive and comprehensive class. Following the initial meditation, Sr. Eushma elaborated on the significance of meditation in daily life. She emphasized the importance of concentration and mind power, explaining how a disciplined mind can enhance overall well-being.

To provide a deeper understanding, she demonstrated the various centers of the human mind using an illustrative aid. Participants were then guided to identify their individual mind centers through a brief meditation exercise. This activity helped in self-awareness and understanding one's inner potential. Sr. Eushma highlighted that fear and several human ailments can be alleviated by maintaining proper mental power. She stressed that such control over the mind can be achieved through the regular practice of meditation. Furthermore, she asserted that success in life is closely linked to good mental health and clarity of thought.

Encouraging the participants to incorporate meditation into their daily routine, she concluded the session with another ten-minute meditation practice, allowing everyone to experience a state of tranquility and focus. The session was insightful and enriching, leaving the participants with a greater appreciation for the power of meditation in fostering mental strength and overall well-being.



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