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एवं

डॉ. आंबेडकर कॉलेज ऑफ सोशल वर्क वर्धा, संबद्ध राष्ट्रसंत तुकड़ोजी महाराज, नागपुर विद्यापीठ

व

डॉ. आंबेडकर इंस्टीट्यूट ऑफ सोशल वर्क नागपूर,संबद्ध राष्ट्रसंत तुकड़ोजी महाराज, नागपुर विद्यापीठ

व

समाज कार्य विभाग, श्री रावतपुरा सरकार विश्वविद्यालय, रायपुर, छत्तीसगढ़

के संयुक्त तत्वावधान में आयोजित

राष्ट्रीय संगोष्ठी

'समकालीन भारत में सामाजिक-सांस्कृतिक मुद्दे : चुनौतियाँ और संभावनाएँ'

20 मार्च 2025

प्रमाणपत्र

प्रमाणित किया जाता है कि श्री/श्रीमती/सुश्री/डॉ.(Mr./Ms./Mrs/ Dr.).....डॉ. प्रिंस परमार .....ने 'समकालीन भारत में सामाजिक-सांस्कृतिक मुद्दे : चुनौतियां और संभावनाएं' इस विषय पर आयोजित एक दिवसीय 'राष्ट्रीय संगोष्ठी' में प्रतिभागी के रूप मे सहभागिता की। इन्होंने.....मानवाधिकार और सामाजिक मुद्दे: चुनौतियां और संभावनाएं....विषय पर शोधपत्र /आलेख प्रस्तुत कया है।

श्री. प्रेमकुमार नाईक अध्यक्ष : सामाजिक सशक्तिकरण बहुउद्देशीय संस्था वर्धा, महाराष्ट्र संगोष्ठी निदेशक	डॉ. मिलिंद सवाई प्राचार्य : डॉ. आंबेडकर कॉलेज ऑफ सोशल वर्क वर्धा, महाराष्ट्र सह-संयोजक	डॉ. विनोद.जी.गजघाटे प्राचार्य :डॉ. आंबेडकर इंस्टीट्यूट ऑफ सोशल वर्क नागपूर , महाराष्ट्र सह-संयोजक	डॉ. नरेश कुमार गौतम असिस्टेंट प्रोफेसर, समाज कार्य विभाग श्री रावतपुरा विश्वविद्यालय रायपुर, छत्तीसगढ़ सह-संयोजक

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ISBN : 978-81-988841-5-2

Price : ₹ 400/-

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Subject: Appointment as Expert for Practical Examination / Viva-Voce.

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The Vice Chancellor, Guru Gobind Singh Indraprastha University is pleased to appoint you as Examiner for the Practical Examination/Viva Voce looking into your expertise as per details given below:

Date & Time	Programme Code & Course Title	Contact Person & Venue
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You are requested to kindly **spare your valuable time for conduct of Practical/Viva-Voce** as per venue mentioned above. The names of the candidates appearing for the test will be provided by the Principal/Director of the Institute as mentioned above. **In case any of your close relation is appearing in the examination or you are not able to spare your time for the conduct of Practical examination/viva-voce, you are requested to kindly intimate the same to the Institute under intimation to the University so that suitable alternative arrangements be made.**

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International Journal of Scientific Research and Engineering Development— Volume 8 Issue 3, May-Jun 2025
Available at www.ijsred.com

RESEARCH ARTICLE OPEN ACCESS

Role of Meditation in Human Life

Dr. Prince Parmar
Principal
V.D. Institute of Technology (GGSIPU)

Abstract:
In present time human life is very busy and fast. Humans are running very fastly towards getting success and achievements in their lives. They have no time to stay and get peace of mind. Therefore negative things like stress, anxiety, loneliness, depression and fear etc. are gathering around to our lives. For removal of these negative things and get positivity in our lives we have to do meditation on daily basis. By practice of meditation, an individual trains the mind and can get mental peace. This practice of meditation helps him in getting out of stress, anxiety and depression etc. The aim of the study is to put light on the role of meditation in human life.

Keywords- Meditation, Human Life, Inner Peace, stress, concentration

I. INTRODUCTION
The word meditation is derived from the Latin word meditation, from a verb meditari, meaning "to think, contemplate, devise, ponder". It also carries different meanings in different contexts. Meditation has been practiced since antiquity as a component of numerous religious traditions and beliefs. Meditation often involves an internal effort to self regulate the mind in some way. Meditation is often used to clear the mind and ease many health concerns, such as high blood pressure, depression and anxiety. It may be done sitting, or in an active way for instance, Buddhist monks involve awareness in their day today activities as a form of Mind training.

"Meditation refers to a family of self regulation practices that focus on training attention and awareness in order to bring mental processes under greater voluntary control and thereby foster general mental wellbeing and development and/or specific capacities such as calm, clarity, and concentration." (Walsh & Shapiro)

"Meditation is used to describe practices that self regulate the body and mind, thereby affecting mental events by engaging a specific attentional set....regulation of attention is the central commonality across the many divergent methods. (Cahn & Polich)

There are different ways to meditate, and since it's such a personal practice there are probably more than any of us know about. There are a couple that are usually focused on heavily in scientific research, though. These are focused-attention, or mindful meditation, which is where you focus on one specific thing it could be your breathing, a sensation in your body or a particular object outside of you. The point of this type of meditation is to focus strongly on one point and continually bring your attention back to that focal point when it wanders. The other type of meditation that's often used in research is open-monitoring meditation. This is where you pay attention to all of the things happening around you you simply notice everything without reacting.

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