



TECHNO
INSTITUTE OF HIGHER STUDIES
Transforming Dreams Into Reality...



Criterion -7

Institutional Values and Best Practices

Key Indicator-7.3

Institutional Distinctiveness

7.3.1Q₁M

7.3.1. Portray the performance of the Institution in one area distinctive to its priority and thrust

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MEDITATION: CALM IN THE CHAOS

OBJECTIVES OF THE PRACTICE

In today's fast-paced and demanding world, a wide range of institutions—be it schools, businesses, or healthcare facilities—are increasingly confronted with the pervasive issue of stress and its significant impact on the overall well-being of individuals. Stress in these environments not only affects mental and emotional health, but it also leads to serious consequences, such as decreased productivity, a rise in absenteeism, and a noticeable decline in morale. As employees, students, or healthcare workers grapple with their day-to-day responsibilities, the cumulative stress can hinder their ability to perform optimally and maintain a sense of balance.

In response to this growing concern, the practice of meditation has emerged as a highly effective and accessible solution. Meditation, traditionally known for its deep roots in religious and spiritual practices, has evolved into a widely recognized tool for fostering mental clarity and emotional well-being. It is the act of focusing one's attention and quieting the mind, often by centering on the breath, a sound, or a mantra. This ancient practice, once predominantly linked with Eastern philosophies, has now gained mainstream acceptance across various fields and communities as a proven method to combat stress and promote inner peace.

The benefits of meditation are manifold and can be experienced by anyone willing to invest in the practice. For those who are curious about incorporating meditation into their daily lives, it is important to understand that meditation is more than just a technique—it is a journey of self-discovery and personal growth. As individuals begin to explore meditation, they may uncover deeper aspects of their mental and emotional states, cultivating greater self-awareness and resilience.

While the transformative effects of meditation may not always be immediate, the focus lies on the practice itself. With consistent effort and dedication, the benefits of meditation gradually unfold over time. These benefits may include improved focus, reduced anxiety, enhanced emotional stability, and a heightened sense of well-being. By embracing meditation, individuals not only learn to manage stress but also develop the ability to face life's challenges with a calm and centered mindset. Ultimately, meditation offers a pathway to greater balance, inner peace, and long-term well-being in the modern world.

- By quieting the mind and focusing on the present moment, meditation can help lower stress hormones and promote a sense of calm.

- To train our minds and our attention to stay present and focused.
- To learn and to observe your thoughts and feelings without judgment. This heightened self-awareness can lead to a better understanding of yourself, your motivations, and your emotional triggers.
- To develop a more balanced emotional response to situations, reducing reactivity and fostering emotional well-being.
- To promote relaxation and prepare the mind and body for restful sleep.
- Meditation will create space for new ideas and solutions to problems to emerge.

THE CONTEXT

Meditation is a powerful tool for institutions to address various challenges, including stress, anxiety, focus, emotional intelligence, employee retention, and morale. It reduces stress hormones, promotes relaxation, enhances concentration, and fosters emotional intelligence. Meditation also helps in reducing burnout, high turnover rates, and decreased morale. It is cost-effective, easy to integrate into schedules, and universal, transcending cultural and religious backgrounds. By prioritizing well-being and emotional intelligence, institutions can create a more positive, productive, and successful environment for all members.

THE PRACTICE

Meditation involves train your attention to stay present in the moment. This can be done by focusing on your Mantra (a repeated word or phrase), or even bodily sensations. it's natural for your mind to wander. when this happens, gently acknowledge the distraction and bring your focus back to your chosen anchor(breath, mantra, etc.) Don't judge yourself for getting lost in thought, simply return your attention.

- Starts with short meditation sessions, even just 5-10 minutes a day. Consistency is key. so we promote it to do in a regular mode.
- Appointed a staff member or outsource a meditation instructor to lead group sessions. These sessions done in person or virtually.
- Underutilized spaces in the institution used for meditation, like libraries, gardens, or empty classrooms during breaks.
- Start meetings or classes with a short mindfulness practice, like a few minutes of focused breathing or a body scan meditation.
- Distribution of flyers, posters, or online content about the benefits of meditation and how to get started.
- If some staff or students have had positive experiences with meditation, encourage them to share their stories to inspire others.

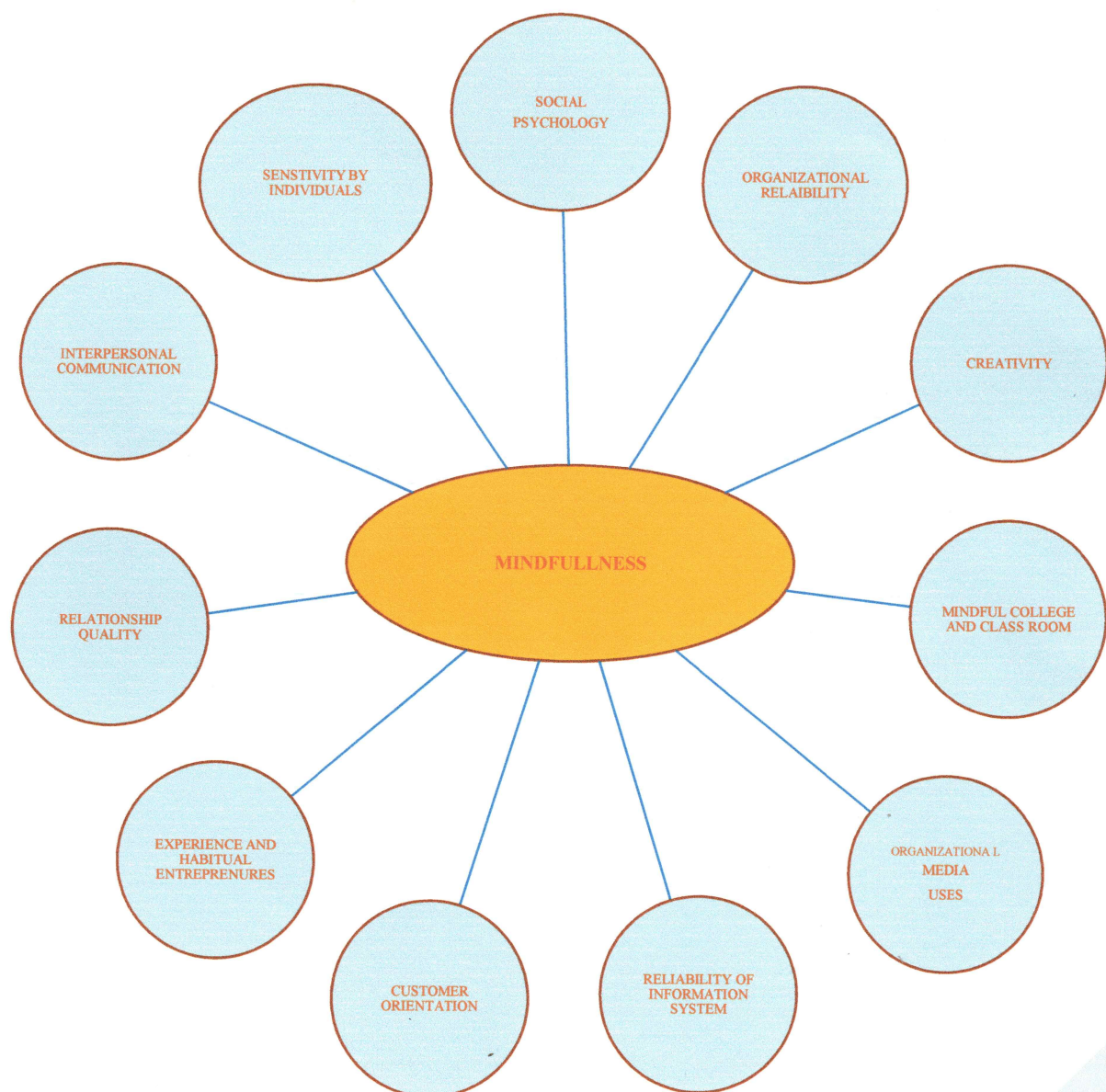
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- Tailor the meditation practices to the specific needs of the Institution. For instance, stress Management techniques might be most relevant in workplaces, while focus-enhancing meditations could benefit students.
- In the Meditation Room, a quiet and distraction-free environment for the practice has been given in the institution, however, even a few stolen moments amidst a busy day be beneficial.

MINDFULNESS MEDITATION

- By observing thoughts and feelings without judging themselves raising of presentmoment awareness.



MANTRA MEDITATION

- For achieving the state of quiet mind and focused vision repeat a Mantra in their mind.

BREATHING

RELAXATION

VISUALIZATION

TRANSITION

MEDITATION

MOVEMENT MEDITATION

Walking meditation combines movement with mindfulness, keeping the body engaged while focusing on the present moment.

- **YOGA:** The Institute has practice for yoga. This is not just exercise and Asanas.
- **DANCING:** Dancing serves as a movement meditation, connecting individuals with their bodies, emotions, and the present moment. The institute has practiced Dance-based meditation to encourage mindfulness, Body awareness, and emotional release.
- **SITTING MEDITATION:** Sitting meditation is a practice that involves focusing on one's breath and body posture while calming the mind and promoting relaxation. The Institute has in practice for Sitting Meditation.


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