An expert talk on Value Based Education- Meditation for MBA

A fifth session of “Self Development Program” on “Meditation” was held on 11th March 2015. Holistic education is emphasized at Department of Management, SRIMCA, Uka Tarsadia University. Spiritual education in the form of meditation is imparted to the students in addition to the curriculum.

Dr. Surendra Agrawal was the main facilitator of the program. The session began with recap of previous four sessions viz., values, religions and yoga. He delivered his views on meditation, how to do it and their benefits for improving health and well-being. It can be difficult to strike an effective balance in students’ life that will allow them to be successful at all they do. Meditation trains the mind to look within, to discover the Self. He has given some tips to ‘Sahaj Marg’ meditation practice. It is a refined and simplified form of raja yoga that includes three elements - meditation, cleaning and prayer. These elements combine to create a complete and effective system, bringing inner transformation. According to him meditation helps in the life of students in the following ways like, improved concentration, better grades, reduced stress & anxiety, better sleep and sharper brain. The session ended with meditation.

The interactive and informative session was attended by over 73 students of final year MBA of Department of Management who benefited enormously.