

One-Day Seminar on “IMPORTANCE OF MEDITATION IN ISLAMIC TRADITION”

Department of Islamic studies organized one-day seminar on “Importance of Meditation in Islamic Tradition” at college seminar hall on 30-09-2015.

At the outset Principal Govt. Degree College Sopore, welcomed all the participants in the event and briefly talked about the importance of meditation in Islamic tradition its effects on individual’s health, daily life, different social relationships and its spiritual importance.

Head department of Islamic studies highlighted the importance of meditation in Islam while speaking she emphasized that exercising mindfulness or Muraqabah, can help discipline our minds in order to handle the current situation and focus on our connection with Allah. Muraqabah can train our minds to be more disciplined and thereby enhance our regular worship and daily activities. She further added that, Muslim in state of Muraqabah is in continuous full knowledge that Allah is aware of him or her, inwardly or outwardly. It is complete state of vigilant self-awareness in one’s relationship with Allah in heart, mind and body. The basis of Muraqabah is our knowledge that Allah is always watching us at all times and as consequence we develop greater attention and care for our own actions, thoughts, feelings and inner states of being.

Prof. Mehraj ud-din, Associate Professor and Head Department of Economics also spoke that the meditation especially cultivating mindfulness even in non-religious or neutral context has been proven to be having positive effects on mental and physical health of the people. According to American Psychological Association number of studies have proven that mindfulness practices such as relaxation or meditation help to reduce stress, boost memory, enhance focus and concentration decrease emotional reactivity and improve personal relationships.

Number of students also participated and delivered their lectures in the event. Finally, all the students were felicitated with certificates and awards at the end of the seminar.

The event concludes with the vote of thanks presented by Prof. Mohd Yousuf War.

Sd/-

Media Secretary

