

Stress Management Summit

July 13-15, 2015 Philadelphia, USA



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Workshop on: Stress management through chanting mantra

The Presentation

FOCUS: The workshop will focus on defining broad categories of stress, the health hazards related to stressful life style and various ways to fight stress in day- today life.

While appreciating several methods such as yoga, music, exercise and others to fight stress, the presentation will lay emphasis on meditation. It will make the participants aware of the age-old art of meditation, as practised by yogis and saints in Indian culture. In ancient scriptures, chanting of mantra has been appreciated for rejuvenation of body, mind and soul. There are many benefits derived out of japa or recitation of mantra which, if imbibed in one's daily routine, increase the quality of life. The participants will be briefly exposed to Indian rituals based on primary mantra ---AUM. While citing the reason of calling AUM as 'seed' mantra, the meaning and pronunciation of AUM, participants will be made familiar with the method of chanting AUM which is tied to a particular breathing pattern.

A short video will be played to make the participants 'tune in' their systems for the practical session that follows the presentation.

The practical: Effort will be made to teach participants to achieve coordination between various points in human body which get energized while chanting AUM.

Warming Up: It begins with pranayama

Chanting: The participants will be taught to regulate their breathing while chanting the mantra. They will be taught to enter into meditation through chanting and to relax and de-stress. To come out of this meditative state they will perform shava-asana.

Open House/Interactive Session: The queries will be taken up based on what all the workshop has offered plus any other method linked with meditation for example use of hasta yoga. The participants would be given feedback forms for up gradation. A significant aspect would be follow-up of the workshop. The participants will be mailed a questionnaire. They are expected to practice Chanting for about a month when they go back home and then fill up the questionnaire. This would enable them to know if they have successfully managed stress.

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