

# Meditation and Resilience – Positive Aspects of Meditation for Young People and Adults

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## Course overview

There are increasing challenges for young people and adults in our world. Many more of us are being overwhelmed by pressures and a great deal of recent research has focused on how some people are more resilient than others and what may foster this. At the same time, advances in research on Meditation, supported by technological advances in Neuroscience, offer us a wealth of studies and increasing understanding and recognition for the benefits of ages-old practices of Meditation and *Yoga*. This Course will explore the evolving understanding of resilience and how Meditation can benefit us all.

Some central themes in the course will be the way that the brain is affected by Meditation. There will be consideration of the effects of relaxation, focusing attention, self-awareness, integration, mind regulation, cultivating positive thoughts, compassion, connection, and the role of the heart. Studies reporting successful interventions for young people will be discussed. The Course will also be practical in effect offering participants the opportunity to explore different approaches to Meditation in a workshop format during the afternoons; and to write a report about their discoveries.

## Course objectives

- To clarify the concept of resilience, which can be related to inner strength, and show how different aspects of meditation can support and cultivate it.
- To explore current research on meditation and its relevance for us in an increasingly stressful and challenging world.
- To consider specific aspects of different meditation practices and their relevance to health, well-being, and life.
- To encourage the practical exploration of different kinds of meditation.
- To consider practical aspects of resilience in life.
- To consider the wider and deeper spiritual context of meditation and resilience.

**Teaching:** The teaching engagements would be one lecture (one hour) per day plus one Tutorial (experiential workshop) of one hour.

**Course intake:** Number of participants for the course will be limited to fifty.

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| <b>Course duration</b>     | 28 <sup>th</sup> January 2019 (Monday) to 1 <sup>st</sup> February 2019 (Friday)   |
| <b>Target participants</b> | <ul style="list-style-type: none"><li>▪ Undergraduate and Postgraduate students</li><li>▪ PhD, MPhil scholars, Project Fellows and Researchers who work on/are interested in various aspects of Meditation and Resilience</li><li>▪ Faculty</li><li>▪ Educators and counsellors</li></ul>  |
| <b>Course Fees</b>         | <p>The participation fees for taking the course is as follows:<br/><b>Participants from abroad: US \$500</b><br/><b>Industry/ Research Organizations: INR 10000</b><br/><b>Faculty / Academic Institutions: INR 5000</b><br/><b>Students: NIL</b></p> <p>The above fee includes all instructional materials, computer use for assignments, 24 hr free internet facility. The participants will be provided accommodation on payment basis.</p> |

## Course Faculty



**Dr Rosalind Pearmain**, B.A. (Hons), Dip. Ed., M.A., PhD, was introduced to Heartfulness meditation in 1976. She currently holds the positions of Visiting Senior Lecturer at Regents University and Visiting Faculty at the Minster Centre for Psychotherapy. Dr Rosalind taught Psychotherapy at Regents College from 1992 and completed her PhD in 2001 at the Department of Psychology, Royal Holloway, University of London. She has had a lifelong engagement with education, experiential learning and training for all ages in the fields of communication, health and well-being, and psychology. Rosalind also spent some years as Course Director for professional training in Integrative Psychotherapy. While she retired from her permanent role in psychotherapy in 2010, she is currently supervising and guiding post graduate research and teaching Qualitative Research methods. Her publications include ***The Heart of Listening: Attentional Qualities in Psychotherapy and Counselling***, a book published by Sage/Continuum in 2001, integrating research on the heart, Heartfulness meditation and developmental ideas. Dr Rosalind has also worked with transformative projects with young people and published some research based on these.



**Dr Seema Singh** is a Soft Skills Trainer and Associate Professor of English at the Department of Humanities & Social Sciences, IIT Kharagpur. Her teaching & research interests include Managerial Communication, Subaltern Studies, Indian Women Writing in English, Feminist Narratology, Contemporary African American Literature, South Asian Literature, Ecocriticism and Feminism. Recipient of the Bharat Ratna Mother Teresa Gold Medal Award, Dr Singh has been practicing Heartfulness Meditation for more than a decade now.

## Course Coordinator

**Dr. Seema Singh**

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