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Yoga and Meditation for Prevention of Mental Decline**Ven Dr. Sumedh Thero***Sumedh Bhoomi Buddha Vihar, India*

Smiling is something many of us take for granted, but for people with one or other kind of suffering's this can be difficult. While participants in ordination classes are mastering complex exercise, pindpat, meditation challenges, smiles always recommended as the norm! Loving kindness can be seen as an example of this on the path of dharma. Research shows that yoga and meditation strengthen our ability to control our responses, reducing impulsive behavior that often results in poor decision-making. Meditation is easy technique does not require much of an effort. Some people call this technique as body- scanning. It is a meditation that based on the awareness of your body. Just sit, relax and pay attention to your feeling on different body parts. The core of being mindful is not to compete, or achieving anything. It is as simple as being yourself. Accepting you, as it is. Teach your child to follow the command of his/her breath. Moreover, mindfulness and meditation program promotes positivity thinking for children. It helps build self-confidence, learn to respect one self and others and sense of appreciation. If you're not able to engage in cardio activities like running, you may wonder how important vigorous exercise is to reaping those mental benefits. A new study suggests that keeping up a weekly yoga and meditation practice, in particular, may ease depression and even prevent mental decline as we age or who aren't able to run. Thus meditation Process has high importance to get orients the students with better physique, psycho-social state that helps them to become good professional with focused managerial aptitude. Mantras for anxiety focus on easing anxiety via spiritual support, enlightenment, and promoting feelings of calm. Ancient wisdom teaches "a healthy mind is a healthy body."

Biography

Ven Dr. Sumedh Thero (Dr Banwari Lal Suman) completed PhD in Agronomy. Meditation & Ordination teacher on the path of Buddhism. He is Ex Principal of Scientist Agronomy, Chief Buddhist Monk and Founder of Sumedh Bhoomi Buddha Vihar. He Credited 15 books (10 in Hindi and 5 in English) and 350 Research papers in reputed Journals seminar symposium etc. He is Publisher and Founder Editor of Ancient Buddhism ISSN 2395-471X and Upali Sandesh.