

# 9<sup>th</sup> International Conference on Stress, Mindfulness, Meditation and Resilience November 10-11, 2022 | Webinar

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## Relieving Stress and Leading a Medicine Free Healthy Life with Meditation

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**S**tress is not the cause of any illness, stress is the effect of some other root core issue. Identifying this root core issue and reason of stress, along with it's effect on the mind and body, shall be dealt with in this session. Along with this, a brief insight into psychosomatic and autoimmune diseases will also be included. Next, the origins of meditation and its various methods will be discussed. Meditation has three distinct levels and has innumerable benefits. A healthy and medicine free life can be lead with the help of meditation. This, and how to relax and energise the body and mind for the entire day through just five minutes of meditation will be demonstrated. Meditation also helps to control emotions and relieve stress, which is extremely beneficial to society. Every individual has the ability to harness the benefits of meditation and move towards self realisation. Last not but the least, a demonstration on how to heal oneself through nature will also be included..

### Biography

Madhumita Ghoshal is a certified Life & Health Transformation Coach, Mind Skill Coach, NLP Practitioner, Reiki Master and Silva Method Instructor, with more than 8 years of experience in dealing and interacting with people. Her life's mission is to help people discover their inner potential, and enable happiness and positivity in people's lives. She is a mind transformation catalyst and has helped hundreds of people overcome their problems and deal with lifestyle and mental health related issues effortlessly. She is a recognised expert in her field and is also a Chakra Healer and Crystal Healer. She is also an expert in soft skills and inner development, emotional and relationship management.

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