



Foundations and Contemporary Perspectives on Mental Health and Well-Being

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Published by: - Book Rivers

Website: - <https://www.bookrivers.com/>

Email: publish@bookrivers.com

First Print Edition - 2026

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Title: Foundations and Contemporary Perspectives on Mental Health and Well-Being

Editors: Dr. Divya R. Panjwani, Prof. (Dr.) Adnan Khan Lodi, Dr. E. Ahmad

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ISBN: 978-93-7837-164-6

MRP: 370/-INR

(Printed in India)

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CHAPTER 5

Meditation for a Better Mental Health

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ABSTRACT

Meditation can help improve mental health, especially for people dealing with stress, anxiety, or emotional difficulties. Practices like mindfulness meditation have been found to help people feel calmer, think more clearly, and better understand their emotions. Regular practice can reduce anxiety and depression, improve emotional control, and support overall mental well-being. Meditation could be a helpful tool in schools and workplaces to support people's mental health in everyday life.

Keywords: Meditation, Mental health, Mindfulness, Emotional well-being, Stress relief, Anxiety, Meditation apps

INTRODUCTION

Meditation is a practice where a person uses methods like mindfulness or focusing on a specific object, thought, or activity to improve attention, become more aware, and feel calm and clear in the mind. It is often used to reduce stress, anxiety and depression. Mindfulness meditation, in particular, involves paying attention to the present moment without judgment. It encourages awareness of thoughts, feelings, and bodily sensations. This practice is often used in mental health treatments to help people manage their emotions and reduce signs of different mental health problems. Different forms of meditation include focused attention, loving-kindness, body scan, and transcendental meditation, each with unique techniques and benefits. **Matko and Sedlmeier (2019)** explain that meditation includes many different types of practices. They say that



Dr. Divya R. Panjwani is Assistant Professor in Department of Education, Integral University, Lucknow. Her educational repertoire includes B.Ed., M.Ed., M.Com., M.B.A., M.A. (Sociology), MA (Economics) and Ph.D. (Educational Psychology). She has six years as a Team Leader and Manager. Fourteen years of Teaching Experience in Higher Secondary School and Higher Education. She has 14 Research Papers in National and International Journal, 20 Chapter in Edited Book, 18 Edited book into her account and 1 authored book. She has attended more than 15 National and International Conferences, Convenor in more than fifteen Faculty Development Programs and workshops. She is working as a Subject Matter Expert for Life Skills Education, Work Education and Adult Education under Tata Consultancy Services. Divya Panjwani has been selected as a member of Flying Squad for ISC Board Examination for four consecutive years from 2019 to 2022. She has published Academic Buoyancy Scale, General Anxiety Scale and 1 Indian Patent. Her expertise spans are Information and Communication Technology, Positive Psychology, Statistical Analysis, Research, Teaching Methodologies, Career Counselling to Students, Commerce and Accountancy. She has been appointed as an Academic Consultant in SCERT, Patna.



Prof. (Dr.) Adnan Khan Lodi is a distinguished educationist, researcher, teacher educator and academic administrator with more than two decades of experience in teacher education. Currently serving as Dean, Faculty of Education at Integral University, Lucknow, he has played a significant role in educational leadership, curriculum development, pedagogical innovation, and research advancement. He began his academic career as a Lecturer at Vivek College of Education, Bijnor in 2004. Now presently Vivek University, Bijnor (U.P.) and later served as Acting Principal at Dr. M. C. Saxena College of Education, Lucknow (U.P.). Since joining Integral University, Lucknow in 2012, he has progressed from Assistant Professor to Professor & Head and Dean in 2024. Prof. Lodi has published more than forty-five research papers in reputed journals, five developed educational tools and scales, edited academic books, and served on editorial boards of national and international journals. He has also guided Nineteen Ph.D. scholars and thirty-five M.Ed. dissertations, making valuable contributions to educational research and teacher education in India. He has also served as a Mentor under the National Mission for Mentoring Program by the Ministry of Education, Govt. of India and Resource person of various online /offline national programs and Editorial Board Member for various national and international journals, contributing to the promotion of quality academic research. His achievements have been recognized through prestigious awards including the transformational Leadership -Shiksha Padam Samman-2023 by All India Principal Association Regd., The Change Maker Award-2022 by PAAI & Maharishi University of information Technology Lucknow, and the Best Educator Promoting Holistic Education Award-2023 by Singhania Excellence Award, New Delhi.



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