

“Meditation: A key to achieve power-full thoughts of game changer mind”

Dr. R. M. Suryawanshi¹ and Dr. P. K. Gaikwad^{2*}

1. Dept. of Physical Education, Shri Chharapati Shivaji College, Omerga. – 413606 Maharashtra, India.

2. Dept. of Physics, Shri Chharapati Shivaji College, Omerga. – 413606 Maharashtra, India.

Abstract: If a person decides, he can do it, for that he has to be mentally prepared and his affinity towards that thing. For that, the mind needs meditation, that may help him to achieve what he wants to achieve. He has to work hard to achieve that goal, he will not even think of turning stop his thinking and working hard that will leads to achieve goal. Whatever the situation may be, he will have to meditate to know how to handle that situation. It will make thinking positive; therefore, your body and all part also give complete devotion, due to this, your chances of winning or solving that situation increase. Bhagavad Gita also emphasizes the importance of controlling one's mind and senses, letting go of negative emotions.

Keywords: Meditation, positive thinking, hard work.

Introduction:

The word “meditation” is derived from the Latin *meditari*, which means “to engage in contemplation or reflection.” The word meditation comes from the same Greek and Latin root as the word medicine. But in more recent years, meditation has become a popular way to help people manage their stress and improve their overall well-being. Psychologists have found that meditation changes our brain and biology in positive ways, improving mental and physical health [1]. In meditation generally important element is focusing your attention is what helps free your mind from the many distractions that results into improving academic performance by boosting focus and concentration, reducing stress and anxiety and improving short-term memory. The result is better grades with less stress [2]. The worst impact of COVID-19 was on the mental health of persons whether staying at home or working. There were several reasons like lockdown, work from home, stuck in routine, increased household workload, loss of job, fear of falling ill, following of COVID appropriate behavior etc. Stressed and psychosomatic problems increased many folds of people. This epidemic reemphasized the importance of modes preserving Mental health and taught valuable lesson that conditions are unavoidable and things get normalized at their own pace [3]. A recent study shows that meditation reduces exhaustion among entrepreneurs as it reduces workplace stress, bringing you calmness and energy. Efficiency naturally increases as you feel more energized and have more clarity of thought of mind.

Conceptual Framework:

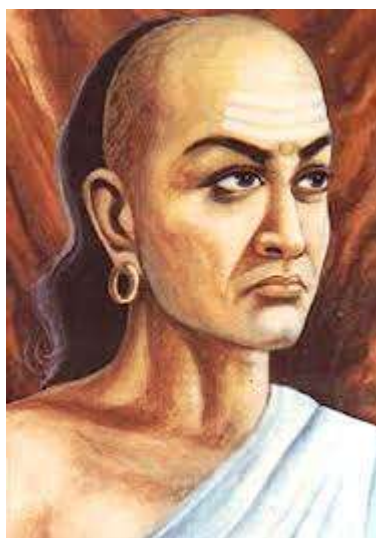
Think Positive: Without peace of mind, life will be very difficult not everything will happen as we want it to, so even if we suffer a lot in our life at that time, the mentality to bear it and how we will get out of that situation or overcome it depends on mental strength. Whenever we think, first thoughts are born in our head,

that is, in the mind, according to which our whole body starts working. for example, when we are happy, our whole body is energetic as if it has positive energy. Similarly, when we are sad, the whole body is filled with negative energy. You should stop thinking about what has happened and think about the next coming event that will happen and try to make it in your way. For this, you should do it in a way that you can do it very well and achieve success, that is, the person whose mind is peaceful is the one who thinks very well and achieves success.



Gautam Buddha [4]

Mind game: If a person decides according to that mantra, "Man ke hare har he, man ke jite jit hai", he can win a losing game. When we play chess, we play our own game but if we try to understand the mind game of the opposite person and every move of the opposite person are doing in that game, then you can understand what action you need to perform that will contribute in your success game. You must have watched many cricket matches. While watching that match, you think that a team is going to lose their game but one player comes to play and he changes the whole situation of that game and gives his team victory.



Chanakya's (Vishnugupta) [5]

Forceful enthusiasm: You also saw the match India vs England; Stuart Broad during the inaugural T20 World Cup on September 19, 2007, at the Kingsmead Stadium in Durban, South Africa. England's player Andrew Flintoff said something to Yuvraj Singh and Yuvraj Singh was angered by a verbal exchange with Andrew Flintoff before his over began, then Yuvraj Singh made a history by hitting six sixes in over, he scored 36 runs in Stuart Broad over and Yuvraj Singh completed his half-century off just 12 deliveries, a T20 first record at the time. This iconic feat occurred in the 19th over of India's inning, following a verbal exchange with Andrew Flintoff and marked the first time in T20 international cricket that a player had hit six sixes in a single over.



Stuart Broad and Yuvraj Singh [6]

Clarity and focus: Meditation helps to slow down and clear your mind. With regular practice, you can develop more awareness and as a result, a calmer interior state. Your focus will be sharper when your mind is relaxed. Yoga enhances your overall productivity, which raises your happiness and brings out the best in you. So, give a try to mindful practices and meditation for a stronger mind. Suppose your mind is a soil, what you sow in soil will the same grow, if you made your mind, you lost lose this game, then your body will also participate in the game in the same way, therefore your thoughts should always be positive, so your body also supports game in the same way. Due to this, your chances of winning increase.

Strength of mind: To increase the strength of mind of the children you can use to play with the children, Mind games such as Chess offers significant cognitive, social and academic benefits for kids, including improved memory, focus and problem-solving skills, as well as the development of creativity, strategic planning and sportsmanship. Playing chess also fosters self-confidence and emotional intelligence by teaching children responsibility and the importance of learning from both wins and losses. The game provides a common, engaging activity that reduces screen time and brings together children from diverse backgrounds. A prominent "little chess champion", Anish Sarkar, a three-year-old from Kolkata, India, who became the youngest FIDE-rated player in history in late 2024, earning recognition with the Pradhan Mantri Rashtriya Bal Puraskar for his achievement.



Anish Sarkar [7]

Strong emotional control: Tendulkar maintained a humble and grounded nature throughout his long career, a quality admired by many peers and fans. He also consistently showed respect for the game and for others. He is a symbol of focus and dedication, known for his intense concentration and passion for cricket. Tendulkar showed incredible resilience, especially after enduring injuries and never gave up in the face of adversity. He is described as having a calm temperament on and off the field. He is seen as an ambassador of cricket who embodies fairness, honesty and integrity, always respecting the spirit of the game. While he experienced natural human emotions like aggression, especially in high-stakes games, his passion for the game never led to unsportsmanlike conduct, demonstrating strong emotional control.



Iconic-moments-from-the-master-blasters [8]

But when high pressure and intent he was also disturbing so that rezones, Tendulkar, regarded as the greatest batsman in cricket history, holds numerous records, but one of the more frustrating ones for the 'Master Blaster' is being dismissed the most times in the nineties in international cricket. Tendulkar was dismissed 28 times in the nervous nineties across all formats — 10 times in Tests and 18 times in ODIs — more than any other player. This remarkable statistic highlights both his extraordinary consistency and the fine margins that sometimes defined his innings.



Sachin Tendulkar out in 90-100 [9]

Pranayama: This will help you be able to overcome your current mental condition with regular practice. Through yoga, you grow a strong drive to advance and succeed in life. Pranayama exercises such as Brahmari Pranayama, Bhastrika and Anulom Vilom relieve negative energy and emotions such as anger, frustration and anxiety from your body and mind with Positive thinking, we can change our lives if we believe in positive affirmations and carry out the resolutions we make. Any shift requires you to act in a different way. But sometimes all it takes to start going is a little prod in the right direction. Making wise choices, keeping an optimistic outlook and taking courageous action can significantly impact how you feel and act, as well as perceive the world.



Pranayama-guide [10]

In-depression: So much tension, resentment and misunderstanding could be avoided or resolved if family members or your friends took the opportunity to speak openly about how they are feeling and to listen to one another with open ears. As most of us know from personal experience, though, this isn't as easy as it sounds. We all have our own individual stressors and pressures.

Conclusions: Whenever we think, first thoughts are born in our head, that is, in the mind, according to which our whole body starts working. At the time of self-awareness, the person overcomes any difficult situation, keeps his strong emotions under control and mind relaxed with his positive thinking and continues to move in the direction of his sharp focus until the goal of strength is achieved.

Reference:

1. Pinkey Kumari Singh, IJNRD, Vol-7, Issue 3 Mar- 2022, 640-648.
2. Dr. Priya¹, Ms. Sujata, IJFMR, Vol-6, Issue 2, Mar-Apr 2024,1-6.
3. Shalini Thakur, WJPMR, Vol 9, Issue 1, 2023, 100-104.
4. <https://in.pinterest.com/somasters19/buddha-art/>
5. <https://en.wikipedia.org/wiki/Chanakya>
6. <https://timesofindia.indiatimes.com/sports/cricket/news/it-could-have-been-seven-stuart-broad-reveals-unknown-details-of-yuvraj-singhs-historic-six-sixes-at-2007-t20-world-cup/articleshow/113517310.cms>
7. <https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwizgsKDtOqPAxX7ja8BHdUINQ0Qh-wKegQIIxAD&url=https%3A%2F%2Findianexpress.com%2Farticle%2Fsports%2Fchess%2Fall-of-3-kolkata-anish-sarker-journey-to-become-youngest-ranked-chess-player-9662203%2F&usg=AOvVaw2mqQGeLtnvaBibpqyFFOZf&opi=89978449>
8. <https://www.moneycontrol.com/sports/cricket/happy-birthday-sachin-tendulkar-a-look-at-the-iconic-moments-from-the-master-blasters-cricket-journey-article-12707312.html>
9. https://www.youtube.com/shorts/3v_YYwpjMAY
10. <https://medhyaherbals.com/pranayama-guide/>