



## **Sumedh Thero**

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**Yoga and meditation for brain injury and rehabilitation**

### **Abstract:**

Study participants highlighted that the practice of yoga and meditation is more effective for pre-initiates, i.e. those who are not trained in any meditation practice. Other research has shown that the increase of various dimensions of the level of consciousness through yoga and meditation is responsible for improved cognitive factors and consciousness overall. Experimental results show that combined practice of yoga and meditation can improve a person's social, self, physical, and emotional consciousness leading to positive outcomes. The effectiveness of meditation varies from person to person, and no two participants are the same. However, people with disabilities have found that engaging in meditative practices has helped them reduce physical symptoms, as well as improved mental health. He explained that when we meditate, our main goal is to gain a deeper understanding of our true self, break habits of self-doubt, and reduce the impact of negative emotions. Meditation is a very powerful tool to help us become more aware of ourselves. It helps us understand who we really are, what makes us happy, and what keeps us stuck. Long periods of practice and study can have a significant impact on mental and spiritual consciousness. When there is a lot of stress, it is nice to be able to not only teach peace, love, and happiness, but to feel good about yourself and others' lives in the process. Meditation is a part of yoga because it helps a person focus on being positive about life. Practicing both yoga and meditation is beneficial in every situation for overall health and wellness.

**Keywords:** sleeping better, anxiety, Meditation, Neurological, Memory loss, Spiritual

### **Biography**

**Sumedh Thero (Dr Banwari Lal Suman,)** Ph D (Agro) Ex Prof. Principal Scientist (Agronomy) ICAR-Indian Grassland and Fodder Research Institute, Jhansi, India Trainer Teacher Vipasana Meditation & Monks ordination 2009 to Continue. Organized National Seminars, Author of 33 Books in Hindi & English, over 350 research, popular articles. Founder Ancient Buddhism ISSN 2395-471X Supervised ; 2 Ph. D. 7 M. Sc. These in Crop Production and Soils management, Visited; Myanmar in Dec 2004, USA 2006, Nepal 2019, Sri Lanka 2012, 2017, 2018, 2019, Thailand 2017, 2024. Monastery: Sumedh Bhoomi Buddha Vihar, Dr Ambedkar Park, Jhansipura, Lalitpur.