

## Impact of Meditation on Mental Health

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### Abstract

*The aim of this study was the determined of the effect of Meditation on Mental Health. For this purpose 50 college going students were selected with purposive sampling selection method from Beed District. The purposive sampling method was used. Pretest Posttest research design was used. Present study was measured the impact of Meditation on Mental Health. Descriptive statistics Mean and S.D. and 't' test was applied for the results. Mental Health Inventory was administered on college students. 't' value is significant at 0.01 level. The results showed that Meditation treatment positive effect on Mental Health.*

**Keywords:** Meditation, Mental Health, Pre-test, Post Test

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