

**EFFECT OF BLUE LIGHT MURAQBA MEDITATION ON LEARNING
RETENTION ACROSS THE GENDER: A FIELD EXPERIMENT**



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Final Approval

This Thesis Titled the work related to this thesis
under my supervision at the Department of Business Studies,

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Across the Gender-A Field Experiment**

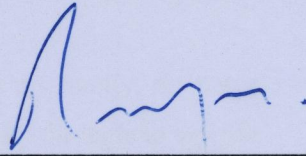
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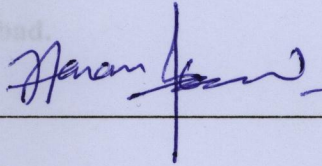
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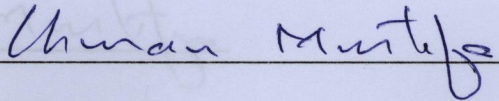


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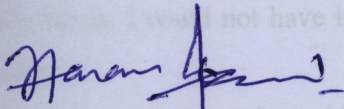
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Dedication

I would like thank Allah Almighty and after that I would like to show my
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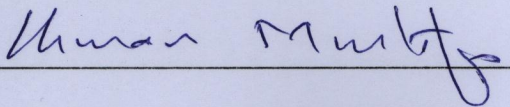


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Dedication

Foremost, I would like thank Allah Almighty and after that I would like to show my sincere gratefulness to my advisor **Dr. Hassan Rasool** for the continuous support throughout my MBA study and research, for his patience, motivation, enthusiasm, and immense knowledge. His guidance helped me in all the time of research and writing of this thesis. I could not have imagined having a better advisor and mentor for my MBA study.

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Contents

Dedication	v
Abstract	5
CHAPTER I.....	6
INTRODUCTION	6
1.1 Types of Meditation.....	8
1.1.1 Zen meditation	9
1.1.2 Transcendental meditation	9
1.1.3 Mindfulness meditation	9
1.1.4 Vipassana meditation	9
1.1.5 Taoist meditation	10
1.2 Research idea	10
1.3 Research question	10
1.4 Theoretical background	10
1.4.1 Theory of color & beyond.....	10
1.4.2. Theory of color & beyond & blue light muraqaba meditation.....	11
1.4.3 Learning theories	11
CHAPTER II.....	14
LITERATURE REVIEW	14
2.1 Learning:	14
2.2 Importance of learning	15
2.3 Meditation	15
2.4 Meditation and neurosciences	16
2.5 Meditation and Islam	17
2.6 Color meditation	18
2.6.1 Blue Color:.....	19

2.7 Meditation and learning	19
2.8 Meditation effects women.....	19
2.9 Relaxation:	20
2.10 Hypothesis	20
CHAPTER III	21
METHODOLOGY	21
3.1 Sample size	21
3.2 Measuring instrument	22
3.3 Study design.....	22
3.4 Experiments:	23
CHAPTER-IV	25
DATA ANALYSIS.....	25
4.1. Scores distribution among the group	25
4.1.1. Cluster bar chart of scores distribution among group	26
4.1.2 Anova analysis across the group.....	27
4.1.3 Histogram distribution of scores	28
4.1.4 Histogram distribution of groups	29
4.1.5. Scores distributions of female participant across the groups	29
4.1.6 Anova Analysis of female respondent	30
4.2. Scores distributions of female students in first group.....	31
4.2.1. Scores distributions of female students in first group through bar chart	31
4.2.2. Anova analysis of female students in first group.....	32
4.3 Scores distribution of female participant of second group.....	33
4.3.1 Scores distribution of female participant of second group through bar charts.....	33
4.3.2 Anova analysis of female student in second group.....	34
4.4 Scores distributions of female participant in third group.....	35
4.4.1 Scores distributions of female participant in third group through bar charts.....	36

4.4.2 Anova analysis of female participant in third group.....	36
CHAPTER V	38
DISCUSSION & CONCLUSION	38
5.1 Future research.....	39
References.....	40

LIST OF FIGURES

Figure 1 Experimental group for blue light muraqaba meditation	22
Figure 2 Control group for relaxation.....	23
Figure 3 Cluster bar charts of scores distribution	27
Figure 4 Histogram for the whole data	28
Figure 5 Histogram distrubtion of groups.....	29
Figure 6 Bar chart of first observant group for female respondent.....	32
Figure 7 Bar chart of second observant group	34
Figure 8 Bar chart of third observant group.....	36

LIST OF TABLES

Table 1 Sample size: Out of three, each group was divided at random for control and experimental group	21
Table 2 Scores distribution among groups.....	26
Table 3 Anova analysis across the group.....	27
Table 4 Scores distribution of female across the group.....	30
Table 5 Anova analysis for female respondent.....	31
Table 6 Scores distribution of female respondent across group	31
Table 7 Anova analysis of female respondent in first group	32
Table 8 Score of BLMM and relaxation in second observant group.....	33
Table 9 Anova for the second observant group	34
Table 10 Score distribution of female participant in third group.....	35
Table 11 Anova analysis of female participant.....	37

Abstract

This thesis aims at revealing the effects of blue light muraqaba meditation on the learning retention in class room setting. A field experiment was conducted in three classes where higher education courses were taught. The course includes two cognitive learning courses and one is mathematical learning course. Each of four classes were randomly divided into two groups, i.e. experimental and controlled group. A brief intervention of 20 minutes i.e. BLMM was used prior to the schedule lecture start. Place Bo group was exposed to a relaxation exercise. All in all 97 students participated in the experiment. No difference of learning retention was found across the groups. However, the significant difference across gender was identified. Result revealed that a brief meditation of 20 minute before the lecture start could improve the learning retention of female for cognitive and mathematical learning courses.

Key Words: Learning Retention, Blue Light Muraqaba Meditation (BLMM), Anxiety, Relaxation, Random distribution, Gender, Effects

CHAPTER I

INTRODUCTION

Mankind is nothing but a progress towards the idea of a perfect man. So, scholars have chosen different avenues of education enlightenment so individuals can work better and more effectively. In this regard whenever the employees are recruited in an organization they are recruited based on past competency. However, the job of organization is to help its employees evolve themselves and to make them better and this is the way to train at work.

The method used in 80's, let the primitive man evolve would not be effective for the man of digital age. For example, to teach the people how to work with the time would not be effective for the people who have a digital clock on their hands. Now the training requires much more than just practice, like meaningfulness. This is where mindfulness techniques like meditation walk in to provide the meaning of what human do to have meaning of life.

The central core of every learning process is the efficacy and retention. The long-lasting development in the personal awareness, expertise, competencies and proficiency is through a programmed learning process (Raymond, 1986). Current studies on theoretical learning has concentrated on suitability of several instructional procedures, requirements calculation, and assessment policy. For the training efficacy four-point models considered i.e. response, knowledge, performance and consequences. Discrete and situational influences affect the training effectiveness on individual (Mathieu, 1992).

Adult learning is the main field in which various kinds of knowledge are available. It deals with complexity and also shows the link with the traditions in the life history. The nature of the adult learning is the bridge between the history and the new society. From the perspective of a child, being an adult is being a knowledge-able person. However, the knowledge and know how comes from the adulthood due to life span being spent. Now a day on this topic of mental calmness the discussion and working is going on and for that

purpose the world has been developing ways to get it. In the scenario, the oldest way is meditation

According to many studies conducted on the student behavior of learning it has been observed that most of the students find it hard to understand lectures as the teacher delivers it. Because while attending lecture student's focus is diverted because of problems like, depression, anxiety, learning disability and other mental instabilities. The solutions for such problems can be found in meditation. It has been observed that meditation significantly affects the brain activity and learning abilities of individuals, making their mind relax and open for learning new things.

The process of learning made effective through different ways like teacher centric environment, practical implication of course, effective environment and the neuro linguistic programming.

Weimer's research work is on the classroom activities (Wright, 2011), mention her work in a way that now a day all the study halls in higher education like in college and universities are the teacher- centered which can make the environment more successful toward the development of the students. Literature review reveals the concept that education is that of profound and apparent learning. (Sue, 2001), stated that the students who are surface learner seeks information just for the sake of learn by heart and create information or talents, whereas the students who are deep learner learn to seek the meaning of learning.

Every country and culture has a different name for meditation; also, the way to perform it is different. In some parts of the world, meditation is derived from the religion; some practice it due to culture and some for a healthy routine. In academia, learning acquisition and the learning retention while studying is the major consideration. For this purpose, different tools and techniques are used to make the learning process effective like card games and online games etc.

Meditation is the process in which an individual focus on one thing in order to gain mental calmness. It is a mental developing process that reduces mental stress and increase mental focus. As in every culture and society, meditation is different, but as we consider

it on the bases of the Islamic way it provides and facilitate the person by giving them mind relaxation and sense of his/her soul. Moreover, if the meditation is done in Islamic way it gives peace of mind and inner sense of spirituality.

Emerging demand of mindfulness meditation in this era makes neuroscientist more curious to study the effect of biological changes due to the excessive of the brain. Anxiety is the root cause of the learning incapacities. According to (James, 2008) stress is a factor of scarce abilities of awareness and vulnerable mindfulness.

Numerous meditation practices have been incorporated over time in scientific or detailed influential packages and they have been improved to the purpose of the healing intervention. These practices have established that substantial favorable emotional belongings on many mechanisms of the human intellectual sensations. (Emil, 2013).

Meditation and other relaxing techniques are used to boost up the societal capabilities like social responsiveness manners, association, self-concept, interactive skills and the peer status. In the recent year people use different medicine and exercise to cure these types of disabilities, but have no significant use. Meditation is now the eye-catching process of emerging science to cure of different types of in capacities.

The consultant and investigator take interest according to (Rasool, 2013) in different area of medication, neurology, learning, religion and in Sufism. In the light of different theories, outcomes described on meditation based test accompanied on physical and mental bodies. Meditation falls in the classification of mind body treatment. Corresponding and alternate collected works of health sciences show that consideration and relaxation has a significant effect on decreasing nervousness, improving societal abilities and increase self-concept.

1.1 Types of Meditation

The process of meditation is of different types according to the believes and the religion (Giovana) defines like transcendental meditation, Zen meditation, mindfulness meditation, Vipassana meditation, meta meditation, Vedic & yoga meditation, guided meditation, Christian meditation and Taoist meditation.

1.1.1 Zen meditation

Buddhist meditation style named Zen meditation comes from the word “ZAZEN” mean seated Zen. (Openway) While describing the simple understanding of Zen meditation, by devotion the current situation our psychological procedure is being treated. This activity firstly tells respondent to learn the nature then, overlook personality to enlighten the identity (Roshi, 2012) Posture is important in this type of meditation, Position should be like connect externally to the ecosphere and deeply to the personality, in this way body, inhalation and concentration derive composed in one certainty. It enlightened firm and broad-minded attention.

1.1.2 Transcendental meditation

Mechanism of transcendental meditation is being originated from the Hindu culture, it also works on attaining the focus. (Webmd, 2017) Outline the idea of transcendental meditation that it is a method for evading diverting opinions and endorsing a circumstance of calm responsiveness. Whereas meditation session position should be comfortable and with the closing of eyes focused on the sound they used named as mantra, which help to take defendant to the clean perception. In this environment, the meditator attains flawless tranquility, relaxation, steadiness, direction, and a comprehensive lack of psychological margins.

1.1.3 Mindfulness meditation

As reported by Mosby’s Medical Dictionary “a method of consideration in which disturbing beliefs and moods are not overlooked but are slightly recognized and perceived critically as they get up to make an objectivity from them and increase vision and consciousness”. Mindfulness meditation is the combination of samatha (intense) and —Vipassana (understanding) meditation.

1.1.4 Vipassana meditation

The word Vipassana come from Pali language which means “intuition or pure nearsighted”. It’s not a activity it’s a practice of life to get more attentive devotion, which define the mental process of accepting and perceiving the each and every moment.

1.1.5 Taoist meditation

Types of Chinese meditation in which (Giovana) describe the principal features group, revolution and flow of internal drive. The resolution is to dampen the body and observance, merge body and soul, novelty inward harmony, and complement with the Tao. If the respondent acquire energy it can pragmatically use on fitness and on soul nourishment.

1.2 Research idea

The basic idea of research is to test an intervention through which retention of the student in a class room environment can be increased.

1.3 Research question

1. What is the scope of meditation?
2. How it affects the retention process in learning?

1.4 Theoretical background

This research uses meditation for the retention of students. As our mind is working under multiple things and considering lots of factors. The meditation increases the person's sense of absorbing and observing environment. After seeing the clear factors of mind, the person operates and works more effectively. In the same case, students who are working in daily environment feel lots of stress and tension from this factor, hence -their results are low. To increase their good results meditation will help them to work effectively

1.4.1 Theory of color & beyond

(Rasool, 2013) Mentioned theory of color and beyond which is also known as Rang-o-Noor theory proposed by Muhammad Azeem Barkhaya. Qalandar baba aulia (1969) explore that in the Sufi world, how the function of world is done and the foundation of the world. The elementary unit of any substance or any sort of idea is the arrangement of the certain colors. Human structure is also composed of light in fixed quantity of colors. Any physical and mental eruption is due to the disturbance of the quantity of the lights.

According to (Azeemi, 1995) colors are the expression of immense control, the supremacy which is answerable for existence. The wisdom, consciousness and theory of color & beyond entice us to search the human origin. Every coin has two sides. Same like this brain has also two sides i.e. right and left which is continuously in a working state. Right brain comprises of consciousness, whereas the unconsciousness lies in left brain.

Qalandar Baba tells which is mention in (Khawja, 2007) book that individual exposed and differentiate the 60 categories of color who has a sharp visualization. Thoughts and feelings are being influenced by the dark and light shades of colors which pass through realization and the sub consciousness of concentration.

1.4.2. Theory of color & beyond & blue light muraqaba meditation

Human body is the combination of three elements; a soul whose source is light, the second one is Aura which means light body and the other element is physical appearance. (Iqbal, Murqaba) Book define that three bodies belongs to each other directly, by the difference of wave frequency in each body, the same authority and truth are different from each other. Due to restriction of eye wave frequency we can't see the other two dimensions of the body.

Blue light Muraqaba is used to cure the diseases like, back pain, stress, poor force intends, feeling of deprivation, depression, cough & relief from negative thoughts. These two shades of blue color i.e. sky blue and dark blue. Sky blue color is the manifestation of God's unity. The dark blue color is the healing color which makes space for the new understandings.

1.4.3 Learning theories

Learning theories is being categorizes in six different states.

- I. Behaviorism learning theory
- II. Cognitivist learning theory
- III. Social learning theories
- IV. Social constructivism
- V. Multiple intelligences

VI. Brain- based learning

1.4.3.1 Behaviorism learning theory

Theory explain the learning behavior of the respondent that noticeable performance on self-regulating action of thoughts. (Funderstanding, 2011) Explain theory that it is being narrowed to apparent and quantifiable actions; however, function on the opinion of catalyst-feedback. Two different types of conditions applied on this behavior theory of learning i.e. classical and operant condition. Optimistic and pessimistic impression of this theory used to perceive and define the general law and active strengthening techniques help to cure the disease like nervousness and despair. However, teachers also use these for the incentive and punishments of students.

1.4.3.2 Cognitivist learning theory

(learning-theories) Explains the claim that memory box (where things are stored) should be open for the learning. These theory emphases on the internal psychological activities of the mind, that how people learn things. Psychological process like decision making, remembrance and understanding essentials to be discovered. Just to find out what is going beginner's cranium intellectual theory use mind symbol as a processor.

1.4.3.3 Social learning theories:

Social learning theory specifies that individuals can acquire innovative activities by perceiving others (Health comm capacity, 2014). In distinction to other theories of learning this emphasis on the common association of societal features of atmosphere and person insight & enthusiasm. Individuals acquire knowledge by perceiving, seeing, practicing, taking action, associating and authorizing.

1.4.3.4 Social constructivism

Social constructivism theory proposed by Vygotsky & other evolving psychologist (Juan) mentioned that the community environment and individual dealings is the outcome of intellectual progression and acquaintance progress. This theory depends on the knowledge atmosphere that is encouraging to its basic. The cognitive learning divided in two main categories i.e. Zone of proximal development and the more knowledgeable others.

1.4.3.5 Multiple intelligence:

Gardner's projected eight intelligence which is the root cause of the learning. I.e. Verbal, reasonable mathematics, three-dimensional, harmonious, realistic, Bodily-Kinesthetic, Relational and intrapersonal. According to the gardener's we still don't have the effective neuro-imaging tools which measure individual exactly what type of practice absorb directly. (Davis et al., 2009). Howard work on psychology but then later on him worked for the social expansion & human latent.

1.4.3.6 Brain – based learning:

Different types of approaches used for the development of individual from many decades like confined learning, meaning pinpointed curriculum and many other, in contrast to these approach brain based expansion is now a universal approach. (Caine, 1993). Brain allows us to do things in a specific pattern, so the process of learning is easy. The theory emphasis on the principal of corresponding workstation, so it accomplishes a lot of work instantaneously.

(Weiss, 2000) Stated that thousands of neurons take part in the procedure of transportations of thoughts, speak, move and the electrical and mechanical communication. Every individual has distinct feature of brain activity so the learning process is according to the patterns of neurons. Dendrites made when brain learn something new from community which is the main responsive branch of the nerve cells.

CHAPTER II

LITERATURE REVIEW

This chapter of thesis work comprises of different underlying theories and the basic supporting framework. The purpose of this reviewing the pervious study to make a connection or relationship of blue light muraqaba mediation with learning retention.

2.1 Learning:

The difference in the human nature and knowledge that is gain over a time span which shows the overall growth (Gagne, 1992). Learning cases the permanent change in the person's life (Mayer, 2015). Learning shows the how to interpret and engages with world knowledge and explore the desire information, and also made arrangement in upcoming new information and previous experiences (Berkeley). Learning is based on the prior knowledge on which the whole of the understanding and scenario is built upon (Alexander P. A., 1996, pp. 89-92).

There is a firm trust that when a person of certain knowledge skills can overcome each and every problem through the new information and previous experiences (Sternberg, 1993). The belief on the retention of learning is fully associated on the bases of the skills and knowledge we experienced (Sternberg, 1993). The learning is fully based on the cogitative knowledge and skills (Alexander, 1996). For the gathering of the learning there is the detail process in which each step is explaining the learning process (Alexander, 1996).

As the field of learning the knowledge is based upon how to preserve the knowledge and learning (Hartman, 1988). One of the detailed knowledge is based upon the how to create difference between the store abilities and new experiences.

Retention is also based on the process of learning and its ability how to interpret is knowledge to get the things in mind (Andriotis, 2017). The old school of learning retention and its model shows the learners as the slow learners .One of the important learning retention is based upon how to gain the knowledge of the again and again with return of the thinking patterns is based on the previous knowledge.

Learning is fully being based upon the development skills, how to engage in the development of the overall programs and the knowledge is based on retention is how much accurate is it (Skills, 2014). The overall experience is fully stored in the mind and only to use it main thing is required the spark or action (Borich, 2003).

2.2 Importance of learning

Learning has impression approximately on every aspect of existence. (Ladyrihannon, 2012) Identify the importance of leaning in this way that it is constructive passionately, economically and publicly. Enhance the mind, intensify the learning power thus build up the personal power. Learning process starts form the lap of the mother and this very first stage of life to learn.

In every field of life there is wonderful changes is being observed. The stories and line wrote on the wall of the station is now the ancient understandings. The old life style is totally changed and new one is introducing which gave the new direction. Technology made life more easily and fast and introduce new trends in each field. Technology gave different prospects to adjust their necessity and desires in the given consequence. As changes made life comfortable for the people, in the same way they gave different challenges. According to this philosophy of spending life and learning pattern differed.

2.3 Meditation:

Literature review elaborated the view about the definition of meditation, types and the complete practices. Observational history of meditation coaching is to be analyzed. Then, the actual hypothesis is developed on the bases of effect of mediation on learning retention and acquisition of gender. Also stated the women positive inclination toward the spirituality than the male counterpart. In the last philosophy identified the learning importance in higher education & methodology of learning.

There is emerging evidence that meditation could be beneficial in improving learning retention and training performance. This would be a helpful in generating indigenous empirical evidence on the subject. Everyone's thoughts and personality is pure (Chen, 2000) specified that there is no concept of approval and denial, presence & nothingness and positivity and negativity, if the person does not have the strong considerate without

any castle. Meditation is a technique that a particular practice to know about the frame, thoughts and soul. (Moore, 2009) Express that it can carry the vision calmness and drive. The exercise of meditation provides supports to those who are suffering from the marginal nature syndrome, nervousness, hassle and insomnia. This research is on mindfulness, being contemporary with one's time to time involvement in a powerful cure anxiety.

The Meditation derived from Latin word *meditari* means "to consider", "anticipate", "formulate", or "consider". Meditation is now in the attention of scholars in different fields of life, like in neurosciences, education, medicines and in different organizational structure. But the meditation base involvement in the learning retention and acquisition is inception. Meditation is all about concentration and focus on wondering thoughts.

(Headspace, 2017) Explained the idea of meditation and how it effects on brain. According to the 21st century neuroscience assumptions meditation totally refurbishes the brain path just to gear the observance and fitness of well-being. Activity of meditation produces the result that brain can be altered through understanding profoundly. Genes can easily affect through the stimulating of the body's easing.in long term benefits of meditation genes can be reducing the inspiring reaction to alleviate the DNA. Scholars mentioned that the professional meditators have the darker grey substance in brain which is associated to remembrance and demonstrative dispensation. It also helps in mindfulness, responsiveness and flexibility.

2.4 Meditation and neurosciences

The concept of meditation is developed on the bases of person's own thinking as of it is taken as the mind peacefulness which the person is taken as the experience (Schmidt, 2011). As of the effect of the meditation this is clearly foresee and observed that in all over medical and therapy it is reduced the effect of stress after using the meditation which also helps in neurodegenerative, cardiovascular, proinflammatory and immune diseases (Esch, 2003). As the mind become relax, the usual experience which is caused on the spot effect on the lives as of in the present, on the current time, also no effect on person's life danger the reason is that because no effect on stressed or alarmed (Esch,

2002) (Thees, 2012). On the bases of the scientific evidence it is seen that cortical activation of the mind the relative increase in the left side of the brain activity shows positive feeling and improved immune system (Davidson, 1998). The overall bases of the mindfulness are fully focuses on the senses and person feels the perception of the current moment. The concept of the feeling is mainly not can be calculated but observed and it is not being changed every time. These all things are observed by align the posture of the body parts (Kabat, 1990).

2.5 Meditation and Islam

Through Muraqaba rumination everyone can achieve admittance to his self-esteem or wisdom after attainment of primitive understanding of self-esteem, depth or person quoted by Sufi master Khawaja shams-ud-din Azeemi. Meditation reconciles and innovates vision of diverse key of complications. (Beatty, 2009) Stated that one of the most phases of fruitful lifestyle in Islam is meditation. In this way we focus on acknowledgment and perception of the unity of Allah and then deliberately accept Islam. There is a lot of disruption in our lives which may lead to divert our correct attention and simply slack our approach to existence. In spiritual observation Islamic meditation labels the progress of figure, emotion and concentration. Tafukr is one form of the Muraqaba meditation in which muslim concentrate and find the reason of life.

“Sufism is the discipline of remembering the divine within us”

(Webb, 2015), describe the importance of meditation, he wrote Salah is the form in which we talk to Allah but in organized manners just for the pleasure of Allah. On the other side Meditation is an activity to find the reason of this pleasure and the reason of existence. In Sufism Muraqaba word is used for meditation which means “pay attention to” & “to carry out”. This mechanism helps to attain the facts of heart, soul the inventor and it’s adjacent.

Sufi people generally define the different phases of Muraqaba which classify the flight of rise like ghannod, warood, adraak and everlasting life with the God. Muraqaba has different types as (warrior, 2013) discuss that for trainees different Muraqaba color is used like (blue, indigo, green, yellow, violet, pink red, and orange) to treat the sickness.

(Azeemi,1995) describe that to know the understanding of Muraqaba we need to know the discipline of parapsychology.

In the normal scenario three stages of Muraqaba is being practiced i.e. Learner level, middle and the higher level. Beginner level is further divided into five stages i.e. light, ihsan, Noor, Haatif-e-Gabi, name of God and Allah. (Warrior, 2013) Likewise, middle level also more split into five phases Moat, Kalb, Wahdat, La and Fana. Same the higher level also three phases i.e. Taswar-e-Sheikh, Taswar-e Rasool and Taswar-e-zaat-e-ilahi.

2.6 Color meditation:

(Kalamajska, 2017)Everything has specific frequency of energy in it. So, color has also energies through which we are capable to visualize these electromagnetic waves. Every object we look has some sort of vibrations which our eyes interpret and convert them into colors. Our brain plays important role in visualizing these colors. of color and beyond proposed by Muhammad Azeem Barkhaya that everything in this world is made with colors in certain manners. So, our brain released certain neurochemicals and hormones which help to identify the colors. In old age people used color to cure the diseases.

Colors like red, blue, green, white black, violet and orange have the qualities to cure the illness and also used for effective meditation practices. In color therapy colors effects, our emotion physiological and psychological strength of body. Blue light Muraqaba meditation proposed for the adult learning retention. Blue light is used as a healing tool. It is used for calmness of brain which goes deeper into the brain. This color is a sign of care and stability. It integrates the process of thinking.

Colors are used to cure the physiological and psychological disorder even the nervous system can be reinstated by means of shades. Color function like initiator in the dynamism of the physiquess like sun and other food items has colors (Khawja, 2007). Lights are electromagnetics surfs which pass through the translucent frame and the hollow places.

2.6.1 Blue Color:

As mentioned above those different types of color used to cure the disorders and every color has its own importance, but blue color specially has its own value in Sufi world (Khawja, 2007). From a cluster of different stars blue color is made up with the mixture of diverse surfs which originates from the atmosphere. Specific blue color is of two shades bright and dusky and our brain is much more sensitive to the light blue one. Light blue color enters in each cell membrane and thickness of every cell membrane has the capacity to filter the color. Blue color change it self when color is filtered from the cell thickness, hence cell divided and give the intensification to a fantasy. Blue color of sky is same like power-driven rays which break the cells and make space.

2.7 Meditation and learning

(Ramsburg et al., 2014), explained that the hypothetical association with accomplishment in higher education is Mindfulness, the capacity to sustains one's consideration in current instants. Meditation enhances the intellectual skills which is the requirement of the successful knowledge retention. (Emil, 2013), Motivating is one of the applicability meadows of the exercise based on meditation. Mostly, the imaginative meditation deals with the probability to enrich some biological constraints through psychological training, as well as the realization and the chance of modifying one's own sensations, which can disturb or increase the presentation of a movement. Both theories of BLMM and learning works on constructing the human focus. As mention above, blue color itself is a healing color so it helps in overcoming the distress and anxiety which make space in the brain to concentrate on one thing and learn new thing accordingly.

2.8 Meditation effects women

Meditation has more positive effects on women than men. Rojiani at el. Stated that adult women are twice more likely to suffer from anxiety and depression than men (Rahil, 2017). Men usually externalize their stress and anxiety by doing physical activities like exercise and sports while women tend to internalize their psychological problems. As every woman cannot overcome the state of anxiety and depression as men do, in this case, activities like yoga and meditation help women to focus and get out of this anxiety.

2.9 Relaxation:

From the earliest man today, the urge of being contented or relaxed is one of the highest desire which are scientific and nonscientific man has been looking for, the dose can be different from the Greeks till to the modern world we living in. The only theme which is consistent for the mankind is we are following the path which may take us nirvana or relaxation. Hence for that different tool has been forwarding in the history. Few doses came from the secular ways (Buddha) few came from medication. Similarly, the religion has also been forwarding ways to meditate or how human soul can achieve the conferment. The difference between the secular and religious believer is that they all want a peace of mind. How do we get to look clinically to the topic hence we should look forward for academic definition of relaxation, meditation and intervention of meditation on learning retention?

Relaxation is a technique used for absolution of psychological and physiological disorder, stress and depression. Distress is a frightening situation in overall system of body, sometimes it's good but sometime its needed to make ourselves free. Breathing and relaxation has a strong relationship between them for relaxing the muscles. Take two or three long breath which is bit slow and deep breath to make the muscle free (Vivyan, 2009). Whenever body goes into a continuity mechanism (relaxation and relaxation excercise) it generates the stress hormones which effects the increase in heart attack, raise in blood pressure and inhalation process goes accelerated.

(Özlem, 2017) According to this research paper post effect of dynamic muscle relaxation techniques is very satisfactory in open heart surgery. This technique found to be very compelling in oxidation of hemodynamic acknowledgement, which can produce adverse effect. (Hashim et al., 2011) This study comprises on comparison of two techniques of relaxation to check the mood swings of young athletes..

2.10 Hypothesis

H1: Meditation improves the learning retention of student in higher education

H2: Effect of meditation would be greater on female as compared to their male counterpart.

CHAPTER III

METHODOLOGY

The research conducted is exploratory in nature. This sort of exploration is typically conducted to study a problem that has not been noticeably clear till now. Research hypothesis were developed after reviewing literature available regarding effectiveness complementary techniques. To carry out research, post-test experiments were conducted with two defined variables: meditation and relaxation.

3.1 Sample size

A sample size of 97 individuals was selected for experiments. The sample size chosen is comparably sufficient as deduced from surveying the meditation studies performed on students and professionals (Deshpande, 2012) (Rosie, 2016). Three groups of Participants were selected from two different universities from Islamabad and Rawalpindi. The participants were further divided as experimental and control group. Table 1 shows the detailed division of research participants for experiments performed.

The random division shown in the table 1 is due to random selection of participants for experiments for the convenience of data collection. Totally non-probable randomize data was used to run experiments, so the data outcomes would be clear from biasness.

Table 1 Sample size: Out of three, each group was divided at random for control and experimental group

Group	Participants	Control group	Experimental group
Group 1	71	39	32
Group 2	18	7	11
Group 3	8	5	3
Total	97	51	46

3.2 Measuring instrument

Learning retention and acquisition were measured at post-test level from both experimental and controlled groups. Experiments are selected as measuring instruments to check the effects on individuals in this study considering it an effective tool for meditation studies (David, 2012). For two courses of philosophical studies, the tests designed were subjective while the test designed for development studies was objective in nature. Tests were designed already by the lecturers, each carrying 10 marks, of corresponding courses which were taken by every participant at the end of BLMM and Relaxation sessions.

3.3 Study design

Two groups were designed for the purpose of this study. One is experimental and other is controlled group which is actually base on the experiments.

Two variables are defined in the whole data, learning retention and the meditation, so two diverse mechanisms are cast-off were used to measure the outcomes of the instruments. Two different and separate rooms show that experiments' result is no significance variance which is generated by random sample size. Anova result shows that null hypothesis is rejected because it is just a one-time activity or data sample size I not enough.so data is split into gender case which plays a moderator role in the whole study.

Figure 1 Experimental group for blue light muraqaba meditation

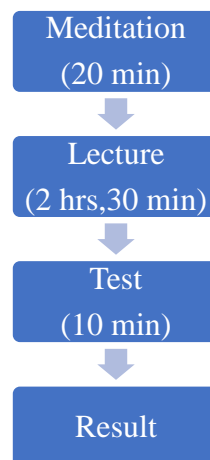
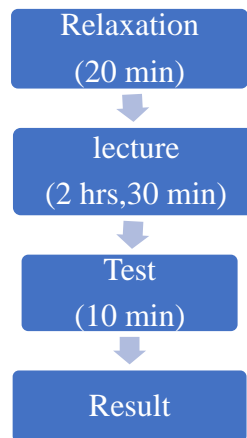


Figure 2 Control group for relaxation



For the tentative drive, two processes of BLMM and relaxation exercised before the lecture to each of the respondent according to the groups. Both of the groups have some limitation like groups, subject, and post-test and timing should be same. Two groups are defined. Both experimental and controlled groups were run concurrently in two different halls but in same environment with the help of one instructor (expert meditator). In one hall half of respondent is being treated by the BLMM, and in other hall participant is exercised the relaxation activity.

3.4 Experiments:

Students were requested to participate in studies randomly and individuals participated in experiments with their consent. As per the random distribution of table 1 individual were divided into two groups to check the efficacy of the BLMM. To collect the data post-test experiments technique was implemented to obtain the outcome of the experiments. Instrument was used to calculate the effect of BLMM on every participant of the experimental group individual.

For the experimental resolution BLMM of 20 min were exercised before the lecture. Individuals were advised to close their eyes, take five deep breaths, recite Durood Sharif (the selected spiritual recitation in our case), imagine whatever the concept of GOD they have in their mind, and then visualize the blue light showering over their head from above. They were further advised to think about this blue light entering in the brain and gradually traveling in to whole body. Every participant was encouraged not to stop the

thoughts whatever came in their mind but not to stop thinking about God and the blue light meanwhile. After completion of 20 min they were allowing to open the eyes and take lecture according to schedule. In this end of session a 20-min test were conducted to check the efficacy of the BLMM. After the session ended, the lecturer delivered the lecture and conducted test at the end.

Likewise, for controlled groups, relaxation was exercised for 20 minutes. Participants of controlled group were advised to close their eyes, take 5 deep breaths, and then just relax their muscles while keeping their backs erect. Lecture was delivered after relaxation session by the lecturer and test was conducted at the end of the lecture to compare the results with the experimental group.

The experiments on both focus and the controlled group were conducted concurrently in two different halls. In hall A an Experimental activity (BLMM) was exercised, where as in hall B the controlled group (relaxation) was trained. Both the groups had same session time and lecture time of 20 minutes and 3 ours respectively. Every individual took the same test at the end to measure the efficacy of the meditation technique.

CHAPTER-IV

DATA ANALYSIS

Main purpose of this study was to check whether the BLMM have impact on the individual or not. So, the dependent variable is the learning retention and acquisition and independent variable is BLMM. To analyze the data Statistical package for social science SPSS 20 software were used. To check the ANOVA analyses missing value were being checked through SPSS 20, it shows 0% missing value for the further proceedings. Anova analyses are used to check the significance of the data.

4.1. Scores distribution among the group

The group column is divided into two columns the meditation and relaxation, which shows the quantity of people who score the marks in two activities. The activity test reveals that number of respondent is one each who scores 4, 5, 6.25, and 8.75 in meditation group. Highest number of respondent in meditation group is 15 who score 8.00. Like this 4-respondent score 7.0 marks, 6 respondents score 7.50 and 9.50 respectively, two respondents score 8.50 and 10 respectively, and 7.00 respondent score 9.00. Null respondent who score 6 in meditation. The number of respondent in meditation group is 46 and for relaxation is 51 so the total number of respondent is 97. Like meditation the number of respondent in relaxation is 2 who score 5 and 8.75 and 10, 4 respondents who score 6 and 9 marks respectively, 9 respondent who score 7 marks, 3 respondent who score 7.50 and 8.50 correspondingly. The highest number of respondent in relaxation is 12 who score 9.50. Null respondent who score 4 and 6.25 in post-test experiments

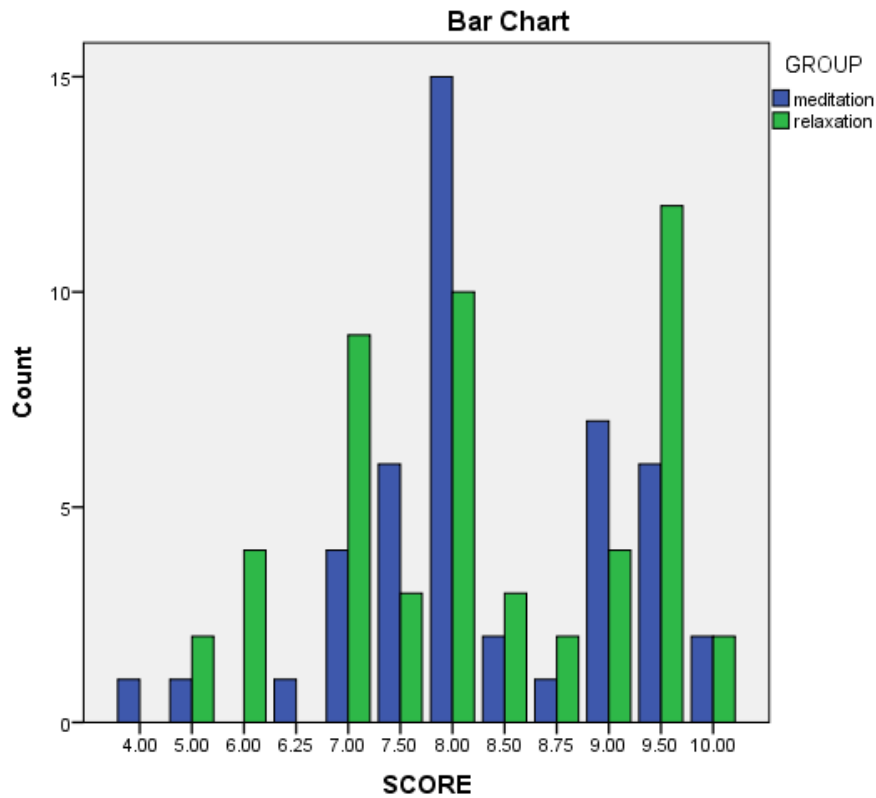
Table 2 scores distribution among groups

Scores of participants	Group		Total
	Meditation	Relaxation	
4.00	1	0	1
5.00	1	2	3
6.00	0	4	4
6.25	1	0	1
7.00	4	9	13
7.50	6	3	9
8.00	15	10	25
8.50	2	3	5
8.75	1	2	3
9.00	7	4	11
9.50	6	12	18
10.00	2	2	4
Total participant	46	51	97

4.1.1. Cluster bar chart of scores distribution among group

Cluster bar charts define the whole data representation. Green part represents the meditation group and green portion define relaxation data. These bar charts define the means scores of two groups, meditation and relaxation. Regardless of this meditation counts is greater i.e. 15 which is more than the relaxation counts.

Figure 3 Cluster bar charts of scores distribution



4.1.2 Anova analysis across the group

In this table 3, F stat value is 0.028 which is less than 1, means that there is no difference between the BLMM and the relaxation. The Anova table shows that the significant value is 0.868 which is greater than the 0.05, so there is no significant difference between the two groups. So the null hypothesis rejected and alternate hypothesis accepted in this case

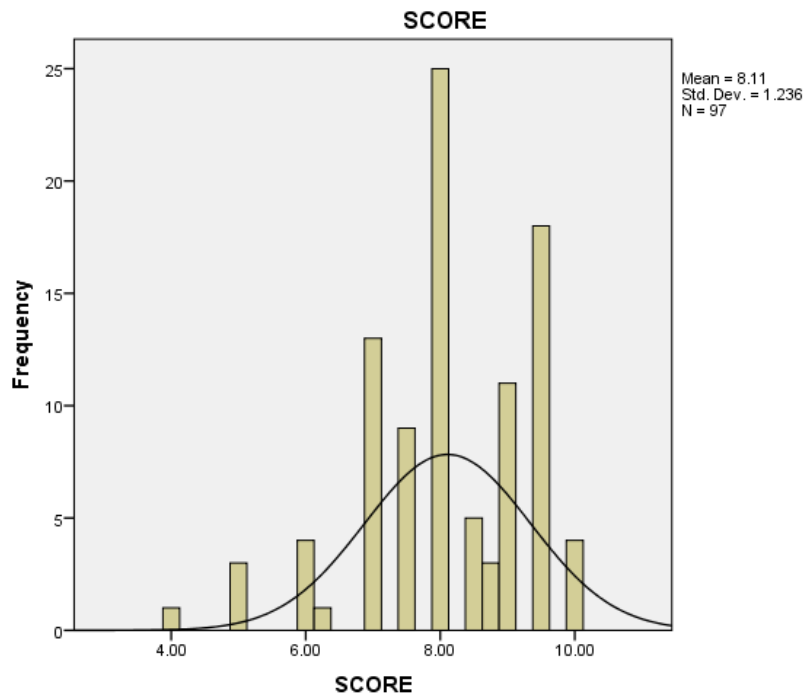
Table 3 Anova Analysis across the group

	Sum of squares	Df	Mean Square	F	Sig
Between Group	0.043	1	0.043	0.028	0.868
Within Group		95	1.543		
Total		96			

4.1.3 Histogram distribution of scores

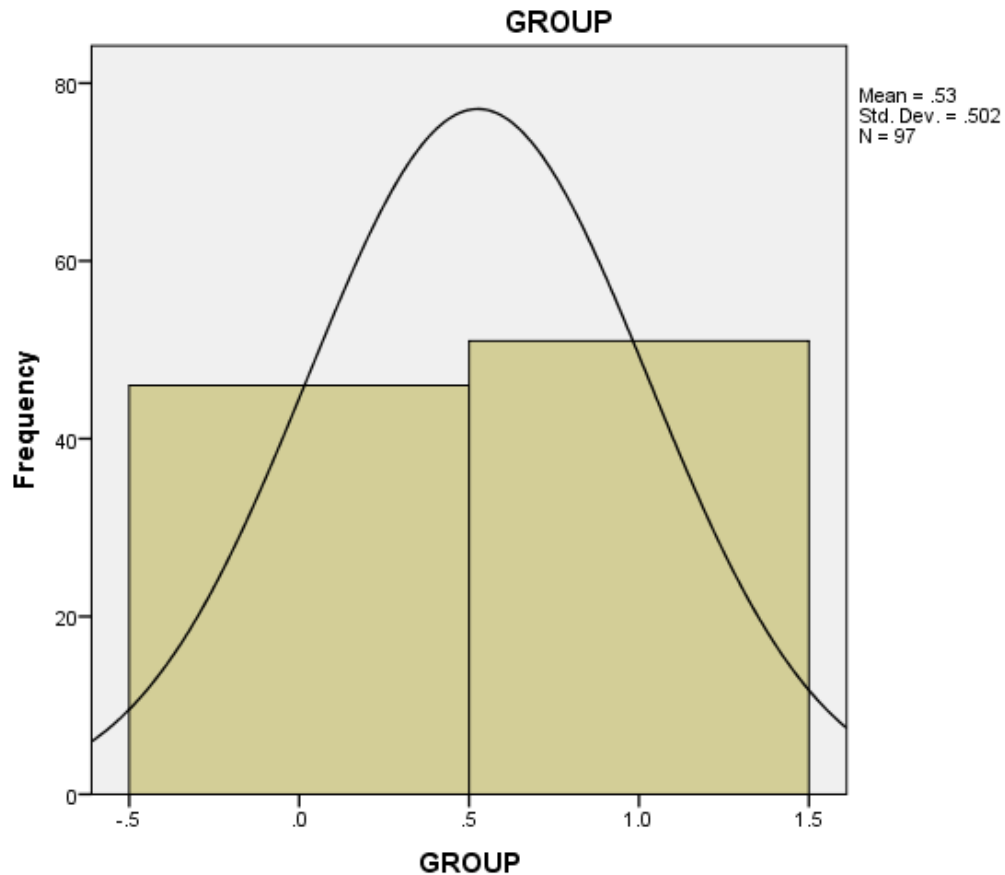
Above mention histogram of whole data represent the trend of the score in between the both groups (BLMM and relaxation). It show the graphically representation of the frequency distribution. Total number of respondent is 97 whose means is 8.11 and also define the standard deviation which is 1.236 in this study.

Figure 4 Histogram for the whole data



4.1.4 Histogram distribution of groups

Figure 5 Histogram distribution of groups



4.1.5. Scores distributions of female participant across the groups

Above mentioned table shows the quantity of female individual who scores marks in between 7 to 10. Female cross tabulation specify 4 each respondent score 7, 8.50 and 9 respectively. The highest number of respondent is 14 who score 8, and the lowest respond is 1 who scores 8.75. Five number of respondent score 7.50 likewise two respondent score 10.00 and 11 respondent score 9.50.

Table 4 scores distribution of female across the group

SCORES	GENDER	Total
	female	
7.00	4	4
7.50	5	5
8.00	14	14
8.50	4	4
8.75	1	1
9.00	4	4
9.50	11	11
10.00	2	2
Total Female participant	45	45

4.1.6 Anova Analysis of female respondent

The test between and within groups conducted on observed data. so gender specific Anova has better result. In this table F stat value is 5.977 which is greater than 1, means that there is difference between the BLMM and the relaxation. The Anova table shows that the significant value is 0.019 which is smaller than the 0.05, so there is significant difference between the two groups. So the null hypothesis accepted in this case and alternate hypothesis rejected

Table 5 Anova Analysis for female respondent

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	4.149	1	4.149	5.977	.019
Within Groups	29.846	43	.694		
Total	33.994	44			

4.2. Scores distributions of female students in first group

Table represents the scores of female respondent in between the groups. 0 represents the BLMM group and 1 represent the relaxation group in this study. Total 19 respondents out of this 4 respondent from meditation and 6 respondents from the relaxation scores 8.00 marks, 5 respondents from BLMM and 1 respondent from relaxation scores 9.00 marks. Likewise 2 respondents from the BLMM and 1 respondent from relaxation score 10 marks. So total number of respondents of BLMM is 11 and relaxation is 8 individuals.

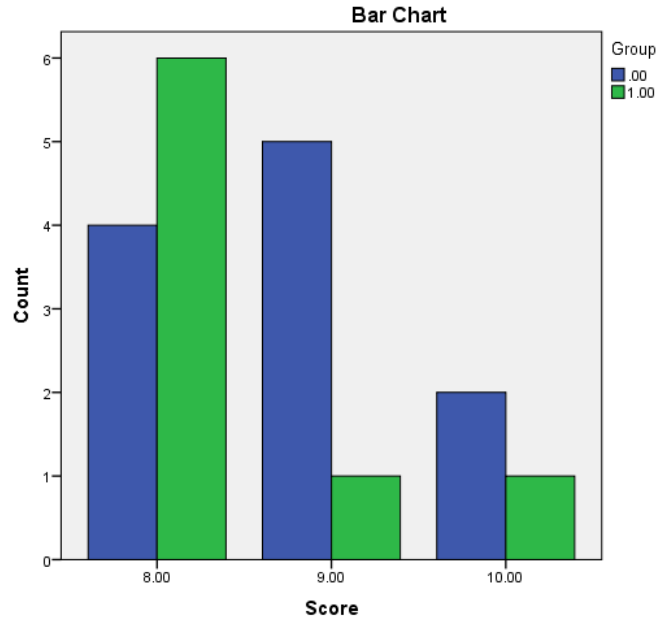
Table 6 scores distribution of female respondent across group

Score	Group		Total
	.00	1.00	
8.00	4	6	10
9.00	5	1	6
10.00	2	1	3
Total	11	8	19

4.2.1. Scores distributions of female students in first group through bar chart

Bar charts of first observant group define the mean scores in between the group of BLMM and relaxation. Blue color and 0 represent the BLMM group which is experimental group whereas the green color and the 1 define the relaxation or controlled group

Figure 6 Bar chart of first observant group for female respondent



4.2.2. Anova analysis of female students in first group

The test between and within group conducted on observed data, so gender specific data has better results. In the above table F stat value is 5.977 which is greater than the 1 which means that there is significant difference between the experimental and controlled group. The Anova table shows that the significant value is 0.019 which is smaller than the 0.05, which also indicate that there is significant difference among the groups. so null hypothesis accepted in this case whereas the alternate hypothesis is rejected.

Table 7 Anova Analysis of female respondent in first group

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	4.149	1	4.149	5.977	.019
Within Groups	29.846	43	.694		
Total	33.994	44			

4.3 Scores distribution of female participant of second group

Table score group cross tabulation of second observant group represent the quantity of respondent. Total number of respondent is 8, out of this 1 respondent of BLMM who score 5 marks, 1 respondent of BLMM who score 6.25, 2 respondent of relaxation score 7.50, 2 respondent of BLMM and 1 respondent of relaxation score 8.75 and 1 respondent of relaxation score 10 marks. So the total number of respondent of the meditation is 3 and the relaxation is 5 respondents.

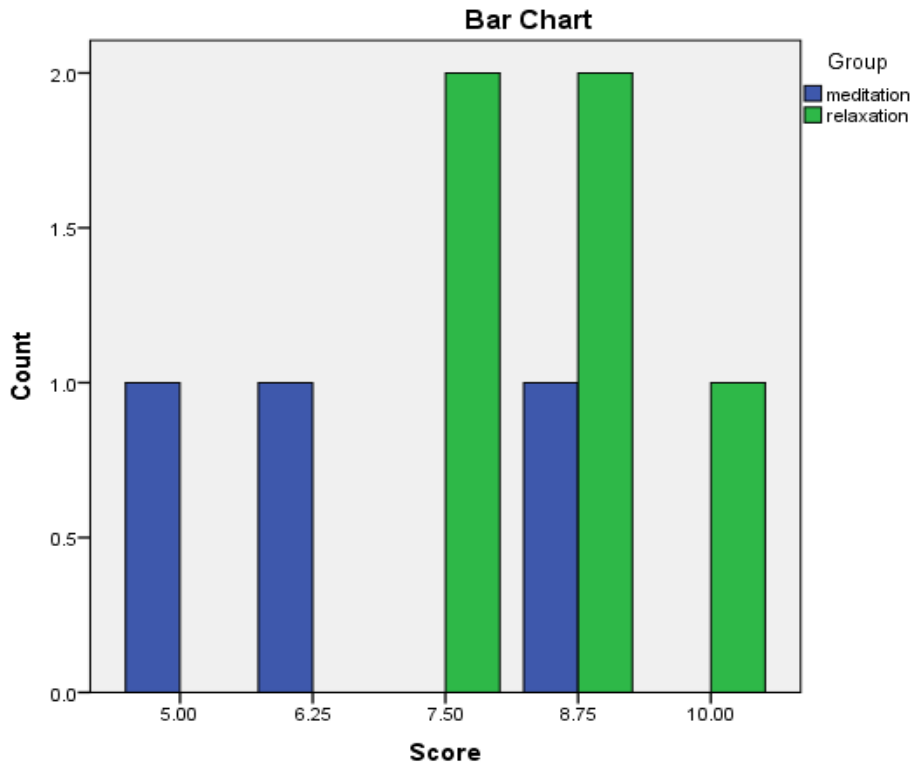
Table 8: Score of BLMM and relaxation in second observant group.

Score	Group		Total
	meditation	relaxation	
5.00	1	0	1
6.25	1	0	1
7.50	0	2	2
8.75	1	2	3
10.00	0	1	1
Total	3	5	8

4.3.1 Scores distribution of female participant of second group through bar charts

Bar chart of second observant group represent the mean scores of two groups (BLMM and relaxation). Blue color graph represent the BLMM and green color represent the relaxation.

Figure 7 Bar chart of second observant group



4.3.2 Anova analysis of female student in second group

Anova analysis for the second observant group for the female respondent is defined in the above mentioned table. In this table F stat value is 3.241 which is greater than 1, means that there is difference between the BLMM and the relaxation. The Anova table shows that the significant value is 0.122 which is greater than the 0.05, so there is slightly no significant difference between the two groups. So the null hypothesis rejected and alternate hypothesis accepted in this case.

Table 9 Anova for the second observant group

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	6.302	1	6.302	3.241	.122
Within Groups	11.667	6	1.944		
Total	17.969	7			

4.4 Scores distributions of female participant in third group

Table score group cross tabulation of third observant group represent the quantity of respondent. Total number of respondent is 70, out of this 1 respondent of BLMM and 5 respondent of relaxation who score 6 marks, 1 respondent of relaxation who score 6.50, 4 respondent of BLMM and 8 respondent of relaxation score 7 marks, 8 respondent of BLMM and 1 respondent of relaxation score 7.50 , 9 respondent of BLMM and 3 respondent of relaxation score 8 marks, 3 respondent of BLMM and 4 respondent of relaxation score 8.50, 2 respondent of BLMM and 3 respondent of relaxation score 9 marks and 6 respondent of BLMM and 12 respondent of relaxation score 9.50 marks. So the total number of respondent of the meditation is 33 and the relaxation is 37 respondents.

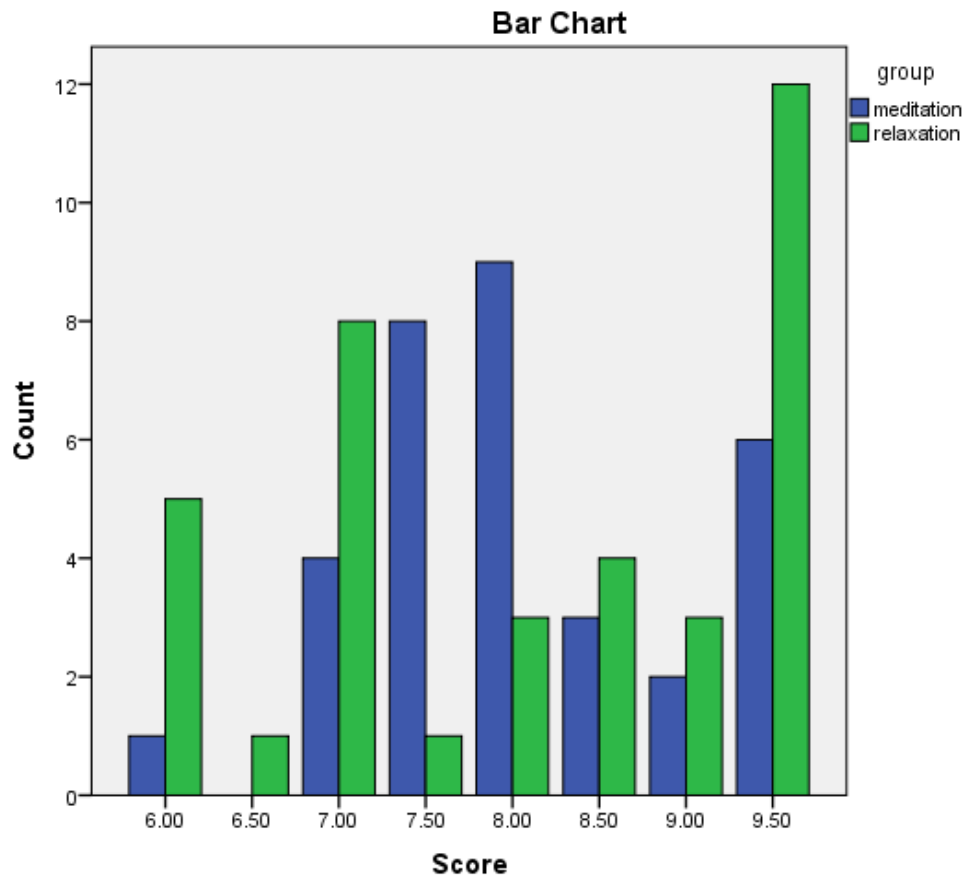
Table 10 Score distribution of female participant in third group

Score	group		Total
	meditation	relaxation	
6.00	1	5	6
6.50	0	1	1
7.00	4	8	12
7.50	8	1	9
8.00	9	3	12
8.50	3	4	7
9.00	2	3	5
9.50	6	12	18
Total	33	37	70

4.4.1 Scores distributions of female participant in third group through bar charts

Bar chart of third observant group represent the mean scores of two groups(BLMM and relaxation).Blue color graph represent the BLMM and green color represent the relaxation.

Figure 8 Bar chart of third observant group



4.4.2 Anova analysis of female participant in third group

In this table F stat value is 0.000 which is less than 1, means that there is no difference between the BLMM and the relaxation. The Anova table shows that the significant value is 0.984 which is greater than the 0.05, so there is no significant difference between the two groups. So the null hypothesis rejected and alternate hypothesis accepted in this case.

Table 11 Anova analysis of female participant

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	.000	1	.000	.000	.984
Within Groups	87.317	68	1.284		
Total	87.318	69			

CHAPTER V

DISCUSSION & CONCLUSION

This cross sectional study is one time activity that's why Random relaxation makes arbitrary effects in class. But on the other side meditation effects total participants equally. Brief meditation one time does not affect the learning retention of students undertaking descriptive subjects like philosophy and development studies. Research has been conducted on the bases of the difference on the both species. The positive effect of meditation was observed more on female students than their male counterpart. Female has more significant effect on one time activity because they are more toward the spirituality.

Interestingly, the results are different as of the expectation the gender influences the important role in differentiation in both of the category. Our research shows the effects of the meditation or relaxation is not equal on both of the gender and because of the multiple factors is involved in it and show how to develop the results on these bases. The way we conducted the research in the scenario the male is not so much effects with the result and but on the other side female is effected by meditation.

This experimental training delivers viability and initial outcomes data regarding the efficacy of meditation and relaxation exercise as an intervention to decrease stress and endorse the community working and hypothetical performance with learning development LD. This is one factor which helps the students for deep learning and the teachers to deliver what they are trying to convey to the students. The practical brief implication of this BLMM intervention in different sector helps to gain the focus. We hypothesized that BLMM would be helpful in reducing anxiety. Practically the brief intervention of Blue Light Muraqaba Meditation of 20 min on the students before the lecture can improve the learning retention. This is one factor which helps the students for deep learning and the teachers to deliver what they are trying to convey to the students. The practical brief implication of this BLMM intervention in different sector helps to gain the focus.

5.1 Future research

A keeping in view these factors results shows that hypothesis is rejected. For further research it is recommended to run the test for a longer period on a large group of people. In case of adult students who suffer from depression while studying, blue light Muraqaba meditation helps to acquire, learn and retain the knowledge. In Pakistani culture household for female is totally different from western culture, so female has more tendency of inclination toward the spirituality than the male counterpart.

Pakistan has separate college for men and women, so if we promote these results in future it will produce significant results. The basic test should be practiced on school level kids or millennial as a daily activity & continuous process. This BLMM intervention in army training and the physical training in the workforce environment also helpful to improve the outcomes in terms personalities and the profit. Using numeric like stats, math and accounting subjects and cognitive skills and abilities such as research methodology & general knowledge results will achieved and ensured with the help of comparative studies.

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