SUGGESTIONS
Suggestions for Further Studies

- The present sample that is college students were taken from colleges in Dharwad city only. The study can be extended by using sample that is taken from other cities in the state of Karnataka. Sample can be even taken from other states in India and even from other countries around the world.

- The sample used was only of the age group of 18 years to 20 years. Sample from other age groups can also be used in further studies.

- The study can be extended to other variables such as creativity, interpersonal skills, interpersonal relationships, forgiveness, happiness, positivity etc.

- A comparative study of the impact of meditation across different professions can also be done.

- A study based on the attitude towards meditation of different religious groups can also be an endeavour for further research.