



School of Buddhist Studies and Civilization

Gautam Buddha University, Greater Noida, U.P. India

4-DAYS RESIDENTIAL WORKSHOP ON “VIPASSANĀ MEDITATION FOR WELLNESS”

Experience Inner Peace and Transform Your Life

Chief Patron

Prof. Ravinder Kumar Sinha (Hon'ble VC, GBU)

Patron

Prof. Shweta Anand (Dean, SoBSC, GBU)

Program Coordinator

Dr. Manish Meshram (Buddhist Meditation Expert, GBU)

Chief Guest

Ven. Dhammadipa

International Commissioner Korea Buddhism exposition, South Korea, President of Korea India Friendship Relation Association, Head of Korea Meditation Teacher Association and Correctional Commissioner of Ministry of Justice.

Benefits

- Enhance emotional and physical wellbeing.
- Reduce Stress and anxiety.
- Cultivate focus and clarity.
- Connect with your true self.

Date: 14th - 17th November 2024

Timing- 6.30am – 9pm each day

Venue: Mahatma Jyotiba Phule

Dhyan Kendra, GBU, Greater Noida

Open to All: Students, Faculty, and the General Public are Welcome to Join.

- Registration Fees- ₹1000 (pay by online mode only (UPI/Paytm/Google Pay)
Online Registration Form web-link: <https://forms.gle/SgDB5CM1w9DN5QAD8>
- Extra Charges for Accommodation and Food:
 - For Single Person Accommodation and Food ₹850/one day per person (Breakfast, Lunch, evening snacks, Dinner).
 - In Sharing (Two Person), Accommodation and Food and ₹550/one day per person (Breakfast, Lunch, evening snacks, Dinner).



Participants will receive an International recognized Certificate upon completion.

Limited Seats Register now (Registration last date is 10th November 2024)

Need more information contact

Kanhya: 9540429449 (Office) & Sachin Kumar: 9315188021 (Meditation centre)

Kavita: 7701937427(PhD scholar)

Dr Manish Meshram: 8860855578 (Coordinator)

Important Notes:

1. All participants must follow the five precepts and timetable of the program.
2. Please wear the loose clothes during all session in the meditation hall.
3. Use of mobile is prohibited during all session in the meditation hall.