



Various Courses on "Buddhist meditation on Mindfulness and Vipassana" During Academic session 2022-23 at GBU

Introduction:

Gautam Buddha University, School of Buddhist Studies and Civilization is going to organizing various short-term courses on "Mindfulness and Vipassana Meditation Techniques" with a prime thrust on how to 'Nurture Mindfulness for better Management of Stress and Depression' among the expected participants. The course will provide education and the application of mindfulness-based skills and vipassana to decrease stress and burnout experience and to get inner experience of wellbeing. The program is offers 4 kinds of courses during the current academic session. Its open choice to join one or more course for the experience of wellness in daily life.

Please find the brief details of 4 different kind of Mindfulness and Vipassana courses are available:

Sr. No.	Name of Course	Dates	Mode	Registration Fees	Last date of Registration
1	3 Days Basic Course on "Bodhi Mindfulness: Art of Happiness (BMAH)	18 to 20 November 2022	Offline	Rs.1000/-	5 th November 2022
2	5 Days Advance Course on "Vipassana Meditation and Yoga" (VMY)	18 to 22 February 2023	Offline	Rs.1500/-	15 th January 2023
3	10 Days Residential Retreat on "Vipassana for wellbeing (VFW)	14 to 23 April 2023	Offline	Rs.2000/-	20 th March 2023
4	10 Days Online Course on "Mindfulness Based Stress Reduction" (MBSR)	13 to 23 May 2023	Online	Rs.2000/	14 th April 2023

About Course

Buddhist Meditation is a powerful technique for developing a peaceful mind and inner good qualities. The meditation course provides quality meditation with clear explanations of the skills required to create stillness within but are shorter and lighter than our day courses.

In every course consists of two sessions that include guided meditations, explanation, and discussion. The emphasis is on practicing meditation of vipassana and applying the experience we gain from it to improve the quality of our life. Courses are a perfect way to both relax and develop internally. They are ideal for those who are new to meditation and those who would like to improve.

About Meditation

The purpose of Buddhist meditation is to make our mind calm and peaceful. If our mind is peaceful, we will be free from worries, stress, and mental discomfort, and so we will experience true happiness; but if our mind is not peaceful, we will find it very difficult to be happy, even if we are living in the very best conditions.

If we train in meditation, our mind will gradually become more and more peaceful, and we will experience a purer and purer form of happiness. Eventually, we will be able to stay happy all the time, even in the most difficult circumstances.

Why Meditation?

The purpose of meditation is to cultivation positive states of mind, conducive to peace and well-being, and overcome negative habits of minds. Happiness is a state of mind; therefore, the real source of happiness lies in the mind, not in external situations. When our mind peaceful we are free from worries and mental discomfort, and we experience true happiness.

Overcoming Stress and Anxiety

Stress, worry, and anxiety are parts of the mind, unpleasant feelings that arise in response to challenging situations. Learn 6 simple meditations for stress free living. Stress, worry, and anxiety are endemic in our busy, fast paced life. We tend to think that situations or people in our life are the causes of our stress or unhappiness, so we then spend a lot of time mentally trying to figure out how to fix those situations or people, which often just makes our mind busier.

Buddha taught that all our unhappiness, stress and anxiety comes from our mind. More specifically it comes from our unrealistic expectations and our exaggerated views of our self, people around us and the world in general. By learning to identify the actual causes of stress and unhappy thoughts, we can begin to understand how to become free from them. On this course we will explore special ways of thinking and meditations that heal the mind of the source of these problems.

In this course will incorporate mediation & mindfulness techniques from the beginning along with some information on the types of impact physical and psychological shock can have on the way the brain works and how meditation and the practice of mindfulness can be of benefit and help heal the mind. Participants will be guided through

different mindfulness and vipassana meditation techniques incorporating Tibetan singing/healing bowls to hopefully identify a practice or pathway that will lead you to calming the mind and being at peace.

About Course Topics (Six Modules)

These courses explore different Buddhist Meditation topics such as mindfulness, Vipassana, loving kindness, Just Sitting (Zazen), Compassion and mindful yoga and how we can practically apply them in daily life to solve our problems and free from stress.

1. Mindfulness of Breathing (Anapanasati)
2. Mindful yoga and Walking Meditation
3. Vipassana on Body (Kayanupassana)
4. Vipassana on Feeling (Vedananupassana)
5. Just Sitting Meditation (Zazen)
6. Loving-kindness and Compassion Meditation (Metta and Karuna Bhavana)

This six-session course is an introduction to the Buddhist practice of mindfulness and vipassana meditation. The workshop is structured especially for beginners but can also be suitable for intermediate meditators to continue developing their understanding and experience in this meditation technique.

Notice:

1. Food and Residential charges will be extra as per request by participants.
2. Anyone course will start only minimum 5 students will be enrolled in the course.
3. It is recommended to wear comfortable clothing with layers which one can add or remove as necessary. Kindly bring your own water bottle. Mobile is prohibited during the session.

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Contact No: 8860855578,

Seats are in each course: 50 Participants

Link of Registration Form: <https://forms.gle/eosNmMmapPGSiasg7>

To Whom Participation: Students, Faculty, Officers, Managers, Teachers, and lay persons.

Venue: Mahatma Jyotiba Phule Dhyan Kendra, Gautam Buddha University, Express Way, Greater Noida, U.P.

- **CHIEF -PATRON:** Prof. Ravinder Kumar Sinha (Hon'ble Vice Chancellor, GBU)
- **PATRON:** Prof. Shweta Anand (Dean, SoBSC)
- **COURSE DIRECTOR:** Dr. Manish Meshram (Buddhist Meditation Expert)

Meditation Expert Profile:

Dr Manish T Meshram.

He is working as an Assistant Professor in School of Buddhist Studies and Civilization, since 2012 at Gautam Buddha University. He is Faculty Coordinator the course of Bodhi Mindfulness Meditation. Through this course 2500+ Student and faculty gets benefit of mindfulness and vipassana meditation in GBU campus since 2013. His teachings have been deeply influential in bringing mindfulness, vipassana and compassion practice to psychotherapy and stress reduction science. He has been 25+ years' experience and practices of different kind of Buddhist meditation. He studied and practicing in different types of Buddhist meditation by expert meditation masters in Triratna Buddhist Community. It is International Buddhist movement. He was ordained into the Triratna Buddhist Order since 2006. He published 45+ articles/papers subject on Buddhist philosophy and meditation in national and international journals. He is the author three books, subject on Buddhist philosophy and Buddhist Meditation.

ORGANIZE BY.

**SCHOOL OF BUDDHIST STUDIES & CIVILIZATION,
GAUTAM BUDDHA UNIVERSITY, GREATER NOIDA, U.P. INDIA**

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"Mindfulness is Dance of Happiness"

Thich Nhat Hanh,
Vietnamese Zen master N



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GAUTAM BUDD NAGAR, UTTAR PRADESH, INDIA

Short-term Certificate Courses on "System of Buddhist Meditation for Wellbeing"

Background

Gautam Buddha University is organizing a short-term various type of courses on "System of Buddhist Meditation for Wellbeing" with a prime thrust on how to 'Nurture Mindfulness for better Management of Stress and Depression' among the expected participants. The course on Mindfulness, Vipassana and Yoga will provide education and the application of mindfulness-based skills and techniques to decrease stress and experience of wellbeing.

Buddhist Meditation is a powerful technique for developing a peaceful mind and inner good qualities. The meditation courses provide quality meditation with clear explanations of the skills required to create stillness within but are shorter and lighter than our day courses.

Vision: Overcoming Stress and Experience of Wellbeing

Stress, worry, and anxiety are parts of the mind, unpleasant feelings that arise in response to challenging situations. Learn 6 simple Buddhist meditation to get experience of wellbeing.

Objectives:

- ✓ **Well-being:** reduces stress, improves immune function, reduces blood pressure, and increases enjoyment (both inside and outside of work).
- ✓ **Cognitive:** Mindfulness generates a clearer focus and the ability to sustain it for longer. It improves memory, boosts creative problem-solving skills.
- ✓ **Emotional:** Mindfulness also boosts emotional awareness, emotional intelligence, and relationship skills
- ✓ **Organisational:** Mindfulness also boosts engagement, satisfaction, and decision-making
- ✓ **Leadership:** Mindful leaders produce improvement in performance, job satisfaction, psychological need satisfaction and organisational citizenship in their staff
- ✓ **Understand your pain:** Pain is a fact of life, but it doesn't have to rule you. Mindfulness can help you reshape your relationship with mental and physical pain.
- ✓ **Connect better:** Ever find yourself staring blankly at a friend, lover, child, and you've no idea what they're saying? Mindfulness helps you give them your full attention.
- ✓ **Focus your mind:** It can be frustrating to have our mind stray off what we're doing and be pulled in six directions. Meditation hones our innate ability to focus.

About Course Topics (Six Modules)

These courses explore different Buddhist Meditation topics such as mindfulness, loving kindness, Just Sitting (Zazen), Compassion and mindful physical exercise (chi-kung) and who we can practically apply them in daily life to solve our problems.

1. Mindfulness of Breathing (Anapanasati)
2. Mindful Yoga and Walking Meditation
3. Buddhist Mantra meditation
4. Mindfulness of Body (Body Scan Meditation)
5. Just Sitting Meditation (Zazen)
6. Loving-kindness and Compassion Meditation

This six-session workshop is an introduction to the Buddhist practice of mindfulness meditation. The workshop is structured especially for beginners but can also be suitable for intermediate meditators to continue developing their understanding and experience in this meditation technique.

4 types of courses on "System of Buddhist Meditation for Wellbeing"

➤ 3 Days Basic course in "Bodhi Mindfulness: Art of Happiness" (BMAH)

Course Objectives:

- ✓ To enable students to understand the types of Buddhist Meditation.
- ✓ Imparting skills to introduce techniques of mindfulness for life management.
- ✓ To Promoting positive health and holistic wellness among public.

Learning Outcomes:

- ✓ To acquaint student with the Practical knowledge of mindfulness, loving-kindness, vipassana, and walking meditation etc.
- ✓ To learn techniques of stress management to improvement in study and career.

Title of Course: The course shall be called certificate basic course on "Buddhist Mindfulness: Art of Happiness (BMAH).

- **Duration and Hours:** The duration of course shall be 3 days. (15 Hrs.)
- **Dates and Days:** 18th to 20th November 2022 (Friday, Saturday, and Sunday)
- **Time:** Morning:10 to 12; Afternoon: 3 to 5 and Evening: 5.30 to 6.30
- **Last date of Registration:** 5th November 2022
- **Eligibility for admission:** 12th pass student will be eligible for admission in this course.
- **Medium of instruction and examination:** BMAH course will be Hindi and English.
- **Structure of BMAH Course:** • Theory • Practical
- **Eligibility for awards certificate:**
 - Students should keep the terms with at least 80% attendance.
 - Students should complete all practical and other work expected in all parts of the syllabus.
- **Registration Fees:** Rs.1000/-
- **Total Seats:** 50 (Minimum 5 students must enroll then only course would be start.)
- **Extra Charges:** For Foods and Residential charges will be as per participant's requirement

➤ 5 Days Advance course in "VIPASSANA MEDITATION AND YOGA (VMAY)

Course Objectives:

- ✓ To enable students to understand the types of Vipassana meditation and yoga.
- ✓ Imparting skills to introduce methods of vipassana and yoga for stress management.
- ✓ To motivate positive health and holistic wellness among public.

Learning Outcomes:

- ✓ To acquaint student with the Practical knowledge of vipassana and yoga.
- ✓ To learn techniques of stress management to improvement in study and career.
- ✓ The students can work as Mindful Yoga Trainer in wellness Centre.

Title of Course: The course shall be called certificate basic course on "VIPASSANA MEDITATION AND YOGA (VMAY)

- **Duration and Hours:** The duration of course shall be 5 days. (25 Hrs.)
- **Dates and Days:** 18th to 22nd February 2023 (Saturday to Wednesday)
- **Time:** Morning: 10 to 12; Afternoon: 3 to 5 and Evening: 5.30 to 6.30
- **Last date of Registration:** 15th January 2023
- **Eligibility for admission:** 12th pass student will be eligible for admission in this course.
- **Medium of instruction and examination:** VMAY course will be Hindi and English.
- **Structure of VMAY Course:** • Theory • Practical
- **Eligibility for awards certificate:**
 - Students should keep the terms with at least 80% attendance.
 - Students should complete all practical and other work expected in all parts of the syllabus.
- **Registration Fees:** Rs.1500/-
- **Total Seats:** 50 (Minimum 5 students must enroll then only course would be start.)
- **Extra Charges:** For Foods and Residential charges will be as per participant's requirement.

➤ 10 Days certificate Residential Retreat (Workshop) in "VIPASSANA FOR WELLBEING (VFW)

Course Objectives:

- ✓ To enable students to understand the types of Vipassana and wellness.
- ✓ Imparting skills to introduce methods of vipassana for mental wellbeing.
- ✓ To motivate positive and holistic wellness among public.

Learning Outcomes:

- ✓ To acquaint student with the Practical knowledge of vipassana and wellness.
- ✓ To learn techniques of stress management to improvement in study and career.
- ✓ The students can work as Vipassana meditation trainer in wellness Centre.

Title of Course: The course shall be called certificate basic course on "VIPASSANA FOR WELLBEING (VFW)

- **Duration and Hours:** The duration of course shall be 10 days. (60 Hrs.)
- **Dates and Days:** 14th to 23rd April 2023 (Friday to next Saturday)
- **Time:** Morning: 6.30 to 7.30; 10 to 12; Afternoon: 3 to 5 and Evening: 7.30 to 8.30
- **Last date of Registration:** 20th March 2023
- **Eligibility for admission:** 12th pass student will be eligible for admission in this course.
- **Medium of instruction and examination:** VFW course will be Hindi and English.
- **Structure of VFW Course:** • Theory • Practical
- **Eligibility for awards certificate:**
 - Students should keep the terms with at least 80% attendance.
 - Students should complete all practical and other work expected in all parts of the syllabus.
- **Registration Fees:** Rs.2000/-
- **Total Seats:** 50 (Minimum 5 students must enroll then only course would be start.)
- **Extra Charges:** For Foods and Residential charges will be as per participant's requirement.

➤ 10 Days ONLINE certificate course in "MINDFULNESS BASED STRESS REDUCATION (MBSR)

Course Objectives:

- ✓ To enable students to understand the types of mindfulness.
- ✓ Imparting skills to introduce methods of mindfulness for stress reeducation.
- ✓ To motivate positive and holistic wellness among public.

Learning Outcomes:

- ✓ To acquaint student with the Practical knowledge of mindfulness and stress management.
- ✓ To learn techniques of stress management to improvement in study and career.
- ✓ The students can work as mindfulness trainer in wellness Centre.

Title of Course: The course shall be called certificate basic course on "MINDFULNESS BASED STRESS REDUCATION (MBSR)

- **Duration and Hours:** The duration of course shall be 10 days. (30 Hrs.)
- **Dates and Days:** 13rd to 22nd May 2023 (Saturday to next Monday)
- **Time:** Morning: 6.30 to 8.00 (Practical) and Evening: 7.00 to 8.30 (Theory)
- **Last date of Registration:** 14th April 2023
- **Eligibility for admission:** 12th pass student will be eligible for admission in this course.
- **Medium of instruction and examination:** MBSR course will be Hindi and English.
- **Structure of MBSR Course:** • Theory • Practical
- **Eligibility for awards certificate:**
 - Students should keep the terms with at least 80% attendance.
 - Students should complete all practical and other work expected in all parts of the syllabus.
- **Registration Fees:** Rs.2000/-
- **Total Seats:** 50 (Minimum 5 students must enroll then only course would be start.)
- **Extra Charges:** For Foods and Residential charges will be as per participant's requirement.

What to wear/bring:

It is recommended to wear comfortable clothing with layers which one can add or remove as necessary. Kindly bring your own water bottle. Mobile is prohibited during the session.

Meditation Teacher Profile: Dr Manish T Meshram.

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REGISTRATION FORM Gautam Buddha University

Full Name: _____

Designation _____

Organization _____

Official Address: _____

Phone/Mobile Number: _____

Email: _____

Selection of the Course _____ dates: _____

Registration Fees: Paid or not _____

Date:

Signature of Participant