



GAUTAM BUDDHA UNIVERSITY

2 DAYS COURSE ON

“Mindfulness and Vipassana”

14th – 15th October

★ ★ 2023



CHIEF - PATRON: Prof. Ravindar Kumar Sinha (Hon'ble Vice Chancellor, GBU)

PATRON: Prof. Shweta Anand (Dean, SoBSC)

COURSE DIRECTOR: Dr. Manish Meshram (Buddhist Meditation Expert)

Objectives

Well-being, Cognitive, Emotional: Mindfulness also boosts emotional awareness, emotional intelligence, and relationship skills

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- **Duration and Hours:** The duration of course shall be 2 Days (12 hours)
- **Dates and Days:** 14th to 15th October 2023 (Saturday & Sunday)
- **Time:** Morning: 9.30 am to 6:30 pm
- **Last date of Registration:** 12th October 2023
- **Mobile is prohibited in meditation hall during the meditation.**
- **To Wear the comfortable clothing during the meditation practice.**
- **Certificate will be award in end of the course.**
- **Accommodation and food charges will be extra by participants**

Registration Fees: Rs. 500/- and Rs.200 for GBU family member

Online: By UPI Gautam Buddha University (Acc.no. 666000010000672)

Offline: By Cash at Mahatma Jyotiba Phule Dhyan Kendra, GBU

Registration online form: <https://forms.gle/Db1MqykiZMpZAegd7>

VENUE: - MAHATMA JYOTIBA PHULE DHYAN KENDRA, GAUTAM BUDDHA UNIVERSITY, GREATER NOIDA, U.P.

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

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GAUTAM BUDDHA UNIVERSITY
EXPRESS WAY, GREATER NOIDA
GAUTAM BUDD NAGAR, UTTAR PRADESH, INDIA

Short-term Certificate Courses on “Applied Buddhist Meditation”

Background

Gautam Buddha University is organizing a short-term various type of courses on “**Applied Buddhist Meditation**” 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.

Outcomes:

- To acquaint student with the practical knowledge of mindfulness, loving-kindness, vipassana, Zen meditation and walking meditation etc.
- To learn techniques of stress management to improvement in study and career.
- The participants can work as Mindful Trainer, life coach, motivator to transformation of the social mind.

About Course Topics (Seven 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. Heartfulness of Loving-kindness (Metta-bhavana)
3. Mindful Yoga and Walking Meditation
4. Vipassana on Body (Kayanupassana)
5. Vipassana on Feeling (Vedananupassana)
6. Buddhist Mantra meditation and Visualization
7. Just Sitting Meditation (Zazen)

This seven-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.

Various Courses on Applied Buddhist Meditation during of Academic Calendar 2023-24

Sr.	Name of Course	Duration	Course Date	Fees for Outsider	Fees for GBU family	Registration Date
1	Mindfulness and Vipassana	Two Days	14-15 Oct 2023	Rs. 500	Rs.200	10 th Oct 2023
2	Zen Meditation and Stress Management	Two Days	25-26 Nov 2023	Rs. 500	Rs.200	20 th Nov 2023
3	Vipassana, Yoga and Food Awareness	Two Days	16-17 Dec 2023	Rs.500	Rs.200	15 th Dec 2023
4	Vipassana and Buddhist Psychology	Five Days	21-25 Feb 2024	Rs.1000	Rs.500	15 th Feb 2023
5	Weekly Mindfulness Practice	One hr.	Every Friday Evening 5-6 pm	Free	Free	Any time

- **Session Time:** From Morning to Evening
- **Medium of instruction and examination:** Hindi and English
- **Structure course:** • Theory: 20% • Practical:80%
- **Total Seats in each course: 50** (Minimum 05 students must enroll, then only course would be start.)
- **Extra charges: for food and accommodation as per concessional rates of GBU rules.**
- **What to wear: It is recommended to wear comfortable clothing with layers which one can add or remove as necessary.**
- **Mobile is prohibited** during the session.
- **Five Precepts** must be followed by each participant.
- **Certificate will be award** in end of each course.

Meditation Teacher 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+ Students got benefits from mindfulness meditation in GBU campus since 2013. His teachings have been deeply influential in bringing mindfulness and compassion practice to psychotherapy and stress reduction science. He has been 20+ 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 is the author, subject on Buddhist philosophy and one book on Buddhist Meditation. He presented and published around 40+ papers and articles on various subject on Buddhism, Ambedkar's Thoughts and Buddhist Meditation in national and international journals.