

**TRAINING/WORKSHOP ON  
“MINDFULNESS AND VIPASSANA MEDITATION  
FOR STRESS REDUCTION AND WELLNESS”  
AT MAHATMA JYOTIBA PHULE DHYAN KENDRA, GBU  
(From August 2013 to September 2024)**

In addition to curricular inputs, the University has Meditation and Vipassana facilities at its Mahatma Jyotiba Phule Dhyana Kendra, promoted as learning and retreat centre to give an experience of the power of peace and inner silence. At this Centre, University use to organize weekly course, seminars, lectures, and experiential workshops in Mindfulness Vipassana Meditation, Yoga, stress free living and self-management, which aims to help the participants in recognizing their own inherent qualities and recollect their inner most potential. The Centre and its programme focus to develop the meditational skills. The Centre’s activities designed to explore different Buddhist Meditational methods such as mindfulness of breathing (anapana-sati), loving kindness(metta-bhavana), Just Sitting (Zazen), Compassion(karuna-bhavana), Vipassana meditation (sati-patthana) and mindful yoga and who we can practically apply them in daily life to solve our problems. We have courses on Meditation and Vipassana are structured especially for beginners but can also be suitable for intermediate meditators to continue developing their understanding and experience in this meditation technique. We offer online and offline (in house) courses which are:

**All Training/workshop desined and coordingated by Dr. Manish Meshram, (Buddhist Meditation Expert) Assistant Professor, SoBSC, GBU.**

- **Regular weekly course on ‘Mindfulness Meditation for Stress Management:**  
This course has been started from August 2013 intuition of School of Buddhist Studies & Civilization (SoBSC) the part of practical approach of Buddhist education. During the course total **3500+ students have been beneficiated** till present from all schools. Its classes held on every FRIDAY in week at Mahatma Phule Meditation Centre, Gautam Buddha University, from August 2012 onward. The course provides, at a minimum, an hour a week for students to come at meditation centre and learn about not only what various types of meditation and mindfulness are, but especially why they’re important and how to apply them to daily life.
- One day workshop on ‘*The Mindful Child: Mindfulness Meditation*’ sponser by Dialogue of Wisdom, New Delhi, held on Saturday, 8th February 2014.
- One day workshop on ‘*Bodhi-Meditation and Personality development*’, organized by School of Buddhist Studies & Civilization, Gautam Buddha University, held on Saturday, 24th May, 2014
- One day workshop on ‘*Mindfulness Meditation*’ by Jointly SoBSC & Dialogue of Wisdom, New Delhi, hold on, 19th April, 2015.
- Four days First North Indian National Buddhist Youth Convention (NNBY), subject on ‘*An Evalution to Revolution through Buddhist Meditation*’ being organized jointly by School

of Buddhist Studies & Civilization, GBU and NNBY, Modinagr, during 11th-14th February, 2016.

- One day workshop on '*Mindfulness Meditation practice for the GBU's faculties/staffs and family members*', being organized jointly by School of Buddhist Studies & Civilization, Gautam Buddha University, during 28.08.2016.
- One day workshop on '*Mindfulness Meditation practice for Child Mind*', being organized jointly by School of Buddhist Studies & Civilization, Gautam Buddha University, during 28.01.2017.
- Five days Dhamma Training workshop on '*Buddhist Meditation Practices*' being organized jointly by School of Buddhist Studies & Civilization, GBU and NNBY, Modinagr, during 19-23 July, 2017.
- As a coordinator and organized one day workshop on '*Anapana sati meditation for GBU's faculties and staff members*' on 13th November, 2017.
- One day workshop on '*Celebration of 68th Constitution Day*' on 26th November 2017.
- Two days workshop on '*Bodhi Mindfulness Meditation (Dedicated to Personality Development and Stress Management)*' being organized jointly by School of Buddhist Studies & Civilization, GBU and Urgen Sangharkshita Meditation Centre, Nanded, Maharashtra, during 4th-5th April 2018.
- One day workshop on '*Celebration of 127th Birth Anniversary of Dr.B.R.Ambedkar*' on 14th April 2018.
- One day workshop on '*Practice of Bodhi Meditation*' on 18th August 2018.
- One day symposium on '*Practice of Vipassana Meditation*' on 29th August 2018.
- One day workshop on Cultural activity on '*Celebration of 127th Birth Anniversary of Dr.B.R.Ambedkar*' on 20th April 2019.
- One day workshop '*Stress management through through Mindfulness Meditation Techniques*' on 27th April 2019.
- One day short practical meditation session on '*Mindfulness Meditation and Peacemaker for Educators*' on 31st August, 2019, towards 50 students of B.Ed. and M.Ed. programme along with 6 faculty members of Galgotias University, School of Education, Greater Noida, at Mahatma Jyotiba Phule Dhyana Kendra, Gautam Buddha University, Greater Noida.
- **15 Days Online Buddhist Meditation & Yoga Healing Course during the Covid-19**  
In the course on "Bodhi meditation and yoga healing" under the direction of Vice Chancellor of the University, Prof. B.P. Sharma which was held from 16<sup>th</sup> April to 3<sup>rd</sup> May 2020- organized by school of Buddhist studies and civilization, Gautam Buddha University, Greater Noida, Uttar Pradesh, India. In his course was 50 participants, including a scholar students from Delhi, Uttar Pradesh, Rajasthan, Gujarat, Maharashtra, and one from Canada, All they could learn different Buddhist meditation for reduce the stress of corona virus.
- **10 Days Online Course on Buddhist meditation yoga for wellbeing in post- Covid-19**

The course started from September 18, 2020, till October 10, 2020. All the students who completed the course were also given certificates. In this course were 23 participants from various professionals and states from Maharashtra, West Bengal, Gujarat, and Uttar Pradesh. They would be learnt and practice of various methods of meditation such as Mindfulness, Body Scan, Loving-kindness, awareness, Sound Mindful, eating, and just sitting meditation. According to feedback from the students, all the students understood to reduce the mental and physical stress through Buddhist dhyana yoga practices.

- **3 Days residential course on “Mindfulness Vipassana Based Stress Reduction”** during 24th to 26<sup>th</sup> December 2021. In this course were 22 participants from various professionals from Delhi, Noida, and Ghaziabad. They would learn practice of mindfulness and vipassana meditation for reducing stress in their daily lives.
- **Residential 5 days course on Vipassana Meditation Yoga for Wellbeing.**  
The course started from 18<sup>th</sup> to 22<sup>nd</sup> February 2023. In this course were 25 participants from various professionals from Delhi & NCR and Uttar Pradesh. They would learn and practices of vipassana meditation, mindfulness yoga, kindness, and compassionate meditation. According to feedback from the participants experiences to reduce the stress through vipassana and yoga practices during the course.
- **Residential 5 days course on Vipassana Meditation for Wellbeing.**  
The course started from 21<sup>st</sup> to 25<sup>th</sup> February 2024. In this course were 22 participants from various professionals from Lucknow, Delhi & NCR, and Uttar Pradesh. They would learn and practices of vipassana meditation, mindfulness yoga, kindness, and compassionate meditation. According to feedback from the participants experiences to reduce the stress through vipassana and yoga practices during the course.
- **One day workshop on Satipatthana Meditation for Happiness**  
One-day program on “Meditation lecture and Vipassana practices by Ven. Dhammadipa Bhante (Head of International Meditation centre, Korea) at Mahatma Jyotiba Phule Dhyan Kendra, date on 13<sup>th</sup> September 2024, organized by SoBSC, GBU with collaboration of Korea India Friendship Relationship Association, International Meditation Centre, South Korea. In this program were 45+ participants from GBU students, faculty, staffs and lay peoples from Delhi & NCR. They would learn and practices of vipassana, mindfulness walking meditation to get experience of happiness and peace in their life.





