



**SCHOOL OF BUDDHIST STUDIES & CIVILIZATION**

**GAUTAM BUDDHA UNIVERSITY**

EXPRESS WAY, GREATER NOIDA

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 (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.

## 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:** 18<sup>th</sup> to 20<sup>th</sup> 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:** 5<sup>th</sup> November 2022
- **Eligibility for admission:** 12<sup>th</sup> 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:** 18<sup>th</sup> to 22<sup>nd</sup> 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:** 15<sup>th</sup> 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 WELLBING (VFM)**

- **Duration and Hours:** The duration of course shall be 10 days. (60 Hrs.)
- **Dates and Days:** 14<sup>th</sup> to 23<sup>rd</sup> 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:** 20<sup>th</sup> 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 VFM 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:** 13<sup>rd</sup> to 22<sup>nd</sup> 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:** 14<sup>th</sup> 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.**

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.

**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**