

VIPASSANA SESSION AT W.V.M

Vipassana is one of the world's most ancient meditation techniques rediscovered by Gautama- the Buddha. Vipassana means insight into the nature of reality. This technique develops the insight which can lead to a permanent release from old habit patterns of the mind and gives neutral insight. It is a practice of self –transformation through self-observation and introspection. Vipassana in simple language is “to see”, “observe”, or “witness”.

Vipassana is an art of living which eliminates the three causes of all unhappiness; craving, aversion and ignorance.

Welspun Vidya Mandir aims towards the physical as well as the moral well being of its students, keeping this in mind, a Vipassana session was organized at W.V.M for the students of Grade VI to X from 10th Jan'18 – 12th Jan'18. The students were explained the technique and benefits of vipassana in current times. This session was an unique learning opportunity for the students.



This session was conducted by Mr. Vinod Thacker and Mr. Mukesh Tank from Anjar Vipassana Samiti.

A Report from W.V.M