



मलवीयराष्ट्रीयप्रौद्योगिकीसंस्थानजयपुर (राष्ट्रीयमहत्त्वकासंस्थान)

Malaviya National Institute of Technology Jaipur



## About

The **Wellness Club, DSW Office** at Malaviya National Institute of Technology Jaipur organized a Vipassana Session on March 8, 2025. This event was held at Malaviya Sabhagar, MNIT Jaipur, from 10:30 AM to 12:00 PM. The session began with an introduction to Vipassana, an ancient meditation technique focusing on self-transformation through self-observation and mindfulness. The program emphasized the importance of inner peace and mental clarity in personal and professional life. This event saw active participation from faculty members and students. The initiative was aligned with the institution's commitment to promoting holistic wellness and personal development.

## Resource Person

**Mr. Anil Mehta** is the Center Incharge of **Dhamma Thali Vipassana Meditation Center** in Jaipur, one of India's most prominent and historic Vipassana centers. With a deep-rooted commitment to the teachings of Vipassana, Mr. Mehta has been an integral part of the Vipassana community, facilitating meditation programs and ensuring the smooth functioning of the center. Dhamma Thali ('the place of Dhamma'), located on the serene outskirts of Jaipur and surrounded by picturesque hills, is one of the oldest and largest Vipassana centers in India, established in 1977. Alongside Dhamma Giri in Igatpuri, it serves as a key hub for Vipassana courses, attracting meditators from across the country and around the world.

Mr. Mehta's leadership at Dhamma Thali has been pivotal in promoting Vipassana as taught by **S.N. Goenka**, upholding the center's legacy of selfless service, discipline, and mindfulness. His dedication to fostering an environment conducive to deep meditation and self-awareness continues to inspire both new and seasoned practitioners.



## Session Highlights

The session commenced with an insightful introduction to Vipassana, one of the most ancient meditation techniques rooted in India. Participants were introduced to its principles, with a particular emphasis on the practice of Anapana meditation, which focuses on observing the natural breath to cultivate awareness and concentration.

The speaker highlighted the common challenges faced during meditation, particularly distractions, and shared practical methods to overcome them. This segment emphasized the significance of building mental discipline and fostering a deeper connection with the present moment.

Participants engaged in a 10-minute guided Anapana meditation, where they practiced observing their breath and experienced the calming effects of mindfulness. This practical session allowed participants to personally experience the foundational steps of Vipassana.

During the session at Malaviya Sabhagar, Vipassana was introduced as a step-by-step practice:

- Step 1: Sitting in a quiet and comfortable position with eyes closed and spine upright.
- Step 2: Starting with Anapana meditation by focusing on the natural flow of breath around the nostrils.
- Step 3: Gradually moving into body scanning — observing physical sensations throughout the body, from head to toe, without reacting to them.
- Step 4: Maintaining equanimity by acknowledging sensations without craving or aversion.
- Step 5: Closing the practice with a few minutes of Metta Bhavana (loving-kindness meditation) by silently wishing well-being for all beings.

The instructor emphasized that the technique requires patience and regular practice to gradually purify the mind and develop deep insight. The session underlined the critical role that presence of mind plays not only in meditation but in everyday life. The speaker encouraged participants to integrate mindfulness into their daily routines to enhance focus, clarity, and emotional well-being.

### Key Learning

- Gained a foundational understanding of Vipassana and its step-by-step application.
- Experienced Anapana meditation to develop initial concentration and mindfulness.
- Learned how to identify and overcome distractions during meditation through breath awareness.
- Understood the importance of body scanning and remaining non-reactive to sensations.
- Recognized the value of mindfulness and presence of mind as tools for improving mental clarity and emotional well-being in daily life.