



## Vipassana Meditation for Students

Date: 6<sup>th</sup> September, 2023

**“The mind is definitely something that can be transformed, and meditation is a means to transform it” – Dalai Lama**

Meditation is the practice of deeply focusing our mind. It can promote relaxation, mindfulness, and a better sense of inner peace. There are many ways to meditate. One technique is Vipassana meditation, also known as insight meditation. With this method, we practice self-observation by focusing on our inner self in a non-judgmental way. It is an art of living which eliminates the three causes of all unhappiness: craving, aversion, and ignorance. It is beneficial to both our mind and body. Vipassana, which means to see things as they really are, is one of India's most ancient techniques of meditation.

Adani Public School conducted a session of Vipassana meditation for students of Grades 6 to 12 on 6<sup>th</sup> September 2023. A team of volunteers from Kutch Vipassana Kendra Mandvi visited the school and conducted an enriching session for the students. They were given a formal welcome by Principal Dr. Mayur Patadia.

The session started with an Introduction to Vipassana meditation audio and then made the students practice '**Anapana Meditation**'. It is the first step in the practice of Vipassana meditation. It means observation of natural, normal respiration, as it comes in and goes out.



