

M.M.E & R.C's

M.A. Rangoonwala College of Physiotherapy and research

MEDITATION SESSION ON VIPASANA



"SELF OBSERVATION, TO SELF TRANSFORMATION"

Vipasana Meditation session conducted on 11th April 2023 by Dhamma group of organization in Rangoonwala College of physiotherapy and research. Dr. Neelam Oswal gave us a brief idea about Vipasana meditation. In this we came to know that vipasana Meditation is an ancient technique, this technique helps in dealing with emotions, feelings, anxiety and stress.

After giving introduction she instructed us to do two sets of vipasana, each of ten minutes and to focus on breath. This included observing the pattern of breath as short, long or deep, to observe dominant nostril. During the first set it was difficult to focus on breath. We were trying to regulate it intentionally whereas in the second set it was easier and we understood that vipasana is relaxing technique. After these sessions the mind was relaxed there were no thoughts running back of the mind. There was feeling of stability, calm and peacefulness. Vipasana was really helpful in improving focus. It taught us a lesson of importance of patience and mental peace; it improves positivity and helps to sort out the confusion related to life decisions. We are thankful to management and Principal for arranging the session.