



BUDDHIST STUDIES
NEW INITIATIVES
DEPARTMENT OF PHILOSOPHY
UNIVERSITY OF MUMBAI

4 Day Workshop on Meditation Techniques

6th November, 2023 to 9th November 2023

Meditation: Classical and Contemporary Aspects

Time: 3.30 pm-5.30 pm

**Venue: Seminar Hall,
Department of Philosophy,
University of Mumbai.**

*“Meditation is intermittent fasting for the mind.....it
resolves the unresolved and takes us from mentally fat to fit.”
– Naval Ravikant*

SR. NO.	SESSION THEME	DAY AND DATE	RESOURCE PERSON
1.	MEDITATION IN PATANJALI'S YOGA	MONDAY 6TH NOVEMBER, 2023	A) DR. SHARMILA VIRKAR B) MS. ANKITA SOOD
2.	VIPASSANA MEDITATION	TUESDAY 7TH NOVEMBER, 2023	A) DR. NARAYAN GADADE B) MS. ALKA VENGURLEKAR
3.	PREKSHA MEDITATION	WEDNESDAY 8TH NOVEMBER, 2023	A) DR. MEENAL KATARNIKAR B) MRS. LATA NAIK
4.	MEDITATION EMERGING AREAS	THURSDAY 9TH NOVEMBER, 2023	A) DR. AASHISH PHADKE B) DR. PUSHPA NEELKANTHAN

All are cordially welcome

For Registration Click and fill the below Google form

texthttps://docs.google.com/forms/d/14M7mCze9z7R6MoehHvVLfONE37Wy9nk_ke--_VsD-U/viewform?pli=1&pli=1&edit_requested=true

Prof. Priya M. Vaidya
Professor & Head, Department of Philosophy
University of Mumbai

Prof. Meenal Katarnikar & Prof. Namita Nimbalkar
Conveners of the Workshop on Meditation Techniques
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