



मालवीय राष्ट्रीय प्रौद्योगिकी संस्थान जयपुर

Malaviya National Institute of Technology Jaipur

Dean Student Welfare Office

The Wellness of Your Mind: An Insight into Vipassana Meditation



About the Session

The Wellness Team, DSW office organised a Special Workshop “The Wellness of Your Mind: An Insight into Vipassana Meditation”, on November 1, 2023, Wednesday, from 4:30 p.m. to 6 p.m. at Neeti Sabhagar, MNIT Jaipur. It was conducted by the Jaipur Vipassana Meditation Centre. Led by Shri Dinesh Malpani from Jaipur Vipassana Meditation Centre, this session aimed to provide deep insights into the benefits of Vipassana Meditation, which is a form of mindfulness meditation that originates from the original teachings of Lord Buddha. Students, staff and faculty members attended the session.

Resource Person

Shri Dinesh Malpani is a Commerce Graduate with a Master's in Economics. He is the founder & CEO of an export-import company, GEMS EXPORT CENTRE, dealing in Gems and jewellery items since 1975. He was a founder member of the Show organising Committee of JAS - Jewellers Association Show of Jewellers Association, Jaipur, also of MahaparvAayojan Samiti of Jeevan PrabhandhanSamooch of Pt Vijay Shankar ji Mehta and Vaishnav Sahitya & Shodh Samiti. He is also the Vice President of FTS - Friends of Tribal Society's Jaipur Chapter at EKAL Van Bandhu Parishad. He won an International Award for graphic design for a poster campaign to promote Gemstones worldwide, organised by ICA - International Colored Gemstone Association, New York, USA in 2003. He has been practising Vipassana Meditation since 1992 and is a Trustee at Dhammathali Vipassana Meditation Centre, Jaipur & Vipassana Aranya, Chaksu Centre.



Session Highlights

Documentary and guidance: The session began with informative documentaries on Vipassana meditation. Then, the speech covered various aspects of personality building, potential understanding, and ways to overcome the power of our body over our soul.

Practical practice: After that, everybody meditated in real time, chanting to cleanse the body and calm the mind. Students understood ways of observing oneself without judgment and learnt insights which can be helpful in achieving enlightenment.

Learning Outcomes:

The “Wellness of Your Mind: An Insight into Vipassana Meditation” session had a profound impact -

- Students learnt about Vipassana meditation, its origin and its use in daily life.
- Understood ways to deal with stress, anxiety and distractions.
- Learnt the ways and benefits of living a spiritual life.
- Also, in the form of the Vipassana Meditation Centre, they found a place to begin their journey and declutter their lives.

