

An Awareness Programme on "Vipassana Meditation"

16th April 2019

Sree Vidyanikethan Engineering College organized an awareness programme on 'Vipassana Meditation' on 16th April 2019. The main objective of the programme is to enlighten the students and members of faculty on Vipassana Meditation and self-exploratory journey to the common root of mind and body through love and compassion.

The resource persons Mrs. Sabrina Katakam, Coordinating Area Teacher for Vipassana, Telangana and Andhra region and Mr. V.B.V. Prasad, Assistant Teacher of Vipassana graced the occasion.

During the session, Mrs. Sabrina Katakam spoke on the physical sensations that form the life of the body which continuously interconnect and condition the life of the mind. She also gave presentation on the ancient technique of Vipassana and discussed the scientific laws that operate one's thoughts, feelings, judgements, and sensations. Finally, she trained the gathering on Anapanasati Mediation and discussed the importance of practising it every day.

The Principal, SVEC, Dr. P C Krishnamachary, the Director, SVEC, Dr. D.V.S. Bhagavanulu, Deans, Student Welfare Officer, Dr. K.A. Ajmath, graced the occasion.



Mrs. Sabrina Katakam, Coordinating Area Teacher for Vipassana, Telangana and Andhra region interacting with the gathering



Mrs. Sabrina Katakam creating awareness on Vipassana Meditation



Members of faculty practicing 'Anapanasati Meditation' during the session



Mrs. Sabrina Katakam enlightening the members of faculty on the importance of Vipassana Meditation