



**DESH BHAGAT UNIVERSITY, MANDI GOBINDGARH
FACULTY OF SOCIAL SCIENCES AND LANGUAGES**

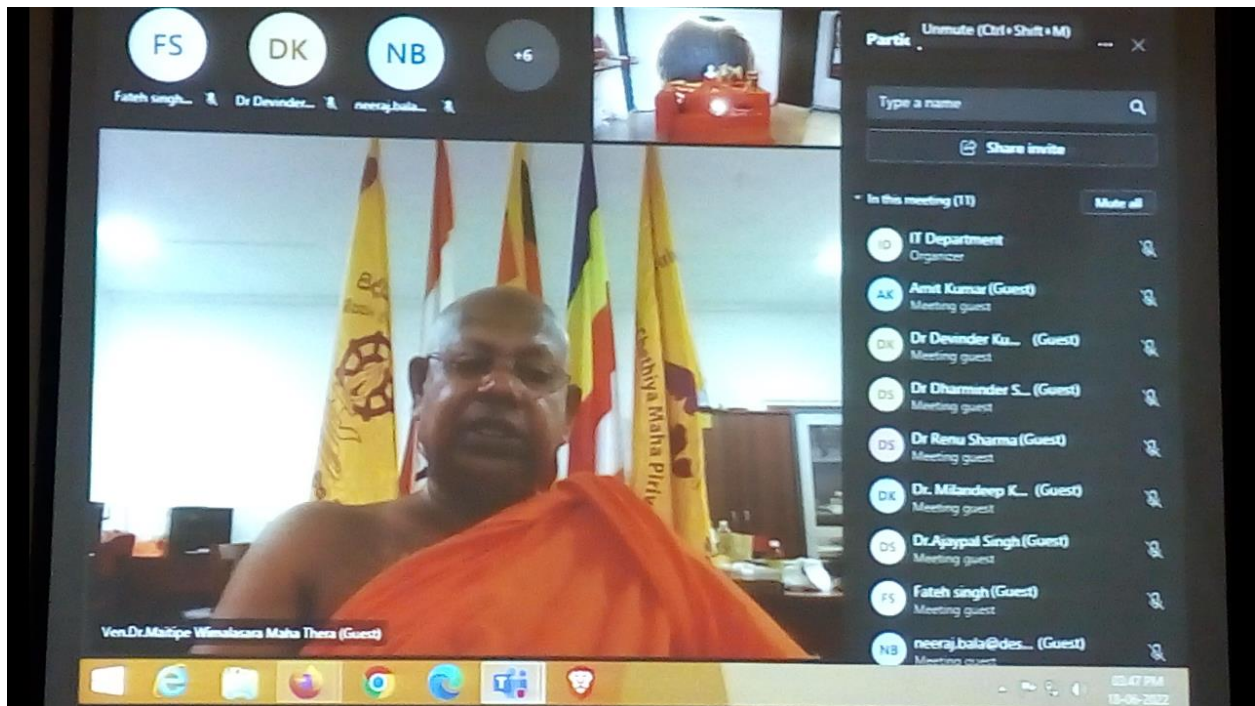
27/08/2022

PRESS NOTE

Desh Bhagat University, Mandi Gobindgarh, in collaboration with Parama Dhamma Chethiya Maha Pirivena, Sri Lanka organized a meditation session on 27 August 2022. The University is running a certificate course in meditation for the University students under the guidance of Venerable Dr. Maitipe Wimalasara Maha Thera, Chief Incumbent/Director, Justice of Peace (All Island), Sri Lanka. This meditation programme was arranged in Buddhist Temple established in University Campus for faculty, staff and students.

The Meditation class was conducted by Dr. Maitipe Wimalasara He taught about some of the major principles given by Budhha. He elaborated about Prajna' which refer, to the highest, and the purest form of wisdom, intelligence and understanding, 'Karuna' a Compassion, a feeling of pity, sympathy, and understanding for people who are suffering, and 'Samata,' is equality, a situation or state where all the members of a society or group have the same status, rights, and opportunities.

Honourabe Dr. Zora Singh blessed everyone on the occasion and appreciated faculty, staff and students for such fruitful session. Honourabe Dr. Tajinder Kaur in her address highlighted that meditation can also cure mental diseases. She thanked Venerable Dr. Maitipe Wimalasara Maha Thera for this invaluable and spiritual session. Director Dr. Devinder Kumar appreciated the efforts of the faculty to organize the session. He complimented that Venerable Thera has very beautifully explained each and every aspect of these teachings of Mahatma Buddha.



4:20 PM



IT Department



Ven. Dr. Maitipe Wimalasar...



Dr. Devinder Kumar



sunshine



Dr. Gurwinder Kaur



Amanpreet Kaur

