**Course Two:-   "Buddha’s words & teachings" (Preference to African countries)**

Synopsis: This course will unfold the life story of the great Buddha and its universal teaching of love and compassion. It will reveal his most precious gift of Vipassana Meditation to mankind. The age old technique of Vipassana meditation is capable of changing the human nature. Today every human being is in search of peace and harmony. Vipassana helps one to come out of misery, negativity of mind and brings peace & happiness.

Dates:  15th to 19th Feb 2021 (Monday to Friday) Five days course, Every day two lectures

Timings 7 to 10 pm (Indian Standard time)

Contents:

1. Life story of Buddha Two lectures
2. Teachings of Buddha- Theory Two lectures
3. Introduction of Anapana Meditation- One lecture
4. Introduction to Vipassana Meditation One lecture
5. Introduction to Buddha’s words: Tipitika Two Lectures
6. Vipassana & Social change ; One lecture
7. Vipassana and Research: Physical & Mental health; One lecture