

e-ITEC Courses Conducted by VRI in Collaboration with ITEC

Name of the Course - **Buddha's Words & Teachings**

Dates –**16th February 2022 to 20th February 2022** (Wednesday to Sunday)

Time – **4:30 to 7:30 pm IST** (Indian Standard Time)

(Continent - Time especially suitable for South Asian Countries)

Contents:

- 1) Life story of Buddha - Two lectures
 - 2) Teachings of Buddha – Theory - Two lectures
 - 3) Introduction to Anapana Meditation - One lecture
 - 4) Introduction to Vipassana Meditation One lecture
 - 5) Introduction to Buddha's words: Tipitika - Three Lectures
 - 6) Spread of Dhamma - One lecture
 - 7) Vipassana and Research: Physical & Mental health - One lecture
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