

e-ITEC Course Conducted by VRI in Collaboration with ITEC

Name of the Course - **Buddha's Art of Living**

Dates – **8th September 2022 to 12th September 2022 (Thursday to Monday)**

Time – **5:30am to 8:30 am IST (Indian Standard Time)**

Contents:

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