



Under the aegis of IQAC
P. P. N. (PG) College, Kanpur
HAPPINESS & WELL-BEING CENTRE
ORGANIZES
A Workshop on



“ Vipassana Meditation - Way to Happiness ”



Resource Person
Dr Dinesh Meshram
Retired Principal, Govt Girls College, Balaghat, MP



Resource Person
Mrs Kalpana Somkuwar
Nagpur



Prof. Anoop Kumar Singh
Principal
P.P.N.(PG) College, Kanpur

Date & Time : 01/04/2025 From 12:00pm onwards
Venue : Room No. 24

*For all the Students, Faculty members & Non-teaching Staff



Prof. Abha Singh
Convener
Happiness & Well-being Centre

Members : Prof Krishna Kumar, Dr Anita Rai, Mrs Alka Rani,
Dr Rashmi Mishra, Dr Rizwana, Dr Manu Chauhan



Pt. PrithiNath (PG) College
(Affiliated to C.S.J.M. University, Kanpur)
96/12, M.G. Marg, Kanpur-208001



REPORT

PROGRAM	: A Workshop on Vipassana Meditation
EVENT ORGANIZED BY	: Happiness and Well-Being Centre
SKILLED EXPERTS	: Shri Ashok Sahu, Dr. Dinesh Meshram, Mrs. Kalpana Somkuwar
DATE OF THE EVENT	: 1 April, 2025
EVENT VENUE	: College auditorium
TIME	: 12:00 pm
NO. OF PARTICIPANTS	: 150

A workshop on Vipassana Meditation was organized by Happiness and Well-Being Centre on 1 April, 2025 in the college auditorium. In the program, keynote speakers Padmashri Ashok Sahu, Dr. Dinesh Meshram and Mrs. Kalpana Somkuwar shed light on the new dimensions of Vipassana. They emphasized that the context of Vipassana meditation should be awakened and the art of living in the present should reach the entire society. Students were given mantras to stay happy. Emphasis was led on forgiveness, gratitude, meditation and adopting a healthy lifestyle. The right time to learn meditation and religion is youth.

Padmashri Ashok Sahu spoke about the benefits of Vipassana meditation, emphasizing how it contributes to better mental clarity, emotional balance, and overall physical well-being. Dr. Dinesh Meshram guided the students on how to practically perform Vipassana meditation, explaining its core techniques and how to incorporate it into daily life for lasting peace and happiness. At the end of the session, a questionnaire round was conducted during which the experts responded to all the students' queries. A total of 150 students, teachers and non-teaching staff attended this enlightening workshop.


PRINCIPAL
PT. PR THI NATH (P.G.) COLLEGE
KANPUR

SMILE!
You are on Camera





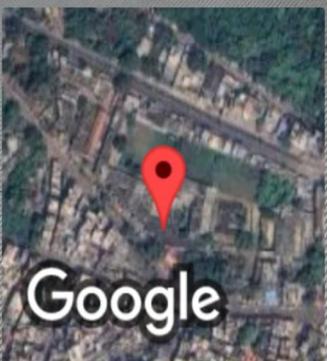
 GPS Map Camera

Kanpur, Uttar Pradesh, India

F8fr+qwj, P.p.n Market, Colonelganj, Kanpur,
Uttar Pradesh 208001, India

Lat 26.474102° Long 80.342491°

01/04/2025 01:35 PM GMT +05:30



Google

P.P.N. (P.G.) COLLEGE, KANPUR



GPS Map Camera



Kanpur, Uttar Pradesh, India

F8fr+fx7, Yateem Khana Rd, Colonelganj, Kanpur,
Uttar Pradesh 208001, India

Lat 26.474057° Long 80.342478°

01/04/2025 01:28 PM GMT +05:30



 GPS Map Camera

Kanpur, Uttar Pradesh, India
F8fr+qwj, P.p.n Market, Colonelganj, Kanpur,
Uttar Pradesh 208001, India
Lat 26.474083° Long 80.342486°
01/04/2025 12:28 PM GMT +05:30



Google





 GPS Map Camera

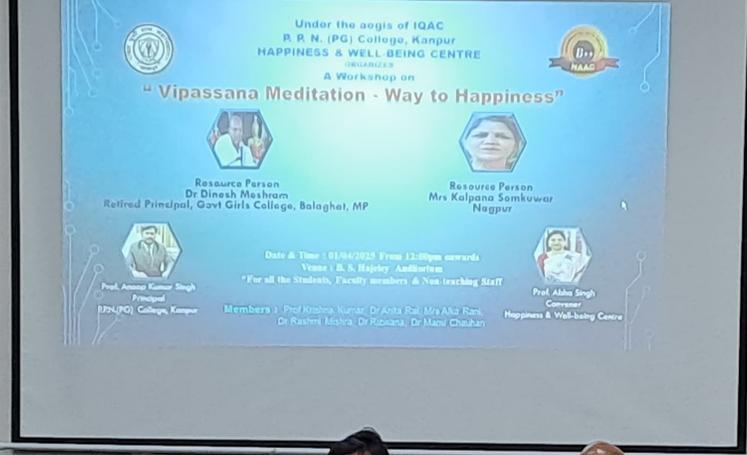
Kanpur, Uttar Pradesh, India

F8fr+fx7, Yateem Khana Rd, Colonelganj,
Kanpur, Uttar Pradesh 208001, India

Lat 26.473904° Long 80.34245°

01/04/2025 12:35 PM GMT +05:30





Kanpur, Uttar Pradesh, India
F8fr+qwj, P.p.n Market, Colonelganj, Kanpur,
Uttar Pradesh 208001, India
Lat 26.474272° Long 80.342541°
01/04/2025 01:10 PM GMT +05:30

Google



विपश्यना ध्यान, खुशी का मार्ग विषय पर हुई कार्यशाला



मुख्य अतिथि को पौधा भेंट करते प्राचार्य।

श्रीमती कल्पना सोमकुंवर ने विपश्यना के नए आयामों पर प्रकाश डाला। उन्होंने इस बात पर बल दिया कि विपश्यना ध्यान के संदर्भ जागृत होना चाहिये और वर्तमान में जीने की कला पूरे समाज तक पहुंचनी चाहिये। विद्यार्थियों को प्रसन्न रहने के मंत्र प्रदान किये। जैसे क्षमा करना, कृतज्ञता, ध्यान एवं स्वस्थ जीवन शैली अपनाने पर जोर दिया। ध्यान व धर्म सीखने का सही समय युवा अवस्था है। इस दौरान डा. रश्मि मिश्रा, प्रो. कृष्ण कुमार, डा. राजेश कुमार, डा. रिजवान अलका रानी, प्रो. निधि कश्यप, प्रो. धनंजय सिंह आदि मौजूद रहे। कार्यक्रम व संयोजन प्रो. आभा सिंह व संचालन डा. अनीता राय ने किया।

कानपुर, 1 अप्रैल।
पीपीएन (पीजी)
महाविद्यालय के हैप्पीनेस
एंड वेलबीइंग सेंटर
मनोविज्ञान विभाग की ओर
से विपश्यना ध्यान-खुशी
का मार्ग विषय पर
कार्यशाला का शुभारंभ
हुआ। कार्यक्रम में मुख्य
वक्ता पदमश्री अशोक
शाहू, डा. दिनेश मेश्राम,