



**MINDFULNESS CLUB**

# **MINDFULNESS CLUB**

**Samrat Ashok Subharti School of Buddhist Studies (SASSBS)**

Faculty of Arts and Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)

Ref. No. SVSU/SASSBS/MC/2025/01

Date: 19/06/2025

## **NOTICE**

### **Mindfulness Group Meditation Programme**

All faculty members, students, research scholars, and staff are hereby informed that a **Mindfulness Group Meditation Session** was organized by the Samrat Ashoka Subharti School of Buddhist Studies as part of **Yogā Saṅgam–2025** and the **Yogā Pakhwada Celebrations** in observance of the **International Day of Yogā 2025**.

**Venue:** Meditation Hall, SASSBS, SVSU, Meerut

**Date:** 20 June 2025

The programme was conducted under the theme “**Yoga for One Earth, One Health**”, emphasizing the importance of mindfulness, mental well-being, inner peace, and holistic health. Faculty members, students, research scholars, and staff actively participated in the meditation session and benefited from the guidance and teachings shared during the programme.

The Department extends its sincere appreciation to all participants for their enthusiastic involvement and contribution to the successful conduct of the event.

**Coordinator**

**Mindfulness Club**

Samrat Ashok Subharti School of Buddhist Studies

Faculty of Arts & Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)



# MINDFULNESS CLUB

Samrat Ashok Subharti School of Buddhist Studies (SASSBS)

Faculty of Arts and Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)

Date: 24 June 2025

## REPORT ON MINDFULNESS GROUP MEDITATION PROGRAMME

Organized on the Occasion of International Day of Yoga 2025

**Venue:** Meditation Hall, Samrat Ashoka Subharti School of Buddhist Studies (SASSBS), Swami Vivekanand Subharti University, Meerut, Uttar Pradesh

The Samrat Ashoka Subharti School of Buddhist Studies (SASSBS), Swami Vivekanand Subharti University, Meerut, successfully organized a **Mindfulness Group Meditation Programme** on 20 June 2025 as part of **Yogā Saṅgam–2025** and the **Yogā Pakhwada Celebrations** leading up to the International Day of Yoga 2025.

The programme was conducted under the global theme “**Yoga for One Earth, One Health,**” highlighting the interconnectedness of personal well-being, social harmony, and environmental sustainability. The event witnessed enthusiastic participation from faculty members, students, research scholars, and staff members of the University.

The programme was organized with the inspiration of the visionary leadership of the Honourable Prime Minister of India, **Shri Narendra Modi Ji**, who has consistently promoted yoga and mindfulness as powerful tools for fostering global health and harmony.

The event was conducted under the continued guidance and encouragement of the University's esteemed leadership, including **Honourable Founder Dr. Atul Krishna Sir, CEO Dr. Shalya Raj Ma'am, Executive Officer Dr. Krishnamurthy Sir, Hon'ble Vice-Chancellor Dr. G. K. Thapkiyal Sir, and Advisor Dr. Heero Hito Sir**. Their unwavering support has been instrumental in promoting academic excellence and holistic development within the University.

Under the inspirational guidance of **Venerable Dr. Champalal Mandrele Sir, Head of the Department**, the programme commenced with the traditional lighting of the lamp before the statue of the Buddha, followed by the chanting of sacred verses by the Venerable Bhikkhu Saṅgha, creating a serene and spiritually uplifting atmosphere.

Addressing the gathering, the Head of the Department delivered an insightful talk on the significance of mindfulness in contemporary life. He explained how mindfulness contributes to physical health, mental stability, emotional balance, and spiritual growth. He further emphasized that regular meditation

Subhartipuram, Delhi-Haridwar Meerut Bypass Road, NH-58, Meerut - 250 005 Website:  
www.subharti.org E-mail: buddhiststudies@subharti.org



**MINDFULNESS CLUB**

# MINDFULNESS CLUB

**Samrat Ashok Subharti School of Buddhist Studies (SASSBS)**

Faculty of Arts and Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)

practice helps individuals overcome stress, anxiety, and depression arising from the restless nature of the mind.

To illustrate this point, he quoted the Buddha's teaching from the **Dhammapada (Verse 33)**:

*“Capalaṃ caṅkamaṃ cittaṃ, durakkhaṃ dunnivārayaṃ;  
Ujūṃ karoti medhāvī, usukārova tejanaṃ.”*

**Translation:**

*“The mind is restless, wavering, difficult to guard, and difficult to control. The wise person straightens it just as a skilled fletcher straightens an arrow shaft.”*

The profound message of this verse served as the central theme of the meditation session, inspiring participants to cultivate awareness, self-discipline, and inner tranquility through mindfulness practice.

The group meditation session was conducted with full participation and dedication. Students, faculty members, and staff members engaged wholeheartedly in the practice, creating an atmosphere of collective mindfulness and harmony. The active involvement of all participants greatly contributed to the success and significance of the programme.

The Department expresses its heartfelt gratitude to the University administration, faculty members, students, research scholars, staff, and all those who contributed to the successful organization of the event. Special appreciation is extended to the University leadership for their continued encouragement and support in promoting activities that foster holistic education and human values.

The programme successfully highlighted the relevance of mindfulness and yoga in contemporary society and reinforced the University's commitment to nurturing physical well-being, mental health, compassion, and environmental consciousness. The event concluded with a renewed sense of peace, awareness, and collective responsibility among all participants, making it a meaningful and memorable celebration of the International Day of Yoga 2025.

**Participants:** Faculty Members, Research Scholars, Students, and Staff Members of SASSBS, SVSU Meerut.



By  
il:



**MINDFULNESS CLUB**

# MINDFULNESS CLUB

**Samrat Ashok Subharti School of Buddhist Studies (SASSBS)**

Faculty of Arts and Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)



**Coordinator  
Mindfulness Club**

Samrat Ashok Subharti School of Buddhist Studies

Faculty of Arts & Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)

Subhartipuram, Delhi-Haridwar Meerut Bypass Road, NH-58, Meerut - 250 005 Website:  
[www.subharti.org](http://www.subharti.org) E-mail: [buddhiststudies@subharti.org](mailto:buddhiststudies@subharti.org)



**MINDFULNESS CLUB**

# **MINDFULNESS CLUB**

**Samrat Ashok Subharti School of Buddhist Studies (SASSBS)**

Faculty of Arts and Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)

Ref. No. SVSU/SASSBS/MC/2026/02

Date: 16/02/2026

## **NOTICE**

### **Celebration of Tet Festival (Vietnamese New Year)**

The faculty members, students, research scholars, and staff are hereby informed that the **Tet Festival (Vietnamese New Year)** was celebrated with great enthusiasm and cultural spirit on **18 February 2026** at the Samrat Ashoka Subharti School of Buddhist Studies, Swami Vivekanand Subharti University, Meerut.

The programme was organized to promote cultural understanding, international friendship, and appreciation of Vietnamese traditions among students and scholars. The celebration highlighted the rich cultural heritage of Vietnam and strengthened the spirit of unity and mutual respect among the international student community.

The Department extends its sincere gratitude to all participants, guests, faculty members, and students whose active involvement contributed to the success of the event.

**Coordinator**

**Mindfulness Club**

Samrat Ashok Subharti School of Buddhist Studies

Faculty of Arts & Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)



**MINDFULNESS CLUB**

# **MINDFULNESS CLUB**

**Samrat Ashok Subharti School of Buddhist Studies (SASSBS)**

Faculty of Arts and Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)

**Date: 20 February 2026**

## **REPORT ON THE CELEBRATION OF TET FESTIVAL**

### **(VIETNAMESE NEW YEAR)**

**Venue:** Samrat Ashoka Subharti School of Buddhist Studies (SASSBS), Swami Vivekanand Subharti University, Meerut, Uttar Pradesh

The Samrat Ashoka Subharti School of Buddhist Studies (SASSBS), Swami Vivekanand Subharti University, Meerut, celebrated the **Tet Festival (Vietnamese New Year)** on **18 February 2026** with great joy, enthusiasm, and cultural vibrancy. The programme was organized to honor the traditions of Vietnam and to promote intercultural harmony, mutual understanding, and global friendship among students and scholars from diverse backgrounds.

The celebration was conducted under the esteemed guidance and support of the University leadership, including **Honourable Founder Dr. Atul Krishna Sir, CEO Dr. Shalya Raj Ma'am, Executive Officer Dr. Krishnamurthy Sir, Hon'ble Vice-Chancellor Dr. G. K. Thapkiyal Sir, and Advisor Dr. Heero Hito Sir**, whose vision continues to encourage cultural exchange and international academic cooperation within the University.

The programme was further enriched by the inspirational leadership of **Venerable Dr. Champalal Mandrele Sir, Head of the Department**, who emphasized the importance of preserving cultural traditions while fostering global understanding and harmony. He highlighted the significance of Tet as the most important traditional festival of Vietnam, symbolizing renewal, prosperity, gratitude, family unity, and hope for the coming year.

The event commenced with a warm welcome to all participants, followed by an introduction to the historical and cultural significance of Tet Festival. Vietnamese students shared insights into the customs and traditions associated with the celebration, including family reunions, expressions of gratitude to elders, traditional greetings, cultural performances, and prayers for peace and prosperity.

The celebration provided an excellent opportunity for students and faculty members to learn about Vietnamese culture and heritage. Participants actively engaged in cultural interactions and discussions, which strengthened the bonds of friendship and mutual respect among members of the university community.

Subhartipuram, Delhi-Haridwar Meerut Bypass Road, NH-58, Meerut - 250 005 Website:  
www.subharti.org E-mail: buddhiststudies@subharti.org



**MINDFULNESS CLUB**

# **MINDFULNESS CLUB**

**Samrat Ashok Subharti School of Buddhist Studies (SASSBS)**

Faculty of Arts and Social Sciences

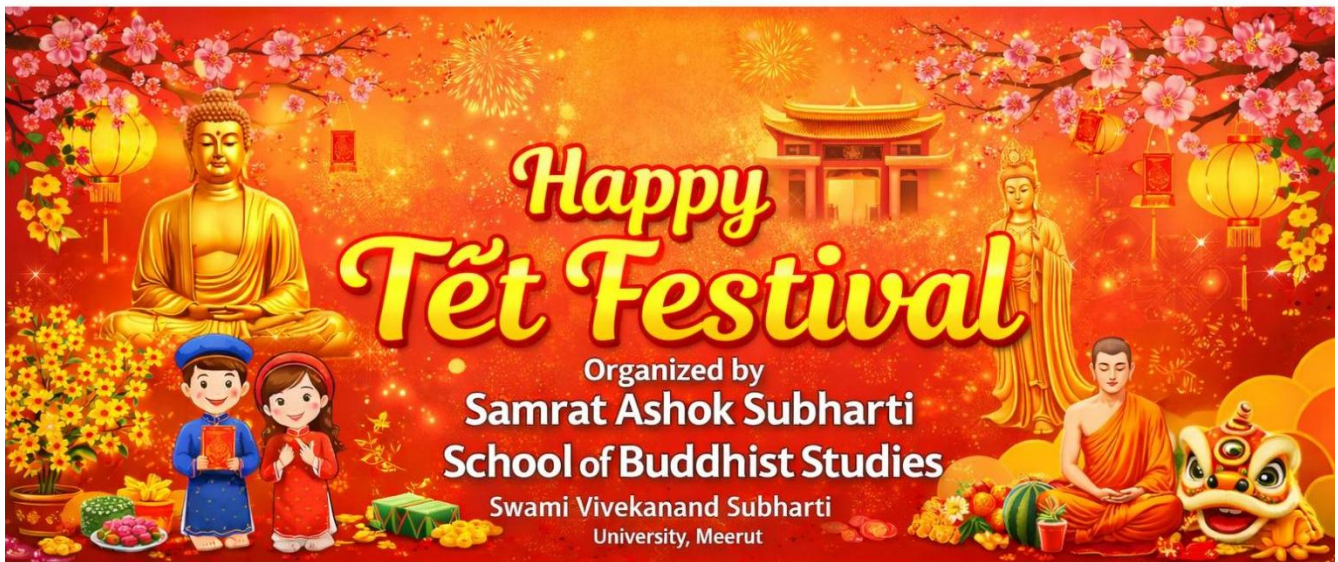
Swami Vivekanand Subharti University, Meerut (U.P.)

The programme reflected the University's commitment to promoting multicultural values and creating an inclusive academic environment where students from different nations can proudly share their cultural identities. The active participation of international students, faculty members, research scholars, and staff members added great enthusiasm and significance to the event.

The Department expresses its heartfelt gratitude to all the participants and organizers for their valuable contributions. Special appreciation is extended to the Vietnamese students whose efforts and cultural presentations made the celebration both educational and memorable.

The Tet Festival celebration concluded on a joyful note with wishes for peace, happiness, good health, and prosperity for all. The event successfully strengthened cultural understanding and highlighted the importance of international friendship, harmony, and mutual respect among the global academic community.

**Participants:** International Students, Research Scholars, Faculty Members, Staff Members, and Students of SASSBS, SVSU Meeru





**MINDFULNESS CLUB**

# **MINDFULNESS CLUB**

**Samrat Ashok Subharti School of Buddhist Studies (SASSBS)**

Faculty of Arts and Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)



**Coordinator  
Mindfulness Club**

Samrat Ashok Subharti School of Buddhist Studies  
Faculty of Arts & Social Sciences  
Swami Vivekanand Subharti University, Meerut (U.P.)

Subhartipuram, Delhi-Haridwar Meerut Bypass Road, NH-58, Meerut - 250 005 Website:  
[www.subharti.org](http://www.subharti.org) E-mail: [buddhiststudies@subharti.org](mailto:buddhiststudies@subharti.org)



**MINDFULNESS CLUB**

# **MINDFULNESS CLUB**

**Samrat Ashok Subharti School of Buddhist Studies (SASSBS)**

Faculty of Arts and Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)

Ref. No. SVSU/SASSBS/MC/2026/04

Date: 25/03/2026

## **NOTICE**

### **Buddha Relic Pagoda Distribution Ceremony**

The faculty members, students, research scholars, and staff are hereby informed that the **Buddha Relic Pagoda Distribution Ceremony** was successfully organized on **26 March 2026** by the **Samrat Ashoka Subharti School of Buddhist Studies (SASSBS), Swami Vivekanand Subharti University, Meerut**, in collaboration with the **Waki Relic Museum**.

The programme was organized to promote reverence for the sacred relics of the Buddha and to strengthen Buddhist cultural and spiritual heritage. The ceremony witnessed the participation of distinguished members of the Saṅgha, scholars, students, and devotees, making the occasion spiritually uplifting and memorable.

The Department extends its sincere gratitude to all guests, participants, donors, and organizers for their valuable contributions towards the successful conduct of the programme.

**Coordinator**

**Mindfulness Club**

Samrat Ashok Subharti School of Buddhist Studies

Faculty of Arts & Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)



**MINDFULNESS CLUB**

# **MINDFULNESS CLUB**

**Samrat Ashok Subharti School of Buddhist Studies (SASSBS)**

Faculty of Arts and Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)

**Date: 28 March 2026**

## **REPORT ON THE BUDDHA RELIC PAGODA DISTRIBUTION CEREMONY**

**Venue:** Samrat Ashoka Subharti School of Buddhist Studies (SASSBS), Swami Vivekanand Subharti University, Meerut, Uttar Pradesh

The **Buddha Relic Pagoda Distribution Ceremony** was successfully organized on **26 March 2026** by the **Samrat Ashoka Subharti School of Buddhist Studies (SASSBS), Swami Vivekanand Subharti University, Meerut**, in collaboration with the **Waki Relic Museum**. The ceremony was conducted with profound devotion and reverence, bringing together members of the Buddhist Saṅgha, scholars, students, and devotees in a spiritually enriching atmosphere.

The programme was dedicated to honoring and disseminating the sacred heritage of Buddhism through the distribution of Buddha Relic Pagodas. The event served as a meaningful occasion for strengthening faith in the Buddha, Dhamma, and Saṅgha while promoting the universal values of peace, compassion, wisdom, and harmony.

The Department expresses its deepest gratitude to **Dr. Teo Choo Guan and his family from Malaysia** for their generous donation and noble contribution. Their kindness and devotion played a significant role in making the ceremony possible and in supporting the preservation of Buddhist heritage for future generations.

The successful organization of the programme was made possible through the dedicated efforts of **Venerable Kundala and his team**, whose tireless support and coordination ensured the smooth conduct of all activities. Their commitment greatly contributed to the spiritual and ceremonial success of the event.

A special feature of the ceremony was the gracious presence and participation of both the **Theravāda Saṅgha** and the **Mahāyāna Saṅgha**. Their blessings, chanting, and participation added immense spiritual significance to the programme and reflected the unity and shared heritage of the global Buddhist community.

The Department also acknowledges with sincere appreciation the support of all teaching and non-teaching staff members of the Samrat Ashoka Subharti School of Buddhist Studies, whose cooperation and dedication contributed significantly to the success of the event.

Subhartipuram, Delhi-Haridwar Meerut Bypass Road, NH-58, Meerut - 250 005 Website:  
www.subharti.org E-mail: buddhiststudies@subharti.org



**MINDFULNESS CLUB**

# MINDFULNESS CLUB

**Samrat Ashok Subharti School of Buddhist Studies (SASSBS)**

Faculty of Arts and Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)

The Department expresses its heartfelt gratitude to the University leadership for their continuous encouragement and guidance:

- **Dr. Shalya Raj**, Chief Executive Officer, Swami Vivekanand Subharti University
- **Prof. Pramod Kumar Sharma**, Hon'ble Vice-Chancellor
- **Dr. Heero Hito**, Advisor, Samrat Ashoka Subharti School of Buddhist Studies
- **Venerable Dr. Champalal Mandrele**, Head of the Department

Their visionary leadership and unwavering support played a crucial role in making the ceremony a grand success.

The programme concluded with prayers for universal peace, happiness, and the welfare of all beings. The Buddha Relic Pagoda Distribution Ceremony not only strengthened spiritual devotion but also reinforced the University's commitment to preserving and promoting the rich cultural and religious heritage of Buddhism.

The Department extends its sincere thanks to all monks, donors, dignitaries, faculty members, research scholars, students, staff members, and devotees whose presence and participation made the occasion truly memorable and spiritually uplifting.

**Participants:** Members of the Theravāda and Mahāyāna Saṅgha, International Buddhist Delegates, Faculty Members, Research Scholars, Students, Staff Members, and Devotees.





**MINDFULNESS CLUB**

# **MINDFULNESS CLUB**

**Samrat Ashok Subharti School of Buddhist Studies (SASSBS)**

Faculty of Arts and Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)



**Coordinator  
Mindfulness Club**

Samrat Ashok Subharti School of Buddhist Studies  
Faculty of Arts & Social Sciences  
Swami Vivekanand Subharti University, Meerut (U.P.)

Subhartipuram, Delhi-Haridwar Meerut Bypass Road, NH-58, Meerut - 250 005 Website:  
[www.subharti.org](http://www.subharti.org) E-mail: [buddhiststudies@subharti.org](mailto:buddhiststudies@subharti.org)



**MINDFULNESS CLUB**

# **MINDFULNESS CLUB**

**Samrat Ashok Subharti School of Buddhist Studies (SASSBS)**

Faculty of Arts and Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)

Ref. No. SVSU/SASSBS/MC/2026/03

Date: 15/04/2026

## **NOTICE**

### **Celebration of Myanmar Water Festival (Thingyan)**

All faculty members, students, research scholars, and staff are hereby informed that the **Myanmar Water Festival (Thingyan)** was celebrated on **17 April 2026** at the Samrat Ashoka Subharti School of Buddhist Studies, Swami Vivekanand Subharti University, Meerut.

The programme was organized to commemorate the traditional New Year festival of Myanmar and to promote cultural exchange, international friendship, and appreciation of Myanmar's rich cultural heritage. The celebration provided an opportunity for students and faculty members to learn about the significance of Thingyan and its role in fostering values of renewal, harmony, goodwill, and compassion.

The Department expresses its sincere appreciation to all participants, organizers, and guests whose enthusiastic involvement contributed to the success of the programme.

**Coordinator**

**Mindfulness Club**

Samrat Ashok Subharti School of Buddhist Studies

Faculty of Arts & Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)



**MINDFULNESS CLUB**

# **MINDFULNESS CLUB**

**Samrat Ashok Subharti School of Buddhist Studies (SASSBS)**

Faculty of Arts and Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)

**Date: 21 April 2026**

## **REPORT ON THE CELEBRATION OF MYANMAR WATER FESTIVAL (THINGYAN)**

**Venue:** Samrat Ashoka Subharti School of Buddhist Studies (SASSBS), Swami Vivekanand Subharti University, Meerut, Uttar Pradesh

The Samrat Ashoka Subharti School of Buddhist Studies (SASSBS), Swami Vivekanand Subharti University, Meerut, celebrated the **Myanmar Water Festival (Thingyan)** on **17 April 2026** with great enthusiasm, cultural pride, and international fellowship. The event was organized to mark the traditional New Year festival of Myanmar and to promote intercultural understanding among students, scholars, and faculty members.

The celebration was conducted under the esteemed guidance and support of the University leadership, including **Honourable Founder Dr. Atul Krishna Sir, CEO Dr. Shalya Raj Ma'am, Executive Officer Dr. Krishnamurthy Sir, Hon'ble Vice-Chancellor Dr. G. K. Thapkiyal Sir, and Advisor Dr. Heero Hito Sir**, whose continuous encouragement promotes cultural diversity and international cooperation within the University.

The programme was further enriched by the inspirational guidance of **Venerable Dr. Champalal Mandrele Sir, Head of the Department**, who emphasized the importance of preserving cultural traditions and fostering mutual respect among people of different nations and backgrounds. He highlighted that Thingyan is one of the most important cultural festivals of Myanmar and symbolizes purification, renewal, goodwill, and the welcoming of a prosperous New Year.

The programme commenced with a warm welcome to all participants, followed by an introduction to the historical and cultural significance of the Thingyan Festival. Myanmar students explained the customs associated with the festival, including the ceremonial sprinkling of water, acts of charity, merit-making, respect for elders, and prayers for peace, happiness, and prosperity.

The celebration provided an excellent platform for cultural interaction and learning. Faculty members, research scholars, students, and staff actively participated in the event and gained valuable insights into Myanmar's rich cultural and Buddhist traditions. The presentations and cultural interactions fostered a spirit of friendship, harmony, and mutual appreciation among all participants.



**MINDFULNESS CLUB**

# **MINDFULNESS CLUB**

**Samrat Ashok Subharti School of Buddhist Studies (SASSBS)**

Faculty of Arts and Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)

---

The event reflected the University's commitment to promoting multiculturalism, international understanding, and global citizenship. The active involvement of Myanmar students added authenticity and cultural richness to the programme, making it both educational and memorable.

The Department expresses its heartfelt gratitude to all participants, organizers, faculty members, students, and staff whose contributions ensured the success of the celebration. Special appreciation is extended to the Myanmar students for sharing their cultural heritage and traditions with the university community.

The celebration concluded with collective wishes for peace, happiness, health, and prosperity in the New Year. The programme successfully strengthened cultural bonds, encouraged international friendship, and highlighted the values of compassion, harmony, and mutual respect that are central to both Myanmar culture and Buddhist traditions.

**Participants:** International Students, Research Scholars, Faculty Members, Staff Members, and Students of SASSBS, SVSU Meerut.



**MINDFULNESS CLUB**

# **MINDFULNESS CLUB**

**Samrat Ashok Subharti School of Buddhist Studies (SASSBS)**

Faculty of Arts and Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)



**Coordinator  
Mindfulness Club**

Samrat Ashok Subharti School of Buddhist Studies  
Faculty of Arts & Social Sciences  
Swami Vivekanand Subharti University, Meerut (U.P.)



**MINDFULNESS CLUB**

# **MINDFULNESS CLUB**

**Samrat Ashok Subharti School of Buddhist Studies (SASSBS)**

Faculty of Arts and Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)

Ref. No. SVSU/SASSBS/MC/2026/05

Date: 05/05/2026

## **NOTICE**

### **One-Day Special Lecture on Holistic Health Under the Mindfulness Club**

All faculty members, research scholars, students, and staff are hereby informed that the **Mindfulness Club of the Samrat Ashoka Subharti School of Buddhist Studies (SASSBS)** successfully organized a **One-Day Special Lecture** on **08 May 2026** at the Meditation Hall, SASSBS.

The lecture was delivered by **Dr. Uday Prakash Verma**, Assistant Professor, Amity Institute of Behavioural and Allied Sciences, Amity University, Madhya Pradesh, on the topic:

**“Bhāratīya Yogā Paramparā and Holistic Health: Relevance and Prospects in the Modern Era.”**

The programme focused on the significance of Yoga, Mindfulness, Indian Knowledge Systems, and Holistic Health in promoting mental, physical, emotional, and spiritual well-being in contemporary society. Faculty members, research scholars, students, and international participants actively attended the programme and benefited from the insightful deliberations.

The Department expresses its sincere gratitude to the distinguished Resource Person, the University administration, the Bhikkhu Saṅgha, the Bhikkhunī Saṅgha, faculty members, and all participants for contributing to the success of the programme.

**Coordinator**

**Mindfulness Club**

Samrat Ashok Subharti School of Buddhist Studies

Faculty of Arts & Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)



**MINDFULNESS CLUB**

# **MINDFULNESS CLUB**

**Samrat Ashok Subharti School of Buddhist Studies (SASSBS)**

Faculty of Arts and Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)

**Date: 09 May 2026**

## **REPORT ON ONE-DAY SPECIAL LECTURE ON HOLISTIC HEALTH UNDER THE MINDFULNESS CLUB**

**Venue:** Meditation Hall, Samrat Ashoka Subharti School of Buddhist Studies (SASSBS), Swami Vivekanand Subharti University, Meerut, Uttar Pradesh

The **Mindfulness Club of the Samrat Ashoka Subharti School of Buddhist Studies (SASSBS), Swami Vivekanand Subharti University, Meerut**, successfully organized a **One-Day Special Lecture** on **08 May 2026** on the theme **“Bhāratīya Yogā Paramparā and Holistic Health: Relevance and Prospects in the Modern Era.”**

The programme aimed to explore the relevance of traditional Indian wisdom, Yoga, mindfulness practices, and holistic approaches to health in addressing the challenges of modern life. The event witnessed enthusiastic participation from faculty members, research scholars, students, and international scholars from various countries.

The keynote lecture was delivered by **Dr. Uday Prakash Verma**, Assistant Professor at the Amity Institute of Behavioural and Allied Sciences, Amity University, Madhya Pradesh. Dr. Verma is a distinguished academician and researcher specializing in mindfulness, resilience, quality of life, and mental health. He completed his doctoral research in Psychology from Gurukula Kangri (Deemed to be University), Haridwar, and has contributed extensively to the fields of mindfulness studies, indigenous psychology, and Indian Knowledge Systems through his publications, edited volumes, workshops, and academic programmes.

The programme commenced with the ceremonial lighting of the lamp by the respected faculty members, symbolizing the illumination of wisdom and knowledge. This was followed by the chanting of the **Maṅgala Sutta** by the **Theravāda Bhikkhu Saṅgha**, creating a serene and spiritually uplifting atmosphere for the academic gathering.

Thereafter, **Dr. Bhante Chandrakirti**, Head of the Department, warmly welcomed the distinguished Resource Person and highlighted the significance of integrating traditional wisdom with contemporary educational and psychological practices.



**MINDFULNESS CLUB**

# **MINDFULNESS CLUB**

**Samrat Ashok Subharti School of Buddhist Studies (SASSBS)**

Faculty of Arts and Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)

During his lecture, Dr. Verma presented a comprehensive analysis of the Indian Yogic tradition and its relevance to holistic health in the modern era. He discussed the growing significance of **Mindfulness-Based Cognitive Therapy (MBCT)**, emphasizing its roots in Buddhist mindfulness practices and Jhāna meditation traditions. He explained how mindfulness has emerged as an effective method for addressing stress, anxiety, loneliness, and psychological suffering in today's fast-paced world.

The lecture further highlighted the role of mindfulness, yoga, and holistic health practices in developing mental resilience, emotional stability, physical well-being, and ethical awareness. Dr. Verma emphasized that these practices are essential not only for individual growth but also for building a healthy, harmonious, and progressive society.

The presentation was delivered through an engaging PowerPoint presentation that effectively combined traditional philosophical insights with contemporary psychological research. Students and research scholars from **India, Myanmar, and Vietnam** actively participated in the interactive session, asking thoughtful questions and engaging in meaningful discussions with the Resource Person. Their enthusiastic involvement greatly enriched the academic value of the programme.

The event was organized under the valuable guidance and encouragement of **Prof. (Dr.) Shalya Raj**, Hon'ble CEO of Swami Vivekanand Subharti University, and **Dr. Heero Hito**, Advisor of SASSBS. The programme was coordinated by **Dr. Pallabi Mukherjee**, Assistant Professor, SASSBS, with the cordial support and guidance of **Dr. Bhante Chandrakirti**, Head of the Department. The proceedings of the programme were gracefully moderated by **Prof. (Dr.) Praveen Kumar**.

The programme was further enriched by the presence of distinguished faculty members including **Prof. Poonam Rana**, **Dr. Srida Jha**, **Dr. Saranpal Singh**, **Dr. Vivek Kumar**, **Dr. Anant**, **Dr. Sushma**, and **Dr. Subham**, whose participation added academic depth and encouragement to the event.

The programme concluded with a heartfelt Vote of Thanks delivered by **Dr. Saranpal Singh**, who expressed sincere gratitude to the Resource Person, dignitaries, faculty members, Bhikkhu Saṅgha, Bhikkhunī Saṅgha, research scholars, and students for their valuable presence and contributions.

The Department expresses its deepest gratitude to **Dr. Uday Prakash Verma** for sharing his scholarly insights and valuable time with the participants. Special thanks are also extended to **Prof. (Dr.) Shalya Raj**, **Dr. Heero Hito**, **Dr. Bhante Chandrakirti**, and all faculty members and staff for their continuous support and encouragement.



**MINDFULNESS CLUB**

# MINDFULNESS CLUB

**Samrat Ashok Subharti School of Buddhist Studies (SASSBS)**

Faculty of Arts and Social Sciences

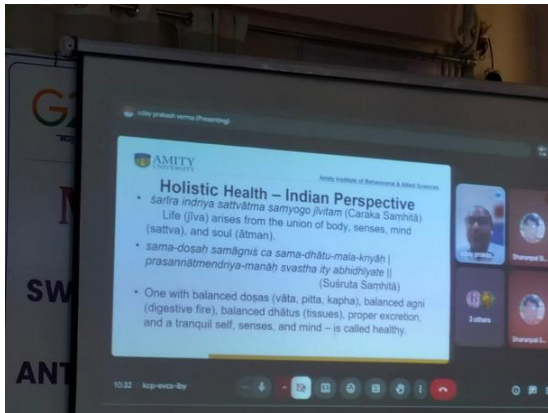
Swami Vivekanand Subharti University, Meerut (U.P.)

The Department respectfully acknowledges the blessings and active participation of both the **Bhikkhu Saṅgha** and **Bhikkhunī Saṅgha**, whose chanting and presence added dignity, serenity, and spiritual significance to the occasion.

The lecture proved to be highly informative, inspiring, and intellectually stimulating. It encouraged participants to reflect deeply on the importance of Yoga, mindfulness, and holistic health in contemporary life and reinforced the University's commitment to promoting academic excellence, spiritual development, and human well-being.

**Participants:** Faculty Members, Bhikkhu Saṅgha, Bhikkhunī Saṅgha, Research Scholars, International Students, Students, and Staff Members of SASSBS, SVSU Meerut.

Some glimpses of the event as foll



**Coordinator**

**Mindfulness Club**

Samrat Ashok Subharti School of Buddhist Studies

Faculty of Arts & Social Sciences

Swami Vivekanand Subharti University, Meerut (U.P.)

Subhartipuram, Delhi-Haridwar Meerut Bypass Road, NH-58, Meerut - 250 005 Website:  
www.subharti.org E-mail: buddhiststudies@subharti.org