

# **PUBLIC LECTURE ON** **Mindfulness Meditation and** **Well-Being**



**Date: 6<sup>th</sup> November 2021**

**Time: 3 PM**

Many philosophical, religious, spiritual, and psychological traditions emphasize the importance of the quality of consciousness for the maintenance and enhancement of well-being. Different religious and spiritual traditions have given rise to a rich variety of meditation techniques and practices to cultivate consciousness or enhance its quality. These meditation practices have been practiced for millennia and reflect the wisdoms, insights, inclinations, and cultures of their practitioners. Originally, they were intended to develop spiritual understanding, awareness, and direct experience of ultimate reality.

The last four decades have witnessed a sharp attention and interest in meditation approaches to treating individuals with mental health problems all over the world. Meditation has been used as an adjunct to therapy, a relapse prevention strategy and as psychotherapy-in-itself for a wide range of mental and physical health problems. Vipassana or mindfulness meditation is one of the India's most ancient meditative techniques rediscovered by Gautama the Buddha.

**Organised by: NIMHANS Centre for Well-Being**

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One attribute of consciousness that has been much-discussed in relation to well-being is mindfulness. Mindfulness is also known as ‘awareness’ or ‘witnessing’ or ‘Sakshi Bhava’ in Sanskrit. Mindfulness is long believed to promote well-being. In recent decades, efforts have been made to examine theoretically and empirically the role of mindfulness in physical, psychological and spiritual well-being. The present talk will focus on the theoretical and phenomenological aspects of mindfulness and its evolution as therapeutic method in enhancing physical, psychological and spiritual well-being.

## **Zoom link :**

<https://us06web.zoom.us/j/84072455787?pwd=RUNFLzRKR3ZH T2NtU3dsSWdPcDErUT09>

**Meeting ID:** 840 7245 5787

**Passcode:** 988396



## **SPEAKER:**

**Dr. Mahendra P Sharma**

**Professor**

**Department of Clinical Psychology**

**NIMHANS**