



Program

On

Vipassana 12-07-2025

Organised by

FoLS

Faculty of Liberal Arts

ATMIYA University, Rajkot

Speaker

Mr. Saurabh Pagare

Faculty's Co-Ordinator

Dr. Jitendra Ahekar



**ATMIYA
UNIVERSITY**
Rajkot, Gujarat - INDIA



VIPASSANA

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RESOURCE PERSON:

MR. SAURABH PAGARE

VIPASSANA PRACTITIONER (VIPASSANA CENTRE, IGATPURI)
FACULTY AT KJ SOMAIYA COLLEGE, MUMBAI

Date: **12th July, 2025**

Time: **11.45 am to 12.45pm**

Venue: **Phycology Lab**

Organised by:

**Faculty of Liberal Studies,
Atmiya University, Rajkot**



Program Details

1. Activity Information

Title of Activity: Vipassana

Level of Activity/Event: University

Activity Schedule: 12-07-2025 (Saturday)

Venue: Psychology Lab, Atmiya University

Resource Person: Mr. Saurabh Pagare

Designation: Vipassana Practitioner (Vipassana Centre, Igatpuri); Faculty at KJ Somaiya College, Mumbai

Activity Coordinator: Faculty of Liberal Studies

Total No. of Participants: 7

Details of Participants: Students of Liberal Studies

2. Outcomes

The session introduced students to Vipassana—an ancient technique of mindfulness and meditation aimed at fostering self-awareness and emotional balance. Participants learned how Vipassana practice can enhance concentration, reduce stress, and promote overall psychological well-being. The session encouraged students to adopt mindfulness as a regular practice for achieving inner peace, mental clarity, and balanced decision-making.

3. Activity Details

The Faculty of Liberal Studies, Atmiya University, Rajkot, organized an insightful session on “Vipassana” to promote mental clarity and emotional stability among students.

The session was held on 12th July 2025 (Saturday) from 11:45 A.M. to 12:45 P.M. at the Psychology Lab.

Mr. Saurabh Pagare, a Vipassana Practitioner from the Vipassana Centre, Igatpuri, and Faculty at KJ Somaiya College, Mumbai, guided students through the philosophy and practice of Vipassana meditation. He discussed the relevance of mindfulness in managing academic stress, building emotional intelligence, and achieving holistic well-being. The interactive nature of the session provided participants with a deeper understanding of how introspection can lead to personal and professional growth.

4. Gallery

