

## **SUBHARTI SCHOOL OF BUDDHIST STUDIES**

<b>Certification Course</b>	
<b>Vipassana Meditation</b>	
<b>PROGRAMME OUTCOME</b>	<b>COURSE OUTCOME</b>
To make the students understand the Vipassana Meditation practices, follow and utilize it for the benefit of self and society.	1. To make The Students aware of the mental problems and their solutions
	2. To enable students to practice meditation.
	3. To enable students practice with mindfulness.
	4. To develop concentration leading to a peaceful life.
	5. To enable the student to use method of meditation, breathe in and breathe out.