

Translated from Marathi
Directorate of Education
(Secondary and Higher Secondary)

GOVERNMENT OF MAHARASHTRA
Central Building, Dr. Annie Besant Road, Pune 411001

e-mail: doesecondry@gmail.com
Website: www.mahdoesecondary.com

Tel: (020) 26121394/96
Fax: (020) 26132145
Outward No. Sankirn-2012/Vipassana/15C (8)/6601
Secondary and Higher Secondary, Pune- 411001

Date: 11(12)/07/2012

(1) Background:-

Vide Government circular no. MISC-2011/296/11/MS-3 dated 5th Oct. 2011 and circular no. MISC-2011/296/11/MS-3 dated 27th Jan. 2012 directives were issued to all the Primary and Secondary Schools in the State to start the Anapana Meditation Course. The project is going to help the children 5th standard to 10th standard in their mental and intellectual growth.

Anapana meditation is the first step in learning Vipassana. Through Anapana courses children are able to face with confidence the fear of examination, anxieties and pressures of childhood and adolescence. Anapana gives them insight into the working of their own minds, making their thought process positive and helps them build inner strength and confidence enabling them to control their conduct and thought process.

This is provided in three steps. In the first step the students practice abstinence from killing, stealing, lying, sexual misconduct and the use of intoxicants. These form the foundation of this technique. By observation of these precepts students can successfully control their unruly mind with the help of self discipline. In the second step through Anapana practice they focus attention on the breathing process. Thereby they experience the movement of breath as it comes in and goes out naturally. In the third step, through Anapana technique the observed peace of mind and happiness is shared with others through Metta Bhavna.

It is observed that daily practice of Anapana Meditation by children helps them to improve concentration of mind, awareness and alertness of the mind, improves self discipline, increases memory, decision-making power, increases self-confidence, over come fear, anger, nervousness, increases capacity to work, better performance in studies, sports and extra-curricular activities. There are no rites or rituals involved in the practice of Anapana; therefore practicing it is essential for developing new generation of healthy mind set. In view of the above, it is thought fit to introduce Anapana courses in all Primary and secondary schools, for the children from 5th standard to 10th standard, in the state.

Accordingly for effective implementation of activity decided by Government the Committees have been formed at State, District, Taluka and School level and various instructions have already been issued for the same.

For implementation of this activity, it is essential that from each school at least one teacher completes the 12 day training conducted by Vipassana Research Institute, Dhammagiri, Igatpuri, Dist. Nasik of vipassana and Anapana which is to be provided to students. Similarly the school teachers who have already completed the Vipassana course conducted by Vipassana Research Institute should complete one day Anapana Training which will be provided to students. Those schools in which teachers as mentioned above has completed the Vipassana as well as Anapana training in such schools for the students the Anapana training and its daily practice should be started. For actions on this the instructions as below are issued.

(2) The implementation of this activity at school level shall be carried out as follows:-

- (A) At the beginning the teachers who have completed Vipassana along with the training of Anapana should conduct 3 hour training for all teachers, Dy.H.M, H.M. etc. of the school.
- (B) To provide Anapana training once, similarly, as per requirement and time to time as per the availability of time to all 5th to 10th standard students of the school.
- (C) To conduct 10 minute daily practice of Anapana during Paripath and closure of the school for the students who have completed Anapana training.

(3) For Teachers who have completed Vipassana & Anapana training:-

1. At the beginning such teachers in their school with the help of HM should conduct training of all teachers, H.M., DyH.M. and supervisory staff of 5th to 10th standards. In view of providing this training properly to all if in any school the teachers and others are more than 25 in numbers it may be conducted in 2 or more batches.

2. This training is approximately of three hours and it should be planned as follows.

Session I - Narration of self-experience of importance of code of conduct, food and stay etc. Gained while completing vipassana training regarding: 15 minutes

Session II - Discourse for parent and teachers: 55 minutes audio CD.

Session III - Introduction of Anapana which will be taught to the students: 70 minute audio CD

Session IV - Introduction of practice of Anapana to be practiced by students: 10 minute.

Session V - Observations of all presents on above sessions.

Session VI - Preparation of plan for conducting Anapana training program for 5th to 10th standard students in the school.

3. During this training if the officer who has completed Vipassana training is also present then he will help the teacher in conducting this training

4. As per session VI of Para 2 above, during the completion of the training the plan will be prepared for conducting Anapana training for students of 5th to 10th standard of the school. While preparing the plan, of the school the number of students in these standards should be considered. It means, if in any school the students strength is less than 500 then in such case for single training program division wise 50 students may be considered. However, if in any school the students strength is more than 500 then in such case maximum of 100 students can be considered for single Anapana training program.

5. Before finalizing the place for Anapana training, following points shall be seen scrupulously-

A. The place should be such that the students are able to sit comfortably and with sufficient distance from each other

B. Such place should be clean and properly ventilated.

C. Generally students shall be made to sit on a mattress or a carpet laid down on the floor. Similarly it shall be seen that throughout the session of Anapana training the students occupies same seat.

D. Atmosphere around such place should be peaceful and during Anapana training it shall be seen that other students do not cause any disturbance.

6. The class teachers of the classes for which Anapana training is arranged should remain present during such training. Such teachers should sit behind the students.
7. Before starting Anapana training to the students it shall be seen that the available instruments for playing the CD, like CD player, speaker, T.V./Computer etc. are in working condition. Similarly, it shall be seen that sound is proper and clear so that all present are able to hear.
8. During Anapana training, CD will be played and therefore, the teacher who has completed Vipassana and Anapana training should sit on the side of such instruments.
9. Before starting Anapana training, the teacher conducting the training should practice Vipassana for few minutes so that his mind becomes peaceful thereby creating harmonious atmosphere.
10. Instruct the students and teachers present to be completely calm and steady during the training.
11. Anapana Training for students consists of following sessions –
 - Session I - As per the standard of the students i.e. Track 1 for students from 5th to 8th standard and Track 2 for students of 9th and 10th standard: 16 min.
 - Session II - Practice session I: 13 min.
 - Session III - Practice session II: 15 min.
 - .Session IV - Discourse & Metta: 19 min.
 - Session V - Practice session: 10 min.
12. While considering students for Anapana training the students from Std. 5th to 8th and 9th & 10th should not be taken together because as mentioned above the first session of Anapana training for 5th to 8th standard is different from the session given to the students of 9th & 10th standard.
13. Training should be started as per standards of the students present for the training and after each session the break for 1 or 2 minutes can be given. However, students should not be allowed to leave their seats. Similarly, if it is very essential the break of few minutes can be given to the students for drinking water or going to toilet. After break students should be made to occupy their earlier seats only. It may be seen that such break is avoided.
14. After completion of session I to IV, students will be practicing Anapana and hence as per session V the practice session should also be introduced to them.
15. On completion of Anapana training as above, observations of students and teachers who have taken training shall be noted.
16. As above in the school the Anapana training of students from. 5th to 10th standard should be completed.
17. In schools where centralized audio system with speaker in each class is available, in such school while starting of the school during Paripath and before closure of the school, the Anapana practice should be conducted and in schools where such arrangement is not available, the track of Anapana practice should be loaded on the mobile phones of the teachers for its daily practice. For this as per requirement help of technician can be taken.
18. To inculcate the feelings of love, friendship, compassion, cheerfulness amongst the students.

19. Students are sensitive and they observe how much calm and cheerful you are. If you attain maturity in your conduct the students with your company try to follow to be calm, contented and cheerful because your conduct will speak more than your words.

20. To provide Anapana training to the students Vipassana Research Institute has provided one CD consisting of training material to the teachers who has completed the Vipassana and Anapana training. This is a very important CD and therefore the concern teacher is responsible for keeping the CD safely. On completion of Anapana training to the students of 5th to 10th standard in the school and up loading of 10 minute practice session in the mobile phones of all the class teachers, the CD shall be handed over to the Head Master of the school and it shall be kept safely.

Similarly again as per requirement Anapana training is to be provided to the students in such cases it should be provided through the same CD. Copies of this CD shall not be made.

21. The teacher who has completed Vipassana and Anapana training should provide Anapana training only in the schools in which he / she is working. Such teacher shall not provide Anapana training in any other school.

22. If the teacher who has completed Vipassana and Anapana training to going retire or is due for transfer then in such case in view to continue the Anapana training and its practice in the school, some other teacher from the same school should complete the Vipassana and Anapana training.

(4) For Other Teachers:-

1. To attend the training arranged by teacher who has completed Vipassana course and Anapana Training. Understand its importance and participate in Anapana training and its practice.

2. Since this training is for the students from your class, understand its all details.

3. It should kept in mind that while developing the intellectual and mental aptitude of the students it is going to be huge benefit to the teachers themselves.

4. Taking Vipassana training is beneficial to all teachers in the school. Therefore, it shall be tried to take the earliest opportunity to complete the Vipassana training.

5. If in your class there is arrangement of audio system, the Anapana practice should be carried out through the same. However, if such facilities are not available then the Anapana training should be conducted through your mobile phone by up loading the 10 minute Anapana minutes practice with the help of technical assistance.

6. On completion of Anapana training to the students of your class it is your responsibility to conduct its daily practice therefore, for practice it is essential to create favorable environment of your class and making required things available.

7. During Anapana practice the atmosphere of the class should be kept pleasant, peaceful and completely disciplined.

8. The practice of Anapana should be conducted regularly during Paripath before and closure of the school and by strictly following details of technique.

9. For any reason the practice is not being done as per the technique provided for, in such circumstances help of teacher who has completed the Vipassana and Anapana training shall be obtained and it shall be seen that the purity of technique is maintained.

10. The students who were absent during Anapana training for them a special Anapana training should be arranged. Unless this Anapana training is completed the practice should not be started for such students.

...5...

(5) For Head Masters:-

1. As head of the institute if you have not yet taken benefit of Vipassana and Anapana training then at earliest complete the Vipassana and Anapana training at the Vipassana Centre or course arranged by Vipassana Research Institute elsewhere.
2. To arrange 3 hour training through the teacher who has completed Vipassana and Anapana training for all other teachers of the school.
3. Since during the training the teachers are going to listen to 70 minute Anapana training & its practice and 55 min. parents and teachers discourse through the CD, all arrangements for using the CD i.e. CD player, speakers etc. should be arranged.
4. The teachers who were absent during the training, for such teachers again this training should be arranged.
5. For this training program the officers of your area who has completed Vipassana training should be invited.
6. Time table for training to the students of each class should be prepared and for such training it shall be ensured that all the students of the class and concern teacher remain present.
7. after completion of training reorganize each class room in advance so that proper audible audio arrangement and peaceful environment is created for 10-10 minute daily practice.
8. Being head of the institution it is essential for you to see that in all classes the students get Anapana practice in its pure form and to see that the benefits of Vipassana training is provided to all your teachers on priority basis at the regular Vipassana centers.

Sd

Dr. Sridhar Salunke
Director Education
(Higher Secondary, Secondary & Primary)

Copy to:

1. All Education Officer (Primary)
2. All Education Officer (Secondary)
3. All Dy. Director Education
4. All Jt. Director Education
5. All Chief Executive Officers

Copy for necessary action please.

Copy to:

1. Dr. P.S. Meena, Additional Chief Secretary, Mantralaya
2. Vipassana Research Institute, Dhammagiri, Igatpuri

Copy for information please.

Sd

Dr. Sridhar Salunke
Director Education
(Higher Secondary, Secondary & Primary)