

**Introducing Anapan meditation
in all Primary and Secondary
Schools of the State**

GOVERNMENT OF MAHARASHTRA
School Education Department
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CIRCULAR

Vipassana Research Institute, Dhammagiri, Igatpuri, Dist. Nasik conducts various residential vipassana courses of different duration at their local centers. Such courses are also successfully conducted by this institute at Government Training Centre 'Yashada'. Similarly the courses are also being conducted at various jails in the State and other States for the benefit of the prisoners. State Government employees have already been given concession to attend the 10 day vipassana course. It is observed that these courses are beneficial for bringing positive changes in concentration of mind, thinking process and conduct. Anapan meditation courses have been taught for last many years to the children in Mumbai Municipal Corporation and other schools and it has brought very good improvement in the students.

Anapan meditation is the first step in learning Vipassana. Through Anapan courses children are able to face with confidence the fear of examination, anxieties and pressures of childhood and adolescence. Anapan 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 consumption of intoxicants. These form the foundation of this technique. By observation of these precepts and with the help of self discipline students can successfully control their unruly mind. In the second step through Anapan 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 Anapan technique they observe peace of mind and happiness is shared with others through Metta Bhavna.

It is observed that daily practice of Anapan 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, overcome 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 Anapan, therefore practicing it is essential for developing new generation of healthy mind set. In view of the above, it is thought fit to introduce Anapan courses in all Primary and secondary schools in the state.

- (1) Considering importance of Anapan / Vipassana technique in benefiting children's mind and personal improvement, it is most essential to start this technique in all primary and secondary schools of the State.
- (2) For all the children in the school of standard 5th to 10th the Anapana Course should be introduced. Duration of the course is of 5 – 6 hours with larger emphasis on guidance and practice.
- (3) As per requirement, courses shall be held once every year, as per the school timings and within the school premises. A batch of 50 to 100 students is made per course and two courses can be held in a day.
- (4) The school is expected to provide a suitable hall and few classrooms for courses. Sitting arrangements, may be of mat or darries need to be arranged by the school. Similarly, audio-video arrangement for effective communication will have to be provided. Wherever possible and as per requirement Light & simple food may be provided for students.
- (5) Continuity of practice is essential for children to get the true benefits of the technique. It is therefore for practicing of Anapan keep reserve a short period of 10 minutes each day at the start of schools.

- (6) Initially these courses shall be conducted in schools and institutions where at least one of the teachers has gone through the 10 day Vipassana Course and it shall be encouraged to all the teachers and staff to complete at least one 10 day Vipassana Course.
- (7) To attend 10 days Vipassana Course organised / conducted by Vipassana Research Institute, Dhammagiri, Igatpuri, Dist. Nasik, including journey time, 14 days leave treating on duty is granted to all the teachers, officers and staff, once in their service and they will have to submit the certificate of attending course issued by the Vipassana Centre to their office.

This Government Circular is available on the Maharashtra Government website www.maharashtra.gov.in and its ID is 20111005114851001.

Issued by order and on behalf of Governor of Maharashtra.


(Ratnakar Gaikwad)
Chief Secretary,
Govt. of Maharashtra

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Sec. to Chief Minister
Sec. to Dy. Chief Minister
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P.S./ P.A. to All Ministers / State Ministers
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