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**OFFICE OF THE MISSION DIRECTOR**  
**AXOM SARBA SIKSHA ABHIYAN MISSION**  
**KAHILIPARA, GUWAHATI-781 019, ASSAM**

SSA/CP&SFG/Yoga activities/486/2023 / 6849

Date: 03.08.2023

From: Dr. Om Prakash, IAS  
Mission Director,  
Samagra Shiksha, Assam

To: The District Mission Coordinator, SSA  
All Districts.

**Sub.: Introduction of Anapana Meditation in the schools.**

Sir/Madam,

With reference to the subject cited above, I am to inform that Assam Vipassana Trust has agreed to introduce Anapana Meditation Programme in the schools of Assam. This programme provides relief from psychological stress especially in dealing with fear, anxiety, tension, nervousness. Students from the age group of eight to eighteen years will benefit from Anapana Meditation.


In this connection, you are directed to identify and submit the list of teachers who have already been completed 10 day Vipassana course so that these teachers can train by Assam Vipassana Trust as MITRA teachers. The list is to be submitted as per following format on or before 10<sup>th</sup> August/2023 without fail.

#	Name of District	Name of Teacher	Name of School	U-DISE+ code of the school	e-mail id of the teacher	Ph. No of the teacher

You are also requested to submit the list of teachers who are interested to do a 10 day Vipassana course as per below mentioned format.

#	Name of District	Name of Interested Teacher	Name of School	U-DISE + code of the school	e-mail id of the teacher	Ph. No of the teacher

Yours faithfully,

  
31/8/23  
(Dr.Om Prakash, IAS)

Mission Director  
Samagra Shiksha, Assam

Memo No.SSA/CP&SFG/Yoga activities/486/2023 / 6849-A Date: 03.08.2023

Copy to:

1. The Secretary to the Govt. of Assam, Deptt. of School Education.
2. PPS to the Hon'ble Chief Minister, Assam for kind information of HCM.
3. PS to the Hon'ble Minister Education, Assam for kind information of HME.

  
Mission Director  
Samagra Shiksha, Assam