



महाराष्ट्र प्राथमिक शिक्षण परिषद
(महाराष्ट्र शासनाचा उपक्रम)

Maharashtra Prathamik Shikshan Parishad
(Govt. of Maharashtra Undertaking)

Ref. No.: MPSP/SSA/SPD/2012-13/3702.

Date:-

5 OCT 2012

To
Sushil Kumar
Under Secretary,
Ministry of Human Resource Development,
Department of Elementary Education & Literacy,
Shastri Bhawan,
New Delhi.

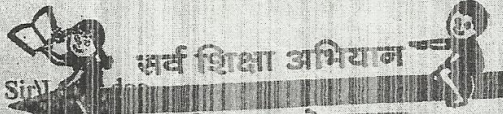
Sub: -Proposal for Implementation of Vipashayan Training
for teacher and student. (MITRA)
Ref: - Minutes of Executive Committee Meeting
Dated 25/05/2012.

Dear Sir,

With reference to the above subject the 54th Executive Committee of Sarva Shiksha Abhiyan Maharashtra had resolved that "Looking at the utility of program it needs to be included as a part of regular training to the teachers. A proposal may be submitted to MHRD accordingly."

In accordance with the Executive Committee resolution the proposal for Vipashayan Training being submitted for your approval. This training is useful to increase concentration of mind, self confidence, decision making capacity and memory. It helps to manage tension, fear, aversion, excitement, and disappointment and helps for participation in sports and extra curricular activities in day to day life.

The training will be given to one teacher from each school teaching to 5 to 10th standard. Vipashayan Training will be of Anapana given to the student of 5 to 10th class studying in Government, local self government, Tribal and social welfare school, aided



schools, B. Ed. and D. Ed Colleges. Near about 50 thousand teachers and 1.25 crore Students will be benefited. Total estimated cost for 50 thousand teachers will be approximately 10 crore (5000 X 10 days X Rs.200). The training will be included in AWP & B 2013-14 as a integrated part of teachers training.

Thanking you,

A. N.
5.10.12
State Project Director,
SSA, Maharashtra.