

राज्यातील सर्व प्राथमिक व माध्यमिक शाळांमध्ये  
आनापान साधना वर्ग सुरु करण्याबाबत..

## महाराष्ट्र शासन

शालेय शिक्षण विभाग

शासन परिपत्रक क्र. संकीर्ण २०११/२९६/११/माशि-३

मंत्रालय, मुंबई-४०० ०३२.

दिनांक : ५ ऑक्टोबर, २०११

### परिपत्रक

विपश्यना रिसर्च इन्स्टिट्यूट, धम्मगिरी, इगतपूरी, जिल्हा नाशिक या संस्थेमार्फत विविध कालावधीच्या निवासी विपश्यना शिबिरांचे आयोजन संस्थेच्या स्थानिक केंद्रांमध्ये केले जाते. या संस्थेकडून राज्य शासनाच्या "यशदा" या प्रशासकीय प्रशिक्षण केंद्रांमध्ये देखील यशस्वीरित्या आयोजन करण्यात येते. त्याचप्रमाणे राज्यातील तसेच अन्य राज्यातील विविध कारागृहांमध्ये देखील कैद्यांसाठी काही शिबिरे आयोजित करण्यात येत आहेत. राज्याच्या सर्व प्रशासकीय कर्मचा-यांना "विपश्यना" च्या दहा दिवसांच्या शिबिरात भाग घेण्याची सवलत अगोदरच देण्यात आलेली आहे. ही शिबिरे मनाच्या एकाग्रतेद्वारे विचार व आचारांमध्ये सकारात्मक बदल घडवून आणण्यासाठी अत्यंत लाभदायी ठरल्याचे निदर्शनास आले आहे. मुंबई महानगरपालिकेच्या व इतर शाळांमध्ये अनेक वर्षांपासून आनापानाचे वर्ग चालविण्याने विद्यार्थ्यांवर अत्यंत चांगले परिणाम दिसून आले आहेत.

आनापान/विपश्यना साधना पद्धती ही विपश्यना साधना शिकण्याची पहिली पायरी आहे. बालपणी व पौंगडावस्थेत वाटणारी परिक्षेची चिंता, काळजी व ताणतणाव, मुले आनापान साधनेद्वारे अत्यंत आत्मविश्वासाने हाताळू शकतात. याद्वारे स्वतःच्या अंतर्मनामध्ये डोकावून, विचारांना सकारात्मक बनवून, आत्मविश्वास जागृत करून स्वतःच्या आचार व विचारांवर प्रभुत्व मिळविणे मुलांना शक्य होते.

हे प्रशिक्षण तीन टप्प्यांमध्ये देण्यात येते. पहिल्या टप्प्यामध्ये विद्यार्थी, हिंसा, चोरी, खोटे बोलणे, लैंगिक दुर्व्यवहार व मादक पदार्थांचे सेवन इत्यादीपासून दूर राहण्यासाठी प्रयत्नशील राहतात. हा या साधनेचा मुलाधार आहे. या आचरणामुळे विद्यार्थी स्वयंशासनाद्वारे स्वतःच्या अनियमित मनावर नियंत्रण मिळविण्यात यशस्वी होतात. दुस-या टप्प्यामध्ये मुले आनापान क्रियेद्वारे श्वासोच्छ्वासावर लक्ष केंद्रीत करतात. याद्वारे श्वासाची आत घेण्याची व बाहेर जाण्याची नैसर्गिक क्रिया ते पूर्ण एकाग्रतेने अनुभवतात. तिस-या टप्प्यामध्ये, आनापान क्रियेद्वारे अनुभवलेली मनःशांती व आत्मानंद इतरांमध्ये प्रसारित करण्यासाठी मेत्ता भावना (मैत्री भावना/सर्वांचे मंगल व्हावे ही प्रेरणा) अनुभवतात.

आनापान/विपश्यना साधनेच्या दैनंदिन सरावामुळे, मुलांमध्ये, एकाग्रता वाढते, मनाची जागृतता व सतर्कता वाढते, स्वयंशासन वृद्धीगत होते, स्मरणशक्ती वाढते, निर्णयक्षमता वाढते, आत्मविश्वास वृद्धीगत होतो, भिती, राग चीड, उदासिनता कमी होते, कार्यक्षमता वाढते, अभ्यास, खेळ व अन्य extra curricular activities मध्ये सहभाग वाढतो, असे निदर्शनास आलेले आहे. या साधना पद्धतीमध्ये कोणतेही धार्मिक व कर्मकांड अंतर्भूत नसल्याने, तिचे आचरण, एका सुदृढ मानसिकतेच्या पिढीच्या निर्मितीसाठी अत्यावश्यक आहे. या सर्व बाबींचा विचार करून राज्यातील सर्व प्राथमिक व माध्यमिक शाळांमध्ये आनापान साधना वर्ग सुरु करण्यात यावेत.

१. आनापान/विपश्यना साधनेचे महत्त्व, तिचा मुलांच्या मानसिक जडण घडणीमध्ये / वैयक्तिक विकासामध्ये होणारा उपयोग विचारात घेता, ही साधना राज्यातील सर्व प्राथमिक व माध्यमिक शाळांमध्ये सुरु करणे अत्यंत आवश्यक आहे.



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

**GOVERNMENT OF MAHARASHTRA**  
School Education Department  
Government Circular No. Sankirn2011/296/11/se-3  
Mantralaya, Mumbai 400 032  
Date : 5<sup>th</sup> October, 2011

**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.

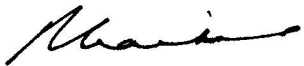
It is observed that daily practice of Anapan Meditation by children helps them to improve concentration of mind, awareness and alertness of the mind, improves self discipline, increases memory, decision-making power, increases self-confidence, overcome fear, anger, nervousness, increases capacity to 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 5<sup>th</sup> to 10<sup>th</sup> 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](http://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

Sec. to Governor  
Sec. to Chief Minister  
Sec. to Dy.Chief Minister  
All Additional Chief Secretary / Principle Secretary / Secretary  
P.S./ P.A. to All Ministers / State Ministers  
Maharashtra Legislature Secretariat  
Director General, Information & Public Relation, Mumbai  
Director Education(Primary) Maharashtra State Pune  
Director Education(Secondary and Higher Secondary) Maharashtra State Pune  
Director, MPSP Pune.