

Project Title: “Value Inculcation through Anapana Meditation: An impact on Moral development of school going Children’s in Mumbai”

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Project: Summary and finding

Anapana meditation as taught by Gotama the Buddha is the first preparatory step for learning Vipassana. Vipassana means ‘to see things as they are’ and Anapana is the technique of observing natural respiration. It is objective observation to develop awareness, concentration and tranquility. It can fill vital gap of emotional and spiritual education -viz., the training of mind, leading to a balanced, harmonious and purposeful life through inculcation of the universal human values. It is important for children to learn basic moral values at an early age. It is appropriate to introduce a technique which will help them to explore and help them to develop in their social and ethical life. The Government of Maharashtra has passed a G.R. No. Sankirn2011/296/11/se-3 on 5th October 2011 with regards to the conduction of Anapana Courses for school children’s of Maharashtra. Accordingly, Anapana meditation started in some schools in the state of Maharashtra. In this research, an attempt was made to study the importance of value-based education and the practice of Anapana as an effective tool to inculcate it amongst the school going children’s in Mumbai.

The project focused on the moral development of children with the help of Anapana meditation. It has been observed that, moral development is possible only when the child continues to practice Anapana meditation. As children learn to look at their own minds, they develop the concentration of mind which helps them to remain in the present. So, the positive impact of meditation helps them to become a better person in life.

Value education plays an important role in the moral development. The most important aspect is not only to set rules and regulation but, in the building, and strengthening moral values in life.

Individual development leads to social development, as an individual is an important part of society. The education system must initiate a holistic approach, so social development will be possible in the near future. Education has been considered as an important tool of social change and transformation which further leads to the overall development of our nation. In the era of social tensions, the role of value-based education becomes significant therefore it has become significant to inculcate the values with the help of Anapana meditation in this twenty first Century.

- There are some schools where Anapana meditation has been introduced as a part of a curriculum providing one practice period of half an hour daily.
- In some places, the entire school practices daily for five to ten minutes. Every year refresher courses are held there.
- The principals and teachers who were sceptical, are surprised to discover the tremendous improvement in children's behaviour.

From the response of questionnaires, it can be concluded that 70% of children first improve in their social behaviour. Negative qualities like quarrelsomeness, use of harsh words, disruptiveness in class and various other complexes decreased. Simultaneously Positive qualities, such as helpfulness, and self-confidence increase. Memory and concentration improved to a remarkable degree, which reflects in their studies and results.

Value inculcation through Anapana meditation is possible with the help of creating Holistic education. It has been studied that if three levels of education viz. emotional education, intellectual education, and spiritual education, infused with each other can create Holistic education. Role of Anapana meditation in holistic education plays a vital role to imbibe values on children. Holistic education is a philosophy of education which is based on premises that each person finds identity meaning and purpose in life. This varies the purpose of life can create a humanitarian approach and hence can strengthen values such as compassion, tolerance, and peace. The meaning of holistic education is to imbibe moral values on children along with creating awareness that an individual share a common community. The real meaning of "alternative education" is finding a human relationship and finding a primary and common cause of surviving. Hence Anapana meditation helps the child to combine Holistic education to experimental learning.

The purpose of holistic education is to prepare students to meet challenges of life as well as the understanding meaning of education beyond academic. it is believed that social development and emotional development is possible with education. If education institutions introduce Anapana meditation along with academic's curriculum, it helps the child to know the real meaning of life. The practice can more concerned with all-round development that is emotional, social, physical, spiritual development which is possible with a holistic education. If educational learning is infused with meditative practices, learning can never be a burden to the children for the future endeavour.