

Value Inculcation through Anapana Meditation: A Study of School going Children's in Mumbai

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Abstract

The present education systems throughout the world seem to focus only on two aspects, viz. the intellectual education and physical education. But does the education system focus on moral development? Value education plays an important role in moral development. The most important aspect is not only to set rules and regulation but, in the building, and strengthening moral values in life. Vipassana means to see things as they are, which means observing natural sensation, and Anapana means observation of natural respiration. Anapana is the first step in learning the technique of Vipassana meditation. It is objective observation to develop awareness, concentration, and tranquillity. It helps to understand the meaning of emotional and spiritual education -viz., the training of the mind, leading to a balanced, harmonious, and purposeful life through the inculcation of the universal human values. Anapana is an essential technique to learn cardinal virtues at an early age. It is appropriate to introduce a technique which will help them to explore and help them to develop their social and ethical life. The Govt. of Maharashtra has passed a GR No. Sankim2011/296/11/se-3 on 5th Oct 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. The purpose of Anapana meditation is to create holistic education which can help them to meet challenges of life, as well as an academic challenge need to handle mindfully. It is believed by the government of Maharashtra that children can learn about them self, healthy relationships, and prosocial behavior with the help of Anapana meditation. The main intention of this research paper is to study the importance of value-based education and the practice of Anapana meditation as an essential tool for value inculcation amongst the school going children's in Mumbai.

Keywords: Anapana, Children, Meditation, Value Inculcation, Value education, Vipassana.

Introduction

Value education is a significant for the moral development of Children. The prime aspect of value education is not only to set rules and regulation but, in the building, and strengthening social, moral, and ethical values in life. The present education systems throughout the world seem to focus only on two aspects, viz. the intellectual education and physical education. But does the education system focus on moral development? 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 tranquillity. It helps to understand the need of emotional and spiritual education. Anapana meditation, as taught by Gotama the Buddha is the first preparatory step for learning Vipassana. It is a simple technique of observation of natural breathing. In the Pali language, āna means

breathing in, apāna means breathing out. This Anapana practice can help the children to increase their concentration and balance state of mind, and to eliminate nervousness, sharpens memory, and develops a more balanced personality. In Anapana courses children find a technique that is simple, easy to learn, always available, objective and scientific. Children can easily understand the scientific and universal nature of the technique. Anapana provides a much-needed method of getting in touch with their inner selves and a way to deal with the very fears and anxieties of childhood. Thus one can see Anapana meditation as an objective observation to make the mind concentrated and tranquil. In this research paper, an attempt is made to study the importance of value-based education and the practice of Anapana meditation as an effective tool to inculcate it amongst the school going children's in Mumbai.

Anapana Technique and Value Inculcation

Value inculcation is an intrinsic emotive procedure in which a child gets to know the real meaning of value and its application in real life. If teachers combine moral views in education it will be helpful to a child to understand, the meaning of mindfulness for good cooperation, competition, and how to get along with fellow being, friends and sibling. Hence Mangal Maitri (the practice of Metta-Loving Kind) helps to understand moral behaviour. Therefore, pro-social behaviour can be possible with the help of Anapana meditation. There is a close relationship between value inculcation and practice of Anapana meditation.

At each stage of the developing child go through with a number of physical, mental and social changes. Physical changes at the age of adolescence, children come across with a number of mental complexities. Hence Anapana meditation can help to deal with the changes. At the Anapana Session, a child gets to learn moral precepts along with Metta practice. Both practices can give moral inclination to a child to think, how morality plays an important role in social life.

Value Education and Anapana Meditation

The Anapana meditation starts with the observation of five moral precepts. Which is known as Pancasila. Though it seems Anapana is just a breathing observation, but it can incur more relevance in human life. If the practice is combined with value education, learning becomes easy for the children. In India, most value education programs have been initiated by religious organizations. However, they are generally secular in nature and universal values like honesty, trust, responsibility, compassion, etc., are given prime importance. Many organizations and educational institutes are actively involved in promoting value education in their schools in the form of informal or formal classes.

Values are used to characterize societies and individuals, to trace change over time, and to explain the motivational bases of attitudes and behaviour. Values can be taught to motivate children to the right direction. In order to perceive the relevance of values in education, understanding the philosophy of education is highly important. The changed scenario in the contemporary world has changed the meaning of value. What is valuable

is wealth, power, fame, and beauty, whereas this all has to understand from the perspective of intelligence, kindness, human relations, and virtues. Hence value inculcation is essential in school education.

Education is a three ways process viz- psychological, biological and sociological. Psychological process is about child's urges and powers, biological is about intelligence capacity and readiness to work and sociological means one's conscious social participation in world race. Hence formal education must pair with the value inculcation. Anapana is effective technique 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 develop their social and ethical life. The Govt. of Maharashtra has passed a GR No. Sankirn2011/296/11/se-3 on 5th Oct 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 under MITRA Upakram by Vipassana Research Institute.

Data Interpretation and Discussion

To study the moral development of a child, however, it is necessary to a child, to practice regularly and to develop deep theoretical understanding in meditative practices. Hence the project analyzed the children's continuation in Anapana meditation as well as studied initiative of schools to promote value education. A questionnaire had sent to the parents and class teachers to evaluate the changes in the children's behavior and academic achievement. From the replies it is concluded that, at the primary group, a child learns to seat for 10 minutes session; hence, it is observed that regular practice helped them to sit quietly. "Sitting quite seems obvious in school discipline, but it needs a lot effort in BMC schools where some of the children come from slum background." Added by the school teacher. Children at the age group of 15 to 17 likely to take part in Anapana one day course children first improve in their social behavior. Negative qualities like quarrelsomeness, use of harsh words, being disruptive in class, and various complexes decrease. Simultaneously, positive characteristic such as helpfulness, cleanliness, and self-confidence increase. Memory, concentration, and grades also improve.

It analysed that the children those who come for one day, as well as who participate in the seven-day course

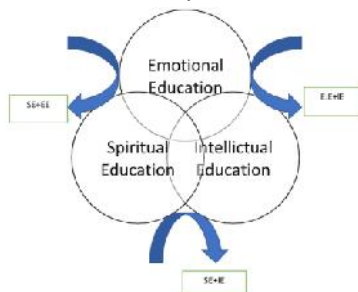
can understand the relevance of Anapana meditation in great detail. Regular practice and constant encouragement help a child to experience a balance of mind. As the children responded at the interaction, it is observed that, values can not only teach, it needs careful deliberation. At the interaction, they put more emphasis on friendliness, compassion, loving kind, and helping others as important

values in life. The age group 13 to 16 can understand the meaning of Sila (Moral precepts) while practicing Anapana meditation. Teenagers have understood the importance of meditation in dealing with their emotion.

The following Schools, Vipassana centers and Institutes helped to collect data and interaction with the students and teachers.

Schools in Mumbai	Anapana Centre's in Mumbai Under Vipassana Research Institute	Vipassana Institutes Under Vipassana Research Institute
Janata BMC School, Worli, (Mumbai)	Goregaon Vipassana Counselling Centre	Global Vipassana Pagoda, Gorai, Mumbai
YashvantDhonde Vidyalyaya, Mulund, Mumbai	Sanpada (Navi Mumbai)	Vipassana Research Institute, Igatpuri
SevaSadan Vidyalyaya, Tardeo (Mumbai)	Andheri (Mayfair meridian meditation hall)	Belapur Vipassana centre
Indian Education School, Bandra (Mumbai)	Ghatkopar SNTD school	Aurangabad Vipassana centre
BMC School, Wadala (Mumbai)	K.B. Vira High school, Dombivili	Nashik Vipassana centre
Moti Shala, Byculla, Mumbai.	Mahabodhi Buddha Vihar, Khar	Poona Vipassana centre
Lord Harries School, Chembur (Mumbai)	Gokul Nagar, Ulhasnagar	Kolhapur Vipassana centre
Balmohan School, Shivaji Park, Mumbai.		Khadawali Vipassana centre
Sadhvi School, Byculla, Mumbai		Titwala Vipassana centre
Mumbai Public School, Parksite, Vikroli (Mumbai)		
Vidyadeep Vidyalyaya, Vikroli (Mumbai)		
Panchashil Vidyalyaya (Thane)		

The project has arrived with the analysis that, Emotional Education, Intellectual Education, and Spiritual Education helps to create holistic education, if Anapana Meditation pairs with the educational learning, moral development of a child will be possible in the future.



If emotional education infused with intellectual education along with the practice of Anapana, can help the child to built-in ambition, motivation, strong determination. If intellectual education infused with Spiritual education along Anapana meditation, the child can have clarity in thoughts, pure sense of mind, and right perception. If Spiritual education infused with emotional education, it helps a child to develop sensitivity towards social, religious and moral issues. This is essential to strengthen the secular approach.

It is observed that in BMC schools, Anapana sessions held for 10 minutes at the first lecture and to the last. Along with that number of teachers those who are vipassana

practitioners, they connect the meditative technique to the 'paripath' which is compulsory in their regular curriculum. From a cleanliness campaign to the relevance of festivals, everything has been included in the curriculum. To imbibe the secular idea, school platform is the right place to imbibe an attitude of national integration. The youth building can rightly start at the school age, and if it is infusing with a holistic education, the education system can produce an ideal citizen. The number of schools should accept the practice of Anapana for their children's, and they should take the help of MITRA Upakram to train their teachers.

Value learning is a two-way process, where student-teacher, parent-child, child, and peer group all are involved in the same process. The contemporary challenges for effective meditative practice are; viz. dependence on technology, less interpersonal dialogue, vast curriculum, and competition. Hence education has started becoming artificial institutions, therefore having practices like Anapana meditation in school can support to the moral development of the child. The child can overcome challenges before him through Anapana meditation.

Discipline in school, refers to the rules and strategies applied in school where the behavior of a child can be encouraged in the right direction. If a discipline enhances growth, the moral development of a child is possible. However, discipline must have regulation along with moral principles. With Anapana meditation practice children become more disciplined in their day-to-day life, and they also understand the role of moral and ethical values for their personality development and growth.

Findings and Results

There are some schools where Anapana meditation has 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. The principals and teachers, who were skeptical, are surprised to discover the tremendous improvement in children's behavior. From the response of questionnaires, it is concluded that 70% of children first improve in their social behavior. Negative qualities like quarrelsomeness, use of harsh words, disruptiveness in class, and various other complexes decreased. Simultaneously Positive nature, such as helpfulness, and self-confidence increase.

Memory and concentration improved to a remarkable degree, which reflects in their studies and results.

The children's response for Anapana is positive. The immediate and long-term benefits are clearly noteworthy in helping children to become established in lives of positive action with a strong moral foundation at an early age. The academic performance of those children who continue to meditate at home or at school improves because the Anapana meditation helps to improve their concentration, memory, and self-control.

Conclusion

To conclude, Anapana meditation provides a tool to deal with the fears, anxieties, and pressures of childhood and adolescence. Children by practicing Anapana regularly, experience peace and calmness of the mind. They experience improvement in their concentration, confidence, the ability of understanding, and expressing things. The mind becomes healthy and wholesome with good wishes for all. It is observed that moral development is possible only when the child continues to practice Anapana meditation. As children learn to look at their 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. Anapana meditation helps the child to combine Holistic education to a learning, which leads to the moral development of an individual and society at a larger level.

Value education plays a significant role in moral development. The most significant aspect is not only to set rules and regulation but, in the building, and strengthening moral values in life. Individual growth leads to social development. Hence social change and transformation is depended on education which further leads to the overall development of our nation. Therefore, it has become significant to have value inculcation in an education.

Thus, 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, 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. The meaning of Holistic education is to

imbibe values on individual mind, and alter the state of awareness that an individual share an identical community.

The purpose of holistic education is to prepare students to face challenges of life, as well as an academic challenge need to handle mindfully. Children can learn about them self, healthy relationships, and prosocial behavior with the help of Anapana meditation. If one can combined education with Anapana meditation, it helps the child to know the real meaning of life. The practice can be more concerned with the all-round development of a child. Therefore, moral development is comprehensive development of a child which consist of emotional, social, physical, and spiritual growth of a child; hence it is possible with a holistic education. If educational learning infuses with meditative practices, learning can never be a burden for future endeavor.

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