

## MAKING MEDITATION A PART OF SYLLABUS

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### **Abstract :**

*In this research paper, the researcher has highlighted the importance of meditation for students and teachers. Also, he has explained that making meditation a part of syllabus for the undergraduate and post graduate students can be an intelligent step in the direction of improving the quality of education. He has also discussed some important aspects in the teaching methodology and how meditation can play a vital role in solving many problems which are associated with the mental and physical health of students and teachers.*

**Key Words :** Meditation, students, teachers

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### **Introduction :**

In the present times, due to over bombardment of data, excessive use of social media and excessive use of digital screen there is definitely a negative impact on the mental health of students and teachers. Moreover the cut throat competition and extreme pressure of work in the institution are also major reasons of creating negative mental health. In the light of these thoughts, the researcher has discussed in detail how meditation can play a pivotal role in improving mental health of students and teachers if it is included in the syllabus at UG and PG level in the University.

There are multiple definitions about meditation are given on the internet. But in gist one can say that meditation is a thoughtless state of being. One major prejudice associated with the meditation in the majority of educational fraternity is that it is not very much beneficial in our day to day life. They feel that it is not directly related to our education system. However, if we study and analyse the education system in India, we come to know that during Buddhist era, at the time of Nalanda and Takshashila meditation was the crucial part in the syllabus of students who were learning in these prestigious institutions. The ultimate aim of education is the holistic development of man and thereby humanity. In the light of this statement, the mind plays a pivotal role as it is necessary to use this faculty at its optimum level. The ancient wisdom collected from the ancient scriptures emphasizes to include meditation as a part of our day to day life. According to saints, the ultimate aim of life is to attend the state of enlightenment. In order to attend this state it is necessary to make appropriate use of the faculty of mind and also to transcend mind. In this sense, meditation plays a crucial role in relaxing, sharpening and enhancing concentration. The ability to handle the faculty of mind is an art which needs to be learnt. The entire eco system in which we live plays a significant role in developing this faculty of mind. Therefore education is of prime importance which gives direction to the mind. On the basis of internalising fundamental principles of life, the life of a person takes shape. Therefore, child age and teen age is the basic age to give proper direction to mind so that a person could master the art of handling mind in the most effective way. When we observe the current mental state of students all across the globe, it is found that they are facing numerous psychological problems. Therefore, to solve this problem, meditation can be a great solution. Very few



schools in India include meditation in syllabus but it is done at the primary and secondary level only. There are many advantages of including meditation in syllabus. Following are the advantages of it.

Children, teenagers and undergraduate students, nowadays, go through some problems like stress, anxiety and depression. The fundamental reason of this state of mind is because of a kind of rat race pattern of education included in our system. Therefore, it has a direct impact on decrease in the focus and concentration of students. Due to data explosion and increased screen time, the students are facing multiple psychological and health problems. Instead of developing into a creative human being, the students are becoming a stereotype following a set pattern of life without realising individual brilliance. This statement cannot be generalised, however the majority's life pattern is same. When a student leads such a life without any clarity of vision, with his energies not getting proper direction to release and when the student has to do work which he doesn't like, then it has a very negative impact on the mood and thereby his overall physical and mental health. As the quality of thinking is directly proportional to the quality of action, therefore mental training gets absolute importance. Therefore, it is equally important to make a systematic execution plans regarding making meditation a part of the syllabus and implementing it in a proper way.

The syllabus framers must attend meditation workshops. Those who are visionary and meditators should be given priority in designing the syllabus. It is applicable to all the levels of education. A small simple and easy to understand theory lesson followed by practical of meditation can be the first step. Mindful breathing, deep breathing, proper posture sitting and mindful walking can be introduced in the classroom teaching. Care must be taken that it should be the first lecture of the class. Our mind follows the principle of association. Therefore, some objects like bell or some music can be set up so that the student gets signals and mind gets ready for meditation. A school and college can design academic calendar in such a way that it should include meditation workshops at regular intervals. By showing and discussing the spiritual history of India with the students, the teachers should motivate them and make them understand the importance of meditation. As a part of homework the teachers can give assignments of regular meditation at least for 10 minutes so that it could become their daily routine practice. Some simple techniques like deeply feeling wellness of humanity together with deep breathing, spreading positive vibrations in the classroom by thinking & feeling wellbeing of the classmates can do wonders. Some very genuine you tube videos like that of Masaru Emoto can be shown so that the students could practically realize the impact of positive vibrations. Relationship is the mirror where one can check the progress in meditation, behaviour and mental health. Therefore, every school and college needs to develop an evaluation system where there should be an evaluation cell headed by meditator and intelligent teachers so that they could evaluate the progress of students and teachers. In addition to regular prayer, a creative teacher can design small activity which could involve loving-kindness and walking meditation. While designing any kind of course or activity a simple questionnaire must be generated which should involve all the queries of students. Based on intelligent dialogue, systematic feedback and serious planning, the course or activity should be designed. It is observed that there are two kinds of meditations- active and passive. As per the suitability and aftereffect the students should be encouraged to choose a meditation technique. Some students, because of poor health may find it difficult to adjust with active meditations. But, passive meditations are mostly suited to all. A school or college can also run guided meditations in the



first lecture. There are many guided meditations available on internet which can be utilized in effective and creative manner.

Our mind is like a frog which keeps on jumping in different directions. One more characteristic of it is that it is psychologically a selfish kind of instrument which performs better when it has a sound reason and sound motivation. So much research has been done on the benefits of meditation that a smart teacher can easily motivate the students to meditate regularly. When the students realize that through regular meditation their concentration will increase, there will be decrease in their anxiety and stress, the problem of mood swings may reduce, they will be able to make optimum use of their faculty of mind, there will be positive change in their behaviour pattern as well as pattern of thinking, and the most important that they will be able to get a mental map of development realizing their individual brilliance. Hence, when the mental health of the students is improved, ultimately the mental health of the nation will improve.

Therefore the researcher strongly feels that think tank and policymakers of the nation needs to take this issue very seriously. This issue should be seriously discussed in parliament and meditation must be strategically included in the syllabus of primary, secondary, higher secondary, under graduate and post graduate level. India has a rich tradition of meditation. If we do not utilize our ancient wisdom, then it will go useless. We have a number of enlightened masters in our country who have contributed significantly for elevating human consciousness through designing and practicing meditation. In order to understand the whole scale of development in human life understanding and practice of meditation is extremely important. Therefore, if the education system decides to teach meditation from the very early age, it would be a great step towards the direction of progress of the individual and thereby the country. By making meditation a part of syllabus, the think tank and policymakers of our country will be doing a great service. Hence, through this research paper, the researcher has tried to make a strong argument in favour of making meditation a part of syllabus.

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