

## Mind Over Matter in Educaiton

The visionary approach of Dr. Veena Saoji, the director of Bhauasaheb Surve Nagar, Near Trimurtinagar based Spick and Span Convent, to impart quality education to her student without asking them to bring school bags, books, registers or any school tools, is still a matter of great curiosity for many parents and educationists in the entire Vidarbha reion.

Though students at her school are neither given homework nor called for extra classes. the school takes pride in achieving cent per cent result in the SSC examination every year. Impressed by the novel idea of Dr. Saoji to introduce 15 minute anapanna meditation session for her student every day in her school. The management of many school in the city are now actually planning to introduce this unique method in their respective schools for the academic and spiritual growth of their students.

Dr. Saoji while talking on a wide range of issues shared her innovative academic concept with Lokmat times Excerpts :

Q. Some people say it is too early for children to practice anapanna meditation

A: The people of this country are under a very wrong impression that mediation should be practiced in the forth or a last period of life only. But how can one practice meditation in old age when body and mind and all sense organs become weak ? Hence, parents should not worry that medication practice by their children is wrong. There is an urgent need to introduce vipassana among the new generation. We look towards the new generation to come up in dhamma (Law of nature) which is good not only for him but for his family members and for the society as a whole.

Q. What exactly is true nature of Dhamma ?

A: Dhamma is the law of nature, the truth about mind and matter, and their Interaction how mind and matter are influenced by each other and how this can be experienced. It is a method to experience

truth at the depth of the mind and not just at the surface and intellectual level. the problem of human being lies at the deeper level of the mind where the behaviour pattern of reaction begins.

Q. In this world full of violence and disturbance, how can vipassana practitioners contribute for a peaceful solution

A: Apart from purification of the individual. Dhamma is also about purification of the society. However to purify the society, the purification of the person is a prerequisite. Unless individuals are purified how will they have love, compassion and goodwill for others. we cannot expect a true Dharmic Society. With the spread of Vipassana in India and around the world. the meditation will play a greater role in establishing peace and harmony. When you talk of man. who is nothing but the combination of mind and matter. most. Hence understand that each individual has to change the behavior pattern of his or her own mind in order to come out of the misery. People must be made to realize how they are generating nothing but negativities in minds because of the false prejudices of casteism, sectarianism and communalism.

Q. What is your suggestion to the people living a wretched and miserable life?

A.: Make use of wonderful dhamma and understand what it is.

It is not a hindu dhamma or buddhist dhamma or Jain dhamma. It has nothing to do with these organized religions. It is solely about the mind and how it interacts with their currents, corss currents and undercurrents how out of ignorance we keep on reacting in ways that make us so miserable.

By observing this you realize how this law of nature applies to everyone Generate nothing but compassion. Love and goodwill to help more and more people to come out of their misery.



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