



MITRA Upakram

Mind In Training for Right Awareness

A systemic approach to cultivating focus, resilience, and discipline in the next generation.

A State-Backed Initiative for Mental Well-being



| The Partnership | | The Definition | |
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| A joint initiative combining the structural reach of the Education Department Government of Maharashtra with the methodological expertise of the Vipassana Research Institute. | | MITRA stands for Mind In Training for Right Awareness. Upakram denotes the Program or Activity. | |

Core Mission: Introducing Anapana meditation to students from the 5th standard onward to build a permanent, secular foundation of mental well-being and daily practice.

The Modern Educational Gap

The Gap

Traditional educational frameworks are highly effective at teaching students what to think, but entirely lack the systematic tools required to teach them how to manage their own minds.

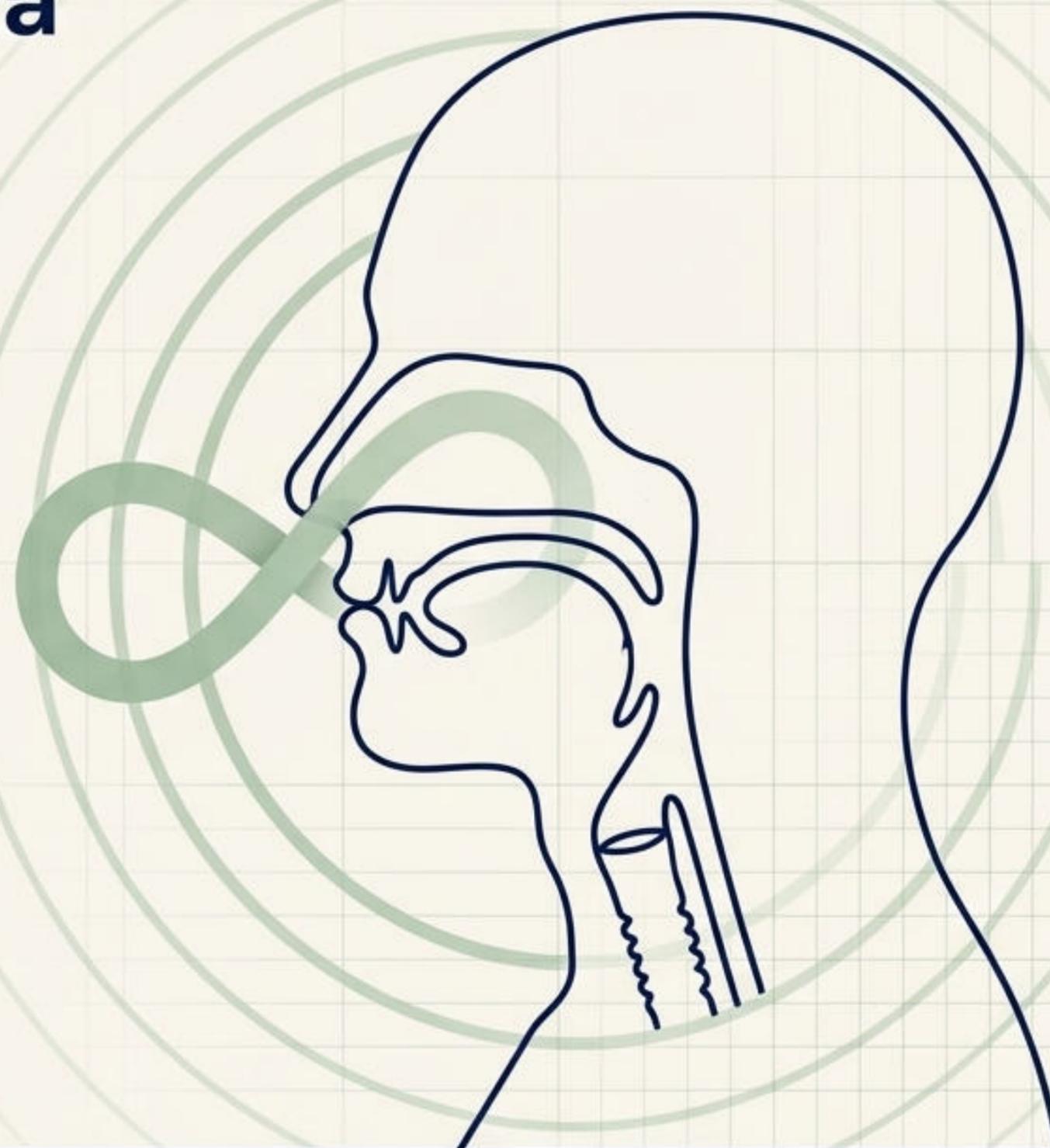
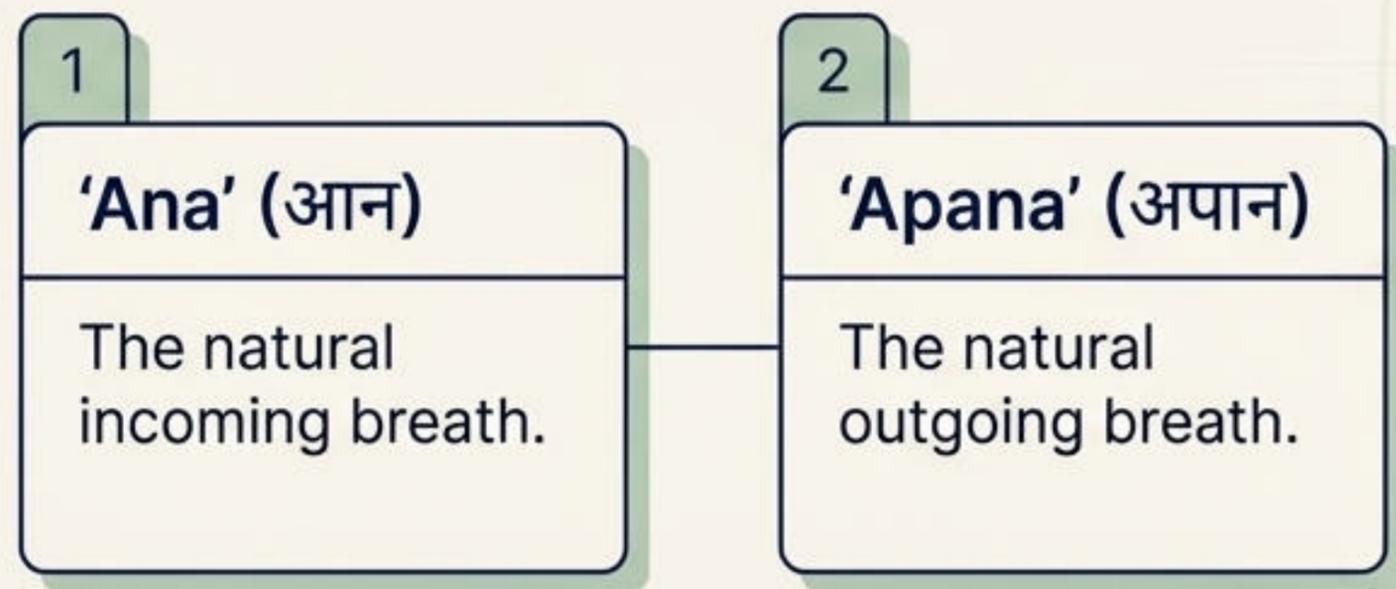


The Solution

Empowering students with a secular, non-sectarian mechanism to observe, understand, and master their internal mental processes.

The Mechanics of Anapana

Anapana is the foundational first step in learning Vipassana. It relies entirely on continuous observation of the natural flow of breath, focusing attention solely at the entrance of the nostrils.



Core Principle: There are no rites, rituals, or mantras involved. It is pure, objective observation.

A Secular 3-Step Pedagogical Framework

Step 1: The Foundation (Sila)

Establishing self-discipline through abstinence to calm an unruly mind before focus can begin.

Step 2: Concentration (Anapana)

Focusing attention exclusively on the natural breathing process to achieve profound peace of mind.

Step 3: Compassion (Metta Bhavna)

Sharing the internally cultivated peace and happiness outward with others.

Step 1: Establishing the Behavioral Baseline

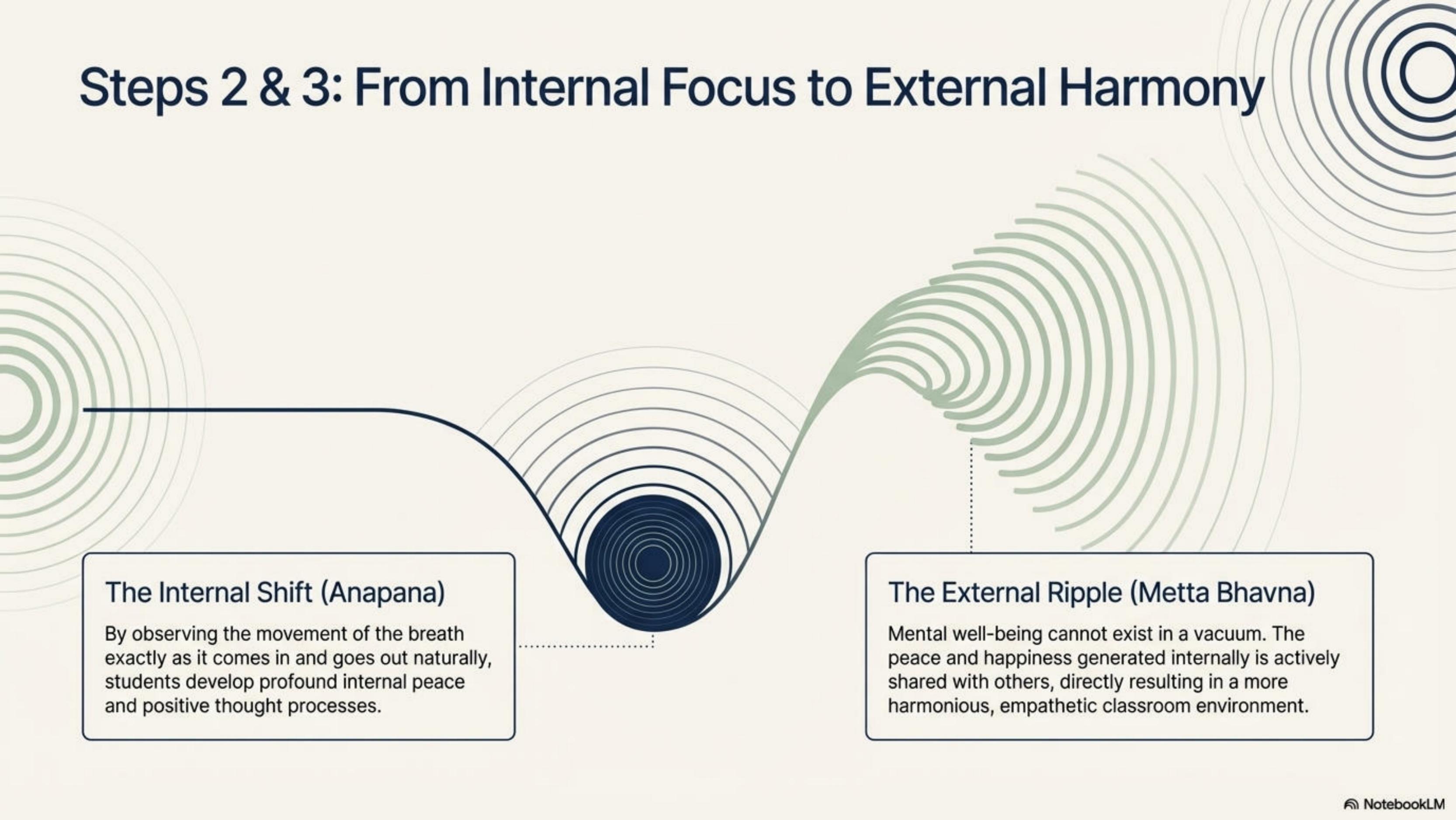
The Premise: Deep concentration is impossible in an agitated state. Before observation can happen, an unruly mind must be calmed through rigorous self-discipline.

The 5 Precepts of Abstinence



The Educational Insight: These are not taught as religious dogma, but as the practical, required foundation to successfully control conduct and the thought process.

Steps 2 & 3: From Internal Focus to External Harmony



The Internal Shift (Anapana)

By observing the movement of the breath exactly as it comes in and goes out naturally, students develop profound internal peace and positive thought processes.

The External Ripple (Metta Bhavna)

Mental well-being cannot exist in a vacuum. The peace and happiness generated internally is actively shared with others, directly resulting in a more harmonious, empathetic classroom environment.

The Dual-Track Classroom Model

The Educator

Intervention: Full Vipassana training.

Support: Provided paid leave by the Maharashtra Government to attend and complete courses.

Outcome: Equips teachers to manage their own professional stress while successfully encouraging and guiding students in their daily practice.

The Student

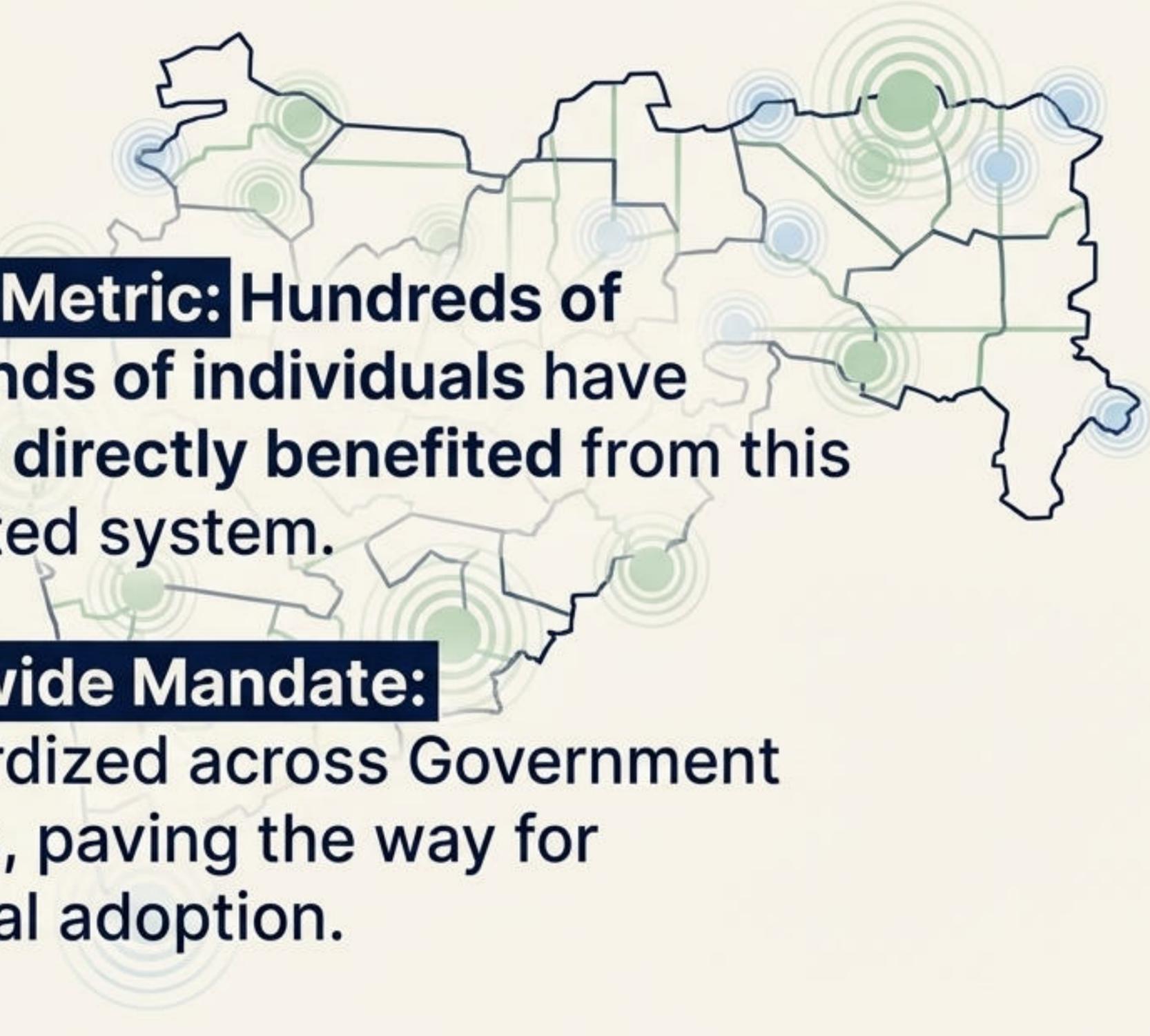
Intervention: Anapana training (5th standard onward).

Support: Integrated into daily school activities.

Outcome: Builds the cognitive and emotional foundation required to absorb education effectively.

Strategic Insight: Transforming an educational environment requires supporting both ends of the classroom simultaneously.

Proven Scale and Institutional Momentum



Impact Metric: Hundreds of thousands of individuals have already directly benefited from this integrated system.

State-wide Mandate: Standardized across Government schools, paving the way for universal adoption.

“The Maharashtra Government has started a plan through which the teachers of all the Government schools are given Vipassana and the students are given Anapana... This plan should be further extended.”

— Guruji Message,
Vipassana Newsletter
(June 2013)

The Tri-Pillar Outcomes Framework

Cognitive Enhancement

- Increases memory retention
- Improves concentration and awareness
- Heightens mental alertness and strengthens decision-making

Emotional Regulation

- Builds inner strength and self-confidence
- Overcomes examination fear and nervousness
- Reduces anger and adolescent anxieties

Behavioral Performance

- Improves self-discipline and conduct control
- Increases overall capacity to work
- Drives better performance in studies, sports, and extracurricular activities

Bridging Classroom and Home Practice

The Digital Ecosystem

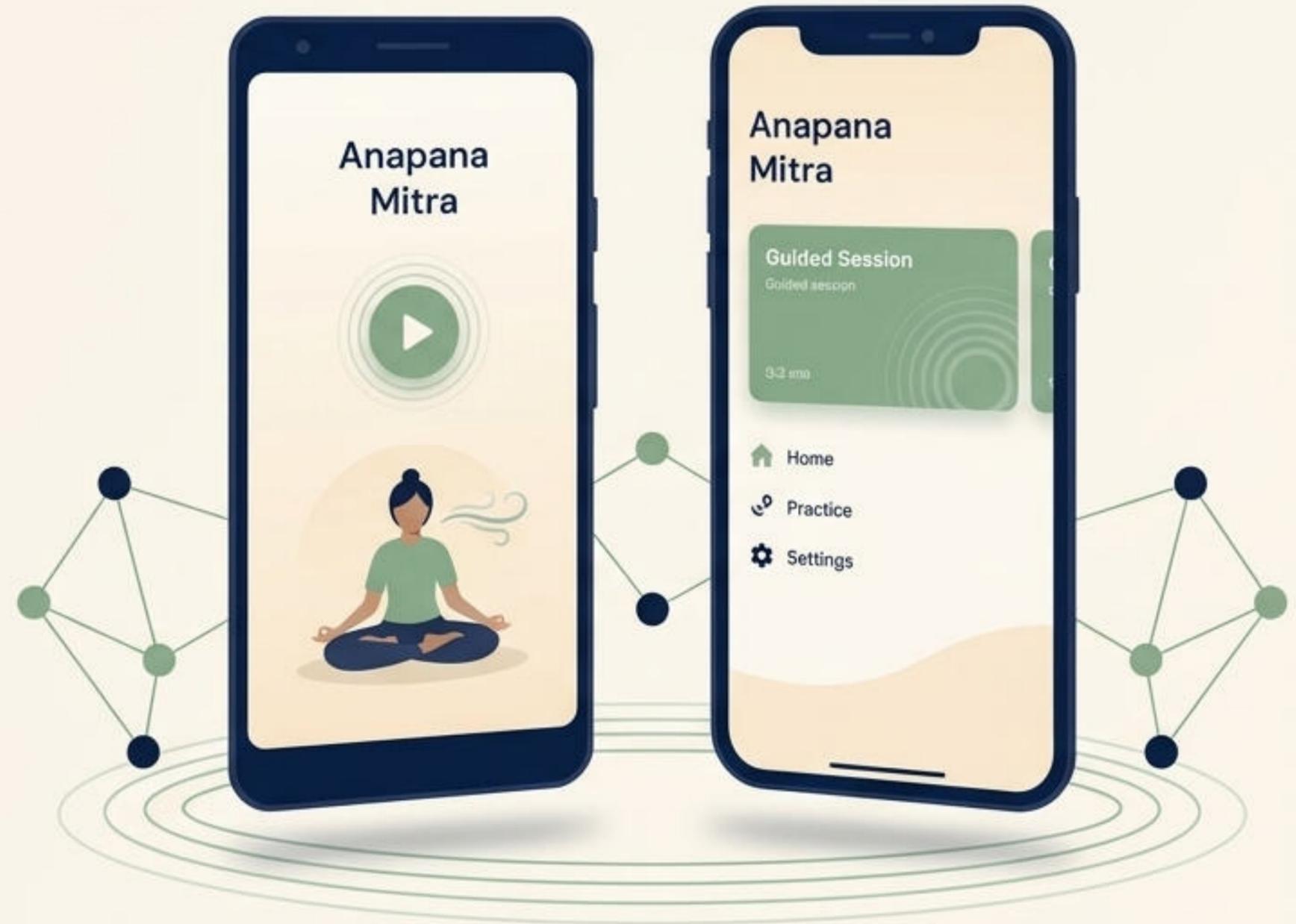
To support and sustain daily practice outside of school hours, the Anapana Mitra App ensures uninterrupted, guided meditation.

Accessibility

Available completely free of cost on both Android and iOS platforms.

Development

Designed and maintained directly by the Mitra Vipassana Academy to ensure high-quality, authentic guidance at all times.



Student-First Privacy Architecture



Built for Educational Trust

The app is engineered with commercially acceptable security means and a strict promise of zero third-party data sharing.

Offline First

Designed to avoid internet dependency. Data is stored entirely on the local device until connectivity is established.

Secure & Minimal Logging

Logs are maintained strictly for user profile updates and error tracking. Data collected is limited only to device details, app version, and the type/time of practice completed.

Implementation & Support Logistics

Educator Enrollment

Dedicated scheduling portal for School Teachers to apply for courses.

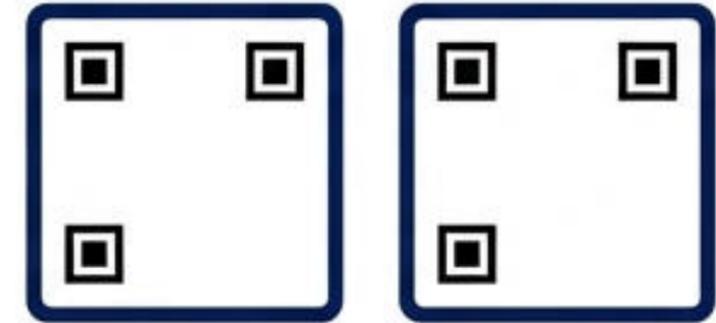
<https://schedule.vridhamma.org/>

Direct Support

Phone Line: 9146003412
(Operating 9 am – 4:30 pm)

Email Desk:
mitraupakram@gmail.com

App Access



Download the free Anapana Mitra App today.

Equipping a Resilient Generation

The Universal Tool: Because there are no rites or rituals involved, Anapana transcends demographic boundaries to serve as the ultimate universal tool for mental development.

The Ultimate Goal: We are not just transferring academic knowledge; we are systematically developing a new generation equipped with an unshakeable, healthy mindset.