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**What Senior Administrators
Say About Vipassana -III**



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Khursheed Merchant

Universal Vision of Learning

Though affected greatly by the ten-day course I did in 1984, sad to say, I did not pursue the practice.

Fortunately in 95' Madhusudan Mor revived my enthusiasm. I attended a four-day course with Dr. Asha Kapadia followed by another ten-day course. Needless to say I am benefiting immensely. I am a much quieter, wiser and more fulfilled person.

In my coaching in the Empowerment programmes, I lead here and abroad, I far more effective as I am able to bring sharper distinctions of the mind in focus from the insights I've had in my Vipassana practice. I recommend it as a most fruitful practice in all my courses.

D.P.Garg

Principal, Agri.Coop. Staff Training Institute, Bhopal.

In these modern times, the true wealth of a nation is gauged by the mental health of its people. Without improvement at the individual level, it is not possible to think of human development and individual development is possible only by purification of mind and its intelligence. This can be done only with concentration, discipline, devotion, dedication and faith as practised by the Vipassana institute in its courses.

D.D.Tripathi

Section Officer (Police), Saver, Indore.

1. The programme was very self improving and peaceful. However if the number of participants could be increased then many more could be benefited.

2. An advantage of participating in the programme was that a lot of my unanswered questions were clarified. If we can use this mental clarity in our area of responsibility successfully, then it will definitely go a long way in resolving a lot of our problems.

3. After undergoing this course there will be more diligence, honesty and dedication towards our work.

4. I have learnt the art of living, its truth and advantages.

5. I have become free from various superstitions, religious beliefs and illusions.

I.K.Bhalavi

Asst. Director, Food and Supply Dept.

In this entire programme one learns about oneself and develops dedication towards one's work.

One learns to develop his inner strengths and gets confidence to live in today's tension filled world. One is cured of various internal illnesses automatically. Your inner energy and capacity for work increases. The entire programme is beneficial for administrators, govt. and public servants. In my opinion we should have more of such programmes. By this not only will government officials be benefited but as a result the entire department will be benefited.

N.P.Barkedede

Section Police Officer, Damoli.

Vipassana is an important tool for self development. It is not only particular religion, it is humanism which is the basis of every religion. It develops in self development and awakens in you a feeling of good towards everyone. It increases one's capacity and efficiency at work. Every person should attend a Vipassana course. Let people from all religions take part in this camp together and be benefited. Let more such camps be organized in the future so that other officials may get the benefit.

Dr. Dinesh Kumar Gupta,

Ayurveda Treatment Officer, Sahaya Bhopal

This course has been very good for reducing tension and self improvement and the mind becomes very peaceful as a result. It is a very complete and practical technique which no science had discovered till date. It inspires one to lead a pure life and one feels that it will increase one's dakshata. We are grateful to those officials who arranged this programme so that we could end our mental tension. We hope there will more such programmes in the future.

Dr. N.K.Prasad,

P. Kushiram Ayurvedic Institution, Bhopal.

In 1984, I was introduced to this ambrosial and highly beneficial technique. Since then I have been associated with it. In this camp I have had a few spiritual experiences. With the help of Anapana meditation my concentration has increased, the period of concentration also has increased.

By observing my bodily sensations with great awareness, equanimity and continuity, I managed to remove my negativities to a deeper extent.

Apparent benefits

1. Concentration was increased.
2. Proper awareness was established.

K.M. Dube,

District Chief, Homeguards, Gwalior

I am at a loss for words to describe the benefits I have received from the Vipassana course held at the Academy of Administration, Bhopal from 15/2/97 to 26/2/97. From this course I learnt the true meaning of humanity. Apart from my personal improvement it will benefit my official duties by increasing tolerance, capacity for work, efficiency and equanimity.

The high officials of the department should participate in this course and get benefited. My diabetes has been controlled to a large extent by this course. If more such courses are organized then others will also get benefited. A refresher course should be organized at least once in a year.

Dr.A.N. Rao

Deputy collector, Betul, M.P.

Vipassana Meditation puts an end to negativities and lets you experience equanimity. I recommend that every government official and politician should make it a point to attend at least one course in his life. I experienced an inner joy by attending this course.

Shri Vivek Nema

It is a technique to identify truth and falsehood, a technique which prevents one from going astray so that he may proceed on the path to experience the Ultimate truth. It keeps one away from selfishness and towards humanity. Every person should undergo this technique in order to be a better human being.

Shri N.P Panthi

Dept. of social welfare and panchayat. M.P.

In this 11 day Vipassana course, I have

- Understood True Dharma and the difference between Dharma and religion.

- Learnt the way to lead a peaceful life as a householder.
- Practised an easy and beautiful method by which one can be free from this cycle of birth and death.
- Freed myself from the long time enslavement of tobacco.

Dr. Ramesh S.Shah,
Cardiologist, Ahmedabad.

There is no technique at present, other than Vipassana, to take one to the path of full enlightenment.

Though I am a medical practitioner for quite some time, I have no hesitation to say that through this highly scientific technique, I have been able to realize the truth to a certain extent pertaining to mind and matter by observing sensations with equanimity. I have been able to overcome certain impurities. I am highly grateful for the technique which helps to overcome the maladies.

Principal Dr.P.G. Patel,
Ahmedabad

After doing a number of Vipassana meditation courses, a highly scientific and beneficial process, I am convinced and have recommended to my family members, friends, and students and they have undergone the courses and enjoyed them. I am benefitted in a number of ways, like more peace and tranquility in facing life, better relationship with people and improved efficiency in my profession namely - teaching.

I am sure, by practicing Vipassana daily and regularly I will be able to eradicate all impurities and march towards the goal.

Principal H.S. Shah,
Ahmedabad

After doing about four Vipassana courses with my family, relative and few friends, we have all found the technique very useful.

I got mental peace. Strictness has been changed to *Karuna*. It has improved the balance of my mind to a great extent. It has improved my health too. Vipassana is a mighty weapon which certainly helps to march towards '*mukti*'. It's an art of living.

A.S.Dighe,
Chief Engineer (D) NVDA.

The training programme organized by the Academy of Administration from 15/2/97 to 26/2/97 on Vipassana appears to me very much useful for future working in the department. The course develops concentration of mind, self confidence and to take decision in the right direction. It will also increase the efficiency and discipline in day to day working.

Professor Dr. Savitriben Vyas,
Ahmedabad

I have undergone different types of meditation camps and I have found that Vipassana meditation course is the most useful in all respects, as they are organized in a disciplined way with suitable environment. This technique has helped me in conquering injustice, ego, hatred, fear, sexual exploitation etc. This has given me added self-confidence and courage to live as a good citizen in society with peace of mind. My entire family has done Vipassana courses and have benefited from them.

Vipassana is truly priceless.