

Request Form to hold Anapana Meditation Course in a School

I understand the need of Anapana Meditation for our school children and I request you to provide us the necessary kit for the same. I promise to use as per your instruction and ensure its security, I undertake that we will not make copies of the kit and also not give it to anyone else.

I will also ensure that the 10 min practice time will be provided to all those children who have already learned Anapana meditation at the start and end of the school day.

These are the details of our school:

Name of the School:

Address of the School:

Pincode:

E-mail:

Tel No:

Name of the teacher(s) who have completed 12 day Vipassana Meditation Course:

1. Name:

Date of Course:

2. Name:

Date of Course:

3. Name:

Date of Course:

Number of classes and Children:

5th Std_no of Classes:

No of Boys:

No of Girls:

6th Std_no of Classes:

No of Boys:

No of Girls:

7th Std_no of Classes:

No of Boys:

No of Girls:

8th Std_no of Classes:

No of Boys:

No of Girls:

9th Std_no of Classes:

No of Boys:

No of Girls:

10th Std_no of Classes:

No of Boys:

No of Girls:

Name:

Designation:

Date:

Sign: