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கல்வி அமைச்சு
Ministry of Education

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திகதி
Date } 22.12.2022

Circular No: 39/2022

All Provincial Directors of Education
All Zonal Directors of Education
All Deputy/Assistant Divisional Directors of Education
Principals

Sathi Pasala Program in island wide implementation

The approval of the Cabinet of Ministers has been received on 12.12.2022 for the Cabinet Memorandum presented by the Minister of Education with the objective of introducing “Mindfulness” for the School Students.

Accordingly, “Sathi Pasala” program; conducted by the Ministry of Education throughout the island, is a unique program that can be implemented commonly for all the school students.

Its pilot program should be implemented in all the schools every Wednesday from 7.30 a.m to 7.40 a.m (10 minutes) for 12 days from 04.01.2023.

The prime objective of Sathi Pasala is the “Establishment of Mindfulness”. The benefits to be gained through long-term practice of Mindfulness are numerous. That is, improvement of self-awareness, ability to control the aggressiveness, attentiveness and memory power, ability to face challenges successfully, toleration power, patience, sympathy, enrichment of the ability of holding attention in the education through the improvement of kindness and empathy, tolerating both wins and defeats in sports ensuring the mutual respects, having interpersonal relations in day-to-day life and working with soft qualities in friendly manner in other activities also. Sathi Pasala program is monitored by a committee consisting with the priests in all religions of the Ministry of Education.

All Provincial / Zonal Directors of Education, Deputy / Assistant Divisional Directors of Education, and Principals should work for the success of the “Establishment of Mindfulness” program. Also, this program can be succeeded by nominating a teacher per parallel grade in each school and assigning duties to him/her by the Principal to act in charge of this program. The participation of all school students for this program should be ensured under the pilot program, and the teachers and the principals can also be engaged in mindfulness training exercises at the said occasion. The said exercises are expected to be transmitted through television channels and Sri Lanka Broadcasting Service. Similarly, as the parents who are at home at that time can also participate for the said program, the actions should be taken by the Principals to inform the parents on that matter. It is required to practice this for 12 Wednesdays under the pilot program, and the mindfulness will reach a great success by doing the exercise introduced therein repeatedly at school and home. With the consent of the Principal, the practice can be repeated at the school on other week days in addition to the day of the pilot program.

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Also, 12 programs are scheduled to be implemented under the pilot program to make the "Establishment of Mindfulness" program more successful. It is as per Annex 01. The instructions for the program have been indicated in Annex 02.

You are informed to have the said programs from the link <https://www.satipasala.org/mindfulness-for-school-student/>. Further, the said link can be obtained from the website (www.moe.gov.lk) of the Ministry of Education.

The responsibility of monitoring this pilot program is assigned to all Provincial and Zonal Directors of Education.

Your support for the moral improvement of children of the country through the "Establishment of Mindfulness" program is immensely appreciated.



M.N. Ranasinghe
Secretary
Ministry of Education

Copies:

01. Chief Secretaries to the Provincial Councils
 02. Secretaries to the Provincial Ministries of Education
 03. Director General, National Institute of Education
 04. Commissioner General of Examinations, Department of Examinations
 05. Commissioner General of Educational Publications
 06. Commissioner of Colleges of Education
 07. Director of Education, National Schools
- } F.K.I

Way of training “Mindfulness” under the Sathi Pasala program implemented throughout the island

Time – 10 minutes (7.30 a.m – 7.40 a.m)

12 day-pilot program on every Wednesday

Day 1

- 5 Minutes - Introduction; Sathi Pasala Concept and Mindfulness
- 4 Minutes - Being at the present moment
- 1 Minute - Getting ready for next day

Day 2

- 5 Minutes - Introduction; being seated with Mindfulness
- 4 Minutes - Simple basic activity for sitting with Mindfulness
- 1 Minute - Getting ready for next day

Day 3

- 5 Minutes - Introduction; walking with Mindfulness
- 4 Minutes - Simple basic activity for walking with Mindfulness
- 1 Minute - Getting ready for next day

Day 4

- 5 Minutes - Introduction; engaging in day-to-day activities with Mindfulness
- 4 Minutes - Basic activity for engaging in day-to-day activities with Mindfulness
- 1 Minute - Getting ready for next day

Day 5

- 5 Minutes - Introduction; practicing Mindfulness while engaging in sports
- 4 Minutes - Basic activity for sports with Mindfulness
- 1 Minute - Getting ready for next day

Day 6

- 5 Minutes - Introduction; improving further for being at the present moment

- 4 Minutes - Being at the present moment, second activity
- 1 Minute - Getting ready for next day

Day 7

- 5 Minutes - Introduction; improving further for being seated with Mindfulness
- 4 Minutes - Sitting with Mindfulness, second activity
- 1 Minute - Getting ready for next day

Day 8

- 5 Minutes - Introduction; improving further for walking with Mindfulness
- 4 Minutes - Walking with Mindfulness, second activity
- 1 Minute - Getting ready for next day

Day 9

- 5 Minutes - Introduction; improving further for engaging in day-to-day activities
- 4 Minutes - Engaging in day-to-day activities, second activity
- 1 Minute - Getting ready for next day

Day 10

- 5 Minutes - Introduction; practicing Mindfulness further while engaging in sports
- 4 Minutes - Practicing Mindfulness while engaging in sports, second activity
- 1 Minute - Getting ready for next day

Day 11

- 5 Minutes - Introduction; improving further for being at the present moment
- 4 Minutes - Being at the present moment, third activity
- 1 Minute - Getting ready for next day

Day 12

- 5 Minutes - Introduction; improving further for engaging in day-to-day activities
- 4 Minutes - Engaging in day-to-day activities with Mindfulness, third activity
- 1 Minute - Giving instructions for continuous practice of Mindfulness

Instructions on Mindfulness Practice Program for School Students

Please make arrangements for all the students to sit in the classroom or any convenient place by 7.30a.m and set the suitable environment to listen or watch the program.

(Each day of the program)

It is highly significant if the Principal and all the teachers take part this program with the school students together.

In case of the difficulty to grasp the program live, 10 minutes audio clips due for the day can be downloaded in advance from satipasala.org website. Arrange it to be heard by the students. In making arrangements to listen to such downloaded clip, all the programs should be practiced by doing the exercises for the students according to the given order.

It will be very important to direct and encourage students to be familiarized with a constantly practice the messages and activities received from this program about Mindfulness. The instructions should be given for the teachers in that regard.

The principals are kindly informed to implement this “Establishment of Mindfulness” program by following the suitable methods as per the facilities available in their schools to establish the mindfulness for the school students more productively.

(Further details can be obtained from satipasala.org website)

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