

MEDITATION AND IT'S IMPACT ON RURAL DEVELOPMENT ACTIVITIES IN NEPAL

**A Thesis
Submitted in Partial Fulfillment of the
Requirements
for the Award of the Degree of Master of Arts
in Rural Development**

**Deepak Khatri
Central Department of Rural Development
Faculty of Human & Social Sciences
Tribhuvan University
Kathmandu, Nepal
April 2009**

RECOMMENDATION LETTER

This thesis entitled "**Meditation and It's Impact on Rural Development Activities in Nepal**" has been prepared by "Mr. Deepak Khatri" under my guidance and supervision. I hereby recommend this thesis for examination by the thesis committee as a partial fulfillment of the requirement for the degree of MASTER OF ARTS in RURAL DEVELOPEMENT.

Mr. Bimal Kumar Khadka

Lecturer

Central Department of Rural Development

Tribhuvan University

Date: March, 2009

APPROVAL CERTIFICATE

This is to certify that the thesis entitled “Meditation and It’s Impact on Rural Development Activities in Nepal” written and submitted by Deepak Khatri has been examined. It has been declared successful for fulfillment of the academic requirements towards the completion of Masters of Arts in Rural Development.

THESIS COMMITTEE

.....

External Examiner

Mr. Suman Baskota , Lecturer

Central Department of Rural Development

.....

Thesis Supervisor

Mr.Bimal Kumar Khadka,Lecturer

Central Department of Rural
Development

.....

Head

Prof. Dr. Pradeep Kumar Khadka

Central Department of Rural Development

ACKNOWLEDGEMENTS

This study was undertaken for the partial fulfillment of Master's Degree in Rural Development, in The Central Department of Rural Development, Tribhuvan University Kirtipur. I would like to express my sincere gratitude to my thesis supervisor lecturer Mr. Bimal Kumar Khadka of Rural Development Department for his invaluable guidance, support and supervision. I would also like to express my respectful regard and thanks to the Head of Department Dr. Pradip Khadka of Rural Development Department for granting me permission to write a thesis in such a topic and also to give important advices as how to carry out the thesis.

I would like to extend my special gratitude to my parents for their great sacrificial contribution to my study. Hearty thanks to all my family members for providing suitable, inspiring and lovely environment to complete the study.

I am full of gratitude to all the persons who helped me to actualize this thesis. Some of them are:

- Madan Guruji of DharmaShringa Vipassana Center for letting me interview him.
- Bhakta Prasad Guruji for encouraging me not to run away from my first 10 day course. Without which I would not be doing this thesis today.
- Anand Guruji, the regional Vipassana Teacher of Nepal for letting me participate in 20 days course. Which let me understand dhamma to a greater depth.
- Uttam Guruji for guiding me in 20 days course and for giving me his precious views regarding the connection between meditation and rural development.
- Mr. Ram Shurbir Maharjan of Dhamma Kitti for letting me observe dhamma from different perspective as dhamma server. Which let me experience the different aspects of dhamma and helped enrich this thesis.
- Mr. Mausam Shakya for giving me time and shearing his ideas.
- Miss Rosie Maharjan of Dhamma Kitti for providing me with rare books of Vipassana .
- Mr. Guru Acharya for his encouragement and moral support.

I am grateful to Osho literature which made this thesis less arduous.

Finally, I would like to express my sincere gratitude to Dharmashringa Vipassana Center and Dhammakitti vipassana Center for providing direction to the thesis and giving meaning to my life.

Deepak Khatri

March, 2009

ABSTRACT

Nepal is economically one of the least developed countries. Nepal's society is predominantly rural. Development of Nepal is rural development because 80% people reside in rural areas. Most of the development notions views development solely as economic development. The truth is development is not only related to economic changes, but also changes in people's attitude, customs and beliefs. Human resource is one of the most important determinants of rural development because the proper utilization and mobilization of other resources depends upon the capacity of human resource. Various developmental approaches consider human development as crucial prerequisites for development while the human development approaches strongly advocates that human capital is a major contributor to the development and no other development approaches are successful unless accompanied by development of human capital.

Meditation has been defined as: "self regulation of attention, in the service of self- inquiry, in the here and now. Vipassana is a distinct meditation technique. It is a logical process of mental purification through self-observation. It is a non-sectarian, scientific, result-oriented technique of truth realization. The technique of Vipassana is a simple, practical way to achieve real peace of mind and to lead a happy, useful life.

The objective of the study is to evaluate the relationship between Vipassana meditation and rural development.

Most of the definitions of development is not complete because it gives more emphasis to material welfare only and the more important aspects of any development that is the psychological and spiritual aspects is left untouched. Actually development in its true sense is the balance between both material as well as spiritual aspects of life, because money alone can't buy happiness. This is the experience of many rich countries. And the source of happiness is within oneself and one has to search within oneself to experience peace and happiness, which is possible only through meditation.

Dhammakitti Vipassana center and Dharmashringa Vipassana center were taken as the study area. The sample design adopted here was purposive sampling method. This sample design had been adopted because of the vastness of the study and limitation of time factor. In this study 50 meditators were studied through questionnaire to obtain the required information. The data required for this study was taken both from primary and secondary sources to fulfill the objectives of the study. Traditional methods such as participation, observation, structured questionnaire and interview were used to collect the necessary and reliable data. And the collected data were analyzed descriptively.

The results demonstrate that, at average Vipassana has proved to be highly beneficial to the meditators and the majority of subjects benefited immensely in all aspects of their life by practicing Vipassana. The results also indicate that Vipassana is a scientific technique and has the capacity to reform human mind and character and to bring about positive changes in the lives of meditators. Hence rural development in its true sense is not possible without meditation and Vipassana is one of the best meditation techniques. It is recommended that Vipassana should be recognized by the Government and new policy should be introduced to promote Vipassana throughout the country so that the dream of "New Nepal" can become reality where everybody's material need is completely fulfilled and more and more people are practicing Vipassana to experience the ultimate peace and happiness that the existence can ever offer.

CONTENTS

Title Page	ii
Recommendation Letter	iii
Thesis Approval	iv
Acknowledgments	v
Abstract	vi
Table of Contents	vii
CHAPTER I: INTRODUCTION	1
1.1 Background	1
1.2 Objectives	13
1.3 Rationale of the Study	14
1.4 Limitation of the Study	20
1.5 Organization of the Study	20
CHAPTER II: LITERATURE REVIEW	21
2.1 Human Resource Development	21
2.2 Meditation	22
CHAPTER III: RESEARCH METHODOLOGY	29
3.1 Selection of the Study Area	29
3.2 Research Design	29
3.3 Population and Sample Design	29
3.4 Sources of Data	30
3.4.1 Primary Sources	30
3.4.2 Secondary Sources of Data	30
3.5 Methods of Data Collection	31
3.5.1 Interview	31
3.5.2 Participation	31
3.5.3 Observation	31
3.5.4 Questionnaire	31
3.6 Data Analysis and Presentation	31
CHAPTER IV: RESULT AND DISCUSSIONS	32
CHAPTER V: CONCLUSION AND RECOMMENDATIONS	35
4.1 Conclusion	35
4.2 Recommendations	35
REFERENCES	36
APPENDICES	38