

**Maharaja Ganga Singh University**  
**Master of Arts (M.A.) Jainology, Jeevan Vigyan and Yoga**  
**(Semester Scheme)**  
**2025-26**

**Department of Jainology, Jeevan Vigyan and Yoga**  
**Postgraduate Programme**



**Semester System**  
**Syllabus (2025-26)**  
**Scheme of Examination and Courses of Study**

**Disclaimer: The CBCS Syllabus has been approved by the Academic Council and Board of Management. Any query may kindly be addressed to the concerned Faculty.**

# **Learning Outcome based Curriculum Framework (LOCF)**

**For**

**M.A. in Jainology, Jeevan Vigyan and Yoga**



**Department of Jainology, Jeevan Vigyan and Yoga**

**Maharaja Ganga Singh University, Bikaner**

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## **Background**

Considering the curricular reforms as instrumental for desired learning outcomes, Maharaja Ganga Singh University made a rigorous attempt to revise the curriculum of postgraduate programmes in alignment with National Education Policy-2020 and UGC Quality Mandate for Higher Education Institutions. The process of revising the curriculum could be prompted with the adoption of ‘Comprehensive Roadmap for Implementation of NEP.’ The roadmap identified the key features of the Policy and elucidated the Action Plan with well-defined responsibilities and indicative timeline for major academic reforms. The University Grants Commission (UGC) has devised a series of regulations and directives over time with the intention of enhancing the higher education system's quality and enforcing minimum standards in Higher Educational Institutions (HEIs) throughout India. The recent academic reforms suggested by the UGC have contributed to an overarching enhancement of the higher education system.

With NEP-2020 in background, the revised curricula articulate the spirit of the Policy by emphasizing upon- integrated approach to learning; innovative pedagogies and assessment strategies; multidisciplinary and cross-disciplinary education; creative and critical thinking; ethical and constitutional values through value-based courses; 21st century capabilities across the range of disciplines through life skills, entrepreneurial and professional skills; community and

constructive public engagement; social, moral and environmental awareness; exposure to Indian knowledge system, cultural traditions and classical literature through relevant courses offering 'Knowledge of India'; fine blend of modern pedagogies with indigenous and traditional ways of learning; flexibility in course choices; student-centric participatory learning; imaginative and flexible curricular structures to enable creative combination of disciplines for study; offering multiple entry and exit points, integration of extracurricular and curricular aspects; exploring internships with local industry, businesses, artists and crafts persons; closer collaborations between industry and higher education institutions for technical, vocational and science programmes; and formative assessment tools to be aligned with the learning outcomes, capabilities, and dispositions as specified for each course. The University has also developed consensus on adoption of Blended Learning with component of online teaching and face to face classes for each programme.

# Maharaja Ganga Singh University, Bikaner

## Structure of Programme

### MA in Jainology, Jeevan Vigyan and Yoga (JJVY)

#### Structure of Programme I Semester: Four Core Compulsory Courses and One Practical Course

Paper Code	Paper Name	Code	Credit	Max. Marks
JAIN6.5DCCT101	Fundamentals of Jainology and Yoga	AEC	2	Non CGPA
JAIN6.5DCCT102	Development of Jainism, Culture	DCC	4	100
JAIN6.5DCCT103	Jain Metaphysics	DCC	4	100
JAIN6.5DCCT104	Jeeven Vigayan, Preksha Meditation	DCC	4	100
JAIN6.5DCCT105	Indian Yoga	DCC	4	100
JAIN6.5DCCP106	Practical		8	200
Core Course-4 Credits, Practical- 8 Credits, Total credits= 26			26	Pass %= 36%

#### Structure of Programme II Semester: Four Core Compulsory Courses and One Practical Course

Paper Code	Paper Name	Code	Credit	Max. Marks
JAIN6.5DCCT201	Human Values	VAC	2	Non CGPA
JAIN6.5DCCT202	Yoga Literature and Arts	DCC	4	100
JAIN6.5DCCT203	Jain Ethics	DCC	4	100
JAIN6.5DCCT204	Jain Doctrine of Karma	DCC	4	100
JAIN6.5DCCT205	Value Education	DCC	4	100
JAIN6.5DCCP206	Practical		8	200
Core Course-4 Credits, Practical- 8 Credits, Total credits= 26			26	Pass %= 36%

**Value Added Course/Ability Enhancement Course/Skill Enhancement Course = 2  
Credits (Non CGPA Courses)- Satisfactory/Non Satisfactory**

**Structure of Programme III Semester: Two Core Compulsory Courses, Two Electives and One Practical Course**

Paper Code	Paper Name	Code	Credit	Max. Marks
JAIN6.5SECT301	Basic Communication Skills	SEC	2	Non CGPA
JAIN6.5DCCT302	Jain Epistemology	DCC	4	100
JAIN6.5DCCT303	Anekantvada and Syadvada	DCC	4	100
JAIN6.5DSET304	Jain Yoga Or Stress Management through Yoga	DSE	4	100
JAIN6.5DSET305	Indian Religion Philosophy Or Introduction to Naturopathy	DSE	4	100
JAIN6.5DCCP306	Practical		8	200
Core Course-4 Credits, Practical- 8 Credits, Total credits= 26			26	Pass %= 36%

**Structure of Programme IV Semester: Two Core Compulsory Courses, Two Electives and One Practical Course**

Paper Code	Paper Name	Code	Credit	Max. Marks
JAIN6.5AECT401	Personality Development	AEC	2	Non CGPA
JAIN6.5DCCT402	Jain Yoga Vigyan	DCC	4	100
JAIN6.5DCCT403	Jeevan Vigyan and Health	DCC	4	100
JAIN6.5DSET404	Buddhist Religion and Philosophy Or Jain Agam and Ethics	DSE	4	100
JAIN6.5DSET405	Dissertation Or Prakrit Kavya Sahitya ki Vividh Vidhayein	DSE	4	100
JAIN6.5DCCP406	Practical		8	200
Core Course-4 Credits, Practical- 8 Credits, Total credits= 26			26	Pass %= 36%

## **M.A Semester I**

### **Paper I**

JAIN6.5DCCT102 Development of Jainism, Culture

#### **Unit- I-**

##### **Development**

- Jainism in Pre historic age.
- Rishabha.

#### **Unit-II**

- Aristnemi.
- Lord Parsvanatha.

#### **Unit-III**

##### **Lord Mahavira**

- Lord Mahavira and Contemporary religious sects.
- Tradition of Ganadharas.
- Jain religion in different regions of India and abroad (North India, South India)

#### **Unit-IV-**

##### **Culture**

- Peculiarity of Jain Culture, Exclusion.
- Non-violent way of life.

#### **Unit-V**

##### **Jain Pilgimages**

- Jain pilgrimages.
- Rituals and Rites.
- Jain Festivals.

##### **Reference Books**

1. A History of the Jains-By Ashim Kumar Roy. Pub.-Gitanjali Publishing House, New Delhi.
2. Religion and Culture of the Jainas, Edited By D.C. Sircar Pub. University of Calcutta.



3. The Jaina sources of the History of ancient India by Dr. Jyoti Prasad Jain Pub. Munshiram Manoharlal Delhi-6.
4. Jain Philosophy Historical outlines by Narendra Nati Bhattacharya Pub. Munshiram Manoharlal Delhi.
5. Religion and Culture of Jainas by Dr. Jyoti Prasad Jain Pub. Bhartiya Jnanapith Publication, Delhi.
6. Doctrine of Jainas by W. Schubring MLBD, Delhi.
7. History of Canonical Literature of Jaina by H.P. Kapadia, Bombay.
8. History of Indian Literature : W. Winternitz.
9. जैन दर्शन मनन और मीमांसा—आचार्य महाप्रज्ञ, आदर्श साहित्य सं. चुरु।
10. भारतीय संस्कृति में जैन धर्म का योगदान—डॉ. हीरालाल जैन, प्रका. मध्यप्रदेश शासन साहित्य अकादमी, भोपाल।
11. जैन साहित्य का बृहद् इतिहास, प्रका. पार्श्वनाथ विद्याश्रम शोध संस्थान, वाराणसी।
- 12.. जैन दर्शन और संस्कृति— प्रका. जैन विश्व भारती।
13. प्राकृत साहित्य का इतिहास—प्रो. जगदीश चन्द्र जैन प्रका. चौखम्भा विद्याभवन, वाराणसी।
14. जैन दर्शन और संस्कृति का इतिहास—डॉ. भागचन्द्र भास्कर प्रका.—नागपुर विश्वविद्यालय
15. जैन धर्म के प्रभावक आचार्य—साध्वी संघमित्रा—प्रका. जैन विश्वभारती, लाडनूं।
16. श्रमण महावीर, आचार्य महाप्रज्ञ, प्रका. जैन विश्व भारती।
17. जैन धर्म—पं. कैलाशचन्द्र शास्त्री, प्रका. भारतवर्षीय दिगम्बर जैन संघ चौरासी, मथुरा।
18. भारतीय इतिहास: एक दृष्टि—डॉ. ज्योतिप्रसाद जैन, भारतीय ज्ञानपीठ
19. उत्तराध्ययन: एक समीक्षात्मक अध्ययन, वा. प्र. आचार्य तुलसी विवेचक मुनि नथमल ते. महासभा, कलकत्ता।
20. अतीत का अनावरण, मुनि नथमल, भारतीय ज्ञानपीठ, दिल्ली।
21. अरिष्टनेमि और वासुदेव कृष्ण, श्रीचन्द्र रामपुरिया, ते. महासभा, कलकत्ता।
22. तीर्थंकर महावीर—पं. पद्मचन्द्र शास्त्री, प्रका. जैन विद्या संस्थान, श्री दिगम्बर जैन अतिशय क्षेत्र महावीर जी (राज.)
23. जैन पर्व—डॉ. रमेशचन्द्र, प्रका. जैन विद्या संस्थान, श्री दिगम्बर जैन अतिशय क्षेत्र महावीर जी (राज.)

## **M.A. Semester I**

### **Paper II**

#### **JAIN6.5DCCT103 Jain Metaphysics**

##### **Unit- I**

- Nature of Reality
- Substance, Quality, Mode

##### **Unit-II**

- Identify cum difference of Substance quality
- Form of Loka

##### **Unit- III**

- Dharmastikaya
- Adharmastikaya

##### **Unit-IV**

- Akastikayas (Space)
- Kala (time)
- Jeevastikaya
- Shadjivanikaya

##### **Unit-V**

- Pudgalastikaya
- Form of Atom
- Form of Atom Skandha

#### **Reference Books**

1. Reals in the Jain Metaphysics, H.S. Bhattacharya. Seth Shantidas Kheisy Charitable Trust. Bombay.
2. Micro Cosmology : Atom in Jain Philosophy and Modern Science by J.S. Zaveri JVBI
3. Cosmology : Old and New-G.R. Jain, Bharatiya Jnanapitha Publication, New Delhi.
4. A comparative study of the Jain Theories of Reality Knowledge by Padmarajah. Pub. MLBD Delhi.
5. Tattvartha Sutra, by Dr. Nathmal Tatia, Harper Collins London 1984.

6. Concept of Matter in Jain Philosophy. J.C. Sikdar, Pub. PVRI. Varanasi.

7. English Tr. of Panchastikaya by Prof. Chakravarti

8. विश्व प्रहेलिका—मुनि महेन्द्र कुमार, जैन विश्व भारती, लाडनू ।

9. जैन दर्शन—प्रो. महेन्द्र कुमार, प्रका. गणेशवर्णी शोध संस्थान, वाराणसी ।

10. जैन दर्शन और विज्ञान—मुनि महेन्द्र कुमार, जेठालाल झावेरी प्रका. जैन विश्व भारती संस्थान, लाडनू ।

11. दर्शन और चिन्तन —डा. सुखलाल संघवी

12. अहिंसा तत्त्वदर्शन, प्रका. आदर्श साहित्य संघ चुरू

13. जैन आचार्य देवेन्द्र मुनि शास्त्री

14. नवपदार्थ संग्रह—आचार्य भिक्षु सं. श्री चन्द्र रामपुरिया, प्रका. जैन श्वेताम्बर तेरापंथी महासभा

15. जैन दर्शन मनन और मीमांसा — आचार्य महाप्रज्ञ

16. उत्तराध्ययन—प्रका. जैन विश्वभारती, लाडनू

17. ठाणं, वा.प्र. आ. तुलसी, सं. वि. मुनि नथमल, प्रका. जैन विश्व भारती लाडनू

18. सन्मति प्रकरण, आ. सिद्धसेन दिवाकर

19. कर्मवाद, ले. आ. महाप्रज्ञ, आदर्श साहित्य संघ, चुरू ।

20. जैन कर्म मीमांसा और मनोविज्ञान, ले. डॉ. रतनलाल जैन, बी.जैन. पब्लिशर्स, दिल्ली ।

21. तत्त्वार्थ सूत्र — उमास्वाति

22. पंचास्तिकाय — आ. कुन्दकुन्द

23. जैन सिद्धान्त दीपिका, आ. तुलसी, जैन विश्वभारती लाडनू

## M.A. Semester I

### Paper III

#### JAIN6.5DCCT104 Jeevan Vigyan, Preksha Meditation

##### Unit I: Jeevan vigyan: Introduction

- Historical background, nature, definition, perspectives, aims and objectives
- Fundamental elements of Science of Living and multidimensional education system.

##### Unit-II Utility of Science of Living

- Utility of Science of Living in Personality Development, Education and Medical Science.
- Utility of Science of Living in Social Life, Administration.
- Industry and Rehabilitation.

##### Unit III: Theoretical Basis of Jeevan Vigyan

- *Anekanta* (Non-absolutism) Theory and Practice.
- Concept of Non-violences Training of non violence

##### Unit-IV Value and Value Education

- Value: Nature, Need and Importance,
- Value Education and Science of Living – Integrated Teaching System and Teaching Process.

##### Unit : Practical Basis of Jeevan Vigyan - *Preksha* Meditation

- *Preksha* Meditation: Meaning, Purpose, *Upasampada*.
- *Kayotsrga*: Purpose, Spiritual and Scientific Aspect.
- *Antaryatra*: Purpose, Spiritual and Scientific Aspect.
- *Shvash* (Breathing) *Preksha*: Purpose, Spiritual and Scientific Aspect.

##### Reference Books

1. जीवन विज्ञान-शिक्षा का नया आयाम (हिन्दी-अंग्रेजी), आचार्य महाप्रज्ञ, जै.वि.भा., लाडनू
2. जीवन विज्ञान-स्वस्थ समाज रचना का संकल्प, आचार्य महाप्रज्ञ: जै.वि.भा, लाडनू
3. आचार्य महाप्रज्ञ: जीवन विज्ञान-सिद्धान्त और प्रयोग, आचार्य महाप्रज्ञ, जै.वि.भा., लाडनू
4. अमूर्त चिन्तन, आचार्य महाप्रज्ञ, जै.वि.भा., लाडनू
5. समाजशास्त्र, आर.एन. मुखर्जी, बी. अग्रवाल एवं नीना मलहोत्रा, विवेक प्रकाशन, दिल्ली

6. संस्कृति की रूपरेखा, डॉ. हरद्वारीलाल शर्मा, प्रथम संस्करण, 1992, प्रकाशक— मानसी प्रकाशन, 32 कैलाशपुरी, मेरठ
7. संस्कृति के चार अध्याय, रामधारी सिंह दिनकर:
8. शिक्षा के सामान्य सिद्धान्त, त्यागी एवं पाठक, विनोद पुस्तक मंदिर, आगरा
9. शिक्षा के मूल सिद्धान्त, डॉ. रामशकल पाण्डेय, विनोद पुस्तक मंदिर, आगरा
10. जीवन विज्ञान भाग 1–10, मुनि किशनलाल एवं शुभकरण सुराणा, जै.वि.भा, लाडनूं
11. जीवन विज्ञान: शिक्षक संदर्शिका, मुनि किशनलाल, जै.वि.भा., लाडनूं
12. अहिंसा प्रशिक्षण, मुनि धर्मेश (सं.), जैन विश्व भारती, लाडनूं
13. जीवन विज्ञान की रूपरेखा, मुनि धर्मेश (सं.), जै.वि.भा., लाडनूं
14. तुलसीप्रज्ञा: मूल्यपरक शिक्षा विशेषांक (शोध पत्रिका), जैन विश्वभारती संस्थान, लाडनूं
15. Science of Living, Muni Mahendra Kumar, JVB, Ladnun
16. Therapeutic thinking, Acharya Mahaprajna, JVB, Ladnun
17. Human Values Through Education: (Ed.) Gujarat Vidyapith, Ahmedabad

## **M.A. Semester I**

### **Paper IV**

#### **JAIN6.5DCCT105 Indian Yoga**

##### **Unit-I : Yoga**

- Origin
- Meaning and definition

##### **Unit-II Types of Yoga**

- Types (Gyan, Bhakti, Karma and Mantra Yoga).
- Yoga in *Veda*, *Upanishad* and *Geeta* : An Introduction.

##### **Unit-III : Patanjali Yoga (A)**

- Concept of Yoga
- Tendencies of Chhitta and Tools of Nirodha
- Nature of God

##### **Unit-IV: Patanjali Yoga (B)**

- Antaray
- Solution of stability for chitta

##### **Unit-V: Patanjali Yoga (C)**

- Kriya Yoga,
- Klesha,
- Ashtangayoga,
- Samyam
- Nature of Kaivalya

##### **Reference Books**

- 1.पातंजल योगप्रदीप—स्वामी ओमानन्द, गीता प्रेस, गोरखपुर
- 2.जैन योग—आचार्य महाप्रज्ञ, आदर्श साहित्य संघ प्रकाशन, चूरु, 2000 ।
- 3.महावीर की साधना का रहस्य—आचार्य महाप्रज्ञ, तुलसी अध्यात्म नीडम्, 1985 (चतुर्थ सं.) ।
- 4.श्रीमद्भागवतगीता, गीता प्रेस, गोरखपुर, वि. सं. 2062 ।
- 5.श्रीमद्भागवतगीता—श्री श्रीमद् ए.सी. भक्तिवेदान्त स्वामी प्रभुपाद, भक्ति वेदान्त बुक ट्रस्ट ।

- 6.बौद्ध धर्म दर्शन—आचार्य नरेन्द्र देव, मोतीलाल बनारसी दास पब्लिशर्स प्रा.लि., दिल्ली, 1956 (प्रथम सं.)।
- 7.भारतीय दर्शन—प्रो. आनन्द प्रकाश त्रिपाठी, यूनिवर्सिटी बुक हाउस, जयपुर
8. Yoga Tradition-Feuerstein George, Motilal Banarasidas Publications, Delhi, 2002.
9. पातंजल योगसार—डॉ. साधना दानौरिया, मधूलिका प्रकाशन, इलाहाबाद
10. भारतीय दर्शन की रूपरेखा — एम.हिरियन्ना
11. आनापान—सती—अनूवादक—मुनि दुलहराज

# **MA Semester II**

## **Jainology, Jeevan Vigyan and Yoga**

**M.A. Semester II**

**PAPER I**

**JAIN6.5DCCT202 - Yoga Literature and Arts**

### **Unit-I**

- Puranas and characterisation literature
- Acaranga and Sūtrakritāṅga

### **Unit-II**

- Literature in Poetry and Prose

### **Unit-III**

- Yoga literature

### **Unit- IV**

- Painting
- Sculpture

### **Unit-V**

- Mounds
- Caves
- Temples

### **Reference Books**

- As mentioned in the First Semester Syllabus



**M.A. Semester II**

**PAPER II**

**JAIN6.5DCCT203 - Jain Ethics**

**Unit-I**

**Samaysar**

- Introductory study of Samaysar
- Form of soul its types and sub types
- Suddh Naya and the form of Samyktva

**Unit-II**

**Naya**

- Form of Naya and its types
- Live and lifeless rights

**Unit-III**

**Jain Ethics-I**

- Concept of Jain Ethics: The Metaphysical base of the Jain Ethics
- Origin and development of Jain ethical doctrines
- Shrāvakacāra – (Ethics of House-holder)
- Five small vows (Aṇuvrata)

**Unit-IV**

**Jainachar Jain Ethics-II**

- Three qualifying vows (Guṇavrata)
- Four practical vows (Sikṣā Vrata)
- Eleven kinds of intensive discipline (pratima)
- Compassion and its importance and types
- Sharmnachar

**Unit-V**

**Jainachar (Jain Ethics-III)**

- Five essential vows (Panchmahavrata)

- Three kinds of self-protection (gupti)
- Five kinds of self-compartment (samiti)
- Six essentials (āvaśyaka)
- Twenty two kinds of difficulties (Pariṣaha)
- Sangh Vyavstha

**Reference Books**

- As mentioned in the First Semester Syllabus

## **M.A. Semester II**

### **PAPER III**

#### **JAIN6.5DCCT204 - Jain Doctrine of Karma**

##### **Unit- I**

- Form of Karma
- Bondage and its process and sources

##### **Unit- II**

- Division and subdivision of Karma
- Materiality of Karma and ten states of karma

##### **Unit-III**

- Karmic theory and spiritual practice
- Karmic theory in the light of Psychology

##### **Unit- V**

- Karma theory and rebirth
- Niyativade and Five aspects

##### **Unit-V**

- Stairs of spiritual development
- Mutual relation between soul, karma and Process of liberation

#### **Reference Books**

- As mentioned in the First Semester Syllabus

## **M.A. Semester II**

### **PAPER IV**

#### **JAIN6.5DCCT205 Value Education**

##### **Unit I**

Development of Moral Values through Contemplation (*Anupreksha*)-

- (1) Authenticity      (2) Compassion      (3) Self-discipline  
(4) Self-control      (5) Non-violence      (6) Truth      (7) Non-possession.

##### **Unit II**

Development of Mental Values through Contemplation (*Anupreksha*)-

- (1) Concentration of Mind (2) Mental Balance (3) Determination (4) Patience  
(5) Relaxation.

##### **Unit-III**

Development of Values in Personal Life through Contemplation (*Anupreksha*)-

- (1) Greedlessness (2) Liberation (3) Tolerance (4) Fearlessness (5) Politeness  
(6) Rectitude (7) Detachment (8) Emotional Balance (9) Self Analysis.

##### **Unit IV**

Development of Values of Social Life through *Anupreksha-I*

- (1) Loyalty of Duty (2) Harmony (3) Co-existence

##### **Unit-V**

Development of Values of Social Life through *Anupreksha-II*

- (1) Human Solidarity (2) Universal Amity (3) Nationality (4) Communal Harmony.

##### **Reference Books**

- As mentioned in the First Semester Syllabus

## M.A. Semester I

### JAIN6.5DCCP106 Practical

- Student will submit two sessional works according to this syllabus. It will be of 40+40=80 and Viva of 10+10=20 marks 100
- Practical file will be of 20 marks 20
- Practical and Viva both will be of 50+30=80 80
- Total Practical work will be of 200 marks 200

Yogic exercises for abdomen and breathing , whole body, backbone;

Practical Basis of the Training of Jeevan Vigyan - *Preksha* Meditation

- *Sharir (Body) Preksha* : Purpose, Spiritual and Scientific Aspect, Accomplishment and Procedure.
- *Chaitanya Kendra Preksha* : Purpose, Spiritual and Scientific Aspect, Accomplishment and Procedure.
- *Leshya Dhyan* : Purpose, Spiritual and Scientific Aspect, Accomplishment and Procedure.
- *Anupreksha* : Purpose, Spiritual and Scientific Aspect, Accomplishment and Procedure.

## M.A. Semester II

### JAIN6.5DCCP206 Practical

- Student will submit two sessional works according to this syllabus. It will be of 40+40=80 and Viva of 10+10=20 marks 100
- Practical file will be of 20 marks 20
- Practical and Viva both will be of 50+30=80 80
- Total Practical work will be of 200 marks 200

Yogic exercises for abdomen and breathing , whole body, backbone;

Yogasan

(a) Asanas (In Lying Position): Uttanpadasan, Pavan Mukhtasan, Hridyastambhasan, Sarvangasan, Matsyasan, Halasan, Shalabhasan, Bhujangasan, Dhanurasan. Makarasan

(b) Asanas (In Sitting Position): Shasankasan, Supta-vajrasan Janushirasana, Pashchimotanasana, Ushtrasana, Yogamudra, Ardhamatsyendrasana, Singhasana, Padmasana

(c) Asanas (In Standing Position): Sampadasana, Tadasana, Padahstana, Trikonasana.

- **Pranayam:** Chandrabhedhi, Suryabhedhi, Anulom-vilom, Shitali.
- **Bandh** - Moolbandh, Jalandhar bandh, Uddiyan bandh;

## **M.A. Jainology, Jeevan Vigyan and Yoga**

### **Semester III**

JAIN6.5SECT301	Basic Communication Skills	SEC	2	Non CGPA
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#### **Introduction to Communication**

Definition, types (verbal, non-verbal, written, visual)

#### **Listening and Speaking Skills**

Pronunciation, intonation, and clarity

Speaking in different contexts: formal/informal, public speaking, group discussions

#### **Reading and Comprehension Skills**

Reading techniques: skimming, scanning, detailed reading

Practice with news articles, essays, and technical texts

#### **Writing Skills**

Paragraph writing, email etiquette, and official letters

Report writing and note-taking

#### **Interpersonal and Soft Skills**

Non-verbal cues: body language, facial expressions

Empathy, emotional intelligence, and assertiveness

#### **Communication in the Digital Age**

Email, chat, and video conferencing etiquettes, Cyber Safety

Creating digital resumes and Social Media profiles

#### **Suggested Readings**

1. Raman, Meenakshi & Sharma, Sangeeta. Technical Communication: Principles and Practice. Oxford University Press, 2015.
2. Kaul, Asha. Effective Business Communication. PHI Learning, 2014.
3. Jain, R. C., & Bhatia, A. Business Communication. S. Chand Publishing, 2012.
4. Murphy, Herta A., Hildebrandt, Herbert W., & Thomas, Jane P. Effective Business Communication. McGraw-Hill, 2007.

5. Mohamed, S. A., & Singh, K. Basic Communication Skills. Cambridge University Press, 2011.
6. Barun K. Mitra. Personality Development and Soft Skills. Oxford University Press, 2011.



## M.A. Jainology, Jeevan Vigyan and Yoga

### Semester- III

#### Paper I

JAIN6.5DCCT302	Jain Epistemology	DCC	100
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#### Unit-I

- Jain Epistemology origin and development:
- Cognition and cognizable object,

#### Unit-II

- Nature and varieties of Darśana.
- Perceptual cognition,

#### Unit- III

- Verbal knowledge
- Senses and mind.

#### Unit-IV

- Direct Perception: Avadhijñāna (clairvoyance),

#### Unit-V

- Nature of Manah-paryava jñāna (mind-reading knowledge);
- Kevalajñā (pure and perfect knowledge/omniscience).

#### REFERENCE BOOKS

- 1- नन्दीसूत्र, 2-80 (नवसुत्ताणि, जैन विश्व भारती, लाडनू)
- 2- ज्ञान बिन्दु प्रकरण परिचय (प्रस्तावना भाग) पृ. 13-18, 20-25, 40-42  
(सिंधी जैन ज्ञान पीठ, अहमदाबाद)
- 3- Studies in Jain Philosophy, Nathmal Tatia PVRI, Varanasi
4. The Jain concept of omniscience, Dr. Ramjee Singh, L.D. Institute, Ahmedabad.
5. Jain Epistemology, I.C. Shastri
- 6 जैन दर्शन पं. महेन्द्र कुमार, प्रका. गणेशवर्णी जैन ग्रन्थमाला, बनारस।
7. जैन दर्शन मनन और मीमांसा, मुनि नथमल, प्रका. आदर्श साहित्य संघ, चुरू।
8. आगम युग का जैन दर्शन: पं. दलसुख मालवणिया प्रका. प्राकृत भारती जयपुर (राज.)
9. प्रवचनसार-परमश्रुत प्रभावक मण्डल, अगास।
10. सम्मय सुत्तं आ. सिद्धसेन, सं. डॉ. देवेन्द्र कुमार जैन, प्रका. भारतीय ज्ञानपीठ, दिल्ली
11. अनेकान्त दर्शन- प्रो. अशोक कुमार जैन, आचार्य ज्ञानसागर वागर्थ विमर्श, केन्द्र, ब्यावर

**M.A. Jainology, Jeevan Vigyan and Yoga**

**Semester- III**

**Paper II**

JAIN6.5DCCT303	Anekantvada and Syadvada	DCC	100
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**Unit-I**

Anekant (Multiplicity of viewpoints) Philosophy

Forms and Types Anekant (Multiplicity of viewpoints).

**Unit-II**

Jain thinkers of Anekant Philosophy.

Definition & Types of Naya.

**Unit-III**

Analysis of Shabad Naya and Arth Naya.

Niksepa (Assumption)

**Unit-IV**

**Syadvada (Conditional Dialectic)**

Form and Types of Syadvada

Determination of the number of Syadvada

**Unit-V**

Vachan Samarthya and Syadvada

Social Importance of Syadvada

**REFERENCE BOOKS**

- 1- नन्दीसूत्र, 2-80 (नवसुत्ताणि, जैन विश्व भारती, लाडनू)
- 2- ज्ञान बिन्दु प्रकरण परिचय (प्रस्तावना भाग) पृ. 13-18, 20-25, 40-42  
(सिंधी जैन ज्ञान पीठ, अहमदाबाद)
- 3- Studies in Jain Philosophy, Nathmal Tatia PVRI, Varanasi
4. The Jain concept of omniscience, Dr. Ramjee Singh, L.D. Institute, Ahmedabad.
5. Jain Epistemology, I.C. Shastri
- 6 जैन दर्शन पं. महेन्द्र कुमार, प्रका. गणेशवर्णी जैन ग्रन्थमाला, बनारस।

7. जैन दर्शन मनन और मीमांसा, मुनि नथमल, प्रका. आदर्श साहित्य संघ, चुरू।
8. आगम युग का जैन दर्शन: पं. दलसुख मालवणिया प्रका. प्राकृत भारती जयपुर (राज.)
9. प्रवचनसार—परमश्रुत प्रभावक मण्डल, अगास।
10. सम्मय सुत्तं आ. सिद्धसेन, सं. डॉ. देवेन्द्र कुमार जैन, प्रका. भारतीय ज्ञानपीठ, दिल्ली
11. अनेकान्त दर्शन— प्रो. अशोक कुमार जैन, आचार्य ज्ञानसागर वागर्थ विमर्श, केन्द्र, ब्यावर

**M.A. Jainology, Jeevan Vigyan and Yoga**

**Semester- III**

**Paper III**

JAIN6.5DCCT304	Jain Yoga	DSE	100
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**Unit- I**

Jain Yoga- Form and Meaning

**Unit-II**

Jain Yoga- Haribhadra Yoga Drishtiyan (Viewpoints)

**Unit-III**

Dhyana- Form (Svaroop)- Haribhadra

**Unit-IV**

Salamban Dhyana and its Source

**Unit-V**

Anupreksha, Leshya- Their Form and Differences

**संदर्भित पुस्तकें**

1. Yogadrastisamuccaya and yogavimsika, Dr. K.K. Dixit, Bhartiya Sanskrit Vidya Mandir, Ahmedabad
2. Preksha Yoga for common Ailments, J.P.N. Mishra, B. Jain Publishers, New Delhi
3. Yoga for common Ailments, Nagrathna, R., Nagendra, H.R. and Monro, R. Gaia Books Ltd., London
4. Preksha Dhyana Theory and Practice, Acharya Mahapragya, JVB, Ladnun.
5. प्राकृतिक आयुर्विज्ञान, राकेश जिन्दल, आरोग्य सेवा प्रकाशन
6. शारीरिक मनोविज्ञान, राजकुमार ओझा एवं महेश भार्गव, हरप्रकाश भार्गव प्रकाशन, आगरा
7. शरीर क्रिया विज्ञान, प्रमिला वर्मा एवं कान्ति पाण्डेय, हिन्दी माध्यम कार्यन्वयन निदेशालय, दिल्ली विश्वविद्यालय, दिल्ली
8. एक्स्प्रेस—प्राकृतिक चिकित्सा, अत्तर सिंह, बी. जैन पब्लिशर्स प्राइवेट लिमिटेड, नई दिल्ली
9. चुम्बक चिकित्सा, बंसल हीरालाल, बी. जैन पब्लिशर्स प्राइवेट लिमिटेड, नई दिल्ली
10. जीवन विज्ञान की रूपरेखा, . धर्मेश मुनि, जैन विश्व भारती, लाडनूं
11. अमृतपिटक, युवाचार्य महाप्रज्ञ, जैन विश्व भारती, लाडनूं
12. जैन साधना पद्धति में ध्यान योग, डॉ. साध्वी प्रियदर्शना, प्रकाशक श्री रत्न जैन पुस्तकालय, आचार्य श्री आनन्द \_षिजी मार्ग, अहमद नगर
13. जैन परम्परा में ध्यान का स्वरूप (एक समीक्षात्मक अध्ययन), डॉ. सीमा रानी जैन, पीयूष भारती, बिजनौर (उत्तरप्रदेश)
14. प्राचीन जैन साधना पद्धति, साध्वी राजीमती, प्रकाशक सुराणा हाऊस, सी स्कीम, जयपुर

15. जैन योग, आचार्य महाप्रज्ञ, आदर्श साहित्य संघ प्रकाशन चूरु (राज.)
16. महावीर की साधना का रहस्य, आचार्य महाप्रज्ञ, आदर्श साहित्य संघ प्रकाशन चूरु (राज.)
17. जैन योग का आलोचनात्मक अध्ययन, डॉ. अर्हदास, पार्श्वनाथ विधाश्रम शोध संस्थान, वाराणसी

Or

JAIN6.5DCCT304	Stress Management through Yoga	DSE	100
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### **Stress Management through Yoga**

#### **Unit-I**

Concept of stress, signs, symptoms & causes of stress, physiology of stress, types of stress. stress in modern culture & society,

#### **Unit-II**

Psychological symptoms of stress, yogic concept of stress according yoga vashishatha, bhagwad geeta& patanjali yoga darshana.

#### **Unit-III**

Effect of stress on health, effect of stress on psychological health, effect of stress on physiological health, effect on personality & effect on society.

#### **Unit-IV**

Competency of yoga techniques to manage stress, management of stress through yama & niyama, management of stress through asana, pranayama & meditation,

#### **Unit-V**

Management of stress through yoga nindra and relaxation techniques, management of stress, through IAYT.

### **Suggested Readings:**

1. Stress and its Management through Yoga -Uduppa, K.N.
2. Spiritualize to lead a Stress Free Life - Krishna Murthy, V.S.
3. Yoga and Yogic Therapy - Ram Harsh Singh
4. Yoga Therapy - Swami Kuvalyananda
5. Yogic Management of Psychiatric Disorders -Basvareddy I.V.

**M.A. Jainology, Jeevan Vigyan and Yoga**

**Semester- III**

**Paper IV**

JAIN6.5DCCT305	Indian Religion Philosophy	DCC	100
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**Unit- I**

Nature of Sat (Reality)- Vedanta, Bauddh, Jain Philosophy

Nature of Atman

**Unit-II**

Pudgal- Jain, Sankhya and Nyaya Philosophy

Svaroop (Form) of Moksha (Liberation)

**Unit-III**

Cause-Effect Relationship- Jain, Bauddh, Sankhya and Nyaya Philosophy

**Unit-IV**

Form (Svaroop) of Ahimsa (Non-Violence)- Jain, Bauddha, Mimansa and Vedanta

Concept of Aparigraha

Tapa- Jain, Bauddha and Vedanta Philosophy

**Unit-V**

Vrat- Form (Jain, Bauddh, Yoga Philosophy)

Form of Avidya and Karma

**संदर्भित पुस्तकें**

1. भारतीय दर्शन – लेखक—डॉ. राधाकृष्णन, प्रकाशक—राजपाल एण्ड सन्स, कश्मीरी गेट, दिल्ली।
2. आत्म मीमांसा – पं. दलमुख मालवणिया, प्रकाशक— जैन संस्कृति संशोधन मण्डल, बनारस—5
3. बौद्ध दर्शन मीमांसा—आचार्य बलदेव उपाध्याय, प्रकाशक—चौखम्बा विद्याभवन, वाराणसी।
4. भारतीय तत्त्वविद्या – पं. सुखलाल संघवी।
5. इन्साइक्लोपिडिया ऑफ इण्डियन फिलो, भाग II – कार्ल, एच. पोटर।
6. सर्वदर्शन संग्रह।
7. Causation in indian Philosophy, Mahesh Chandra Bharatiya, p. 1-30, 106-110, 139-148, 273-275.
8. भारतीय तत्व विद्या पृ. 23—47 पण्डित सुखलालजी संघवी।
9. जैन दर्शन मनन और मीमांसा पृ. 652—657 आचार्य महाप्रज्ञ।

10. जैन न्याय का विकास पृ. 73 आचार्य महाप्रज्ञ ।
11. सांख्य कारिका 9 पर वाचस्पति मिश्र की टीका ।
12. Encyclopedia of Religion and Philosophy, Vol. p. Article on.
13. जैन कर्म सिद्धान्त का तुलनात्मक अध्ययन—डॉ. सागरमल जैन, प्रकाशक—राजस्थान प्राकृत भारती संस्थान, जयपुर ।
14. जैन—दर्शन स्वरूप और विश्लेषण, देवेन्द्र मुनि शास्त्री, प्रकाशक: तारक गुरु जैन ग्रन्थालय, उदयपुर ।
15. प्रमाण मीमांसा—संपा. पं. सुखलाल संघवी, प्रकाशन: सरस्वती पुस्तक, अहमदाबाद ।
16. षड्दर्शन समुच्चय—संपा. पं. महेन्द्र कुमार न्यायाचार्य, प्रकाशन : भारतीय ज्ञानपीठ, दिल्ली ।
17. श्रीमद्भगवद्गीता—शांकर भाष्य सहित, गीता प्रेस, गोरखपुर ।
18. साधक संजीवनी—रामसुखदास —गीता प्रेस, गोरखपुर ।



or

JAIN6.5DCCT305	Introduction to Naturopathy	DSE	100
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### **Unit-I**

Definition and principles of Naturopathy, Historical development of Naturopathy, Introduction of Indian Naturopathy,

### **Unit-II**

Life Sketch and contribution of Eminent Naturopaths- Mahatma Gandhi (Father of Indian Naturopathy), Vitthal Das Modi, Dr. Lindlhar.

### **Unit- III**

Introduction of all naturopathy tools, alternative system of therapy- introduction, meaning and various methods, therapy by Panch Tatva Sadhana (Aakash,Vayu, Agani, Jal, Prathvi).

### **Unit-IV**

Methods of naturopathy, fasting therapy limitations, method and benefits, deep breathing, breathing practices, morning walk etc.

### **Unit-V**

Sun Rays Therapy: limitations, methods and benefits, Chromo therapy- limitations, methods and benefits. Massage therapy- limitations, methods and benefits, hydro therapy- limitations, methods and benefits, mud therapy-limitations, methods and benefits, naturopathy diets.

### **Suggested Readings:**

1. K.S. Joshi, Speaking of Yoga & Nature- Cure Therapy, Sterling Publishers Private Limited (1991)
2. M.M.Bhamgara: The Human Body: Nature's Amazing Creation, Bipin Parekh, Mumbai (2004)
3. Parakrutik Ayuivijnana- Dr. Jindal- Republication of Kalyana Anka Arogya Seva Prakasham, Modinagar.
4. History and Philosophy of Nature Cure by S.J. Singh
5. Prachina Vangamaya Me Prakrutika Chikitsa-Swami Ananta Bharati, CCRYN, New Delhi.
6. Prakratik chikitsa kai siddant,Dr.Jindal
7. Philosophy of nature curse- Henary lidahinn
8. Practice of Nature curse – Henary lindlahan
9. Practice Nature curse – Dr. k. Laxman sharma

10. My Nature curse- M. K. Gandhi
11. Massage thearaphy – Dr J. H. kelloy.
12. Rational hydrotherapy – Dr. J.H. kelloy.
13. Essentials of food and Nutritin – Swannition.
14. K.S. Joshi-Speaking of Yoga and Naturopathy, Orient Paperback, New Delhi, 1990.
15. H.K. Bhakru, The complete Hand book of Nature Cure, Jaico Publishing House
16. Dr. Rakesh Jindal- Prakritik Ayurvigyan, Arogya seva prakashan, Modinagar, U.P.
17. Dr. Rudolf - Diet and Nutrition, Himalayan Institute Press.

**M.A. Jainology, Jeevan Vigyan and Yoga**

**Semester III**

**Practical Paper**

**Combined Practical Paper (Semester III All Papers)**

JAIN6.5DCCP306	Practical		Credit-8	Marks- 200
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Students will submit two assignments as per the syllabus (each in 1000 words). Which will be evaluated on the basis of 40+40 = 80 marks and Oral 10+10=20 marks 100

Practical file will be of 20 marks. 20

Practical work and interview both will be of 50+30=80 marks. 80

Practical work will be of total 200 marks

Practical part 200 Marks

1. Yogic activities-

- Stomach and breath
- Whole body
- Activities of spine

2. Yogasana

(a) Yogasanas done lying down-

Uttanapadasana, Pawanmuktasana, Hridayastambhasana, Sarvangasana, Matsyasana, Halasana, Makarasana, Shalabhasana, Bhujangasana, Dhanurasana,

(b) Yogasanas done while sitting-

Shashankasana, Suptavajrasana, Janushirasana, Paschimottanasana, Ustrasana, Yogamudra, Ardhamatsyendrasana, Throne, Padmasana,

(c) Yogasanas done while standing-

Sampadasana, Tadasana, Padahastasana, Trikonasana.

3. Pranayama-

Chandrabhedhi, Suryabhedhi, Anulom-Vilom, and Sheetal.

4. Bond/Bandh-

Mula Bandha, Uddiyana Bandha, Jalandhara Bandha;

5. Meditation/Prekshadhyan -

Pre-preparation for Meditation, Arham sound, Mahaprana sound, Dhyeya Sutra, Sankalp Sutra, Vivek Sutra, Sharan Sutra and Shraddha Sutra.

6. Prekshadhyana/Observation-

Prekshadhyana: Laghukayotsarga, Antaryatra, Shvaspreksha, Jyotikendra Preksha and concluding method of meditation.

7. Experiments related to value education (intention and feeling)

(a) Moral values- 1. Authenticity, 2. Compassion

(b) Mental values- 1. Mental balance, 2. Patience.

(c) Emotional values- 1. Tolerance 2. Fearlessness

**Suggested Readings:**

1. Yoga Tradition-Feuerstein George, Motilal Banarasidas Publications, Delhi, 2002.
2. Patanjali Yogasar-Dr. Sadhna Danauriya, Madhulika Publications, Allahabad
3. Prekshadhyana: Asana Pranayam - Muni Kishanlal, Prac. Jain Vishwa Bharati, Ladannu
4. Prekshadhyana: Compound verbs - Muni Kishanlal, Praka. Jain Vishwabharati, Ladnun
5. Preksha Dhyana: Experiment-Methodology - Acharya Mahapragya, Published. Jain Vishwabharati, Ladnun.

## **M.A. Jainology, Jeevan Vigyan and Yoga**

### **Semester IV**

JAIN6.5AECT401	Personality Development	AEC	2	Non CGPA
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Introduction to Personality: Definition, types, and determinants of personality

Self-Awareness & Self-Esteem: SWOT analysis, Johari window

Body Language & Etiquette: Grooming, dress code, social and professional etiquette

Goal Setting & Time Management: SMART goals, prioritization, procrastination

Teamwork & Leadership: Types of teams, leadership styles, role of motivation

Conflict Management & Decision-Making

#### **Suggested Readings:**

1. Barun K. Mitra, Personality Development and Soft Skills, Oxford University Press.
2. Stephen P. Robbins, Organizational Behavior, Pearson Education.
3. Hurlock, Elizabeth B., Personality Development, McGraw-Hill.
4. Norman Vincent Peale, The Power of Positive Thinking, Touchstone.
5. Daniel Goleman, Emotional Intelligence, Bantam Books.
6. Carnegie, Dale, How to Win Friends and Influence People, Pocket Books.
7. Covey, Stephen R., The 7 Habits of Highly Effective People, Free Press.

## **M.A. Jainology, Jeevan Vigyan and Yoga**

### **Semester IV**

#### **Paper I**

JAIN6.5DCCT402	Jain Yoga Vigyan	DCC	100
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#### **Unit- I**

Jain Yoga- Historical Background

Principles of Jiva, Ajiva, Karma, Moksha

#### **Unit-II**

Ahimsa, Satya, Mahavrata and Anuvratas

#### **Unit-III**

Meditation in Jainism (Dhyana)- Purposes

Samyak Darshna, Samyak Jnana and Samyak Charita

#### **Unit-IV**

The role of Yoga (Mental, Verbal, Physical) in karmic influx (Asrava) and stoppage (Samvara).

Nirjara (Eradication of karma) through austerities and meditation.

#### **Unit-V**

Jain Yoga and Modern Yoga Movements

Relevance of Yoga Vigyan in ethical and ecological discourses today

#### **Suggested Readings**

1. Padmanabh S. Jaini – The Jaina Path of Purification
2. Nathmal Tatia – Studies in Jaina Philosophy
3. Vijay K. Jain – Acharya Umasvami's Tattvarthsutra: With Commentary of Umāsvāti
4. Champat Rai Jain – The Practical Dharma
5. S. A. Jain – Reality: English Translation of Tattvartha Sutra
6. Jain Yoga texts from the Jain Agamas (e.g., Uttaradhyayana Sutra)
7. Acharaya Mahaprajna – The Science of Living
8. Swami Dharmananda – Comparative Study of Jain and Hindu Yoga
9. U. P. Arora – Philosophical Foundations of Jain Yoga

**M.A. Jainology, Jeevan Vigyan and Yoga**

**Semester IV**

**Paper II**

JAIN6.5DCCT403	Jeevan Vigyan and Health	DCC	100
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**Unit- I**

Svasthya (Health)- Concept, Environment and Health

Health Education

**Unit-II**

Jeevan Vigyan and Svasthya Samvardhan- High Blood Pressure, Acidity, Fever, Back Pain, Anidra (Insomnia), Sugar

**Unit-III**

Manoshareer Kriya Vigyan- Nature, Meaning and Importance

Nervous System and Prekshadhyan

**Unit-IV**

Immunity Development and Prekshadhyaan

Emotional Intelligence

Motivational Behaviour

**Unit-V**

Natural Therapy- Concept, Types

Balanced Life Style

Alternative Therapies- General Introduction

**संदर्भित पुस्तकें**

1. Yogadrastisamuccaya and yogavimsika, Dr. K.K. Dixit, Bhartiya Sanskrit Vidya Mandir, Ahmedabad
2. Preksha Yoga for common Ailments, J.P.N. Mishra, B. Jain Publishers, New Delhi
3. Yoga for common Ailments, Nagrathna, R., Nagendra, H.R. and Monro, R. Gaia Books Ltd., London
4. Preksha Dhyana Theory and Practice, Acharya Mahapragya, JVB, Ladnun.
5. प्राकृतिक आयुर्विज्ञान, राकेश जिन्दल, आरोग्य सेवा प्रकाशन
6. शारीरिक मनोविज्ञान, राजकुमार ओझा एवं महेश भार्गव, हरप्रकाश भार्गव प्रकाशन, आगरा
7. शरीर क्रिया विज्ञान, प्रमिला वर्मा एवं कान्ति पाण्डेय, हिन्दी माध्यम कार्यन्वयन निदेशालय, दिल्ली विश्वविद्यालय, दिल्ली

8. एक्स्प्रेस—प्राकृतिक चिकित्सा, अत्तर सिंह, बी. जैन पब्लिशर्स प्राइवेट लिमिटेड, नई दिल्ली
9. चुम्बक चिकित्सा, बंसल हीरालाल, बी. जैन पब्लिशर्स प्राइवेट लिमिटेड, नई दिल्ली
10. जीवन विज्ञान की रूपरेखा, . धर्मेश मुनि, जैन विश्व भारती, लाडनूं
11. अमृतपिटक, युवाचार्य महाप्रज्ञ, जैन विश्व भारती, लाडनूं
12. जैन साधना पद्धति में ध्यान योग, डॉ. साध्वी प्रियदर्शना, प्रकाशक श्री रत्न जैन पुस्तकालय, आचार्य श्री आनन्द \_षिजी मार्ग, अहमद नगर
13. जैन परम्परा में ध्यान का स्वरूप (एक समीक्षात्मक अध्ययन), डॉ. सीमा रानी जैन, पीयूष भारती, बिजनौर (उत्तरप्रदेश)
14. प्राचीन जैन साधना पद्धति, साध्वी राजीमती, प्रकाशक सुराणा हाऊस, सी स्कीम, जयपुर
15. जैन योग, आचार्य महाप्रज्ञ, आदर्श साहित्य संघ प्रकाशन चूरू (राज.)
16. महावीर की साधना का रहस्य, आचार्य महाप्रज्ञ, आदर्श साहित्य संघ प्रकाशन चूरू (राज.)
17. जैन योग का आलोचनात्मक अध्ययन, डॉ. अर्हददास, पार्श्वनाथ विधाश्रम शोध संस्थान, वाराणसी



**M.A. Jainology, Jeevan Vigyan and Yoga**

**Semester IV**

**Paper III**

JAIN6.5DSET404	Buddhist Religion and Philosophy	DSE	100
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**Unit- I**

Mahatma Buddha- Life and Personality, Sanskaar, Sadhana Marg of Buddha, Buddhkaleen Bharat

**Unit-II**

Arya Satya (Four), Madhyama Marg of Buddha, Ashtangik Marg, Moksha- Svaroop

**Unit-III**

Prateetyasamutpaad, Dhyan Chatushtya, Anatmvaad, Aneeshwarvaad, Sheel Samadhi evam Pragya

**Unit-IV**

Bauddha Dharma- Svaroop, Shikshayen, Bauddhakaleen Samaj

**Unit-V**

Bauddhkala ka Itihaas, Bauddhakaleen Murtikala, Bauddhakaleen Sthapatya Kala

**संदर्भित पुस्तकें**

- 1.बौद्ध संस्कृति का इतिहास – प्रो.भाग चन्द्र जैन, भारतवर्षीय दिगम्बर जैन महासभा, दिल्ली।
- 2.बौद्ध दर्शन – राहुल सांकृत्यायन, चौखम्बा प्रकाशन, बनारस
- 3.बौद्ध दर्शन – बलदेव उपाध्याय, चौखम्बा प्रकाशन, बनारस
- 4.बौद्ध दर्शन तथा अन्य भारतीय दर्शन भाग 1-2, भरतसिंह उपाध्याय
- 5.बौद्ध मूर्ति विधान – नवीन चन्द शास्त्री
- 6.प्राचीन भारतीय स्तूप, गुफा एवं मन्दिर – वासुदेव उपाध्याय
7. संयुक्तनिकायपालि एक अध्ययन – डॉ. विजय कुमार जैन, लखनऊ।

or

JAIN6.5DSET404	Jain Agam and Ethics	DSE	100
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### Unit- I

Introductory Study to 'Aacharang' Atmanvaad: Rebirth (Punarjanma), Introductory Study to 'Sutrakritang' Agyanvaad, Vinayvaad, Shunyavaad, Akriyavaad

### Unit-II

Introductory Study to Bhagwati, Original Source of Namaskaar Mahamantra, Introductory Study to Uttradhyayan, Guru Shishya Sambandh, Anushasan, Introductory Study to Dashvaikalik

### Unit-III

Introductory Study of Samayasaar, Atman- Svaroop and 'Bhedabhed', Shuddh Naya, Naya Svaroop and Bhed, Jiva Ajiva Adhikaar

### Unit-IV

Jainachar- Achar ki Jain Avdharna

Shravkaachaar- Anuvrata, Gunvrat, Shikshavrat, Gyarah Pratimayen

Importance of 'Karuna' and its types

### Unit-V

Panchmahavrat, Gupti, Samiti, Shadavashyak, Parishah, Sangh Vyavastha

#### संदर्भित पुस्तकें

1. Aspects of Jain Monasticism-Dr. Tatia and Muni Mahendra Kumar, JVBI, Ladnun.
2. Ethical Doctrines of the Jainas by K.C. Sogani, Jain Samskriti Samrakshak Sangh, Sangli, Solapur.
3. Jain Ethics-Dr. Dayanand Bhargava, MLBD Delhi
4. Jain Yoga R. Villiams 14. History of Jaina Monachism-S.B. Deo.
5. जैन दर्शन—प्रो. महेन्द्र कुमार, प्रका. गणेशवर्णी शोध संस्थान, वाराणसी।
6. दर्शन और चिन्तन —डा. सुखलाल संघवी
7. रत्नकरण्ड श्रावकाचार, प्रका. वीरसेवा मन्दिर, वाराणसी
8. नवपदार्थ संग्रह—आचार्य भिक्षु सं. श्री चन्द्र रामपुरिया, प्रका. जैन श्वेताम्बर तेरापंथी महासभा
9. गृहस्थ को भी अधिकार हैं धर्म करने का, गणाधिपति तुलसी, प्रका. आदर्श साहित्य संघ, चुरी
10. जैन दर्शन मनन और मीमांसा — आचार्य महाप्रज्ञ
11. भगवई भाष्य प्रका. जैन विश्व भारती संस्थान, लाडनू ।
12. तत्त्वार्थसूत्र भाष्य सहित प्रका. परमश्रुत प्रभावक मण्डल, आगरा।
13. द्रव्यानुयोग तर्कणा प्रका. परमश्रुत प्रभावक मण्डल, अगास

14. जैन सिद्धान्त दीपिका, आचार्य तुलसी (अंग्रेजी अनुवाद-एस. मुखर्जी) संपादक डा. नथमल टाटिया, मुनि महेन्द्र कुमार, प्रका. जैन विश्वभारती, लाडनूं
15. जैन दर्शन, मनन और मीमांसा, आचार्य महाप्रज्ञ, प्रका. आदर्श साहित्य संघ चुरू।
16. उवासगदसाओ-अंगसुत्ताणि भाग-3, जैन विश्व भारती. लाडनूं
17. श्रावकसम्बोध, प्रका. आदर्श साहित्य संघ, चुरू।
18. आचारांग भाष्य-आचार्य महाप्रज्ञ, प्रका. जैन विश्व भारती संस्थान, लाडनूं।
19. दशवैकालिक- जैन विश्व भारती, लाडनूं
20. मूलाचार-प्रका. भारतीय ज्ञानपीठ, दिल्ली।
21. उत्तराध्ययन-प्रका. जैन विश्वभारती, लाडनूं
22. नवतत्त्व: आधुनिक सन्दर्भ में- आचार्य महाप्रज्ञ प्रका. जैन विश्वभारती, लाडनूं।
23. आगम युग का जैनदर्शन-पं. दलसुख मालवणिया
24. उत्तराध्ययन एक समीक्षात्मक अध्ययन
25. दशवैकालिक एक समीक्षात्मक अध्ययन
26. आचारांग भाष्य-आचार्य महाप्रज्ञ
27. भगवती भाष्य-आचार्य महाप्रज्ञ
28. जैन साहित्य का बृहद्इतिहास-प्रथम भाग-प्रकाशक-पार्श्वनाथ विद्याश्रम, वाराणसी
29. The Uttaradhyana Sutra JARL Charpentier Pub.: Ajay Book Service, New Delhi & 110002
30. Jaina Sturas, Heramann Jacobi, Pub.: Atlantic Publishers & Distributors, 4215/1, Ansari Road, Daryagang, New Delhi.
31. Studies in the Bhagawatisutra, J.C. Sikdar Pub.: Research Institute of Prakrit, Jainology & Ahimsa Muzafferpur (Bihar), 1964

**M.A. Jainology, Jeevan Vigyan and Yoga**

**Semester IV**

**Paper IV**

JAIN6.5DSET405	Dissertation	DSE	100
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**Dissertation**

(Dissertation – 100 Marks)

**Total Marks: 100**

Students can opt for Dissertation instead of Ninth Paper. The subject of the Dissertation/Project Work should be related to the syllabus prescribed in the First/Second/Third/Fourth Semester of M.A. Editing of Jain manuscripts (editing as well as translation and critical study) can also be selected as a subject for short research dissertation. The short research Dissertation/Project Work will be evaluated by an external expert decided by the affiliating university. This will be evaluated as per the University Guidelines and as per University norms.

Or

JAIN6.5DSET405	Prakrit Kavya Sahitya ki Vividh Vidhayein	DSE	100
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**Unit- I**

Prakrit Sahitya: Historical Introduction, Importance

**Unit- II**

Mahakavya Parampara and Nature of Prakrit Mahakavya- Historical, Ancient, Classical

**Unit-III**

Prakrit Charit and Katha Sahitya

**Unit-IV**

Prakrit Khandkavya and MuktakKavya

**Unit-V**

Research Related Discourse on Prakrit Kavya Sahitya

Research Institutes and Introductory Analysis of Modern Researchers

**Suggested Readings:**

1. जैन धर्म – पं. कैलाश चन्द्र शास्त्री
2. जैन साहित्य का वृहत् इतिहास भाग 1, 2 एवं 3
3. भारतीय संस्कृति में जैन धर्म का योगदान – डॉ. हीरा लाल शास्त्री
4. प्राकृत साहित्य का इतिहास– डॉ. जगदीश चन्द्र जैन
5. प्राकृत भाषा एवं साहित्य का आलोचनात्मक इतिहास– डॉ. नेमि चन्द्र शास्त्री
6. प्राकृत भारती– प्रो. प्रेम सुमन जैन
7. जैन संस्कृति कोश – प्रो. भाग चन्द्र जैन भाग 1-3
8. कुवलयमालाकहा का सांस्कृतिक अध्ययन – डॉ. प्रेम सुमन जैन
9. पउमचरियं का साहित्यिक एवं सांस्कृतिक अध्ययन – डॉ. सुरेन्द्र कुमार जैन

**M.A. Jainology, Jeevan Vigyan and Yoga**

**Semester IV**

**Practical Paper**

JAIN6.5DCCP406	Practical	Credit- 8	Marks- 200
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**Combined Practical Paper (Semester IV All Papers)**

**Practical Work: 200 marks**

Students will have to write and submit one assignment in 1000 words as per the syllabus. Which will be evaluated out of 40 marks and its oral examination will be of 10 marks 50

Jain Sadhana Kendra/Jain Library/Jain Education Centre/Jain Pilgrimage Site/Temple/Adhyatma Shanti Peeth/ Visit to a Yoga Centre/Yoga University any Historical Place of Importance or Observation of Jain Architecture. Report of Educational Visit done on any one of the above subjects along with photographs 50

Practical file will be of 20 marks. 20

Practical work and interview both will be of 50+30=80 marks. 80

Practical work will be of total 200 marks

**Practical Part 200 marks**

1. Yogic activities- Activities of the spine, Yogic activities of the whole body.
2. Yogasana- Naukasana, Swastikasana, Baddhapadmasana, Utkatasana, Brahmacharyasana, Siddhasana, Madhyapadashirasana, Mahavirasana, Garudasana, Natarajasana, Shirshasana, Mayurasana, Chakrasana, Surya Namaskar (Ishtvandanasana), Hastashundikasana
3. Pranayama- Bhastrika Sheetkari Kapalbhati, Ujjayi, Bhramari, Nadishodhan.
4. Purification- Shankhaprakshalan
5. Hand Mudras - Vayu Mudra, Akasha Mudra, Surya Mudra, Prithvi Mudra, Varun Mudra, Prana Mudra, Apana Mudra, Apana Vayu Mudra, Surbhi Mudra, Shivling Mudra, Shankh Mudra, Gyan Mudra.
6. Prekshadhyan - Body Preksha, Chaitanya Kendra Preksha and Leshyadhyan.
7. Kayotsarga – Complete Kayotsarga.

### **Reference Books**

1. Yoga Tradition-Feuerstein George, Motilal Banarasidas Publications, Delhi, 2002.
2. Patanjali Yogasara-Dr. Sadhna Danauriya, Madhulika Publications, Allahabad
3. Prekshadhyan: Asana Pranayam - Muni Kishanlal, Prac. Jain Vishwa Bharati, Ladannu
4. Prekshadhyan: Compound verbs - Muni Kishanlal, Praka. Jain Vishwabharti, Ladnun
5. Prekshadhyaan: Experiment-Method - Acharya Mahapragya, Praka. Jain Vishwa Bharati, Ladnun

## **Teaching Learning Process**

- Lectures, Online Classes
- Discussions, Online Discussion Forum if possible
- Role Playing
- Participative Learning
- Interactive Sessions (Online Classes)
- Seminars, Tutorials, Assignments, Quizzes and Tests
- Presentations
- Research-based Learning/Dissertation or Project Work
- Technology-embedded Learning
- Practical sessions of Yoga and Asanas



## **Blended Learning**

Blended Learning is a pedagogical approach that combines face-to-face classroom methods with computer-mediated activities (Online Classes) in the process of teaching and learning. It has been decided that blended learning be taken recourse to if such need arises. As per the present time demands, the teacher should be ready to use online mode. Hence online teaching also to be promoted through virtual engagement considering requirements of the department at the college/institution.

## **Assessment and Evaluation**

- Continuous Comprehensive Evaluation at regular interval after achievement of each Course-level learning outcome
- Tutorial, Assignment and Discussions, Virtual Engagement, Collaborative Assignments, Quizzes, Online Test, Online Assignments.
- Oral Examinations to evaluate presentation and communication skills.
- Group Examinations on Problem solving exercises.
- Seminar Presentations, Dissertation, Project Report, Field Study (DPR)
- Report Writing

## **Keywords**

- LOCF (Learning Outcome based Curriculum Framework)
- NEP-2020 (National Education Policy 2020)
- Blended Learning
- Face to face (F to F) Learning
- Programme Outcomes (POs)
- Programme Specific Outcomes (PSOs)
- Course-level Learning Outcomes
- Postgraduate Attributes (PGAs)
- Learning Outcome Index (LOI)
- Formative Assessment and Evaluation
- Comprehensive and Continuous Evaluation
- CA- Continuous Assessment (Internal Assessment)
- CC- Core Course
- CF- Core Foundation
- CE- Core Elective
- OE- Open Elective
- SEC- Skill Enhancement Course

## References

1. Guideline of the affiliating university (Maharaja Ganga Singh University, Bikaner)
2. National Education Policy (NEP), 2020

The Syllabus for the PG Semester Scheme 2025-26 (w.e.f. 2024-25 session) is prepared by the **Board of Studies in Jainology, Jeevan Vigyan and Yoga (JJVY)** under the Convenorship of Prof. Devishankar Sharma, Principal, Government Girls College, Babai (On Deputation, Professor, S.B.D. Govt. PG College, Sardarshahar)

Prof. (Dr.) Devishankar Sharma

Convenor

Board of Studies (Jainology)

Principal, Government Girls College, Babai

(S.B.D.Government P.G.College, Sardarshahar)