



"The future of humanity lies in a balanced development of labour, wealth and self-restraint. Labour and wealth represent the basic aspects of life. On the other hand, self-restraint represents life's spiritual aspect. A mentally steady life is impossible to conceive if education or training is not

based on all the three. Experiments in JEEVAN VIGYAN are experiments in steadfastness of life; they are experiments in harmonizing of value-oriented education and education in Yoga."

By Acharya Mahapragya as told to Lalit Garg  
and reported in Central Chronicle (July 15, 2010)

### Preksha Vishva Bharati, Koba visited and supported by Jeevan Vigyan Academy

A seven day (13-19 July) visit to Preksha Vishva Bharati, Koba (Gandhi Nagar, Gujrat) was made by Mahendra Kumar Kumawat, Instructor, Jeevan Vigyan Academy, Ladnun. The purpose of the visit was to evaluate the current status of activities at Preksha Vishva Bharati and make recommendations for its re-vitalization. At Mahapragya Vidya Niketan (CBSE-affiliated school), the demonstration of SOL prayer assembly and teacher training for the same was done. A recommendation for involving the parents and community members for Jeevan Vigyan Activities at Terapanth Bhawan, Ahmedabad has been made. Jeevan Vigyan Academy will look forward to a fruitful association with Preksha Vishva Bharati in future.

### SUJALA region school visited for training and follow-up

Eighteen schools in SUJALA region were visited by Rameshwar Sharma from July 12 to July 18 for training, follow-up and survey. About 60 survey forms were got filled. The response from Government Schools lukewarm due to their own survey of child tracking and admissions. The survey data collected will be used for research work. Generally, class-based activities of SOL are allowed instead of the whole-school participation in the beginning of session. The schools at Sujangarh, Parihara, Chhapar and Bidasar were visited. The maximum schools were covered at Bidasar.

### Training held at Acharya Bhikshu Public School (ABPS), Jaipur

A three day (22-24 July) training was held at ABPS by Dr. Anshuman Sharma, Mahendra Kumar Kumawat in which ten teachers and forty students participated. Both theoretical and practical aspects of SOL were taken up. The practice for proper morning prayer assembly was given so that students themselves could organize the assembly properly. On the last day, Dr. Lalit Kishore, Director, JVA also addressed the students and teachers. Mrs. Anurag Banthia, Convener ABPS too interacted with the trainers. On the last day of training Shri Mahendra Singh Arora, who made very good arrangements and gave ample hospitality, met with an accident due to blast of a battery that injured his eyes, We wish him speedy recovery!

### Rajasthan Directorate of Elementary Education to encourage teachers to participate in Jeevan Vigyan Essay Competition

A meeting was held with Mr. Shyam Sunder Bissa, IAS, Director, Directorate of Elementary Education, Bikaner, regarding the participation of government school teachers in Jeevan Vigyan Lekh Pratiyogita-2010. Not only the Director gave a 'message' to be included into the brochure but also agreed to put up a press release for Shivira journal of the education department in this regard. The meeting on July 29 was attended by Dr. Lalit Kishore and Girija Dubey of Jeevan Vigyan Academy, Ladnun.

### Acrostic on Science of Living (SOL)

**S** = Scientific approach to learning about appropriate life style and self-development.

**O** = Orientation towards all-round development including intellectual, physical, mental and emotional health.

**L** = Linking learning with physiology, endocrine balance and ethical living. Dr. Lalit Kishore

### Rajasthan School, Shahibagh, Ahmedabad visited

Rajasthan School, Ahmedabad, was visited by Mahendra Kumar Kumawat on July 15 and demonstration about the activities of Jeevan Vigyan was made. Realizing the potential of Jeevan Vigyan in the all-round development of students, the school has demanded the posting of an instructor for introducing Jeevan Vigyan as a subject.



### Have a right posture to keep yourself healthy

According to Munishri Kishanlal Swami, Science of Living is the systematic knowledge and practice of living. It combines life science, understanding value-based human life and art of living. For a proper living,

we need to know about vital energy and significance of 'right posture'. For getting the first hand feel of vital energy, proceed as follows -

1. Sit comfortably with your spine and neck straight.
2. Close your eyes gently.
3. Raise your hands slightly as a recipient. Stay in this posture for a minute.
4. Imagine intensely some universal energy entering your hands.
5. When you feel some trembling in your hands, bring them in front with palms facing each other.
6. Try moving your hand gently to and fro. You will feel force of attraction when hands are being brought closer and repulsion when moved apart.
7. Now, place your hand on your head and affirm "I am getting energetic."

As you feel, so is the secretion from glands and so becomes your behaviour. Thus, it is very important to have right posture or mudra. Keep your spine straight and have a smile on your face. This is the right posture. So, always sit, stand, walk and sleep with your spine straight to keep healthy.

### An SOL exposure training held at LK Singhania School

A one day exposure training was held for the students of LK Singhania Public School, Gotan, in which 60 students (40 boys, 20 girls) of grade six to nine participated along with three teachers. The training had three sessions; namely introduction to 'Science of Living' through power point presentation; practice of SOL activities for morning prayer assembly and Kayotsarg. The students and teachers reacted favourably to the training. They were of the view that the SOL practicals are useful for relaxation and refreshing. The possibility of daily session for contemplation and kayotsarga as a part of SOL could be explored for its institutionalization in the school. Also a set of literature was handed over to

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school for reference purpose. Principal Mr. R.K. Joshi expressed a desire for holding some teacher development workshops in future by involving Jeevan Vigyan Academy.

### JVA Headquarters Activities

- ★ Brochure for International camp has been finalized for printing.
- ★ School-Based Training Programme brochure was finalized and is under printing.
- ★ Research proposal titled 'Development, try-out and validation of grade one Hindi language course with micro-muscle training of eyes, hands and speech organs and linkage to Science of Living (SOL) curriculum' was sent to the NCERT, Delhi for grant. The document is of 21 pages and annexures are separate.
- ★ A research paper 'Towards being an action researcher : Training of teachers for professional self-development and improving the practice of teacher educator' was written and sent to National Council for Teacher Education, New Delhi.
- ★ The modified document 'Seven Day Jeevan Vigyan Training of Trainers Programme' was modified and typed both in Hindi and English.
- ★ The draft report of Jeevan Vigyan Chintan Gosthi was written, typed and sent for feedback in the second week of July.
- ★ Data base of contacts was enhanced and emails for personality development camps were sent.
- ★ Preparation for Jeevan Vigyan Essay Competitions are in the offing by preparing leaflet, banner and contact with Directorate of Elementary Education, Bikaner.
- ★ Inputs for Dashabadi Samaroh of Jeevan Vigyan Academy Sanstha, Bhilwara were given for organising the programme and sovereign.
- ★ A research paper on training was sent for publication of Shivira journal. The title of the paper is "जीवन विज्ञान प्रशिक्षण के संभागियों की प्रतिक्रियाओं का अध्ययन।"

### :: Coming Events ::

1. Training on Personality through Jeevan Vigyan : 09-13 Aug., 2010
2. Poorva Janam Anubhooti Shivar : 30 August to 04 Sept., 2010
3. Jeevan Vigyan International Training Camp : 08 to 13 November, 2010 at Terapanth Bhawan, Sardarshahar contact- 01581-22297, 200170, Mob.No. 09950039313

**A Request to the Readers :** The individual readers and institutions are requested to send the brief reports of Jeevan Vigyan activities organized by them with photographs to be included in coming issue of e-Newsletter.