

What is Science of Living ?



Here is an oft-repeated definition of SOL : Science of Living is an educational innovation for developing sound and healthy personality of individuals who in turn will form a healthy society by studying and discovering those principles and practices which refine the intellectual, physical,

mental, emotional and spiritual aspects of life. As Acharya Mahapragya said, "For the development of a free personality, spirituality and education have to gel."

Jeevan Vigyan Activities in Udaipur

During the Anuvrat Week, the Non-Violence Day programme was organized by Anuvrat Samiti, Udaipur, for the inmates of the local jail. Non-Violence is a theme of Jeevan Vigyan which needs to be propagated in schools and society equally. Also, a seminar was on held by the Samiti at Narayan Seva Sansthan on September 27, Jeevan Vigyan Divas was organised at Balika Gelra Sr. Sec. School and the importance of Jeevan Vigyan in personality development was highlighted.



Manuscripts of New Edition of Jeevan Vigyan for Primary Classes Ready

The draft manuscripts of the textbooks of the new edition of the textbooks were reviewed and refined by Dr. Lalit Kishore (Director, JVA), Dr. Anita Rakesh (Professor in Psychology, Kanodia College, Jaipur) and Dr. Anita Surana (Principal, Merry Land School, Jaipur) after identifying the basic norms. One month long efforts have resulted in finalization of the textual material which has been examined and approved by Munishree Kishanlal, Prabhari, Jeevan Vigyan. The revised textbooks for classes three to five will be introduced from the next academic sessions.

Growing Steps of Jeevan Vigyan in Orissa

Jeevan Vigyan is spreading in Orissa state with the efforts of 'Odisha Prantiya Jeevan Vigyan Academy, Titilagarh'. According to the letter received for Secretary of the Academy, Mr. Surendra Kr. Jain, the academy is planning to organize a Jeevan Vigyan Training Programme for teachers of Titilagarh, Pant Nagar and Balangir.

जीवन विज्ञान अन्तर्राष्ट्रीय शोध एवं प्रशिक्षण संस्थान की बैंगलोर शाखा हेतु श्रद्धेय आचार्यप्रवर का मंगल संदेश।

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29.9.2010

आदमी के भीतर शुभ और अशुभ दोनों प्रकार के संस्कार होते हैं। जब अशुभ संस्कार प्रबल होते हैं, तो वह अपराध में चला जाता है और जब शुभ संस्कार सबल होते हैं तो वह अच्छा बन जाता है। परम पूज्य गुरुदेव तुलसी और परम पूज्य आचार्यश्री महाप्रज्ञ ने जीवन विज्ञान का प्रकल्प प्रस्तुत किया।



उसका मुख्य उद्देश्य है – भावात्मक विकास। ज्ञात हुआ कि बैंगलोर में जीवन विज्ञान अन्तर्राष्ट्रीय शोध एवं प्रशिक्षण संस्थान की शाखा स्थापित की जा रही है। इसके माध्यम से दक्षिण भारत में जीवन विज्ञान का प्रसार करने में अच्छा सहयोग मिल सकेगा। जीवन विज्ञान से जुड़े कार्यकर्ता उत्साह के साथ इस कार्य को आगे बढ़ाते रहें। शुभाशंसा

सरदारशहर

—आचार्य महाश्रमण

Jeevan Vigyan Day Celebration



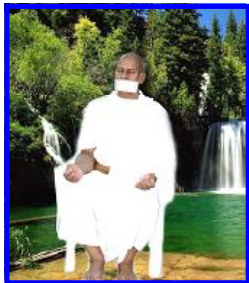
Second day of 'Anuvrat Udbodhana Saptah' was celebrated as Jeevan Vigyan Day in S. S. Jain High School, Secunderabad (A.P.). Smt. Nirmala Baid made the students to practice of various practicals of 'Jeevan Vigyan in Prayer Assembly' like Tadasana, Konasana, Padhasthasana, Mahapran Dhwani, Kayotsarg, Dirgh-Swas Preksha, Jyoti Kendra Preksha and Gyan Kendra Preksha to the students.

An Anuvrat related quiz was also organized for the students. Stickers containing messages to promote environment preservation, water, electricity and earth conservation were also displayed.

The program was sponsored by Shri Hanuman Mal Jinendra Kumar Baid, Secunderabad (A.P.).

Parivarik Sauhard Karyashala

A three day Parivarik Sauhard Karyashala (Workshop on Harmony in Families) is being organised from October 5 to 7 at Terapanth Bhawan, Sardarshahar, in the auspicious presence of Acharyashri Mahashramanji. It is believed that family is the most important unit of a society. The workshop is being organised by Terapanth Yuvak Parishad, Terapanth Mahila Mandal and Jeevan Vigyan Academy in which various Munis will conduct sessions on how to live harmoniously in a family. The resource persons of the workshop are Munishri Kishanlal, Munishri Dinesh Kumar, Munishri Himanshu Kumar and Munishri Kumarshraman.



Let us learn to live from Jeevan Vigyan

Breath is Life

As per Jeevan Vigyan Prabhari, Preksha Pradhyapak Muni Kishan Lalji :

1. Right breathing keeps a person healthy and calm. Breathing is the very source of life for us.
2. Breathing is a spontaneous process which starts right from the moment of our birth. As the diaphragm goes down, lungs spread, lungs and abdominal muscles extend and thus we inhale. Similarly, when the diaphragm comes upward, lungs and abdominal muscles contracts and thus breath comes out automatically. This is the right method of breathing.
3. To correct the process of breathing, lie down on your back and observe the expansion and the contraction process of your abdominal muscles. It extends with inhalation or breathing in and contracts with exhalation or breathing out.
4. Sit in Sukhasana. Inhale fully. Bend forward reciting "AUM". The abdomen will contract and breath will come out automatically.
5. Mahapran Dhwani is an easy practice to make the breath long and deep. Breathe in slowly for six seconds, create a sound like humming bee (Mahapran Dhwani) for twelve seconds. Practice silence for two seconds. Thus one cycle of breath will consume 20 seconds. Repeat it once more.
6. Extend your both the hands parallel to your shoulders in five seconds while breathing in. Stop breath inside for five seconds. Exhale for five seconds while bringing hands back. Stop the breath outside for five seconds.
7. Make two teams of students, each of 20. Make them sit facing each other. Make them play the game of "Mahapran Dhwani". The student with the longest breath should be declared as winner

Jeevan Vigyan Diwas celebrated at Sardarshahar

In Sardarshahar, Jeevan Vigyan Diwas was celebrated on September 27 in the auspicious presence of Acharyashri Mahashramanji, who said that Jeevan Vigyan is the solution to the vows and problems of present day education. Speaking on the occasion, Jeevan Vigyan Prabhari, Munishri Kishanlalji said that Jeevan Vigyan is relevant for the whole society since it can lead to a healthy, peaceful and blissful life. The programme was organised by the local 'Anuvrat Samiti'.

Field Visits

- Mahendra Kumawat (JV Trainer) visited four schools of Bhilwara for three days to impart intense training in Jeevan Vigyan activities during morning prayer assembly. The students of these schools participated in the Anuvrat Week celebration and demonstrated yogic exercises on Jeevan Vigyan Day in the auspicious presence of Sadhvishti Jaya Prabhaji.
- Hanuman Mal Sharma (Sr. J.V. Trainer) imparted two-day training on Jeevan Vigyan practicals at Yoga Centre, Jai Narain Vyas University, Jodhpur to develop a presentation on Yoga Centre. The JNV University is running Jeevan Vigyan course and is keen to have a link with JVA, Ladnun. A visiting team from NAAC was present during the presentation.

Jeevan Vigyan Activities at Sardarshahar

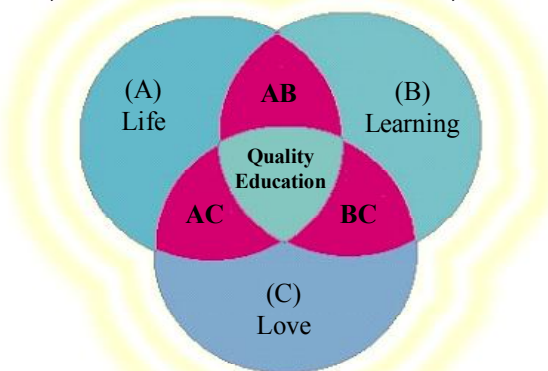
With the formation of Jeevan Vigyan Academy Sanstha (JVAS) at Sardarshahar and initiatives taken by Shri Sampat Lal Jain, Jeevan Vigyan activities have been initiated in the morning prayer assembly of Krishna Public School and Cambridge Convent School. Another 15 local schools have agreed to include Jeevan Vigyan as a part of morning prayer. Adarsh Vidya Mandir and Sarswati Vidya Mandir have agreed to implement Jeevan Vigyan curriculum for which modalities are being worked out.

Support for Action Research to Disha-India, Gurgaon

Dr. Lalit Kishore was invited to 'Courage-to-Teach' workshop on September 26 to conduct a session on action research for 40 teachers from all over India. The workshop was organised by Disha-India, Gurgaon. The input was given under the school-based training programme initiated by Jeevan Vigyan Academy, Ladnun.

A model of education

The following model of education leads to quality education, thinks Dr. Lalit Kishore of JVA, Ladnun.



Attributes of overlapping areas are as follows -

- AB :** (a) Continuous education through out life;
(b) Learning about science and art of living;
(c) Being polite and humble by looking at the profoundness of life and learning.
- AC :** (a) Valuing human life;
(b) Imbibing the value of unity in diversity;
(c) Seeing the same pure-self in all.
- BC :** (a) Providing enabling learning environment;
(b) Having faith in everyone's potential to learn;
(c) Making learning to unfold through well-structured activities.

ABC : Quality of Education by increasing the overlapping between A, B and C.

Comments and feedback

- "Its indeed nice to see so many activities going on in terms of training, personality development and revision of text. I certainly believe that this newsletter is a fruitful effort in terms of connecting and communicating the activities to all people."

~ J. Vijay Kumar Surana, Egmore, Chennai