



"A relationship between education and character is the same as that of life and breath, but this relationship has some how got obstructed. There is a need to make efforts to re-establish and re-vitalize the relationship between education and character building. And, such a re-vitalization of education into reality, Science of Living can be immense help. Jeevan Vigyan (Science of Living) is such an educational endeavour which can begin from the age of three or thereafter any time". ~**Acharya Mahapragya**; Message in the list of literature.

Among physical, mental and emotional health factors, the practicals of Jeevan Vigyan based on Yogasana, Preksha-Meditation, Kayotsarga and Anupreksha affect the mental health the most, reveals a quick study done during a five day workshop from 9-13 August, 2010 held at Sardasshahar.

Practice of Jeevan Vigyan Lead to Better Mental Health

About 50% of the participants reported that their level of anger and stress reduced drastically and concentration power increased perceptibly. While 20% each felt that their daily life has become systematised and their emotional health has improved. 10% reported the improvement in their physical health due to the yoga performed in the camp.

The quick study, done at the end of the camp in which 39 participants (Male 13; Female 26, Age group 20-70 years, Graduates and above 16; undergraduate 23) participated, informs that about 20 hours of Preksha Meditation improves mainly the mental health and has some effect on emotional health. It seems that to effect and refine the emotions either more meditative practice is required along with use of mainstream therapies related to fine arts like music, poetry and visual arts.

Mr. Vikaram Sethia, who has been managing the website of Jeevan Vigyan Academy, has been given the responsibility of coordinating the Jeevan Vigyan International Camp by the Chairman, Jain Vishva Bharati, Ladnun. The camp is to be held from November 8 to 13 at Sardarshahar in the auspicious presence of Acharyashri Mahasharamanji. Mr. Sethia is a established motivational speaker too along with being a successful businessman. The camp will be directed by Muni Shri Kishanlalji,

Vikaram Sethia to Coordinate Jeevan Vigyan International Camp

Five day Jeevan Vigyan Personality Development Camp Held

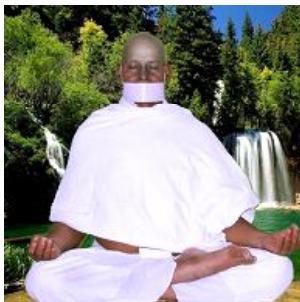
Five day Jeevan Vigyan Personality Development Camp Held

A five day camp was held in Sardarshahar in the auspicious presence of Acharya Shri Mahasharamanji and under the direction of Preksha Pradhyapak Munishri Kishanlal Swami in which 39 participants from 5 states took part. Munishri Neeraj Kumar, Dr. Bajrang Lal Jain, Vikram Sethia, Dr. Lalit Kishore, Dr. Anshuman Sharma, Hanuman Mal Sharma and Girija Shankar Dubey worked as resource persons. Some of the typical comments of the participants were as follows –

- b My positive thinking got enhanced.
- b I gained self-confidence through this camp.
- b I felt relaxed and energetic due to various practicals conducted during the camp.
- b I think that the theory and practice of Jeevan Vigyan can be immerse in shaping the personality of its practitioners.

Shri Pokarmal Chiman Kumar Buchcha had sponsored the camp and provided excellent boarding and lodging arrangements.





Anupreksha can be helpful in making speech sonorous and sweet

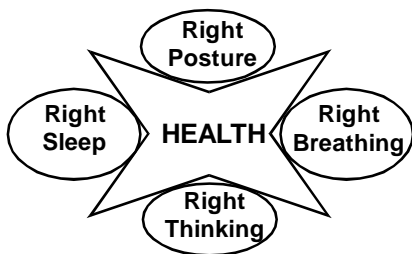
According to Munishri Kishanlal Swami, children of primary classes are quite impressionable and receptive. If the use of language around them is well articulated, sonorous and sweet, they imbibe it well. Also, their mind is in making, therefore, if their conscious mind suggest to the sub-conscious mind, their behaviour can be moulded well. Munishri holds that the following practical of Anupreksha can be useful in this regard.

1. Sit with your spine straight.
2. Close your eyes softly and perform Mahapran Dhawani 9 times.
3. Through auto-suggestion relax your body or do short kayotsarg for three minutes.
4. Direct the mind with following words : Relax your body. Make it tension free. Take a few deep and slow breaths. Breathe in slowly and breathe out slowly. Imagine that there is greenery around you. There is a vast stretch of greenery. You are breathing in green atoms with every breath. These green atoms are making your brain more and more receptive.
5. Affirm clearly, " I will use sweet and soft speech." Repeat it nine times.

Momasar and Shri Dungargarh Schools visited for follow-up

Mahendra Kumar Kumawat visited the schools of Momasar and provided inputs for the improvement of Jeevan Vigyan practicals during morning assembly prayer and its transaction in the classrooms. In 4 days follow-up programme 10 schools were visited for providing back-up support. The visit lasted from 10 Aug. to 13 Aug. 2010.

"A Four Dimensional Model of Health" as propagated by Muni Shri Kishanlal



Bhilwara institutions given support

Coupled with the decadal celebrations of Jeevan Vigyan Academy Sanstha, Bhilwara, a programme to strengthen various institutions of in the implementations of Jeevan Vigyan activities was taken up by Mahendra Kumar Kumawat from 19-08-2010 to 31-10-2010.

The revision of the text books of Jeevan Vigyan for classes III to V

It has been decided to revise the text books of Jeevan Vigyan from classes III to V immediately with in coming one month. The books will revised by threewriters and two experts – one language expert and another child psychologists. The next edition of the books will be introduced by organising a reorientation of teachers. The revision of the books of other classes will be taken up in a phased manner. The efforts are being made to make the books activity based to emphasise the acquisition of process skills by students.

Abstract of the paper selected for Hawaii International Conference on Education

The abstract of the paper accepted for the conference and submitted by Dr. Lalit Kishore, Director, Jeevan Vigyan Academy, Ladnun is as follows :

Abstract

In order to fulfill the need for value-basing the school education, a curriculum called 'Science of Living' (SOL) or Jeevan Vigyan was developed at the Jeevan Vigyan Academy of Jain Vishva Bharati University to harmonize school education by including the components of value education, emotional development and spiritual development through 12 units. The curriculum spans the complete school education from grades one to twelve in the Indian context. The text books have been developed with 40 per cent weight-age to theory and 60 per cent weight-age to practical aspects. The curriculum is supported by teacher training and follows up in the school that has opted for this contextualized value and life-skill based curriculum. In fifteen day a teacher training programme organized by the Academies, the participants (N=48, Secondary School Teachers, Mean age: 35 years) reacted favorably ($p \leq 0.01$, $DF=2$) to the course and expressed positive comments and willingness to introduce the course in their schools.

Keywords: Value education, training, emotional development, spiritual development.

:: Coming Events ::

Jeevan Vigyan International Training Camp : 08 to 13 November, 2010 at Terapanth Bhawan, Sardarshahar contact- 01581-22297, 200170, Mob.No. 09831071977, 09950039313.