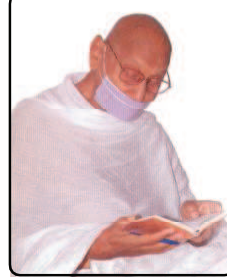


ॐ अहम् ॐ

गुरुदेव तुलसी और आचार्य महाप्रज्ञ का एक महत्वपूर्ण अवदान है – जीवन विज्ञान। उसके द्वारा भावात्मक संतुलन का कार्य आगे बढ़ता रहे, विशेषतः शिक्षा के क्षेत्र में। ऐसी विद्यार्थी पीढ़ी का निर्माण

हो जो नैतिक मूल्यों के प्रति आस्थावान, भावात्मक संतुलन के प्रति निष्ठावान और उत्पन्न समस्याओं में समाधायक हो तथा अनुत्पन्न समस्याओं को पैदा न होने दें। जीवन विज्ञान के साथ जुड़े कार्यकर्तागण उसे गतिमान बनाये रखने में अपना योगदान देते रहें। जीवन विज्ञान ई-न्यूजलेटर कार्यकर्ताओं को उत्प्रेरित करता रहे, शुभांशु।
सरदारशहर
आचार्य महाश्रमण

11.06.2010



**Acharya Mahapragya
on 'Science of Living'**

To specify the task of SCIENCE OF LIVING, first of all let us identify the basic and burning problems of modern style of living all the world over. The Science of Living is evolved in such a way that every one who would learn to master it

will be able to accept the challenges met with in his individual as well as social life, national or international affairs. (Quoted from the book 'Science of Living' published by JVB, Ladnun in 1995).

Jeevan Vigyan Sanskar Nirman Pratiyogita-2009 Prize Distribution Function Held

Sardarshahar (June 19); Auspicious presence : Acharya Shree Mahashramanji; Direction : JV Prabhari Preksha Pradhyapak Muni Kishanlal Swami.

The function was held to felicitate the winners of the JV Sanskar Nirman Pratiyogita-2009 in which 1274 students participated. The first three positions were bagged by Manish Malu, Chhapar, (Prize money Rs.5000) Sumit Bothra, Sardarshahar(Prize money 4000), and Bhavya Dasani, Sardarshahar(Rs.3000)respectively. Seven consolation prizes of Rs. 1000/- each were given to Gunjan Rathore, Ladnun; Vivek Jain, Jind; Renu Jain, Lavasardargarh; Ruchika Dhariwal, Chhoti Khatu; Ritesh Middha, Suratgarh; Khushboo Giriya, Bidasar and Abdul Khalid, Bidasar. The competition was sponsored by S.A. Manakraj Shinghvi Charitable Trust, Vandvasi, Chennai in the fond memory of Shardhanistha Shrivika Preksha Prashikshika smt. Shanta Bai Shinghvi.



Experience of Participants of JV Intensive Training Camp at Sardarshahar (18-31 May, 2010)

- I gained control on my mind and learned to concentrate through Preksha Meditation and Anupreksha. (D.K. Devangan, Govt. Hr. Sec. School, Semariya, Durg, CG)
- I perceived that my immune system has got strengthened and my body has become robust through Yoga and Meditation. (I.K. Dewangan, Govt. Middle School, Lohara, Durg, CG.)
- I gained self-confidence through the training and I feel that Jeevan Vigyan is a potent method of living a life peacefully. (Avinash Pareek, Lecturer, IASE, Gandhi Vidya Mandir, Sardarshahar)
- I have got rid of my anger to a good extent. I developed a habit of having patience through the training and felt relaxed through deep breathing (Bandana Joseph, Edu. Deptt. BSP, Bhilai)
- Despite all the odds, the non-emergence of negative emotions like anger was something I learnt during this training. (Shubhkaran Chhajer, Bangalore)

:: Coming Events ::

1. **Poorva Janam Anubhooti Shivir** : 30 August to 04 Sept., 2010 at Terapanth Bhawan, Sardarshahar (Raj.).Auspicious presence of Acharya Shri Mahashramanji and in the able direction of Preksha Pradhyapak Muni Kishanlalji.
2. **Training on Personality through Jeevan Vigyan** : 9-13 Aug.,2010 - For all the professional trainers of Jeevan Vigyan, school teachers and other personnel. After the training the trainers will be able to organize such school based trainings for which they may get honorarium. The desirous trainers may contact- 01581-200170, 222977.

Registration is still open. Contact : 9950039313, 01581-200170.

Learn to live through Jeevan Vigyan

According to Muni Shree Kishanlalji, we need to remember that small children learn a lot through imitation. In other words, what so ever a child hears, he or she follows that speech style. Therefore, the way adults at home and teachers in schools speak, children follows their footsteps. In such a situation, it would be appropriate that Anupreksha experiment and practice be used to make children's subconscious mind to receive sonorous and sweet voice and imbibe it.



Muni Shree Kishanlalji suggests the following Anupreksha for acquiring sweet and sonorous speech :

- Close your eyes gently and do Mahapran dhvani for 9 times;
- Do Kayotsarg for 3 minutes;
- Imagination and auto-suggestion : "Relax your body; make it still and stress-free. Breathe slowly and deeply. Breathe in slowly... Breathe out slowly... Imagine there is greenery all around... Greenery is spread far and further away... You are breathing in green particles and they are making your brain receptive. Now affirm to your mind softly but firmly nine times : I WILL USE SWEET AND COURTEOUS LANGUAGE... Imagine these words written on your forehead.
- Wind up the experiment with mahapran dhvani.

Personality and Soft Skills Development Course Through Jeevan Vigyan (SOL)

Jeevan Vigyan Academy, Jain Vishva Bharati, Ladnun (Nagaur), Rajasthan, has developed a course called Jeevan Vigyan or Science of Living (SOL) for full range of students for their development or a person or a social being. The course can be tailor made for a three to five week training for developing personality and soft-skills of students pursuing professional courses at MBA and Engineering Institutes.

Jeevan Vigyan was conceptualized by Acharya Mahapragya for holistic development of Individuals for their intellectual, mental, social, emotional and spiritual development. Many institutions have benefitted by training their staff and students in SOL.

After the training, the participants will be able to organize professional-fee-charging courses through JVA, Ladnun in various institutions.

The desirous institute running professional course can contact Dr. Anshuman Sharma (Asstt. Director, JVA, on Mobile: 09024094101)

Those who are interested in becoming the master trainers of Jeevan Vigyan may apply to Director JVA, Ladnun

Jeevan Vigyan Chintan Gosthi

Jeevan Vigyan Chintan Gosthi under the direction of Muni Shri Kishanlalji Swami was held at Sardarshahar from June 17 to 19 in which Dr. Bajrang Jain, K.C. Jain, Dr. Lalit Kishore, Dr. Anshuman Sharma, Hanuman Mal Sharma and Girija Shankar Dubey participated. The progress of Jeevan Vigyan Academy was reviewed and its perspective plan discussed. The progress of construction work of the new JVIRT building was also reviewed.

JVA Headquarter Activities

- Reading material for future teacher trainings has been finalized as suggested by Shri Vinod Patawari (Co-Convener) on his visit to JVA in April, 2010.
- Dr. Lalit Kishore, Director, made a presentation on Action Research on June 28, at 'Courage to Teach' workshop organized by Disha-India, Acharya Tulsi Global Meditation Centre, Gurgaon, (Haryana).
- Dr. Anshuman Sharma and Hanuman Mal Sharma performed as trainers for a Jeevan Vigyan Teachers Training Camp held at Shri Tulsi Amrit Veedyapeeth, Amet from June 25 to June 29. The camp was attended by 33 teachers.
- Mahendra Kumawat gave the training inputs for Jeevan Vigyan camp held at Sujangarh from June 24 to June 26 in which 50 students participated.
- A research proposal for submission to NCERT-ERIC has been finalized.
- A discussion with Dr. Neelam Kher of Michigan State University, USA, was held on June 29 in Jaipur to explore the possibility of collaboration.

Regional Round-Up

- Karnataka Jeevan Vigyan Academy has informed that due to the concerted efforts of Moolchand Nahar, Lalit Jain and associates and with the blessing of Shri Shri Bal Gangadhar Nath Mahaswami of Gauda Samaj, the books of Jeevan Vigyan translated into Kannada have been distributed into Gauda Samaj Schools (N=374). The translation was sponsored by Nahar family of Siremal, Devraj and Moolchand. Furthermore, JSS Math's revered Shri Shivratriharwar Deshikendra Mahaswami allowed Jeevan Vigyan curriculum to be implemented in 185 Schools of the Math.

Comments and feedback

- Shri Vijay Surana, Chennai has appreciated the newsletter and acknowledged circulation of a write-up on Yog-Nidra.
- Smt. Alkha Sankhala, Houston, USA, appreciated the content and design of the newsletter and wished to send some short articles for the newsletter.
- Shri Rajendra Khater, Director, JVB, Ladnun personally appreciated the content and format of the e-Newsletter.

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.