

# **SYLLABUS**

**MAHARSHI DAYANAND SARASWATI  
UNIVERSITY, AJMER**

**पाठ्यक्रम**

**SCHEME OF EXAMINATION AND  
COURSES OF STUDY**

**FACULTY OF ARTS & SOCIAL SCIENCE**

**Pass Course**

**B.A. Part - I**

(Semester I)

**2023-2024**

**महर्षि दयानन्द सरस्वती विश्वविद्यालय,**

**अजमेर**

## SEMESTER I

### SCIENCE OF LIVING, YOGA AND JAINOLGY

#### Scheme of Examination

Name of Course	Credit	Max. Mark.	Min.M.
Preksha Meditation and Yoga	4	70	25
Practical	2	30	11

# EOT examination will be of 70 marks and Practical exam will be of 30 marks. Viva 20 and file work 10.

#### General Instructions

1. There will be one theoretical course (70) and one practical course (30 Marks) student has to pass both theoretical and practical papers.

#### Scheme of examination

**The question paper of semester Examination for the Disciplinary Centric Core Course (DCCC), Discipline specific elective (DSE), Ability Enhancement Course (AEC), Value Added Course (VAC) and Skill Enhancement Course (SEC) will be of 70 marks and it will be divided in two parts i.e. Part A and Part-B.**

**Part-A will consist of 10 compulsory questions. There will be at least three questions from each unit and answer to each question shall be limited upto 50 words. Each question will carry two marks. Total 20 Marks.**

**Part-B will consist of 10 questions. Atleast three questions from each unit be set and student will have to answer five question, selecting atleast one question from each unit. The answer to each question shall be limited to 400 words. Each question carries 10 Marks. Total 50 Marks.**

**SEMESTER I**  
**PREKSHA-MEDITATION & YOG**

<b>UNIT - I</b>	<b>:</b>	<b>YOGA IN THE INDIAN TRADITION</b>		
		1	Yoga in the Indian tradition, Different branch of Yoga	
		2	Ashtanga Yoga	
		3	Buddhist Yoga and Jain Yoga	
<b>UNIT - II</b>	<b>:</b>	<b>NATURE OF MEDITATION</b>		
		1	Prekshadhyan : Meaning, form, aims (Goal), Upsampda Supporting Component of Prekshadhyan-Asan, Pranayama, Mudra, Dhawani	2
		3	Specific component of Prekshadhyan-Vartman Kshan ki Preksha, Animesh Preksha, Vichar Preksha	
<b>UNIT - III</b>	<b>:</b>	<b>MAIN COMPONENT OF PREKSHADHYAN</b>		
		1	Kayotsarga : The spiritud- sciensitic aproch	
		2	Internal Trip and Shwas Preksha: The spiritud- sciensitic aproch	
		3	Sharir Preksha : The spiritud- sciensitic aproch	

**Recommended Books:-**

1. Preksha Dhyam: Siddhant and Prayog-Acharya Mahaprajna, Jain Vishav Bharati, Ladnun.
2. Rooprekha of Jeevan Vigyan: Muni Dharmesh Kumar, Jain Vishav Bharti, Ladnun.
3. Apna Darpan: Apna Bimba-Acharya Mahaprajna, Jain Vishav Bharati, Ladnun.
4. Patanjali yoga Pradeep- Geetapresh, Gorakhpur.

## SEMESTER I

### PRACTICAL: SCIENCE OF LIVING, YOGA AND JAINOLGY

1. Viva-Voce	20
2. File Work	10

Exercise: 1 Preliminary preparation of Preksha Meditation Phases - (1) Kayotsarga, (ii) Antaryatra, (iii) Jyotikendra Preksha, Concluding process.

Exercise :2 From Head to toe (13)

Exercise: 3 Aasan-Meaning, Nature and Importance

Lying postures: Uttanapadasana, Sarwagasana

Sitting posture: Padmasana, Vjrasana, Sukhasana

Standing Posture: Tadasana, Garudasan.

Exercise:4 Pranayam-Meaning, Nature and Importance-(1) Suryabhedhi, (ii) Chandrabhedhi

Exercise:5 Anupreksha- Loyalty of Duty, Fearlessness

#### **Recommended Books:**

1. Preksha Dhyana: Prayog Paddhati, Acharya Mahaprajana, Jain Vishva Bharati, Ladnun.
2. Aasan and Pranayam: Muni Kishan Lal, Jain Vishva Bharati, Ladnun.
3. Yaugik Kriyayen: Muni Kishan Lal, B.Jain Pub,(Pvt. Ltd.) Delhi.
4. Aasan and Pranayam: Swami Satyanand, Munger,
5. Aasan and Pranayam: Swami Ramdev, Haridwar.
6. Yogasan evam Swasthya: Muni Kishan Lal, B.Jain Pub.(Pvt Lid)

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अजमेर**

## Semester II

### SCIENCE OF LIVING, YOGA AND JAINOLGY

#### Scheme of Examination

Name of Course	Credit	Max. Mark.	Min.M.
Jain History, Culture and Prekshadhyan	4	70	25
Practical	2	30	11

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#### General Instructions

1. There will be one theoretical course (70) and one practical course (30 Marks) student has to pass both theoretical and practical papers.

#### Scheme of examination

**The question paper of semester Examination for the Disciplinary Centric Core Course (DCCC), Discipline specific elective (DSE), Ability Enhancement Course (AEC), Value Added Course (VAC) and Skill Enhancement Course (SEC) will be of 70 marks and it will be divided in two parts i.e. Part A and Part-B.**

**Part-A will consist of 10 compulsory questions. There will be at least three questions from each unit and answer to each question shall be limited upto 50 words. Each question will carry two marks. Total 20 Marks.**

**Part-B will consist of 10 questions. Atleast three questions from each unit be set and student will have to answer five question, selecting atleast one question from each unit. The answer to each question shall be limited to 400 words. Each question carries 10 Marks. Total 50 Marks.**

## **Jain History, Culture and Prekshadhyan**

- Unit-1 Tirthankar Rishabha to Parshvanatha:
1. Nature of Jain Religion, Ancientry of Jain Religion, Kalchakra, System of Kulkar.
  2. Life and Teachings of Tirthankar Rishabha, Parshvanath and Mahaveer
  3. Jain Religion:- Swetamber & Digamber.
- Unit-2 Jain Culture & Arts:
1. Characteristics of Jain Culture, Jain Festivels.
  2. Jain Art (Kala):- Chitrakala & Murtikala, Centers of worship of the Jains(Jain Teerthsthal).
  3. Contribution of Indian Kings in Promoting Jain Religion. Jain Religion in defferent Parts of India other countries. Origine, Development and deg radation of Jain Religion
- Unit-3. MAIN COMPONET OF PREKSHADHYAN
1. Chaitya kendra Preksh : The spiritud- sciensitic aproch
  2. Leshya Dhyan : The spiritud- sciensitic aproch
  3. Anupreksha and Bhawana : The spiritud- sciensitic aproch

### **Recommended Books:**

1. Jain Itihas our Sanskriti-Samani Riju Prajna, Jain Vishva Bharati, History of Landnun
2. Jain Parampara -Acharya Mahaprajna, Jain Vishva Bharati Ladnun.
3. Jain Darshan: Manan and Mimansa - Acharya Mahaprajna, Adarsh Sahitya Sangh, Churu.
4. Jain Dharma evam Darshan-Muni Praman Sagar, Shiksha Bharti Kashmi Gate, Delhi.
5. History of Jain Philosophy and Sanskrit - Prof. B.C. Jain "Bhaskar", Alo Pub., Nagpur.
6. Bhartiya Sanskriti mein Jain Dharma ka Yogadan Dr. Hirals Jain, MP Shasan Parishd, Bhopal.
7. Jainagam Sahitya: Manan our Mimansa-Devendra Muni, Tarak Guru jain granthalay, udaipur.

## Semister II

### PRACTICAL: SCIENCE OF LIVING, YOGA AND JAINOLGY

1. Viva-Voce	20
2. File Work	10

Exercise: 1	Preliminary preparation of Preksha Meditation Phases- Deep Breathing and Alternate Breathing
Exercise: 2	Yogic Kriyayen:- Stomach and Breathing Exercise (10)
Exercise: 3	Asan Lying postures: Halasana, Pawanmuktasan Sitting posture: Yog Mudra. Shashankashana, Janushirasan Standing Posture: Sampadasana, Suryanamskar
Exercise:4	Pranayam-Meaning, Nature and Importance- (1) Anulome-Vilome (2) Bharamri
Exercise: 5	Anupreksha: 1. Self-reliance, 2. Patience

#### Recommended Books:

1. Preksha Dhyam: Prayog Paddhati, Acharya Mahaprajana, Jain Vishva Bharati, Ladnun.
2. Aasan and Pranayam: Muni Kishan Lal, Jain Vishva Bharati, Ladnun.
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