

### Jeevan Vigyan (Science of Living)



According to *Jeevan Vigyan*, religion is defined as development of the power to control impulses and excitements. If this concept of religion is incorporated in education, it will be acceptable or unexceptionable to all religious sects, for in the above sense, religion is not associated with any sect, race or nation. It is religion without any denomination. Its incorporation in education is vital for such a union will remove the incompleteness or lameness of education. In its absence, knowledge will undoubtedly grow, but righteousness will not. That man alone can be said to have an integrated personality who is rich both in knowledge and righteousness.

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### First International Jeevan Vigyan Camp Organized at Sardarshahar (Raj.)

First International Jeevan Vigyan Camp was organized in the auspicious presence of Acharya Shri Mahashraman and in the direction of Jeevan Vigyan Prabhari Muni Kishan Lal Ji from 08-13 November 2010 at Sardarshahar (Raj.) 74 students and 12 teachers from across the country participated in the camp.



The opening ceremony took place on 8 November 2010 at Terapanth Bhawan, Sardarshahar. Ex-minister of Haryana State Mrs. Savitri Jindal, IPS officer Shri Satish Jain, Amardeep Jain, D.G.P. (West Bengal) Shri Anil Kumar and other eminent personalities of Terapanth Dharm Sangh were present in the ceremony. Acharya Shri Mahashraman Ji, Sadhvi Pramukha Kanak Prabha Ji, Mukhya Nioyjika Sadhvi Vishrut Vibha Ji, Muni Kishan Lal Ji, Muni Kumar Shraman Ji, Muni Neeraj Kumar Ji, Muni Himanshu Kumar Ji, Saman Siddha Prajna Ji, Dr. S.K. Jain, Dr. J.P. N. Mishra, Shri Suresh Kothari, Shri Vikram Sethia, Instructor Hanuman Mal Sharma and Girija Shankar Dubey imparted the training in Jeevan Vigyan theory and practice to the participants.

In the concluding ceremony His Holiness said that Jeevan Vigyan is helpful in developing rituals among children. It helps in developing each and every aspect of personality. Those who have participated in this camp must have learned the technique

of controlling their passions. They should make it a part of their behavior. It will make the student's future bright and will lead the nation towards development.

Muni Shri Kishan Lal Ji said that formation of a civilized person is the goal of this camp. Teachings of Jeevan Vigyan eradicate the imbalance of present system of education and help in preparing sincere and brilliant students. Muni Neeraj Kumar Ji presented the benediction. Convener of the camp Shri Vikram Sethia and Shri Bajrang Jain also expressed their thoughts.

Aarti Pal presented various postures. Yash Jain, Divya Pal, Aatir Aslam expressed their experiences. Shri Jitendra Nahata, Secretary, Jain Vishva Bharati, Ladnun, Shri Sumati Chand Gothi, chairman, Acharya Shri Mahaprajna Chaturmas Vyavastha Samiti, Sardarshahar and Swaroop Chand Bararia honored the guests. Muni Mohjeet Kumar Ji convened the inaugural and concluding ceremony. The camp was sponsored by Shri Mool Chand Vikas Kumar Malu, Sardarshahar-New Delhi- Dubai.

### 'Jeevan Vigyan Day' Celebration in Ladnun

On the occasion of 'Mahaprajna' adornment to Acharya Mahaprajna Ji 13<sup>th</sup> day of the moonlit half of a lunar month of Kartik is celebrated all over India as Jeevan Vigyan Day. This year this day was on 19 November 2010. In Jain Vishva Bharati, Ladnun this celebration took place in 'Ahimsha Bhawan' in the close proximity of Shasan Shree Sadhvi Ramkumari Ji.

The celebration commenced with the benediction by Sadhvi Shri Kirti Prabha Ji. Dr. Anshuman Sharma delivered welcome note. Addressing to the students and the eminent guests from Jain Vishva Bharati University and Ladnun city Sadhvi Shri Ramkumariji said that in the world of education the name of Acharya Shri Mahaprajna will be remembered for ages because of his concept of Jeevan Vigyan to the humanity.



Chairman of the function Shri Jhoomar Mal Bengani, Chancellor of Jain Vishva Bharati, Ladnun appealed to the students to get inspired by the life of Acharya Shri Mahaprajna Ji. **Cont\*..2...**

## The Art of Positive Thinking

1. Positive thinking is the right way of thinking. The question is – how to think? Only those who think positively, prior to start work, gets success.
2. There are three functions of mind-thinking, imagination and memory. Positive thinking is the path of development while negative thinking leads towards diminution.
3. Awakened mind considers, thinks, and memorizes. If all these are positive they create a path of development. Negative thinking leads to disadvantages.
4. Now the question arises that how to stop the generation of negative emotions? For this one should practice benediction towards the nature, society, family as well as each and every creature of the universe. One should be grateful towards his elders and affectionate towards the youngsters. This practice will help them eradicate negative thinking.
5. Always observe the positive aspect of everyone's personality and behavior in the family & society and express love towards everyone. If you feel some negative emotions towards them practice the contemplation of positive thinking.
6. Practice 'TRATAK' to develop positive thinking. Make a dark dot on the plain paper and practice TRATAK on it. Perceive the dot with open eyes unblinkingly until the water comes in your eyes. While the perception you will feel that the dark dot is turning white, letter on it becomes radiant and after some time it disappears.
7. Start the practice of TRATAK for 5 seconds; gradually increase the practice for 15, 30 and 60 seconds. After maturity one can practice TRATAK for 2 or 3 minutes.



### Jeevan Vigyan Leads towards Ultimate Development of Personality - Muni Ramesh Kumar

3 Day Jeevan Vigyan Training Camp was organized in Smt. Ratan Devi Sethia Public School, Sujangarh (Raj.) from 24 to 26 November 2010. The camp was organized in the close proximity of Muni Ramesh Kumar Ji and in the direction of Saman Siddha Prajna Ji.

During the camp Muni Shri explained various aspects of life to the participants. He said that education is the mother of development. Jeevan Vigyan is the technique which leads towards the ultimate development of personality because it is a balanced blend of science and spirituality. It helps in comprehending the mysteries of life and brings changes in life. He said that the inclusion of Jeevan Vigyan in present education system will result in the development of scientific-spiritual personality. Jeevan Vigyan purifies the life and promotes the rites.

Saman Shri Siddha Prajna Ji said that education is incomplete if it is not providing solution for the problems. Present system is not providing the solutions hence it should be supplemented with Jeevan Vigyan. He imparted the training of various practices of Jeevan Vigyan to the participants during the camp.

Instructor Hanuman Mal Sharma discussed about the various dimensions of Personality Development. He also

imparted the training of various Asanas, Pranayam and Contemplation.

Concluding ceremony of the camp was held on 26 November. Participants of the camp expressed their experiences. Shri Rajendra Khater, Director, Jain Vishva Bharati, Ladnun and Dr. Anshuman Sharma also attended the ceremony and addressed the participants. Principal of the school Mrs. Rajani Sharma gave the vote of thanks and presented memento to the guests.

### Jeevan Vigyan Day Poster Released

Acharya Shri Mahashraman Ji released the poster of Jeevan Vigyan Day - 2010 at Terapanth Bhawan, Sardarshahar. Shri Jitendar Nahata, Secretary, Jain Vishva Bharati presented the poster to Acharya Shri for inauguration. This year Jeevan Vigyan Day was celebrated on 19 November. Poster for this occasion was sent to Jeevan Vigyan Academies, Terapanth Sabhas and trainers with detailed handout regarding 'How to celebrate Jeevan Vigyan Day?'

### Jeevan Vigyan Prabhari Muni Shri Kishan Lal Ji in Momasar

Muni Shri Kishan Lal Ji will be in Momasar for next 30 days. During these days he will address the students and teachers to various schools and impart the training of Jeevan Vigyan.

**Cont\*..2...** Prof. B. R. Dugar, Prof. J. R. Bhattacharya, Prof. A. P. Tripathi from Jain Vishva Bharati University, Ladnun also addressed the students. Shri Rajendra Khater, Director, Jain Vishva Bharati elucidated the significance of Jeevan Vigyan Day celebration.

On this occasion 'Essay writing competition' for students was organized on 18 Nov. 2010. Title of the essay writing competition was- '*Mulyon Ki Siksha Jeevan Vigyan Se*'. On 19 November 2010, a rally and a 'Song Singing Competition' was organized. Students from various schools of Ladnun participated in these competitions. Cash prizes and certificates were distributed to first three position holders for each competition including Rally organizing.

In essay writing competition Dikshant Sen and Banwari Lal Jangir of Govt. Johari Sr. Hr. Sec. School, Ladnun won first and second prize respectively. While Bharti Birda of Smt. Jinku Devi Jain Girls Sec. School, Ladnun won the third.

In the Song Singing Competition Lokesh Adwani and Kapil Aggarwal of Vimal Vidhya Vihar Sr. Sec. School, Ladnun won the first prize jointly. Chandrakala and Diksha Chouhan of Smt. Jinku Devi Jain Girls Sec. School, Ladnun won the second jointly. Pooja Panwar of Smt. Jinku Devi Jain Girls Sec. School, Ladnun won the third prize.

In Rally organizing Vimal Vidhya Vihar Sr. Sec. School, Ladnun won the first prize, Smt. Jinku Devi Jain Girls Sec. School, Ladnun won the second and J. B. Sr. Sec. School, Ladnun won the third. Consolation prize was given to Gyan Kutir Sr. Sec. School, Ladnun. Hanuman Mal Sharma gave the vote of thanks. Snacks were distributed among the participants. Ceremony was concluded with the 'Mangal Path' by Shasan Shri Sadhvi Ramkumari Ji.

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