



**MAHARSHI DAYANAND SARASWATI
UNIVERSITY, AJMER**

पाठ्यक्रम

**SCHEME OF EXAMINATION AND
COURSES OF STUDY**

FACULTY OF ARTS & SOCIAL SCIENCE

(Semester IIIrd)

2024-2025

महर्षि दयानन्द सरस्वती विश्वविद्यालय,

अजमेर

Semester – III

SCIENCE OF LIVING, YOGA AND JAINOLOGY

Scheme of Examination

Name of Question Paper	Duration	CREDIT	MM.	Min.M.
Science of Living and Value Education	3 Hours	04	70	25
Practical	5 Hours	02	30	11

EOT The exam will be of 70 marks and practical will be of 30 marks. In the practical examination, oral 10 marks, written examination will be 12 marks, file work will be taken 08 marks.

GENERAL INSTRUCTIONS

There will be a theoretical paper (of 70 marks) and practical examination (of 30 marks). The student must pass the theoretical and practical paper separately.

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 – III

Science of Living and Value Education

UNIT 1 : Science of Living : Origination and Development

- (i) Ancient education system, Problems of present education system, Science of Living: Origination and development
- (ii) Science of Living : Nature and Aim, Science of Living: A new dimension of education, Indian culture and advantage of Science of Living, Relevance of Science of Living in different fields

UNIT 2 : Main Component of Science of Living

- (i) Body and tools of its purification, Breathing and tools of its purification, Vital energy and tools of its purification
- (ii) Mind and tools of its purification, Emotion and tools of its purification, Karma and tools of Karma-purification, Psyche and tools of its purification

UNIT 3 : Science of Living and Value Development

- (i) Value : Meaning and Definition, Process of Value acceptance, Role of family and society in development of values
- (ii) Sixteen values in Science of Living, Anupreksha : A Process of Values development

सन्दर्भ ग्रन्थ सूची –

1. जीवन विज्ञान और स्वास्थ्य, डॉ. समणी ऋजु प्रज्ञा, समणी श्रेयस प्रज्ञा, जैन विश्वभारती, संस्थान लाडनू
2. जीवन विज्ञान, सिद्धान्त और प्रयोग, आचार्य महाप्रज्ञ, जैन विश्वभारती संस्थान, लाडनू
3. जीवन विज्ञान, शिक्षा का नया आयाम, आचार्य महाप्रज्ञ, जैन विश्व भारती, लाडनू
4. जीवन विज्ञान : स्वास्थ्य समाज संरचना का संकल्प, आचार्य महाप्रज्ञ, जैन विश्व भारती, लाडनू
5. जीवन विज्ञान की रूपरेखा, मुनि धर्मेश कुमार, जैन विश्व भारती, लाडनू
6. अहिंसा और अणुव्रत, आचार्य महाप्रज्ञ, जैन विश्व भारती, लाडनू
7. प्रेक्षाध्यान : आधार और स्वरूप, आचार्य महाप्रज्ञ, जैन विश्व भारती, लाडनू
8. अमूर्त चिन्तन, आचार्य महाप्रज्ञ, जैन विश्व भारती, लाडनू
9. प्रेक्षाध्यान – स्वास्थ्य विज्ञान, भाग– 1 व 2, मुनि महेन्द्र कुमार, जैन विश्व भारती, लाडनू
10. विज्ञान की कसौटी पर योग, स्वामी रामदेव, दिव्य योग मन्दिर, कनखल, हरिद्वार।

Semester – III

PRACTICAL : Science of Living and Value Education

Time: 5 Hours

Minimum Passing Marks : 11

M.M. 30

Divisional Marks

1.	Practical Work (Written Part of 1.30 Hrs.) Three questions are attempt out of 5 question	–	12 Marks
2.	Viva-Voce	–	10 Marks
3.	File Work	–	08 Marks

Period: 20 Students will be there in each batch of 4 periods**Exercise: 01** Prekshya Dhyam – Complete Kayotsarga

Exercise: 02 Asanas – Lying Posture– Bhujangasana, Shalabhasana
Sitting Posture — Supta Vajrasana, Paschimottanasana
Standing Posture — Trikonasana, Padahasthasana

Exercise: 03 Pranayam — Meaning and Defination
Seetkari Pranayam, Shitali Pranayam

Exercise: 04 Anupreksha — Meaning and Defination
(Abhaya) Fearless, (Maitri) Friendship, (Karuna) Compassion

Exercise: 05 Yogic Kriyayen (Exercise) – Eight Exercises of spinal Card**सन्दर्भ ग्रन्थ सूची –**

1. प्रेक्षाध्यान : प्रयोग पद्धति, आचार्य महाप्रज्ञ, जैन विश्व भारती, लाडनूं
2. आसन और प्राणायाम, मुनि किशनलाल, जैन विश्व भारती, लाडनूं
3. यौगिक क्रियाएं, मुनि किशनलाल, बी. जैन पब्लिशर्स (प्रा.लि.), दिल्ली।
4. आसन, प्राणायाम, मुद्रा और बन्ध, स्वामी सत्यानन्द, बिहार योग विद्यालय, गंगादर्शन, मुंगेर, (बिहार)
5. आसन और प्राणायाम, स्वामी रामदेव, दिव्य योग मन्दिर, कनखल, हरिद्वार



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(Semester IVth)

2024-2025

**महर्षि दयानन्द सरस्वती विश्वविद्यालय,
अजमेर**

SEMESTER – IV

SCIENCE OF LIVING, YOGA AND JAINOLOGY

Scheme of Examination

Name of Question Paper	Duration	CREDIT	MM.	Min.M.
Different Yoga Systems	3 Hours	04	70	25
Practical	5 Hours	02	30	11

EOT The exam will be of 70 marks and practical will be of 30 marks. In the practical examination, oral 10 marks, written examination will be 12 marks, file work will be taken 08 marks.

GENERAL INSTRUCTIONS

There will be a theoretical paper (of 70 marks) and practical examination (of 30 marks). The student must pass the theoretical and practical paper separately.

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 – IV

Different Yoga Systems

UNIT 1 : Yoga

Origin, meaning, definition and types (Gyan, Bhakti, Karma and Mantra Yoga). Yoga in Veda, Upanishad and Geeta : An Introduction.

UNIT 2 : Shaiv Yoga

Philosophical basis, traditional life style, types and steps of sadhana, needs of sadhana, abilities of sadhak and levels of sadhana.

UNIT 3 : Jain and Bauddh Yoga

(A) Jain Yoga : Philosophical basis, definitions of meditation, types of meditation and Bhavana.

(B) Bauddh Yoga : Philosophical basis, Arya Satya, Ashtangic Marg, object of meditation, nature of sadhak and favorable environment of sadhana.

सन्दर्भ ग्रन्थ सूची

1. योगांक, गीता प्रेस, गोरखपुर, वि.सं. 2062 ।
2. उपनिषदों में योग विज्ञान, आचार्य पूर्णचंद पंत, 2002
3. जैन योग, आचार्य महाप्रज्ञ, आदर्श साहित्य संघ प्रकाशन, चूरु, 2000
4. सांख्यकारिका, डॉ. राकेश शास्त्री, प्रकाशक संस्कृत ग्रन्थागार, दिल्ली, 2004
5. भारतीय दर्शन, डॉ. न.कि. देवराज, उत्तर प्रदेश, हिन्दी संस्थान, लखनऊ, तृतीय संस्करण, 1983
6. श्रीमद्भागवतगीता, गीता प्रेस, गोरखपुर, वि.सं. 2062
7. श्रीमद्भागवतगीता, श्रीमद् ए.सी. भक्तिवेदान्त स्वामी प्रभुपाद, भक्ति वेदान्त बुक ट्रस्ट ।
8. Yoga Tradition, Feurestein George, Motilal Banarasidas, Publications, Delhi, 2002
9. बौद्धदर्शन मीमांसा, आचार्य बलदेव उपाध्याय, चौखंबा विद्या भवन वाराणसी, 1999, पंचम संस्करण ।
10. बौद्ध धर्म दर्शन, आचार्य नरेन्द्रदेव, मोतीलाल बनारसीदास पब्लिशर्स प्रा.लि. दिल्ली, 1956 प्रथम संस्करण ।
11. मनोनुशासनम्, आचार्य तुलसी, जैन विश्व भारती, लाडनूं
12. Hathpradipika by Svatmaram, Swmi Digambarji and Pitambar Jha, Kaivalyadham S.M.Y.M. Samiti, Lonavla. s

SEMESTER – IV

PRACTICAL : Different Yoga Systems

Time: 5 Hours

Minimum Passing Marks : 11

M.M. 30

Divisional Marks

- | | | | |
|----|---|---|----------|
| 1. | Practical Work (Written Part of 1.30 Hrs.)
Three questions are attempt out of 5 question | – | 12 Marks |
| 2. | Viva-Voce | – | 10 Marks |
| 3. | File Work | – | 08 Marks |

Period: 20 Students will be there in each batch of 4 periods

Exercise: 01 Prekshya Dhyam – Sharir (Body) Preksha

Exercise: 02 Asanas – Lying Posture– Dhanurasana, Matysasana
Sitting Posture — Goduhasan, Ardha-Matsyendrasana
Standing Posture — Konasana, Mahavirasana

Exercise: 03 Pranayam — Meaning and Defination
Ujjai Pranayam, Bhastrika Pranayam

Exercise: 04 Anupreksha — Meaning and Defination
Anitya, Tolerance (Sahisnuta), Modacity (Mriduta)

Exercise: 05 Bandh—
Mool Bandh, Uddiyana Bandh and Jalandhar bandh

सन्दर्भ ग्रन्थ सूची –

1. प्रेक्षाध्यान : प्रयोग पद्धति, आचार्य महाप्रज्ञ, जैन विश्व भारती, लाडनूं
2. आसन और प्राणायाम, मुनि किशनलाल, जैन विश्व भारती, लाडनूं
3. यौगिक क्रियाएं, मुनि किशनलाल, बी. जैन पब्लिशर्स (प्रा.लि.), दिल्ली।
4. आसन, प्राणायाम, मुद्रा और बन्ध, स्वामी सत्यानन्द, बिहार योग विद्यालय, गंगादर्शन, मुंगेर, (बिहार)।
5. आसन और प्राणायाम, स्वामी रामदेव, दिव्य योग मन्दिर, कनखल, हरिद्वार।
6. योगासन एवं स्वास्थ्य, मुनि किशनलाल, बी. जैन, पब्लिशर्स (प्रा.लि.), दिल्ली।



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(Semester Vth)

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अजमेर**

SEMESTER –V

SCIENCE OF LIVING, YOGA AND JAINOLOGY

Scheme of Examination

Name of Question Paper	Duration	CREDIT	MM.	Min.M.
Personality Development and Yoga (Group A)	3 Hours	04	70	25
Practical	5 Hours	02	30	11

EOT The exam will be of 70 marks and practical will be of 30 marks. In the practical examination, oral 10 marks, written examination will be 12 marks, file work will be taken 08 marks.

GENERAL INSTRUCTIONS

There will be a theoretical paper (of 70 marks) and practical examination (of 30 marks). The student must pass the theoretical and practical paper separately.

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 –V

Personality Development and Yoga (Group A)

UNIT 1 : Description of Personality

- Meaning of Personality and Definition
- Determinants of Personality - Heredity, Environment, Endocrine System, Karma
- Types of Personality
- Spiritual - Scientific Personality
- Process of Personality Development

UNIT 2 : Personality Development and Management

- Goal Management
- Time Management
- Health Management
- Stress Management
- Addiction Management
- Emotion Management

UNIT 3 : Personality and Skill Development

- Development of Working Efficiency
- Development of Leadership
- Development of Positive Thinking
- Development of Memory
- Development of Communication Skill
- Development of Behavioral Skill
- Development of Higher Skills.

सन्दर्भ ग्रन्थ सूची

1. व्यक्तित्व विकास और योग, डॉ. समणी ऋजु प्रज्ञा, जैन विश्वभारती विश्वविद्यालय, लाडनूं
2. प्रेक्षाध्यान व्यक्तित्व विकास, मुनि धर्मेश कुमार, जैन विश्व भारती लाडनूं
3. सोया मन जग जाये, आचार्य महाप्रज्ञ, जैन विश्व भारती लाडनूं
4. जैन योग, आचार्य महाप्रज्ञ, जैन विश्व भारती लाडनूं
5. आधुनिक सामान्य मनोविज्ञान, डॉ. प्रीति वर्मा, डॉ. डी.एन. श्रीवास्तव, अग्रवाल पब्लिकेशन, आगरा।
6. व्यक्तित्व का मनोविज्ञान, डॉ. जयसवाल, विनोद पुस्तक मन्दिर, आगरा।

SEMESTER –V

PRACTICAL : Personality Development and Yoga (Group A)

Time: 5 Hours

Minimum Passing Marks : 11

M.M. 30

Divisional Marks

- | | | | |
|----|---|---|----------|
| 1. | Practical Work (Written Part of 1.30 Hrs.)
Three questions are attempt out of 5 question | – | 12 Marks |
| 2. | Viva-Voce | – | 10 Marks |
| 3. | File Work | – | 08 Marks |

Period: 20 Students will be there in each batch of 4 periods

Exercise: 01 Prekshya Dhyam – Chaitnya Kendra Preksha

Exercise: 02 Asanas – Lying Posture– Naukasana, Makrasana
Sitting Posture — Ustrasana, Singhasana
Standing Posture — Vrikshasana, Natarajasana

Exercise: 03 Pranayam — Meaning and Defination
Kapalbhati, Nadi Shodhan

Exercise: 04 Shatkarm
Jal Niti, Kunjal

Exercise: 05 Anupreksha — Meaning and Defination
Health (Swasthya), Patience (Dharya), Self reliance (Swalamban)

सन्दर्भ ग्रन्थ सूची –

1. प्रेक्षाध्यान : प्रयोग पद्धति, आचार्य महाप्रज्ञ, जैन विश्व भारती, लाडनूं
2. आसन और प्राणायाम, मुनि किशनलाल, जैन विश्व भारती, लाडनूं
3. यौगिक क्रियाएं, मुनि किशनलाल, बी. जैन पब्लिशर्स (प्रा.लि.), दिल्ली।
4. आसन, प्राणायाम, मुद्रा और बन्ध, स्वामी सत्यानन्द, बिहार योग विद्यालय, गंगादर्शन, मुंगेर, (बिहार)।
5. आसन और प्राणायाम, स्वामी रामदेव, दिव्य योग मन्दिर, कनखल, हरिद्वार।
6. योगासन एवं स्वास्थ्य, मुनि किशनलाल, बी. जैन, पब्लिशर्स (प्रा.लि.), दिल्ली।



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2025–2026

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अजमेर**

SEMESTER –V

SCIENCE OF LIVING, YOGA AND JAINOLOGY

Scheme of Examination

Name of Question Paper	Duration	CREDIT	MM.	Min.M.
Jain Ethics Mimamsa (Group B)	3 Hours	04	70	25
Practical	5 Hours	02	30	11

EOT The exam will be of 70 marks and practical will be of 30 marks. In the practical examination, oral 10 marks, written examination will be 12 marks, file work will be taken 08 marks.

GENERAL INSTRUCTIONS

There will be a theoretical paper (of 70 marks) and practical examination (of 30 marks). The student must pass the theoretical and practical paper separately.

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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.

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SEMESTER –V

Jain Ethics Mimamsa (Group B)

UNIT 1 : Jain Ethics

- Basis and Nature of Conduct (Jain Ethics)
- Nine Categories of Truth (Navtatva)
- Three Jewels (Ratnatraya)
- Stages of Spiritual Development (Gunasthan)
- Six Essentials (Sadavashyak)
- Ten Righteousness (Dharma)

UNIT 2 : Jain Ethics

- Ascetic's Code of conduct (Shramanachara)
- Laymen's code of conduct (Shravakachara)
- Laymen's renunciation eleven stages (Shravak ki Pratima)
- Jain Life Style
- Limit of Possession (Aparigrah)
- Fasting unto death (Santhara)

UNIT 3 : Jain Ethics

- Nature of Non-violence
- Cruelty towards animals verses feeling of equanimity
- Non-violence Training
- Anuvrata Movement
- Anuvrata Code of Conduct
- Foundation of a Healthy Society
- Field of Anuvrata

सन्दर्भ ग्रन्थ सूची

1. जैन तत्त्व मीमांसा और आचार मीमांसा, समणी ऋजुप्रज्ञा, जैन विश्व भारती संस्थान, लाडनूं
2. जैन दर्शन : मनन और मीमांसा, आचार्य श्री महाप्रज्ञ, आदर्श साहित्य संघ, चूरु।
3. श्रावक सम्बोध, आचार्य तुलसी, आदर्श साहित्य संघ, चूरु।
4. जैन आगम में दर्शन, समणी मंगलप्रज्ञा, जैन विश्व भारती, लाडनूं
5. जैन दर्शन, महेन्द्र कुमार न्यायाचार्य, गणेशवर्णी संस्थान, नरिया, वाराणसी।
6. तत्त्वार्थसूत्र, उमास्वाती

SEMESTER –V

PRACTICAL : Jain Ethics Mimamsa (Group B)

Time: 5 Hours

Minimum Passing Marks : 11

M.M. 30

Divisional Marks

- | | | | |
|----|---|---|----------|
| 1. | Practical Work (Written Part of 1.30 Hrs.)
Three questions are attempt out of 5 question | – | 12 Marks |
| 2. | Viva-Voce | – | 10 Marks |
| 3. | File Work | – | 08 Marks |

Period: 20 Students will be there in each batch of 4 periods

Exercise: 01 Prekshya Dhyam – Chaitnya Kendra Preksha

Exercise: 02 Asanas – Lying Posture– Naukasana, Makrasana
Sitting Posture — Ustrasana, Singhasana
Standing Posture — Vrikshasana, Natarajasana

Exercise: 03 Pranayam — Meaning and Defination
Kapalbhati, Nadi Shodhan

Exercise: 04 Shatkarm
Jal Niti, Kunjal

Exercise: 05 Anupreksha — Meaning and Defination
Health (Swasthya), Patience (Dharya), Self reliance (Swalamban)

सन्दर्भ ग्रन्थ सूची –

1. प्रेक्षाध्यान : प्रयोग पद्धति, आचार्य महाप्रज्ञ, जैन विश्व भारती, लाडनूं
2. आसन और प्राणायाम, मुनि किशनलाल, जैन विश्व भारती, लाडनूं
3. यौगिक क्रियाएं, मुनि किशनलाल, बी. जैन पब्लिशर्स (प्रा.लि.), दिल्ली।
4. आसन, प्राणायाम, मुद्रा और बन्ध, स्वामी सत्यानन्द, बिहार योग विद्यालय, गंगादर्शन, मुंगेर, (बिहार)।
5. आसन और प्राणायाम, स्वामी रामदेव, दिव्य योग मन्दिर, कनखल, हरिद्वार।
6. योगासन एवं स्वास्थ्य, मुनि किशनलाल, बी. जैन, पब्लिशर्स (प्रा.लि.), दिल्ली।



**MAHARSHI DAYANAND SARASWATI
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पाठ्यक्रम

**SCHEME OF EXAMINATION AND
COURSES OF STUDY**

FACULTY OF ARTS & SOCIAL SCIENCE

(Semester Vth)

2025–2026

महर्षि दयानन्द सरस्वती विश्वविद्यालय,

अजमेर

SEMESTER –V

SCIENCE OF LIVING, YOGA AND JAINOLOGY

Scheme of Examination

Name of Question Paper	Duration	CREDIT	MM.	Min.M.
Jain Metaphysics (Group C)	3 Hours	04	70	25
Practical	5 Hours	02	30	11

EOT The exam will be of 70 marks and practical will be of 30 marks. In the practical examination, oral 10 marks, written examination will be 12 marks, file work will be taken 08 marks.

GENERAL INSTRUCTIONS

There will be a theoretical paper (of 70 marks) and practical examination (of 30 marks). The student must pass the theoretical and practical paper separately.

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 –V

Jain Metaphysics (Group C)

UNIT 1 : Jain Metaphysics

- Meaning of Reality (Sat)
- Nature of Reality (Sat)
- Substance (Dravya), Attributes (Guna), Modes (Paryaya)
- Six Substance (Shad dravya)

UNIT 2 : Jain Metaphysics

- Meaning and Definition of Atom
- Nature of Atom
- Cosmology (Lokavad)

UNIT 3 : Jain Metaphysics

- Nature of Soul
- Classification of Soul
- Prove of the existence of Soul
- Size of Soul
- Soul-body relationship
- Rebirth

सन्दर्भ ग्रन्थ सूची

1. जैन तत्त्व मीमांसा और आचार मीमांसा, समणी ऋजुप्रज्ञा, जैन विश्व भारती संस्थान, लाडनूं
2. जैन दर्शन : मनन और मीमांसा, आचार्य श्री महाप्रज्ञ, आदर्श साहित्य संघ, चूरु।
3. श्रावक सम्बोध, आचार्य तुलसी, आदर्श साहित्य संघ, चूरु।
4. जैन आगम में दर्शन, समणी मंगलप्रज्ञा, जैन विश्व भारती, लाडनूं
5. जैन दर्शन, महेन्द्र कुमार न्यायाचार्य, गणेशवर्णी संस्थान, नरिया, वाराणसी।
6. जैन तत्त्व मीमांसा, डॉ. आनन्द प्रकाश त्रिपाठी, बी. जैन पब्लिशर्स, नई दिल्ली।
7. तत्त्वार्थसूत्र, उमास्वाती

SEMESTER –V

PRACTICAL : Jain Metaphysics (Group C)

Time: 5 Hours

Minimum Passing Marks : 11

M.M. 30

Divisional Marks

- | | | | |
|----|---|---|----------|
| 1. | Practical Work (Written Part of 1.30 Hrs.)
Three questions are attempt out of 5 question | – | 12 Marks |
| 2. | Viva-Voce | – | 10 Marks |
| 3. | File Work | – | 08 Marks |

Period: 20 Students will be there in each batch of 4 periods

Exercise: 01 Prekshya Dhyān – Chaitnya Kendra Preksha

Exercise: 02 Asanas – Lying Posture– Naukasana, Makrasana
Sitting Posture — Ustrasana, Singhasana
Standing Posture — Vrikshasana, Natarajasana

Exercise: 03 Pranayam — Meaning and Defination
Kapalbhati, Nadi Shodhan

Exercise: 04 Shatkarm
Jal Niti, Kunjal

Exercise: 05 Anupreksha — Meaning and Defination
Health (Swasthya), Patience (Dharya), Self reliance (Swalamban)

सन्दर्भ ग्रन्थ सूची –

1. प्रेक्षाध्यान : प्रयोग पद्धति, आचार्य महाप्रज्ञ, जैन विश्व भारती, लाडनूं
2. आसन और प्राणायाम, मुनि किशनलाल, जैन विश्व भारती, लाडनूं
3. यौगिक क्रियाएं, मुनि किशनलाल, बी. जैन पब्लिशर्स (प्रा.लि.), दिल्ली।
4. आसन, प्राणायाम, मुद्रा और बन्ध, स्वामी सत्यानन्द, बिहार योग विद्यालय, गंगादर्शन, मुंगेर, (बिहार)।
5. आसन और प्राणायाम, स्वामी रामदेव, दिव्य योग मन्दिर, कनखल, हरिद्वार।
6. योगासन एवं स्वास्थ्य, मुनि किशनलाल, बी. जैन, पब्लिशर्स (प्रा.लि.), दिल्ली।



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**महर्षि दयानन्द सरस्वती विश्वविद्यालय,
अजमेर**

SEMESTER – VI

SCIENCE OF LIVING, YOGA AND JAINOLOGY

Scheme of Examination

Name of Question Paper	Duration	CREDIT	MM.	Min.M.
Patanjal Yoga Philosophy (Group A)	3 Hours	04	70	25
Practical	5 Hours	02	30	11

EOT The exam will be of 70 marks and practical will be of 30 marks. In the practical examination, oral 10 marks, written examination will be 12 marks, file work will be taken 08 marks.

GENERAL INSTRUCTIONS

There will be a theoretical paper (of 70 marks) and practical examination (of 30 marks). The student must pass the theoretical and practical paper separately.

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 – VI

Patanjal Yoga Philosophy (Group A)

UNIT 1 : Patanjali Yoga (I)

- Concept of Yoga
- Tendencies of Chhitta and Tools of Nirodha
- Nature of Ishwar, Antraya

UNIT 2 : Patanjali Yoga (II)

- Yama
- Niyama
- Asana
- Pranayama
- Pratyahara
- Dharna
- Dhyan
- Samadhi

UNIT 3 : Patanjali Yoga (III)

- Kriya Yoga
- Klesha
- Methods of Chitta stability
- Sanyam
- Nature of Kevalya

सन्दर्भ ग्रन्थ सूची

1. पातंजल योगप्रदीप—स्वामी ओमानन्द, गीता प्रेस, गोरखपुर
2. पातंजल योगदर्शन—डॉ. उदयवीर शास्त्री
3. भारतीय दर्शन—प्रो. आनन्द प्रकाश त्रिपाठी, यूनिवर्सिटी बुक हाउस, जयपुर
4. Yoga Tradition—Feuerstein George, Motilal Banarasidas Publications, Delhi, 2002.
5. पातंजल योगसार—डॉ. साधना दानौरिया, मधूलिका प्रकाशन, इलाहाबाद

SEMESTER – VI

PRACTICAL : Patanjali Yoga Philosophy (Group A)

Time: 5 Hours

Minimum Passing Marks : 11

M.M. 30

Divisional Marks

- | | | | |
|----|---|---|----------|
| 1. | Practical Work (Written Part of 1.30 Hrs.)
Three questions are attempt out of 5 question | – | 12 Marks |
| 2. | Viva-Voce | – | 10 Marks |
| 3. | File Work | – | 08 Marks |

Period: 20 Students will be there in each batch of 4 periods

Exercise: 01 Prekshya Dhyana – Leshyadhyan

Exercise: 02 Asanas – Lying Posture– Chakrasana, Satubandhaasana
Sitting Posture — Baddhpadmasana, Siddhasana, Gomukhasana
Standing Posture — Madhyapadashirasana, Veerasana
Advance Asana — Shirsasana, Mayurasana

Exercise: 03 Anupreksha — Meaning and Defination
Loyalty of Duty (Kartvyanistha), Saha-Astitva (Co-Existence),
Nonviolence Anupreksha

Exercise: 04 Mudra — Meaning and Defination
Gyan Mudra, Vayu Mudra, Akash Mudra, Prathvi Mudra, Surya
Mudra, Varun Mudra, Apan Mudra and Sankh Mudra

Exercise: 05 Shat-karma
Sutraneti, Tratak

सन्दर्भ ग्रन्थ सूची –

1. प्रेक्षाध्यान : प्रयोग पद्धति, आचार्य महाप्रज्ञ, जैन विश्व भारती, लाडनूं
2. आसन और प्राणायाम, मुनि किशनलाल, जैन विश्व भारती, लाडनूं
3. यौगिक क्रियाएं, मुनि किशनलाल, बी. जैन पब्लिशर्स (प्रा.लि.), दिल्ली।
4. आसन, प्राणायाम, मुद्रा और बन्ध, स्वामी सत्यानन्द, बिहार योग विद्यालय, गंगादर्शन, मुंगेर, (बिहार)।
5. आसन और प्राणायाम, स्वामी रामदेव, दिव्य योग मन्दिर, कनखल, हरिद्वार।
6. योगासन एवं स्वास्थ्य, मुनि किशनलाल, बी. जैन, पब्लिशर्स (प्रा.लि.), दिल्ली।



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SEMESTER – VI

SCIENCE OF LIVING, YOGA AND JAINOLOGY

Scheme of Examination

Name of Question Paper	Duration	CREDIT	MM.	Min.M.
Main Principle of Jain Philosophy (Group B)	3 Hours	04	70	25
Practical	5 Hours	02	30	11

EOT The exam will be of 70 marks and practical will be of 30 marks. In the practical examination, oral 10 marks, written examination will be 12 marks, file work will be taken 08 marks.

GENERAL INSTRUCTIONS

There will be a theoretical paper (of 70 marks) and practical examination (of 30 marks). The student must pass the theoretical and practical paper separately.

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 – VI

Main Principle of Jain Philosophy (Group B)

UNIT 1 : Main Principle of Jainism

- Non-absolutism (Anekantvada)
- Relativism-Seven Predication (Syadvada-Sapta Bhangivad)
- Theory of Ways of approach (Nayavada)
- Theory of Word Meaning (Niksepa)
- Karan-Karyavad
- Five Concomitance (Samavaya)

UNIT 2 : Main Principle of Jainism

- Soul: A Self Creator (Aatma-Kartritvavada)
- Karmavada
- States of Karma
- Aural Coloration (Leshya)
- Meditation (Dhyana)
- Emancipation (Moksa)

UNIT 3 : Other Principle of Jainism

- Spirituality in Jainism
- Science in Jainism
- Psychology in Jainism
- Sociology in Jainism
- Economics in Jainism
- Vegetarianism in Jainism
- Environment in Jainism

सन्दर्भ ग्रन्थ सूची

1. जैन दर्शन में प्रमुख सिद्धांत, डॉ. समणी ऋजु प्रज्ञा, जैन विश्व भारती, विश्वविद्यालय, लाडनूं
2. जैन दर्शन ममन और मीमांसा, आचार्य महाप्रज्ञ, जैन विश्व भारती, लाडनूं
3. ज्ञान मीमांसा, डॉ. साध्वी श्रुतयशा, जैन विश्व भारती, लाडनूं
4. भिक्षु न्यायकर्णिका, आचार्य तुलसी, जैन विश्व भारती, लाडनूं
5. जैन न्याय का विकास, आचार्य महाप्रज्ञ, जैन विद्या अनुशीलन केन्द्र, राजस्थान विश्वविद्यालय, जयपुर
6. जैन दर्शन, पंडित महेन्द्र कुमार जैन, न्यायाचार्य, गणेशवर्णि, संस्थान, नरिया, वाराणसी।
7. जैन न्याय, पंडित, कैलाशचन्द्र भारतीय ज्ञानपीठ, नई दिल्ली।
8. जैन दर्शन स्वरूप और विश्लेषण, देवेन्द्र मुनि, तारक गुरु ग्रंथालय, उदयपुर
9. भगवान महावीर का अर्थशास्त्र, आचार्य महाप्रज्ञ, जैन विश्व भारती, लाडनूं

SEMESTER – VI

PRACTICAL : Main Principle of Jain Philosophy (Group B)

Time: 5 Hours

Minimum Passing Marks : 11

M.M. 30

Divisional Marks

- | | | | |
|----|---|---|----------|
| 1. | Practical Work (Written Part of 1.30 Hrs.)
Three questions are attempt out of 5 question | – | 12 Marks |
| 2. | Viva-Voce | – | 10 Marks |
| 3. | File Work | – | 08 Marks |

Period: 20 Students will be there in each batch of 4 periods

Exercise: 01 Prekshya Dhyana – Leshyadhyan

Exercise: 02 Asanas – Lying Posture– Chakrasana, Satubandhaasana
Sitting Posture — Baddhpadmasana, Siddhasana, Gomukhasana
Standing Posture — Madhyapadashirasana, Veerasana
Advance Asana — Shirsasana, Mayurasana

Exercise: 03 Anupreksha — Meaning and Defination
Loyalty of Duty (Kartvyanistha), Saha-Astitva (Co-Existence),
Nonviolence Anupreksha

Exercise: 04 Mudra — Meaning and Defination
Gyan Mudra, Vayu Mudra, Akash Mudra, Prathvi Mudra, Surya
Mudra, Varun Mudra, Apan Mudra and Sankh Mudra

Exercise: 05 Shat-karma
Sutraneti, Tratak

सन्दर्भ ग्रन्थ सूची –

1. प्रेक्षाध्यान : प्रयोग पद्धति, आचार्य महाप्रज्ञ, जैन विश्व भारती, लाडनूं
2. आसन और प्राणायाम, मुनि किशनलाल, जैन विश्व भारती, लाडनूं
3. यौगिक क्रियाएं, मुनि किशनलाल, बी. जैन पब्लिशर्स (प्रा.लि.), दिल्ली।
4. आसन, प्राणायाम, मुद्रा और बन्ध, स्वामी सत्यानन्द, बिहार योग विद्यालय, गंगादर्शन, मुंगेर, (बिहार)।
5. आसन और प्राणायाम, स्वामी रामदेव, दिव्य योग मन्दिर, कनखल, हरिद्वार।
6. योगासन एवं स्वास्थ्य, मुनि किशनलाल, बी. जैन, पब्लिशर्स (प्रा.लि.), दिल्ली।



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अजमेर**

SEMESTER – VI

SCIENCE OF LIVING, YOGA AND JAINOLOGY

Scheme of Examination

Name of Question Paper	Duration	CREDIT	MM.	Min.M.
Science of Living and Health (Group C)	3 Hours	04	70	25
Practical	5 Hours	02	30	11

EOT The exam will be of 70 marks and practical will be of 30 marks. In the practical examination, oral 10 marks, written examination will be 12 marks, file work will be taken 08 marks.

GENERAL INSTRUCTIONS

There will be a theoretical paper (of 70 marks) and practical examination (of 30 marks). The student must pass the theoretical and practical paper separately.

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 – VI

Science of Living and Health (Group C)

UNIT 1 : Health, Health Education and SOL

- Concept of health; component of health- Physical and mental health
- Health and Environment
- Health Education
- Science of Living and Health Improvement

UNIT 2 : Physical Diseases and Disorders- General Introduction - I

- Physical weakness, Gastric trouble, hypertension, Influenza and acidity
- Tonsillitis, fever, backache, indigestion
- Eye problems, Insomnia, memory weakness Nervous weakness
- Liver diseases; cervical pain, hernia, scyptica, Piles

UNIT 3 : Nature Cure and Health

- Naturopathy - concept, Types and principles
- Space, Air, Fire, Earth and Water therapy.
- Life style and harmony with natural powers
- Introduction of various alternative therapy systems—
Accupressure, Accupuncture and Magnatics therapy, General Introduction

सन्दर्भ ग्रन्थ सूची

1. सामुदायिक स्वास्थ्य विज्ञान, जे.ई.पार्क एवं के. पार्क, में. बनारसी दास भानोत (प्रकाशक) जबलपुर
2. प्राकृतिक आयुर्विज्ञान, डॉ. राकेश जिन्दल
3. आरोग्य प्रकाश, रामनारायण शर्मा
4. रोगों की सही चिकित्सा, नागेन्द्र नीरज एवं मंजू नीरज
5. अमृत पिटक, आचार्य महाप्रज्ञ
6. प्राकृतिक आयुर्विज्ञान, राकेश जिन्दल
7. जी.जो. एक्युप्रेशर, गरिमा, संजय
8. आपका स्वास्थ्यदाता एक्युपंकचर, एनटोन जयसूर्या
9. चुम्बक चिकित्सा क्यों और कैसे? डॉ ओमप्रकाश आनंद एवं पूनमरानी
10. Practical Approach to Accupuncture, Dr. Prabha Borwankar

SEMESTER – VI

PRACTICAL : Science of Living and Health (Group C)

Time: 5 Hours

Minimum Passing Marks : 11

M.M. 30

Divisional Marks

- | | | | |
|----|---|---|----------|
| 1. | Practical Work (Written Part of 1.30 Hrs.)
Three questions are attempt out of 5 question | – | 12 Marks |
| 2. | Viva-Voce | – | 10 Marks |
| 3. | File Work | – | 08 Marks |

Period: 20 Students will be there in each batch of 4 periods

Exercise: 01 Prekshya Dhyana – Leshyadhyan

Exercise: 02 Asanas – Lying Posture– Chakrasana, Satubandhaasana
Sitting Posture — Baddhpadmasana, Siddhasana, Gomukhasana
Standing Posture — Madhypadashirasana, Veerasana
Advance Asana — Shirsasana, Mayurasana

Exercise: 03 Anupreksha — Meaning and Defination
Loyalty of Duty (Kartvyanistha), Saha-Astitva (Co-Existence),
Nonviolence Anupreksha

Exercise: 04 Mudra — Meaning and Defination
Gyan Mudra, Vayu Mudra, Akash Mudra, Prathvi Mudra, Surya
Mudra, Varun Mudra, Apan Mudra and Sankh Mudra

Exercise: 05 Shat-karma
Sutraneti, Tratak

सन्दर्भ ग्रन्थ सूची –

1. प्रेक्षाध्यान : प्रयोग पद्धति, आचार्य महाप्रज्ञ, जैन विश्व भारती, लाडनूं
2. आसन और प्राणायाम, मुनि किशनलाल, जैन विश्व भारती, लाडनूं
3. यौगिक क्रियाएं, मुनि किशनलाल, बी. जैन पब्लिशर्स (प्रा.लि.), दिल्ली।
4. आसन, प्राणायाम, मुद्रा और बन्ध, स्वामी सत्यानन्द, बिहार योग विद्यालय, गंगादर्शन, मुंगेर, (बिहार)।
5. आसन और प्राणायाम, स्वामी रामदेव, दिव्य योग मन्दिर, कनखल, हरिद्वार।
6. योगासन एवं स्वास्थ्य, मुनि किशनलाल, बी. जैन, पब्लिशर्स (प्रा.लि.), दिल्ली।