



**MAHARSHI DAYANAND SARASWATI  
UNIVERSITY, AJMER**

**पाठ्यक्रम**

**SCHEME OF EXAMINATION AND  
COURSES OF STUDY**

**FACULTY OF ARTS & SOCIAL SCIENCE**

**Skill Enhancement Course**

**(Semester III<sup>rd</sup>)**

**2024-2025**

**महर्षि दयानन्द सरस्वती विश्वविद्यालय,**

**अजमेर**

## Semester – III

# SCIENCE OF LIVING, YOGA AND JAINOLOGY

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### Skill Enhancement Course

#### परीक्षा योजना

Name of Question Paper	Duration	CREDIT	MM.	Min.M.
Science of Living, Health and Yoga	3 Hours	02	70	25
Practical	5 Hours		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, YOGA AND JAINOLOGY

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### Skill Enhancement Course

- UNIT 1 : Science of Living Health and Yoga**
- Concept of Health — Meaning and Definition of Health
  - Determinants of Health
- UNIT 2 : Balance Diet and Health**
- Concept of Balance Diet
  - Components of Balanced Diet
- UNIT 3 : Health Promotion and Science of Living**
- Physical Health
  - Mental Health
  - Emotional Health

### सन्दर्भ ग्रन्थ सूची –

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

# Semester – III

## PRACTICAL : Science of Living, Health and Yoga

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**Time: 5 Hours**

**Minimum Passing Marks : 11**

**M.M. 30**

### Divisional Marks

- |    |   |   |          |
|----|---|---|----------|
| 1. | Practical Work (Written Part of 1.30 Hrs.)<br>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– Bhujangasan, Shalbhasana  
Sitting Posture – Supta Vajrasana, Paschimottanasana  
Standing Posture – Trikonasana, Padahastana

**Exercise: 03** Pranayam – Meaning and Defination  
Sheetkari Pranayam, Shitali Pranayam

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

**Exercise: 05** Yogic Kriyayen (Exercise) – Eight Exercises of spinal for Changness of Nature

### 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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**FACULTY OF ARTS & SOCIAL SCIENCE**

**Skill Enhancement Course**

**(Semester IV<sup>th</sup>)**

**2024-2025**

**महर्षि दयानन्द सरस्वती विश्वविद्यालय,**

**अजमेर**

## Semester – IV

# SCIENCE OF LIVING, YOGA AND JAINOLOGY

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### Skill Enhancement Course

#### परीक्षा योजना

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

### Value Education and Science of Living

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#### Skill Enhancement Course

- UNIT 1 : Building of healthy society and science of living**
- Society and culture – Concept, characteristics and importance of Science of Living
  - Value and Socialization – Concept and Importance.
- UNIT 2 : Value education and Science of Living**
- Education — Meaning, definition, Characteristics of process of education in reference to Science of Living.
  - Education — Objective, syllabus, teaching techniques, Discipline and Institution.
- UNIT 3 : Indian culture and Science of Living**
- Indian Culture : Characteristics, Present Crises and it's Cure – Spirituality - Yoga, Non-Violence, Education and training of Science of Living
  - Need for Indianisation of Indian Education system and Science of Living for integrated development of personality.

#### सन्दर्भ ग्रन्थ सूची –

1. आर.एन. मुखर्जी, बी. अग्रवाल एवं नीना मलहोत्रा: समाजशास्त्र, विवेक प्रकाशन, दिल्ली
2. डॉ. हरद्वारीलाल शर्मा: संस्कृति की रूपरेखा, प्रथम संस्करण, 1992, प्रकाशक– मानसी प्रकाशन, 32 कैलाशपुरी, मेरठ
3. रामधारी सिंह दिनकर: संस्कृति के चार अध्याय
- 4- त्यागी एवं पाठक: शिक्षा के सामान्य सिद्धान्त, विनोद पुस्तक मंदिर, आगरा
- 5- डॉ. रामशकल पाण्डेय: शिक्षा के मूल सिद्धान्त, विनोद पुस्तक मंदिर, आगरा
- 6- Human Values Through Education: (Ed.) Gujarat Vidyapith, Ahmedabad
- 7- Mac. अमृत and Page, D.P. ,Society; An Introductory Analysis, Mc Millian Pub. India

## SEMESTER – IV

### PRACTICAL : Value Education and Science of Living

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**Time: 5 Hours****Minimum Passing Marks : 11****M.M. 30****Divisional Marks**

- |    |   |   |          |
|----|---|---|----------|
| 1. | Practical Work (Written Part of 1.30 Hrs.)<br>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 Dhyan – Sharir (Body) Preksha

**Exercise: 02** Asanas – Lying Posture– Dhanurasan, Matsyasana  
Sitting Posture — Goduhasan, Ardha-Mastyendrasana  
Standing Posture — Konasana, Mahavirasana

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

**Exercise: 04** Anupreksha — Meaning and Defination  
Anitya, Sahisnuta, 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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**Skill Enhancement Course**

**(Semester V<sup>th</sup>)**

**2025-2026**

**महर्षि दयानन्द सरस्वती विश्वविद्यालय,  
अजमेर**

## Semester –V

### SCIENCE OF LIVING, YOGA AND JAINOLOGY

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#### Skill Enhancement Course

#### परीक्षा योजना

Name of Question Paper	Duration	CREDIT	MM.	Min.M.
Principle of Jain Knowledge	3 Hours	02	70	25
Practical	5 Hours		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

## Principle of Jain Knowledge

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### Skill Enhancement Course

**UNIT 1 : Jain Knowledge**

- Nature of Knowledge
- Source of Knowledge

**UNIT 2 : Jain Knowledge**

- Perceptual Knowledge (Matigyan)
- Verbal Knowledge (Shruta Gyan)

**UNIT 3 : Jain Knowledge**

- Clairvoyance (Avadhigyan)
- Mind Reading Knowledge (Manah Prayavogyan)
- Omniscience (Keval Gyan)

**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
10. तत्त्वार्थसूत्र, उमास्वाती

# SEMESTER –V

## PRACTICAL : Principle of Jain Knowledge

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**Time: 5 Hours**

**Minimum Passing Marks : 11**

**M.M. 30**

### Divisional Marks

- |    |   |   |          |
|----|---|---|----------|
| 1. | Practical Work (Written Part of 1.30 Hrs.)<br>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 (Swavlamban)

### 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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**Skill Enhancement Course**

**(Semester VI<sup>th</sup>)**

**2025-2026**

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अजमेर**

# Semester – VI

## SCIENCE OF LIVING, YOGA AND JAINOLOGY

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### Skill Enhancement Course

#### परीक्षा योजना

Name of Question Paper	Duration	CREDIT	MM.	Min.M.
Alternative Therapies	3 Hours	02	70	25
Practical	5 Hours		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

## Alternative Therapies

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### Skill Enhancement Course

**UNIT 1 : Naturopathy**

- Meaning and Nature of Naturopathy
- Principles of Naturopathy
- Different techniques of Naturopathy

**Shatkarma**

- Neti, Dhoti, Nouli, Basti, Kapalbhathi, Tratak

**UNIT 2 : Acupressure**

- Meaning of Acupressure
- Treatment of Disease by Acupressure
- Technique of Applying Pressure
- Benefits and Precautions of Acupressure

**UNIT 3 : Mantra Therapy**

- Defination of Mantra
- Three Elements of Mantra
- Benifits of Mantra Chanting and Treatment of Diseases from Mantra Therapy

**Colour Therapy**

- Defination of Colour Therapy
- Characteristics of Color Therapy
- Preparation of Medicine and treatment

**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 – VI

## PRACTICAL : Alternative Therapies

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**Time: 5 Hours**

**Minimum Passing Marks : 11**

**M.M. 30**

### Divisional Marks

- |    |   |   |          |
|----|---|---|----------|
| 1. | Practical Work (Written Part of 1.30 Hrs.)<br>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 – 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,  
Friendship 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।