

# **International Summer School Programme of Understanding Jainism**

## **Syllabus**

### **Paper-1 : Jainism**

**Subject Code: CUJ 101**

#### **1.1 History of Jainism**

1.1.1 Antiquity of Jainism

1.1.2 Life of Mahavira

#### **1.2 Jain Culture**

1.2.1 Jain Art and Architecture

1.2.2 Jain Symbols

1.2.3 Jain Literature

#### **1.3 Jain Ethics**

1.3.1 Jain Asceticism

1.3.2 Conduct of an Householder

1.3.3 Concept of Karma

#### **1.4 Jain Metaphysics**

1.4.1 Six Substances & Nine Realities

1.4.2 Jain Biology

#### **1.5 Jain Epistemology**

1.5.1 Theory of Knowledge

1.5.2 Concept of Naya in Jainism

# **Paper-2 : Science of Living**

**Subject Code: CUJ 102**

## **2.1 Introduction to Meditation**

2.1.1 Indian Tradition of Meditation

2.1.2 Levels of Existence

## **2.2 Preksha Meditation**

2.2.1 Introduction to Preksha Meditation

2.2.2 Initiatives of Preksha Meditation

2.2.3 Components of Preksha Meditation

## **2.3 Various Techniques of Preksha Meditation**

2.3.1 Psychic Centres in Preksha Meditation

2.3.2 Color Meditation

2.3.3 Mantra Meditation

## **2.4 Effect of Preksha Meditation**

2.4.1 Anger Management & Preksha Meditation

2.4.2 Stress-Management & Preksha Meditation

## **2.5 Science of living**

2.5.1 Science of Living –An Innovative system of Education

2.5.2 Scientific Research in Preksha Meditation

# **Paper-3 : Nonviolence and Peace**

**Subject Code : CUJ 103**

## **3.1 Introduction to Concept of Nonviolence**

3.1.1 The Concept of Nonviolence and its Development

3.1.2 Training in Non-Violence

## **3.2 Conflict Management**

3.2.1 Concept of Conflict Management

3.2.2 Anekanta- A Technique of Conflict Management

3.2.3 Non-Violent Communication

## **3.3 Application of Nonviolence**

3.3.1 Applied Nonviolence and life style

3.3.2 Environmental Ethics

3.3.3 Gandhian Approach to Nonviolence

## **3.4 Nonviolence and Society**

3.4.1 Anuvrat Movement for Nonviolent Social change

3.4.2 Construction of Non-violent Society- A Case study

## **3.5 Concept of Peace**

3.5.1 Facets of Peace

3.5.2 Relative Economics: Economics of Peace and Nonviolence