Programme Project Report (PPR)

for

Distance Learning Programme under Directorate of Distance Education

2020

M.A. in Yoga & Science of Living (MAYASOLD)

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Ladnun, Rajasthan

MASTER OF ARTS IN YOGA AND SCIENCE OF LIVING

(Open & Distance Learning Programme – Post Graduate Programme)

Programme Project Report (PPR)

Overview

Jain Vishva Bharati Institute (JVBI) is committed to provide highest quality of educational services to the utmost satisfaction of the students and give them an opportunity to cultivate an integrated personality blended with spirituality and moral values.

Established in 1991 with the inspiration of Gurudev Tulsi in Ladnun, Dist Nagaur, Rajasthan the Jain Vishva Bharati Institute was notified by the Government of India as Deemed-to-be University under **Section 3 of University Grants Commission Act, 1956**. Gurudev Shri Tulsi remained its first Constitutional Anushasta (moral and spiritual guide) followed by Acharya Shri Mahaprajna as its second Anushasta. Acharya Mahashraman is its present Anushasta. The goal of the JVBI has been clearly spelt out in the Preamble of its Constitution i.e. Memorandum and Articles of Association which reads as under:

> *"The Jain Vishva Bharati Institute is an endeavour in the direction of putting into practice, promote and propagate the high ideals of Anekant, Ahimsa, Tolerance and Peaceful Co-existence for the weal of the mankind. We, the members of the Jain Vishva Bharati, therefore resolve to constitute and establish the said University of Advanced Studies, Research & Training in Jainology in the context of comparative studies in Indology, World Religions, Ahimsa and World Peace."*

Location of the Institute: The Institute is located at Ladnun, District – Nagaur, about 225 kilometers from Jaipur and almost equidistant from some of the major towns of Rajasthan viz. Jodhpur, Ajmer, Udaipur & Bikaner. It's campus is located within the common campus of its parent body, the Jain Vishva Bharati. Even though Ladnun town is located in an arid zone, the campus is full of greenery with parks, peacocks and gardens. It is like an oasis in the middle of the desert. The environment is free from noise and pollution. The spiritual ambiance of the campus provides a peaceful atmosphere of the traditional "Gurukul", which is ideal for studies and research. The academic environment on the campus fosters self-discipline, promotes quality of life and commitment to higher values.

Apart from the core curriculum of each programme JVBI provides its learners ample opportunity to improve their communication skills, interpersonal relations, art of

negotiation, decision making, development of self-confidence etc to cope in this modern, competitive and challenging world.

Jain Vishva Bharati Institute was established as a Deemed-to-be-University in 1991. The Directorate started the Distance Education in 1997 with the vision of providing the opportunity for quality education to all realms of society. Since the beginning, thousands of students have availed themselves of this opportunity for higher education to a great extent throughout India. Many students outside the State have also benefited from this. But after the new directions of the UGC in 2014, the University had stopped all the Off-Campus Exam Centres of the Distance Education outside the State.

Programme Offerings: The Jain Vishva Bharati Institute offers Under Graduate and Post Graduate programmes mostly in Oriental Disciplines in both **regular & distance modes**. Apart from general courses in social sciences and humanities at the UG level its mainstay is in the field of programme offerings in oriental disciplines like Jainology, Sanskrit, Prakrit, Non-violence and Peace. Besides, it also offers Hindi, English, Political Science, Yoga & Commerce.

DIRECTORATE OF DISTANCE EDUCATION

The Directorate of Distance Education (DDE) was established in 1997.

With its mandated objective to pursue the promotion and propagation of oriental studies, the JVBI started programmes in distance mode to reach out to learners far and wide and especially those who do not have the ways and means to pursue these studies on a regular mode. The purpose is to serve all potential students who have the desire to undertake further studies through structured learning in oriental disciplines and other disciplines but are entrenched in their household responsibilities, businesses, regular jobs or otherwise and thus cannot take-up formal programmes of learning in the regular mode. Through various distance education programmes, students can acquire knowledge as well as build further their academic carrier. The UG & PG programmes on offer focus on subjects like Jainology, Comparative Religion and Philosophy, Yoga & Science of Living, Political Science, Commerce, Hindi Literature, English Literature etc.

The Jurisdiction of JVBI is limited to its headquarters at Ladnun, district Nagaur, Rajasthan which is as mandated for Deemed-to-be-Universities as per the **UGC (ODL) Regulations 2017.** The JVBI does not run any Regional Centres, Study Centres or Franchisees anywhere in the country or abroad. Because of the niche area in which it offers various courses the programmes offered through distance mode attract lot of students.

MASTER OF ARTS IN YOGA AND SCIENCE OF LIVING PROGRAMME (MAYSOLD)

(a) Programme's Mission & Objectives

Our Mission

- To preserve and promote the legacy of Indian culture, Oriental studies, Jain Philosophy, moral values and ethics in higher education.
- To re-energize and revitalize centuries old cumulative spiritual knowledge.
- To provide highest quality of educational services to the utmost satisfaction of the student and give them an opportunity to cultivate an integrated personality.
- To promote and propagate and practice the high ideals of anekant, ahimsa, tolerance and peaceful co-existence for the welfare of humanity.
- To offer advance studies, research and training in the context of comparative studies in Indology, Social Science, Education and Humanities.

Nanassa Saram Ayaro
(Right conduct is the essence of right knowledge)
"Let the voice of peace, nonviolence & harmony spread throughout the world."

Objective of the Programme

- To promote the traditional knowledge of India's rich heritage in the field of yoga
- To propagate the knowledge and application of Science of Living, a multidimensional system of education based on Indian Philosophy, Values and Culture
- To explain the scientific benefits of the application of Preksha Meditation
- To carry out scientific research on the therapeutic application of Yoga and Preksha Meditation
- Developing capabilities of physical, mental, intellectual and emotional well-being
- To explore changes occur in bio-chemistry attitude and efficiency through the practice of Preksha Meditation
- To train students to develop as trainers/teachers in Yoga.

(b) Relevance with HEI's Mission & Goals.

The importance of yoga in modern life is abundant. Yoga teaches us the Knowledge of how to lead a healthy living. It improves our concentration, creativity and

sharpens our memory. So another importance of Yoga in modern life can be that yoga improves our muscle strength, stamina and bring immune and mental stability.

(c) Nature of prospective target group of learners.

Students learn the meaning of yoga as described in the ancient indian Yogic text.. These means and processes include many things such as meditation, pranayama, kriyas and many others.... like- Hatha Yoga, Kundalini Yoga, Bhakti Yoga or Raja yoga etc. and these all aim to - Lowered blood pressure, increased flexibility, weight management, improved blood circulation, pain and tensions relief, body detoxification, improved posture, and increased core strength are a few positive changes that yoga brings in the human body.

(d) Appropriateness of programme to be conducted in ODL mode to acquire specific skills and competence.

The Duration of MA courses shall be of 2 years. The course is on Annual system, thus there shall be Annual Examination. The University has continuous system on assessment and evaluation of measurement of learning outcomes by students. The learning is assessed by blend of quizzes, assignment, Exercise analysis, report submission and Annual Examination.

(e) Instructional Design:

Duration – Two Years							
Course Code	**Course Type**	**Course Title**	**Contact Sessions**	**Credits** (Assignment + Annual Exam)	**Internal Marks** (through Assignments/ Online Test / Feedback on SLM)	**External Marks** (Annual Exams.)	**Total Marks**
MA Previous Year							
MSOL-01	Theory	Different Yog Systems	210 hours	02+05 = 07	30	70	100
MSOL-02	Theory	Science of Living, Preksha Meditation and Value Education	210 hours	02+05 = 07	30	70	100
MSOL-03	Theory	Applied Human Anatomy and Physiology	210 hours	02+05 = 07	30	70	100
MSOL-04	Theory	Applied Psychology and Science of Living	210 hours	02+05= 07	30	70	100
MSOL-05	Practical	Practical	120 hours	04	30	70	100

MA Final Year							
MSOL-06	Theory	Spirituality and Science	210 hours	02+05 = 07	30	70	100
MSOL-07	Theory	Science of Living and Self-Management	210 hours	02+05 = 07	30	70	100
MSOL-08	Theory	Science of Living and Health	210 hours	02+05 = 07	30	70	100
MSOL-09	Theory	Applied Science of Living and Research Methodology	210 hours	02+05= 07	30	70	100
MSOL-10	Practical	Practical	120 hours	04	30	70	100
		Total		**64**			

(f) Procedure for Admission, Curriculum Transaction and Evaluation:

- **Eligibility**: Undergraduate
- **Course Duration** : Min- 2 Years Max- 4 Years
- **Curriculum Transaction**: Self-Study through SLM; Assignment; A/V lessons
- **Evaluation**: Learners shall be assessed for Assignments, Students' Response Sheet, Contact Programmes/Practicals, Annual Examination.
- **Passing Percentage**: Pass marks - 36% in each theory course & 50% in Practical; and 40% in aggregate
- **Calculation of Division**: First Division – 60% and above; Second Division - 50% to <60%; Pass – 36% to <50%

(g) Requirement of the laboratory support and library Resources :

1. **Requirement of undergoing Practical Work:** Compulsory
2. **Library Resources & Access to the Library:**

Central Library of JVBI	
Category	**No. of Titles**
Books	1700
Journals	14
Canonical Literature	10
Encyclopedias	35
Ph.D. Theses	60
E-Journals (in UGC-Infonet, renamed as E-Shodh Sindhu)	1

DVDs – Educational Videos	5

B. Infrastructure Facilities available in the Institute: The Institute has well-equipped laboratories; smart classrooms for conducting Contact Classes; seminar halls for seminars/workshops/face-to-face discussions; guest house; canteen; gymnasium; auditorium for large gatherings etc.

The following laboratory and required facilities

- Psychology laboratory, Shatkarma laboratory
- Physiology laboratory with modern scientific equipment, like ECG, EEG, etc.
- Naturopathy treatment section
- Well-equipped Yoga-Meditation Hall

C. Cost Estimate of the Programme:

Sl.	Item	Amount
1.	Salary to Faculty	1000000
2.	Salary to Non-Teaching Staff	479974
3.	Study Material (Printing & Consultancy)	500000
4.	Laboratory facilities	250000
5.	Internal Assessment (Evaluation)	100000
6.	Examination & Evaluation	150000
7.	Books & Periodicals	50000
8.	Postage	100000
	Total	**2629974**

D.* Total Programme Fee: *Rs.10500 per annum; Total = Rs.21,000/-

E. Quality assurance mechanism and expected programme outcomes:

- Review of syllabus for changes and improvement
- Clarifying doubts in contact classes
- Formulation of new questions – MCQs/fill-in the blanks, Short Answer Type; Long answer type