

ABOUT THE INSTITUTE

Jain Vishva Bharati Institute (Deemed to be University established under Section 3 of University Grants Commission Act, 1956) 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 and emotionally balanced personality backed by spirituality, moral values and scientific aptitude.

The multifaceted dimensions of the activities of the institute includes putting into practice, promote and propagate the high ideals of Anekant, Ahimsa, Tolerance and Peaceful coexistence for the weal of mankind and also run academic programmes in the field of oriental studies, yoga and meditation along with offering training programmes in the field of personality development and integrated-holistic health management.

INTRODUCTION OF DEPARTMENT

Department of Yoga and Science of Living of the Institute was established with the aim to promote and provide the traditional knowledge of India's rich heritage and to provide the course, that also help in development of personality, maintaining the good health and enhancing the career prospects of the students.

The department run an innovative and vocational two-years Post-graduate course in Behavioral and Therapeutic application of Yoga and Naturopathy along with Value Education through the synthesis of spirituality and science and also a two year post-graduate programme in Clinical Psychology. The courses impart theoretical as well as practical knowledge of Science of Living (Jeevan Vigyan), Preksha Meditation, yoga, Naturopathy and Applied and Clinical Psychology. Through the knowledge of these elements one can achieve physical fitness, mental equilibrium and spiritual bliss along with the skill to treat human subjects suffering from various psychosomatic disorders. Preksha Meditation has been included in the curriculum as a new dimension of therapy, which help in promoting the physical and mental health as well as in personality development.

FACULTY RESOURCES

Sr.No.	Name	Designation	Specialization
1.	Dr. P. S. Shekhawat	Assistant Professor	Physiology & Yoga
2.	Dr. Hemlata Joshi	Assistant Professor	Value Education
3.	Yuvraj Singh Khangarot	Assistant Professor	Yoga & Meditation
4.	Dr. Vivek Maheshwari	Assistant Professor	Psychology

For further information please contact :

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SRIJAN

(Practical Based Training Programme
for Holistic Human Development)



Department of Yoga and Science of Living

Jain Vishva Bharati Institute

(Deemed-to-be University)

Ladnun-341306 (Rajasthan), INDIA

INTRODUCTION OF PROGRAMME

For an individual to be a part of the world professional circle, it is essential to have an attractive personality; a personality that doesn't need words to make its presence known. A well-rounded personality is one that has a confident countenance, an assertive yet likable way of speaking and a nature that attracts people naturally.

In the modern era, students of professional education are facing crisis because of increased academic burden, greater suppression and repression of desire and urges, frustration, lack of tolerance power, identity crisis and feeling of alienation and insecurity. This leads to emotional imbalance and severe health problems and deterioration in personality as health is the major factor for determining the status of personality. Time is also a crucial factor that helps in managing both our life and work. We all have equal time but it depends upon individual to individual, how to utilize it. As such time management becomes potential mean of personality development.

This program will be a valuable learning experience in moulding you into an individual whose personality would help achieving recognition and success in all areas of life. It would enhance and augment your interpersonal skills, thereby improving the performance capacity.

This will also assist the students to develop into an individual who is confident and successful and also ready to contribute positively to the society, and to the world at large.

SALIENT FEATURES OF THE PROGRAMME

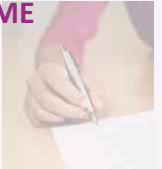
- Course Conducted by highly qualified and professional experts in Physiology, Psychology and Yoga.
- A step-by-step approach for behavioural modification.
- Result oriented programme to enhance the capacity of learning, memory and Academic Performance
- Facility of Pre and post evaluation for the levels of stress, anxiety, emotional and health status during the course of training.
- The practice part of the programme based on synthesis of ancient Indian knowledge of yoga, meditation and modern science for holistic health management.
- The provision of regular follow up.
- A cost effective useful programme for the professional learners.

SCHEDULE OF THE PROGRAMME

SESSION-1

INAUGURATION AND INTRODUCTION OF PROGRAMME

- Personality Assessment Test and Discussion



SESSION-2

PERSONALITY AND COMMUNICATION SKILLS

- Concepts of Personality Development and Developing a Positive Attitude
- Fundamental principles and types of Communication
- Methods of Personality Development and enhancement of Communication skills through Science of Living.
- Practical - practice



SESSION-3

EMOTIONAL INTELLIGENCE AND DEVELOPING SELF ESTEEM

- Anticipating and managing emotions of self and others
- EQ in real situations to develop self esteem.
- Development of Emotional Intelligence through Science of Living
- Practical - practice



SESSION-4

TIME AND STRESS MANAGEMENT

- Concept, Importance and Need of Time Management.
- Introduction to stress, Causes of Stress, Impact and types of Stress.
- Management of Time and Stress through Science of Living.
- Practical - practice



SESSION-5

HEALTH MANAGEMENT

- Determinants of Health
- Health management through Preksha Meditation
- Practical - practice

