

S.S. JAIN SUBODH P.G. COLLEGE, JAIPUR

VALUE-ADDED COURSE

COURSE TITLE: JAIN STUDIES

NODAL DEPARTMENT: HINDI

COURSE CODE: 23VAC_6303T

MARKING SCHEME

Tutorial (Hours)	Time Allowed ESE (Hrs)	Course Credits	Total Marks	End Semester Exam (Max. Marks)	Assignment	Minimum Marks
30	2	2	50	35	15	20

COURSE OBJECTIVES:

- To introduce students to the core values of Jainism and their relevance in contemporary life.
- To promote ethical living, non-violence, and environmental consciousness through Jain teachings.
- To enhance spiritual growth and personal development by understanding Jain principles.

COURSE CONTENTS:

Introduction to Jainism and its Core Values

- Basic History and Founders: Rishabhadeva, Mahavira
- The Fundamental Teachings of Jainism
- Core Ethical Values: Mahavratas, Anuvratas

(7 Hours)

Spiritual Development through Jain Meditation and Rituals

- Introduction to Jain Meditation: Types of Jain Meditation (Samayik, Kayotsarga), Benefits of Meditation for Mind and Body
- Jain Rituals and Their Significance: Paryushan and other Jain Festivals, Daily Rituals and Their Role in Spiritual Growth,
- Practicing Mindfulness: Incorporating Mindfulness into Daily Routines, Jain Techniques for Inner Peace and Emotional Balance.

(10 Hours)

Jainism and Personal and Social Development

- Developing Ethical Leadership: Leadership Lessons from Jain Teachings, Integrity and Ethical Decision-Making
- Jainism and Social Reform: Jain Contributions to Social Change in India, The Role of Jainism in Education and Charity
- Jainism and Social Responsibility: The Role of Jain Values in Community Service, Promoting Social Justice and Equality
- Jainism and Global Challenges: Addressing Global Issues with Jain Philosophy, Jainism's Contribution to a Peaceful and Harmonious World

(13 Hours)

SUGGESTED READINGS:

- "The Path of Ahimsa: A Contemporary Jain Approach to Peace and Non-Violence" Dr. S. K. Jain
- "Living Jainism: An Ethical Science" Aidan Rankin
- "Jain Meditation: An Ancient Practice for Today's World" Swami Atmanand
- "Jain Way of Life: A Guide to Compassionate, Healthy, and Happy Living" Yogendra Jain
- "The Jain Path: Ancient Wisdom for a Healthy, Mindful Life" Sagarmal Jain
- "Ideal, Ideology and Practice: Studies in Jainism", N.K. Singhi

COURSE OUTCOMES:

On successful completion of the course the students will be able to:

1. Students will gain an understanding of key Jain values and their application in modern contexts.
2. They will be able to practice non-violence, non-possessiveness, and mindfulness in their daily lives.
3. The course will help students develop a sense of social responsibility and ethical leadership.


(Prof. K. B. Sharma)

Principal


Head of the Department