

Project Name	Book Compilation on “Scientific Aspects of Jain Practices”
Sponsored by	JAINA India Foundation
Publisher	Sumandeep University, Vadodara
Purpose of the Book	To provide the scientific context, deeper & holistic understanding of various Jain Practices to common people.
Knowledge Partner & Article Contribution	Jain Academy of Scholars (proposed).
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General Instructions: Scholars are requested to submit their article on each topic with scientific logic, in approximately about 3-4 pages of A4 size, font Times New Roman, size 12, line spacing 1.25 – along with the list of references literature at the end of your article.

Each scholar who contributes an article, shall become co-author of the book and will be acknowledged for his contribution in the book. Compiler & publisher shall retain the right to suitably modify or trim down the content submitted by each author, with their consent.

Shortlisted topics are listed below. Scholars may add to this Index wherever they find it necessary and suitable.

Sr No	Topic	Content Size	Contributed By
1	Relevance of religious practices of various world religions in our present-day life • For happiness • Inner peace • Interpersonal interaction & harmony • Disciplined & focused life • Developing virtues (gratitude, forgiveness, honesty, speaking truth, etc) • Prayers for making major life decisions • Healthy diet & lifestyle • Social consciousness, volunteering & community involvement • Being helpful to society	4 pages	
2	Common religious practices of world religions • Prayer, worship • Charity • Recitation • Listening sermon • Pilgrimage • Purification through holy bath • Meditation , Yoga • Devotional singing	4 pages	

3	Common Jain Practices – Brief introduction • Non-violence • Asceticism • Monasticism • Jain Food & Fasting • Jain Meditation (samayik, etc.) • Jain rituals & worships	4 pages	
4	Objectives of Jain Practices • Beliefs & philosophies (6 <i>dravya</i>, 9 <i>tatva</i> brief introduction) • No creator God • Cosmic order • Soul & Karma • Purification & Liberation	4-6 pages	
5	Cardinal Principles of Jain Philosophy • Ahimsa (inflicting violence on own soul, minute non-violence & equanimity to smallest creature) • Aparigrah / non-attachment / minimalism • Anekant / Plurality / tolerance	4 pages	
6	Jain Code of Conduct • <i>Shravakachar</i> (12 vows & 6 <i>Avashyak</i>) • Relevance & objectives of each vow & practices • Material & spiritual context of each vows	4-6 pages	
7	Jain Diet Rules • This may cover explanation about what is permitted and what is to be abstained from eating, • <i>Sachit / Achit</i> food • Understanding of <i>Vigai</i> / Veganism • Health benefits of Jain diet & ingredients • Reference of modern academic research	4-6 pages	
8	Jain Meditative Practices • Prayer • <i>Mantra</i> Chanting & daily recitations • <i>Samayik & Pratikraman</i> • <i>Khamapana</i> / forgiveness & repentance • Corelation with modern scientific research • Psychological , emotional & neurological aspects of Meditation & Internal Penance	6 pages	

9	Jain Penance • Why penance ? • External & internal penance • Spiritual & material benefits • Health benefits of Fasting / Intermittent Fasting , etc. • Corelation with modern science – e.g. Autophagy, Circadian cycle, etc. • Importance of drinking boiled water – <i>Achet Pani</i>	4-6 pages	
10	Jain Code for Business • 15 <i>Karmadan</i> rules • Economics of Tirthankar Mahaveer • Jain Ethics	4 pages	
11	Jain Social Order, World Peace & Co-existence • Oneness / interconnectedness (<i>Parasparopagraho Jivānām</i>) • Corelation with western concept of Deep Ecology / GAIA Equality , Equanimity & Eco-friendliness • Equal potential of soul • 4 gati / 84 lakh yoni • 4 <i>Kashay</i> Conflict resolution & world peace • 4 <i>Bhavna</i> • <i>Syat & Nay Vad</i>	6 pages	
12	Jain Theory of Karma • 8 types of <i>karma</i> • Causes of bondage • 4 <i>kashay</i> • 5 types of knowledge – only basic classification • Panch Samvay	6 pages	