**Dr. Samani Pratibha Pragya**

Dr Samani Pratibha Pragya, was initiated as a Samani (Jain Nun); a modern Jain ascetic by Acharya Sri Tulsi in the year 1988 at the age of 25. At present she is a disciple of Acharya Mahashraman. Since 33 years, She has practiced, preached and lectured on Jainism and Ahimsa**.** At present, she is head of the Jain World Peace Centre, London and is an authorised Prekṣā yoga and meditation teacher. She initiated a rural development project at Tamkore, Rajasthan and established Mahapragya International School there.

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| **Address:**  39 Roxborough Road  Harrow HA1 1NA  LONDON, United Kingdom  E-mail: [ppragya108@gmail.com](mailto:ppragya108@gmail.com)  **Head Nun**  Jain Vishva Bharati  Jain World Peace Centre  London, United Kingdom | **Research Associate**  Department of History, Religions and Philosophies Faculty of Arts and Humanities School of Oriental and African Studies University of London Thornhaugh Street, Russell Square London WC1H OXG |

**RESEARCH INTERESTS**

I am a scholar of Jain Studies and my specialisms include the Terāpanth lineage, to which I belong as a Samani (saint). My current research centres on the history and methods of modern Jain meditation and yoga. At present, I am working as a Research Associateat SOAS with Dr Peter Flügel on Terāpanth data pertaining to the Jaina-Prosopography project.

**EDUCATION**

2011 – 2017 **PhD (Study of Religions and Philosophies)**

School of Oriental and African Studies, University of London

Awarded: February 2017

Dissertation supervisor: Dr. Peter Flügel

**Dissertation title:** Prekṣā Meditation: History and Methods

2004 – 2006 **M.A (Study of Religions)**

School of Oriental and African Studies, University of London

**Dissertation title:** The Human Body as a Means of Liberation in Jain Literature

1986 - 1987 **M.A (Indian Philosophy)**

University of Rajasthan, India

1983 – 1985 **B.A. (English, Philosophy and Sanskrit)**

University of Rajasthan, India

**PUBLICATIONS**

“Ācārya Mahāprajña’s Sanskrit Work Aśruvīṇā and its Canonical Sources”. In the forthcoming volume of Jaina Narratives (Forthcoming SOAS Publication)**.**

*“Apavāda Mārga*: Jain Mendicants during the Covid-19 Pandemic”.In: *CoJS Newsletter*, Issue 16 (2021), pp. 5-10.

“Yoga and Meditation in Jain Tradition”. In the volume of Routledge Handbook of Yoga and Meditation Studies. Routledge Publication, 2021. pp. 171-188.

“Svapana men Sambodha” (Hindi). In Ācārya Mahaprajña Smṛti-Grantha. Publication, Jain Vishva Bhāratī, Lāḍanūṁ, 2020 pp 403-405.

“Blurring the Distinction between *Dhyāna* and *Svādhyāya* in Jayācārya’s Writings on Meditation”. In the volume of PUṢPIKĀ. Oxbow Publication, 2019. pp. 47-68.

Jainism and Buddhism: 19th Jaina Studies Workshop, SOAS 17-18 March 2017”[Conference report] In: Jaina Studies: Newsletter of the Centre of Jaina Studies, Issue 13 (Mar 2018), pp. 10-14.

“Terāpantha kā Vistāra: Sāta Samandara Pāra” (Hindi). In Tulasī Smṛti-Grantha. Publication Ācārya Tulasī Janma Śatābdī Samāroha Samiti, 2014. pp 405-408.

*Saṅghapuruṣa*: The Human Body as a Symbol of the *Saṅgha*.In: *CoJS Newsletter*, Issue 1 (2006), pp. 20-21.

*Prekṣā* Meditation: History and Methods**.** In: *CoJS Newsletter*, Issue 8, (2013), pp. 36-37.

Terāpanth Prabodh: Eka Adhyayan (Hindi). In Terāpanth Kā Rajasthānī Kā Avadāna. Jain Vishva Bhāratī Saṁshtān, Lāḍanūṁ (1993), pp. 194-200.

**UNPUBLISHED**

The Human Body as a Means of Liberation in Jain Literature

(MA Dissertation)

Prekṣā Meditation: History and Methods

(PhD Dissertation)

**WORK IN PROGRESS**

Translation of a modern Jaina Yoga text, “**Manonuśāsanam**” composed by Ācārya Tulsi, from Sanskrit to English.

Translation of Ācārya Mahāprajña’s book **Eso Pañcanamokkāro** from Hindi to English.

**INVITED PRESENTATIONS**

1. Guest lecture, SOAS, University of London, on: Prekṣā Meditation: Modern development in Jaina Yoga, 2020.
2. Guest lectures, SOAS, University of London, on: 1. Jain monastic Life Style, 2. Jain Yoga, 3. Mystic tradition in Jainism, 4. Code and Conduct of Terāpanth Ascetics, 2019.
3. Guest lectures, Reading University, on the Concept of Santharā and Sanlekhanā, 2018.
4. Guest lectures, University of Ghent, Belgium on Jain Modern Meditation, 2018.
5. Led Jain delegation to Vatican meeting with H.H. Pope Francis for a dialogue on “*Taking care of the Earth, the home of the human family”* with the Pontifical Council for Inter-Religious Dialogue (PCID) in August 2015 and June 2016.
6. Guest lecture, “Introduction to the Lifestyle of Terāpantha Jaina Monks,” University of Cardiff, 2013.
7. Guest lectures, SOAS, on the Jain Terāpantha Order, on Jain Asceticism, Jain Yoga and Meditation, 2004, 2005, 2006, 2012, 2014, 2017.
8. Guest lecture on “Jain Monasticism,” University of Wales, 2006.
9. Interviewed on BBC Radio 4 on the subject of Jainism, Jain mantra and Jain food 2004, 2013, 2015, 2017.
10. Lecture at the Victoria and Albert Museum, 2014, on “Importance of the Śatruñjaya Paṭa”.
11. Lecture on “Holistic Approach of Peace: Role of Jain Nun”in The Parliament of World’s Religions held at Barcelona, Spain from Dec. 7th to13 July, 2004.
12. Lecture on *Anekāntavāda*, at conference commemorating 2600th Mahavir Jayanti , UNO Chapel, New York , 25th April 2002.
13. Workshop conducted on ‘How to overcome fear’ at 6th National Geeta Conference at Houston, USA, 2002.

**CONFERENCE PRESENTATIONS**

1. *Ahiṁsā Praśikṣaṇa: A Socio-Religious Initiative*,” 22nd Jaina Studies Workshop, SOAS, University of London, 20st March 2020.
2. **“Why Prekṣā Meditation is Mapped on Science”.** International Conference on Jainism: Scientific Foundations, organised at Digambar Jain Atishay Kshtera Tijara, Rajasthan, India by the Gyansagar Science Foundation, and Jain Vishva Bharti Institute, from November 03-04, 2019.
3. **“Jain Perspective of Forgiveness”.** International Conference on Human Fraternity for Harmony and Peace organisedat Rome by Sikhi Sewa Society on the occasion of 550th birth Anniversary of Guru Nanak *from* 22nd October 2019 .
4. **“Reverence for all Life-forms: A Jain Approach to Sustainability”.** International Conference on Religions and Sustainable Development Goals **organized** at Vatican City *from* 7-9 March 2019.

1. “**A Comparative Study of Jaina *Mitti-bhāvanā* and Buddhist *Mettā-bhāvanā***”**.** 16th Annual DANAM (Dharma Academy of North America) Conference 2018, Denver, Colorado, USA from 16th -17th November 2018.
2. “***Kāyakalpaprekṣā*: Appropriation of Āyurvedic Elements in Prekṣā  
   Meditation.”** 17th World Sanskrit Conference 2018, British Colombia University, Canada from 9th – 13th July 2018.
3. “**Prekṣā Meditation: Scientisaition of Spirituality**.”  9th International Conference Peace and Non-violence Action. The Anuvrat Global Organization and (ANUVIBHA, Jaipur, Rajasthan and Indian Council of Philosophical Research (ICPR), 17th -20th December 2017.
4. “**Role of Media and Manpower in the Dissemination of *Prekṣā-dhyāna***.” EASR Annual Conference 2017, Leuven University, Belgium from 18th -21st September, 2017.
5. “***Kāyotsarga*: An Understanding of the History and Context**.” *Prakrit International Conference*. Bhahubali Prakrit Vidyapeeth, Shravanabelgola (karnatak) India, 3rd to 6th November 2017.
6. *“****Sapta-dhātu-prekṣā:* An Amalgamation of *Āyurvedic* element in Prekṣā Meditation**.” Medicine and Yoga in South and Inner Asia” at the Institute for South Asian, Tibetan and Buddhist Studies (STB) at Vienna University from August 1-3, 2017.
7. “**Redefining Jaina Yoga in the *Manonuśāsanam****.*” Yoga *darśana*, yoga *sādhanā*: traditions, transmissions, transformations, at International Conference at Krakow, Poland. The Jagiellonian University Institute for the Study of Religions and the Modern Yoga Research group, 19th -21st May 2016.
8. “**Education and the Transmission of Values: A Jain Perspective**.” The 50th Anniversary of “Nostra Aetate”, Pontifical Gregorian University, 26-28 October 2015.
9. “**Tantric Elements in Prekṣa Meditation**,” Jaina Studies Workshop, SOAS, University of London, 20st March 2014.
10. “**Abandonment of the Body and Relaxation: Representing *Kāyotsarga* in *Prekṣā* Meditation**,” 3rd year PhD Research Seminar, SOAS, 28th October, 2014.
11. “**Autobiographical and Biographical Accounts of Ācārya Tulasī**,'' Jaina Studies Workshop, SOAS, University of London on 21st March 2013.
12. “**Aśruvīṇā and its Canonical Sources**,” Jaina Studies Workshop, SOAS, University of London, 18th March 2011.
13. “**Women’s Health and Wellness Through Prekṣā Meditation & Yoga**,” Yoga for Positive Health International Conference, University of Houston, USA, 2-7th March 2002

**ACADEMIC POSITIONS**

1. Associate member of the Centre of Jaina Studies, SOAS, 2014-present.
2. Director of Extension, Jain Visva Bharati University, Rajasthan, India, 2008- present.
3. Director, Mahapragya International School, Tamkore, Rajasthan, India, 2007-present.
4. Director, Mahapragya Industrial Training Institute, Tamkore, Rajasthan, India, 2007-present.
5. Member of Academic Council, JVBU, Ladnun, Rajasthan, India, 2006-11.

**TRAINING WORKSHOPS**

Training on “Preksha Meditation and Jain Yoga,” at the first major exhibition on “Asian Well-Being to Explore a Holistic Approach Towards Health Through Balancing the Body Mind And Spirit” organized by Asia House and the Welcome Trust, 13th October -12th December, 2004, SOAS, University of London.

Training on “Preksha Meditation and Yoga,” 10 days, 5000 delegates University students and faculty, Veer Narmad South Gujarat University, Surat, India.

Assam Rifles**,** ArmyHeadquarters,Dimapur, Assam, 250 Delegates, 10 Days, 2000.

Police Headquarters, Tejapur, Assam, India, One-Day Workshop, 2000.

Central Reserve Police Force (CRPF)personalat Itanagar, Arunachal Pradesh, India (1Day Workshop) in 2000.

Army School Vishakhapattanam(Andhrapradesh) India (1Day Workshop) in 2001.

Preksha Meditation Technique and its Practical session led at the Centre for the Study ofWorld Religions, Harvard University at the International Conference on “Jainism and Ecology” held on July 11-12, 1998.

**ORGANISED PROGRAMMES**

Acharya Tulsi Memorial Lecture: Global Vision of Acharya Tulsi. By Satish Kumar (Schumacher Collage), on 26 April 2014, at SOAS.

Workshop on Technique of *Kāyotsrga* Relaxing the Body. SOAS Yoga Society. 1.6.2013.

**MEDITATION SESSION FOR INDIAN POLITICIANS**

I got opportunity to led some Prekṣā meditation sessions for Indian prime minister late Vishvanath Pratap Singh during his dialysis for Kidney illness at Bombay Hospital in 2000, I guided him for an hour prekṣā meditation session. Further in 2001 for one week I guided a session of *kāyotsarga* that is relaxation with self-awareness to late prime minister P. V. Narasimha Rao at his Delhi residence during his insomnia and high blood pressure illness. In the same year I got opportunity to conduct *kāyotsarga* practice for vice-president of India, Krishan Kant when his arm joint was injured and broken due to falling down.

**RURAL DEVELOPMENT PROJECTS**

Established the Mahapragya International School, Tamkore, Rajasthan, India, 2007, with funding from the Jain community.

Established the Mahapragya Industrial Training Institute, Tamkore, Rajasthan, India, 2007, with funding from the Jain community.

**AWARDS**

Postgraduate Dissertation Prize of the Centre of Jain Studies, 2005, for MA dissertation, SOAS.