



REL 3020

Meditation and Spiritual Development

Section: RVC

Internet/Fully Online

Fall Term 2026

Course Time Zone: Eastern Time (ET). Course due dates and times are according to this time zone.

Required Course Materials

Textbooks, Comfortable clothes, Yoga mat (recommended), Towel, Something to cover eyes for meditation

Optional: Yoga blocks, Yoga belts, Water bottle

Course Description

Twenty first century is the era of emergence of spirituality, Meditation & yoga. Students will explore the world of meditation and know the scientific secrets of spirituality. The course is geared to acknowledging the meditations and its historical background with an emphasis on Jain meditation and other traditions such as Buddhist and Hindu. The students shall also get an opportunity to learn the varied techniques of meditation & transformative practices. The course is theory & practice oriented, leaning towards better healthy living. It promotes individual health & wellbeing which encompasses the health & wellbeing of all living beings around us and the world.

Professor Information

Samani Pratibha Pragma

Roles: Primary Instructor

Email: sampragy@fiu.edu

Phone: Office Tel: 305-348-7121

Office Hours: Tue, 2-3 pm by appointment

Office Location: SIPA-1, Room 312

Department or Academic Unit: Department of Religious Studies

Course Prerequisites

Course prerequisites, if any, are listed below.

Course Description

Twenty-first century is the era of emergence of spirituality, Meditation & yoga. Students will explore the world of meditation and know the scientific secrets of spirituality. The course is geared to acknowledging the meditations and its historical background, with an emphasis on Jain meditation and other traditions. The students shall also get an opportunity to learn the varied techniques of meditation & transformative practices. The course is theory & practice oriented, leaning towards better healthy living. It promotes individual health & wellbeing, which encompasses the health & wellbeing of all living beings around us and the world.

Student Learning Outcomes/Objectives

Students understanding of philosophy and science as well as daily life issues will be challenged and enhanced.

Philosophical and scientific understanding of the theory of meditation, yoga and basic related to Indian traditions will be developed.

Physical skill and conditioning including increased flexibility, strength, coordination, endurance, and breath control will be enhanced.

Powers of concentration, focus, and awareness will be heightened.

A humanistic, spiritual sensibility will be cultivated and enhanced.

Expectations of this Course

This is an online course, which means most (if not all) of the coursework will be conducted online. Expectations for performance in an online course are the same as for a traditional course. In fact, online courses require a degree of self-motivation, self-discipline, and technology skills which can make these courses more demanding for some students.

Students are expected to:

- review the getting started page located in the course modules;
- introduce themselves to the class during the first week by posting a self-introduction in the appropriate discussion;
- take the practice quiz to ensure that their computer is compatible with the learning management system, Canvas;
- interact online with instructor and peers; review and follow the course calendar and weekly outlines;
- log in to the course several times per week; respond to discussions by the due date specified.
- No late work will be accepted; respond to emails within X days; submit

assignments by the corresponding deadline

The instructor will:

- log in to the course several times a week;
- respond to discussion postings within X days of the deadline;
- respond to emails within X hours;
- grade assignments within X days of the assignment deadline.

Assignments & Assessments

Discussion Forums

Keep in mind that your discussion forum postings will likely be seen by other members of the course. Care should be taken when determining what to post.

Discussion Forum Expectations:

- Provide clear guidance on the expectations and requirements
- Available dates (unlimited or for a specific time)
- Criteria for evaluating the originality and quality of students' comments and grade credit expected
(Rubric is highly encouraged)
- The expected turn-around time for feedback or grades.

Assignments

For more information, please review the [important information about the assignments](#) page.

COURSE REQUIREMENTS AND GRADES

- **2 Exams** – 30 % (Midterm and Final, 15% each)
- **10 Meditation Assignments** – 30%
- **3 Discussions** – 20%
- **Term paper** – 20%

Term Paper

Term paper has three options: one is based on interview of a meditational practice or of any eastern western religions, second is based on the theoretical or comparative study of any meditational technique of two traditions eastern or western and third is based on experimental research on the effect of meditation from medical, social or spiritual point of view. The term paper will be a research analysis of the component undertaken. Three to five authentic sources should be used in the paper. Do not refer to wiki or any such unauthentic source. The detail about the options is as follows:

1. In the first option, a term paper can be developed based on some experimental study of the effect of meditation on physical, mental and emotional health or academic performance. In experimental study, one can also work on one of the Yoga-packages prescribed for physical, mental and emotional diseases. For the experimental study one can choose some school, company or hospital and give periodic guided meditation to the human subjects by following the scientific method of the study.
2. In the second option, students can focus on theoretical or comparative study of any one of the components of meditation. One can choose any one of the components of Preksha Meditation and can develop his/her research paper based on authentic sources, including current scientific studies on the topic. The topic for the term paper must receive the approval of the instructor before it is started.

For that, the students are supposed to submit a research proposal on one-page giving outlines and sources of the research paper.

3. In the third option, one can interview any authentic person of any religious tradition about their meditational practices. Write the interview with added research, study & your analysis on the same subject.

Choosing any one of the above options, write a detailed research article in 750–1000 words with authentic references. The research paper must be a minimum of 3–5 pages and not more than 5 pages in length, excluding the bibliography or works' cited page and the cover page. The paper must be formal and typed, not handwritten, in Times New Roman, font size 12 and double-spaced. The margins should be 1-inch on all sides. APA, MLA, and Chicago Manual Style will be accepted. According to the style of choice, the student is advised to include footnotes or endnotes. A more thorough explanation of the term paper will be given during class.

Proposal of Term Paper

Choosing one of the above options of Term paper, one is supposed to submit outlines of the research paper mentioning: What is the problem of his/her research? What is the outcome of the research undertaken? What is the methodology and what are the sources one is going to use to develop his/her research paper.

Proposal must be not more than 150 words in single space, 12 font and in A4 size. For rubric, 3–4 samples are attached herewith to get the idea.

Meditation Assignments

Meditation-Assignments are supposed to practice throughout the week every day at least for 15–30 minutes. After one week practice, students have to submit their experience in half page in Assignment Box.

Video-Presentation of Power-Point

PowerPoint presentation can be based on a research paper or any topic of your

interest. Of course, it must be present a comparative, analytical, scientific or philosophical study of any one of the meditational techniques taught in the course. There must be minimum 10 slides in the power-point apart from the Title and Reference slides with three to five citations from the authentic sources.

PARTICIPATION POLICY

Regular practice of meditation and active participation in research activities are very important to this course. Students are expected to fulfill survey forms provided as Extra Credit Assignments in the beginning, middle and end of the course.

Quizzes

In order to mitigate any issues with your computer and online assessments, it is very important that you take the Practice Quiz from each computer you will be using to take your graded quizzes and exams. Assessments in this course are not compatible with mobile devices and should not be taken through a mobile phone or a tablet.

- List all assessments (i.e. graded or practice)
- Provide the dates and times when assessments will become available (i.e. From Monday 10:00 am – Tuesday 11:59 pm)
- Provide assessment duration (i.e. 30 minutes, 1 hour)
- Provide details for results
- When will students be able to see the results (i.e. Immediately after the exam, after the availability period has ended, or not at all)
- What will they be able to see the results (i.e. Total score only, all of the questions and answers, etc.)
- The expected turn-around time for feedback or grades

Grading

Course Grades Distribution Table

Course Requirements	Number of Items	Weight
Discussion	3	20%
Exams (Midterm and Final)	2	30%
Meditation Assignments	10	30%
Term Paper	1	20%
Total	16	100%

Letter Grade Distribution Table

Letter	Range%	Letter	Range%	Letter	Range%
A	95 or above	B	83-86	C	70-76
A-	90-94	B-	80-82	D	60-69
B+	87-89	C+	77-79	F	59 or less

Grading scale:

95-100 A

90-94 A-

87-89 B+

83-86 B

80-82 B-

77-79 C+

73-76 C

70-72 C-

65-69 D+

60-64 D

59 – 0 F

Textbook and Course Materials

A Hand Book of Preksha Meditation for the Trainers

Required/Recommended: Required

Authors: Acharya Mahapragya

Publisher: N/A

Publication Date: November 4, 2019

Copyright Date: November 4, 2019

ISBN 10: ASIN : B08128L6YB

ISBN 13: ASIN : B08128L6YB

Chapters/Pages: N/A

Enter the World of Spirituality

Required/Recommended: Recommended

Authors: Acharya Mahapragya

Publisher: Jain Vishwa Bharati

Publication Date: April 21, 2021

Copyright Date: April 21, 2021

ISBN 10: ASIN : B0936VSYQ5

ISBN 13: ASIN : B0936VSYQ5

Chapters/Pages: N/A

Who Am I**Required/Recommended:** Recommended**Authors:** Acharya Mahapragya**Publisher:** Jain Vishwa Bharati**Publication Date:** April 21, 2021**Copyright Date:** April 21, 2021**ISBN 10:** ASIN : B093B8LMTT**ISBN 13:** ASIN : B093B8LMTT**Chapters/Pages:** N/A**Diet for Health and Spirituality****Required/Recommended:** Recommended**Authors:** Acharya Mahapragya**Publisher:** Jain Vishwa Bharati**Publication Date:** April 14, 2021**Copyright Date:** April 14, 2021**ISBN 10:** ASIN : B092M4VR1S**ISBN 13:** ASIN : B092M4VR1S**Chapters/Pages:** N/A**Prekṣā meditation : history and methods****Required/Recommended:** Recommended**Authors:** Pragma, Samani Pratibha**Publisher:** SOAS University of London**Publication Date:** 2017**Copyright Date:** 2017**ISBN 10:** DOI: <https://doi.org/10.25501/SOAS.00024340>**ISBN 13:** DOI: <https://doi.org/10.25501/SOAS.00024340>**Chapters/Pages:** N/A

Panther Book Pack

Get all required course materials for \$22 per undergrad credit hour through Panther Book Pack. You'll be charged automatically unless you opt out within 3 days after the add/drop deadline.

For more details, to compare costs, and to learn how to access your course materials, visit the [Panther Book Pack information page on FIU OneStop](#).

Course Communication

Communication in this course will take place via the Canvas Inbox. Check out the [Canvas Conversations Tutorial](#) or [Canvas Guide](#) to learn how to communicate with your instructor and peers using Announcements, Discussions, and the Inbox. I will respond to all correspondences within 24 hours.

Zoom Video Conference

Zoom is a video conference tool that you can use to interact with your professor and fellow students by sharing screens, chatting, broadcasting live video/audio, and taking part in other interactive online activities. We will be utilizing this tool to conduct [insert meeting purpose here].

Zoom Meetings will be held on the following dates/time:

- Meeting 1: Date/Start Time – End Time
- Meeting 2: Date/Start Time – End Time
- Meeting 3: Date/Start Time – End Time

Zoom meetings can be accessed via the Zoom link in the course navigation menu. Once you click on the Zoom link, it will route you to join the meeting for the respective class session. You will also be able to view upcoming meetings, previous meetings that you have already joined, and meeting recordings. Before joining an actual class session:

- Reference the [Zoom Student Tutorials](#) to learn about the tool, how to access your meeting room, and share your screen.
- Access the [Zoom Test Meeting Room](#) to test out the software before joining an actual session.

If you encounter any technical difficulties, please contact the [FIU Canvas Help Team](#). Please ensure you contact support immediately upon the issue occurring.

Nondiscrimination Statement

The **Office of Civil Rights Compliance and Accessibility** (CRCA) is responsible for ensuring that FIU maintains a workplace and learning environment free from discrimination, where current and prospective faculty, staff, and students are treated equitably. If any student, employee, or applicant has a sincere and reasonable belief that they have been discriminated against or harassed based on age, color, disability, marital status, ethnic or national origin, race, religion, retaliation, sex, or any other protected category, they can report their concerns to the CRCA team through report.fiu.edu.

Schedule of Topics

Please see module outline

Policies & Resources

Please review the [FIU's Policies webpage](#). The policies webpage contains essential information regarding guidelines relevant to all courses at FIU, as well as additional information about acceptable netiquette for online courses. For additional information, please visit [FIU's Policy and Procedure Library](#).

As a member of the FIU community, you are expected to be knowledgeable about the behavioral expectations set forth in the [FIU Student Conduct and Honor Code](#).

Proctored Exams

Please note that the information contained in this section applies only if your course requires a proctored exam.

Through a careful examination of this syllabus, it is the student's responsibility to determine whether this online course requires proctored exams. Please visit our [Student Proctored Exam Instructions webpage](#) for important information concerning proctored exams, proctoring centers, and important forms.