

## General Information

### Professor Information



Instructor: Unnata  
Pragya  
Office  
Hours: Online

Phone: 305-348-2186

Email: Please use Blackboard course messages  
only

### Course Description

We may often ask: Why do we suffer? Why are we ill? How do we heal? In addressing these questions this course will analyze the healing panorama in Asian traditions, including the nature of illness, the multiplicity of causes and the diversity of healing techniques. We will examine the philosophical imperatives as well the practical applications of healing techniques in Hinduism, Buddhism, Jainism, Confucianism, and Daoism. Students will also reflect on the differences and similarities of concepts and techniques of healing that have arisen with geographical changes, even those as small as the distance from India to China. The course will also serve as an opportunity to analyze the role of healing in dissolving barriers between religion and secularity.

### Course Objectives

Students will be able:

- To obtain a broader idea of how various Asian traditions define health and ailment.
- To explore the contribution of Asian traditions to the development of philosophy and practice of healing.
- To apprehend the roles of body, mind and spirit in healing.
- To learn the efficient and alive healing techniques of Asia.
- To explore the beliefs and practices of mystical healing techniques.

### Important Information

#### Policies

Please review the [policies page](#) as it contains essential information regarding guidelines relevant to all courses at FIU and additional information on the standards for acceptable netiquette important for online courses.

#### Course Prerequisites

There are no prerequisites for this course.

For information about prerequisites, [click here](#).

#### Textbook

No textbook is required.

Reading material will be made available online in the course content. There could be more than one article for each lecture, please read all the study material & also listen to the lecture in the presentation. Also enjoy the Video clips

[Click here](#) for the FIU Bookstore.

#### Expectations of this Course

This is a fully online course, meaning that all course work (100%) will be conducted online. Expectations for performance in fully online courses are the same as for traditional courses; in fact, fully online courses require a degree of self-motivation, self discipline, and technology skills that can make them more demanding for some students.

Student engagement is a necessary condition for an effective learning experience, and includes contributions to debate and discussion, positive interactive learning with others, and an enthusiastic attitude towards inquiry. Everyone is expected to be a positive contributor to the class learning community, and students are expected to share the responsibility of teaching each other.

In an effort to provide online students with reliable and secure access to the online learning technology resources, FIU Online has standard maintenance periods to perform scheduled maintenance and system upgrades. FIU Online courses will be unavailable during the established maintenance schedule. System maintenance is performed weekly between the hours of 11:59 PM on Friday night through 5:00 AM on Saturday morning. Please do not submit any assignment during these hours. We thank you for your patience and we apologize in advance for any inconvenience that this may cause.

#### Course Details

##### Course Communication

Communication in this course will take place via messages

The message feature is a private, internal Blackboard only communication system. Users must log on to the blackboard system to send/receive/read messages. There are no notifications in Blackboard to inform users when a new message has been received; therefore, it is recommended that students check their messages routinely to ensure up-to-date communication.

##### Discussion Forums

Keep in mind that forum discussions are public, and care should be taken when determining what to post.

##### Quizzes & Exams

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. It is your responsibility to make sure your computer meets the minimum [hardware requirements](#).

## **Quizzes**

Quizzes are open for one week. You may take each quiz twice, though the questions will usually be different because they are selected randomly from a large database. The purpose of the second attempt is to allow students who may have been disconnected from the Internet during a quiz to submit a complete quiz. Disconnection does happen; plan to make your first attempt a serious one. If you know that you will be unable to take a quiz during a specific week, contact the instructor by Course Mail in advance, and the quiz may be opened so you may take it early. Resetting quizzes after they have passed will require a serious and verifiable reason (death in the family, hospitalization, serious accident, etc.). It is the responsibility of students to keep up with the readings and take the quizzes on time.

## **Midterm (Exam 1) & Final Exam (Exam 2)**

The Midterm (Exam 1) & Final (Exam 2) will be open for one week. If you know you will not be able to take them on the scheduled days, make arrangements to take them in advance of the scheduled days. Three days before the exams all the previous quizzes will be released so that students may open and print them, so as to study from them. The exams will have both objective and essay parts, separately timed, with an hour for the essay. The midterm essay and the final essay should be each at least 700 words.

## **Term paper**

Research and write a 2500 to 3000 (7-8 pages) word essay on any one healing tradition/ technique (only from Asian Countries). Develop a paper analyzing its survival and contribution in an alien land (a place other than its origin). the following.

Essays will be graded on the basis of Research, Thesis/Argument, and Style.

Course Policies:

1. No extra work is accepted; you must master the assigned material.
2. The writing assignments in the course are the exam (Exam 1 & Exam 2), term paper, Quiz and the discussion forum postings; these are the principal means of integrating course material. Take them seriously.
3. Under university rules: Incompletes are only available to students who have completed the majority of work in the class. I will only give Incompletes when asked, and only when asked in advance of the end of classes, and incompletes granted will only extend until the next semester you enroll for courses (or, if you do not return to classes will default to F under university rules after two semesters.)

4. Make-Up Policy: There are no automatic make-ups given in this course. All assignments are due as indicated. If some unforeseen emergency arises that prevents you from taking an exam or handing in an assignment, documentation must be provided (i.e., a summons for jury duty, letter on Physicians letterhead stating explicitly why student could not hand in assignment/take exam, etc). This documentation will be verified by contacting the appropriate individuals; be sure to include contact numbers. Once verified, a decision as to how to proceed will be made by the Professor.

Grading

Course Requirements	Weight
Ten (10) Quizzes	20%
Midterm (Exam 1)	25%
Final Exam (Exam 2)	25%
Term paper	20%
Two (2) Discussions	10%
Total	100%

Letter Grade	RAngE	Letter Grade	Range	Letter Grade	Range
A	Above 93	B-	80-82	D+	67-69
A-	90-92	C+	77-79	D	63-66
B+	87-89	C	73-76	D-	60-62
B	83-86	C-	70-72	F	< 60

**Week 1. Introduction to the course**

**PPT:** Intro to Healing Lecture

**PPT:** Sacred or Profane Lecture Part 1 & Part 2

**Read:** The Sacred And The Profane- Mircea Eliade-Intro 8-18

**Read:** The Sacred And The Profane- Mircea Eliade-Chapter 1pgs. 20-64

**Quiz 1**

### **Week 2. Hinduism- Indian Healing**

**PPT:** Indian Healing Lecture Part 1

**Read:** Traditional Healing in India - Mrinal, Nihar, pgs. 75-94

**Read:** Prayer and Healing, A medical and scientific perspective, 10pgs

**Quiz 2**

### **Week 3. Hinduism –Indian Healing**

**PPT:** Indian Healing Lecture Part 2

**Read:** Health & Medicine in the Living Tradition of Hinduism- Kakar, pgs.111- 126

**Read:** TBA

**Quiz 3**

### **Week 4. Ayurveda in Indian religions**

**Video:** Ayurveda Lecturer from UCSF

**Read:** Hinduism & the Tradition of Ayurveda - Knipe, pgs. 89-107

**Read:** Integrative Endeavor for Renaissance in Ayurveda, 5pgs

**Quiz 4**

### **Week 5. Spirit Possession & Healing**

**READ:** Healing through the Spirits-Majumder, pgs. 167-207

**PPT:** Spirit Possession Part 1 & 2

**Video:** CNN Report on Amma Link

[www.cnn.com/2007/WORLD/asiapcf/08/22/hugging.guru/index.html?eref=rss\\_topstories#cnnSTCVideo](http://www.cnn.com/2007/WORLD/asiapcf/08/22/hugging.guru/index.html?eref=rss_topstories#cnnSTCVideo)

**Discussion:** Topics will be posted in Discussion Board

### **Week 6. Buddhism & Healing**

**READ:** Chinese Buddhist Traditions of Healing-Birnbaum, pgs. 33-57

**PPT:** Buddhism and Healing Part 1 & 2

**Quiz 5**

### Week 7. Tibetan Buddhism & Healing

**Read:** Oracles of Ladakh, pgs. 59-74

**Read:** Buddhist Medical History, pgs. 9-30

**Film:** The Knowledge of Healing

**Quiz 6**

### Week. 8 Midterm

Midterm Exam

- Objective Exam
- Essay (700 words minimum)

### Week 9. Jainism

**Read:** Mortality Rates - Vegetarians vs. Non-vegetarians, pgs. 33-58

**Read:** Devotion of Asceticism in Jainism, pgs 719-742

**PPT:** Jain Ascetic Life Style for Healthy Living Part 1, 2, & 3

**Quiz 7**

### WEEK 10. Karma & Therapy

**Read:** “The Levels of Human Existence” by Zaveri

**Read:** In the Vestibules of Karma - T.G. Kalghatgi

**PPT:** Karma and Therapy Part 1 & 2

**Discussion:** Topics will be posted on Discussion Board

### Week 11. Preksha Therapy

**READ:** Preksha Meditation, an introduction

**Read:** Case Study- Therapeutic Thinking & Spiritual Healing- Zaveri, 2 pages

**Read:** Chakras and Endocrine Glands, pgs 21-25

**PPT:** Preksha Meditation Lecture

**Video:** The Illuminated Chakras

**Quiz 8**

### **Week 12. Chinese Healing & Daoism**

**Read:** The Immortals, from The Taoist Body, -Girardot pgs. 160-182

**Read:** The Crucible & the Elixir pgs 67-120

**PPT:** Daoism Part 1, 2, 3, & 4

**Research Paper Due**

**Quiz 9**

### **Week 13. Chinese Healing & Daoism**

**Read:** History of Chinese Alchemy-Pregadio, pgs. 203-223

**Read:** TBA

**Video:** Healing and the Mind, Mystery of Chi (in six parts)

**PPT:** Chinese Healing Lecture

**Quiz 10**

### **Week 14. Review**

Activities will be posted

### **Week 15. Final Exam**

Final Exam

- Objective
- Essay (700 words minimum)