

**“Lead us from unreal to real. Lead us from Darkness to the Light.
Lead us from the fear of death to the Knowledge of Immortality!” --Upanishads**

**You Can Become A Volunteer Hindu Chaplain. At Last, The Course Is Ready! Are You?
*Learn How To Serve In Temples, Medical, University And Other Chaplaincy Settings!***

Hindu University of America, in conjunction with Vishwa Hindu Parishad, is pleased to offer the Training Courses for American Hindu Leaders to become *Certified Volunteer Chaplains of the Hindu Faith*.

The courses will be offered in a hybrid fashion which will include online instruction live classes. Students will be able to participate in live discussion and interactive class activities like role playing and student presentation through our state of the art virtual classroom setup.



Swami Sarvaananda, PhD, one of the main teachers of the course, is seen here outside LOTUS: the Light of the Universe Shrine to all faiths located on the Ashram grounds.

LOTUS has thousands of visitors every year including many Hindus.

It was created by Sri Swami Satchidananda who taught Hindu and Yogic teachings to around the world.

**The certification is comprised of two courses:
Introduction to Hindu chaplaincy (fees \$500)
Basic Pastoral and Spiritual Counseling (fees \$500)**

The main instructors

***Dr. Sarvaananda* is a Board Certified Chaplain (BCC) through the Association of Professional Chaplains. Dr. Sarvaananda spent 15 years in medical and hospice chaplaincy. She is currently on the Board of Trustees of Satchidananda Ashram and is active in many national chaplaincy as well as community projects on and off the ashram.**

***Pratima Dharm* is the first Hindu Chaplain in the history of the Department of Defense, having served the US Army for nine years including two combat tours to Iraq. She is an Army CPE trained hospital chaplain. She holds Masters degrees in Psychology and theology, is a trained Yoga and Yoga Nidra teacher and currently serves as Hindu chaplain at Georgetown University, She is a wife, mother, and is involved in US Military and community outreach projects.**

HUA is working to establish a Masters of Divinity program to train chaplains of Eastern Traditions to serve anywhere that such services are needed. This course is also applicable for graduate college credit.

For registrations click here <http://www.huasouthflorida.org/chaplaincy-registration-form/>

We look forward to hearing from you very soon!



HNP 6201 Introduction to Hindu Chaplaincy

*"Lead us from unreal to real. Lead us from Darkness to the Light.
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Hindu University of America South Florida Campus, in conjunction with Vishwa Hindu Parishad of America, is pleased to present the first Training Course for American Hindu Leaders. "**Introduction to Hindu Chaplaincy**" is the **first of the two courses** required to become a **Certified Volunteer Chaplains of the Hindu Faith**.

Qualifications of a Hindu Chaplain:

A Hindu Chaplain affiliated with an institution in an official capacity where there are either patients, residents, inmates, employees or students, is an essential part of the Chaplaincy or the Spiritual and Religious Care Department in the institution and should be directly involved in the provision of appropriate, adequate and timely spiritual and religious care for Hindus, those who consider themselves Hindus and any other individuals. The Hindu Chaplain will be involved in a variety of religious, spiritual, educational, administrative and social activities within and outside the institution.

The specialized spiritual and religious need of those who are either patients, residents, inmates, employees or students and who consider themselves Hindus must be provided by a qualified Hindu Chaplain officially affiliated with the institution housing these individuals.

HNP 6201 Introduction to Hindu Chaplaincy

The introductory certification course will be offered as an online course and students will be able to participate in weekly sessions through our state of the art virtual class software. The course will have 12 weeks of online lectures and reading materials which will be posted on regular basis.

Students will be required to submit a 2000 word essay at the end on topic of their choice. The topic should address issues discussed in the course.

The fee for the instructional program for certification is \$500.

Registration and Payment option for the course is available at:
<http://www.huasouthflorida.org/chaplaincy-registration-form/>

Please Contact us at: huasouthflorida@gmail.com or yogini@hua.edu
For Enquiries Call: 754-444-9970 or 407-275-0013

HUA is working to establish a Masters of Divinity program to train chaplains of Eastern Traditions to serve anywhere that such services are needed. This course is also applicable for graduate college credit.

We look forward to hearing from you very soon!

Scholarship/Sponsorship needed; especially for foreign students. Please share yourself and share this need with those that may have the ability to help



HNP 6202 Basic Pastoral and Spiritual Counseling

"Let Us Walk Together, Talk Together, Serve Together as One"- Swami Satchidananda

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Qualifications of a Hindu Chaplain:

The Hindu Chaplain will be involved in a variety of religious, spiritual, educational, administrative and social activities within and outside the institution. A Hindu trained chaplain needs to have an all inclusive background of skills to enable them to serve anyone of any faith or spiritual tradition.



Swami Sarvaananda, Ph.D. is a Board Certified Chaplain (BCC) through the Association of Professional Chaplains. She spent 15 years in medical and hospice chaplaincy and is currently on the Board of Trustees of Satchidananda Ashram. She is active in many national chaplaincy as well as community projects on and off the ashram.

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HNP 6202 Basic Pastoral and Spiritual Counseling

Pastoral care is the art of ministry as it relates to the psychological and theological needs of persons and faith communities. In this course, we will consider specific interventions for predictable human needs. In addition to basic pastoral care and brief counseling for individuals, couples, families and communities, we will consider the ethical context of pastoral care from Hindu perspective. This will include issues such as the healing functions of ritual and theological responses to the question of theodicy: "Why do bad things happen to good people?" Course participants will be asked to draw on their own experience in life to role play pastoral care dialogues and to study specific cases.

The duration of this online course is 12 weeks. Students will be able to participate in required weekly sessions through our state of the art virtual class software. Students will have to submit two case studies; a powerpoint presentation on "Listening Skills" for use in temples and with any audience; and a personal strategy essay for chaplaincy for the successful completion of this course.

Certification for the "Volunteer Hindu Chaplaincy" program is given after finishing this course.

The fee for the instructional program Basic Pastoral and Spiritual Counseling (HNP 6202) is \$500.

Registration and Payment option for the course is available at:
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Please Contact us at: huasouthflorida@gmail.com or yogini@hua.edu

For Enquiries Call: 754-444-9970 or 407-275-0013

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Hindu University of America - South Florida

A Unique Dimension of Hindu Thought and Traditions

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AYS 5001 – Introduction to Ayurveda

Fully Online Course
Classes offered each semester

3 Credits

Course Outline

The distance-education course is delivered in 6 modules as below. Online classes run for 12 weeks each semester.

- Purush Prakriti, Intro to Tridosha, Ayurveda Avataram
- The Dosha Theory
- The Three Gunas
- Agni, Concept of Ama, Concept of Mala, Dhatu Sara
- Agni and Ama: Introduction to Dhatus, Concept of Diagnosis: Tongue Diagnosis, Vata Dosha and Yoga Pulse reading and Pranayama
- Panchkarma and Marma Chakra
- Learn to use questionnaires that can help you determine which ayurvedic element is most lively in your nature (prakriti) and what elements are out of balance (vikruti).

Recommended text:

Ayurveda: The Science of Self-Healing by Dr. Vasant Lad ISBN: 81-7866-132-2.

Summary

'Introduction to Ayurveda' is a course designed to provide an comprehensive overview of Ayurveda. It is a 5,000-year-old system that has its origins in the Vedic culture of India. Its roots lie on the principle of organizing the fundamentals of life into proper systems of natural healing

More than a mere system of treating illness, this is a science of life (Ayur = life; Veda = science or knowledge). It offers a body of wisdom designed to help people stay vital while realizing their full human potential. Ayurveda offers personalized ways to achieve and maintain long-term wellness based on your unique combination of fundamental energies.

According to Ayurveda, it is the **imbalance of the vital energies** that leads to the development of disease. Ayurveda regards the individual components of physical existence, mental existence, and personality of a being as a correlated unit, with each element being able to influence the others. Providing guidelines on ideal daily and seasonal routines, diet, behavior and the proper use of our senses helps balance and maintain the health of the individual

'Introduction to Ayurveda' course provides a basic understanding of the terms and concepts used in this ancient system and reminds us that health is the balanced and dynamic integration between our lifestyle, environment, body, mind, and spirit.

The fees for this course is \$300.

What will you learn

- How to incorporate Ayurvedic principles and a healthy daily and seasonal routine into your life with guidance from an experienced teacher.
- Understand how to plan, prepare, and eat Ayurvedically, using ingredients, methods, and mealtime rituals that are uniquely suited to your constitution, age, climate and digestion.

Course Evaluation & Grading

This is a core course of HU Master's and doctoral programs in Ayurveda. On successful completion, participants receive 3 academic credits. Course evaluation is based upon the successful and timely completion of the two take home exams at week 7 and week 12. To earn a passing grade in this course one must obtain a grade of at least a "C". The ultimate goal of the course is attaining the basic concepts about Ayurveda and an understanding of how it can influence the well being and health of an individual.



Course Instructor: Shivani Gupta, MS Ayurveda and Dr Abhijit Pandya, Ph.D.

Shivani is an adoring wife, the proud mother of two healthy children, a relentless serial entrepreneur, and scholar of Ayurvedic medicine. Shivani studied business at Babson College in Boston, which is ranked #1 for entrepreneurship. She received a Master's in Ayurveda from HUA and is currently pursuing a Ph.D. in Ayurvedic Studies.