



Hindu University of America

A Unique Dimension of Hindu Thought and Traditions

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Course Descriptions for Courses Offered for 2016 Semesters

Fall Semester: Oct 10 to Dec 23

*Please note that few courses may not be offered if the number of students enrolled for a course is less.

HIN 5302 – Buddhism: Buddha Dharma – A Practical Introduction to Tibetan Buddhism

(By Prof. Mark Winwood)

The vitality of Tibetan Buddhism in exile has exceeded anything anyone could have predicted. Student explore the culture, religion, philosophy, ethics and psychology of Tibetan Buddhism, all the while learning how so many use it as a personal path to overcome the “dukha” (suffering, discontent, unease) that arises in our lives simply because we are human beings. Buddhism's central focus is the mind, and its rich lineage of teachings and practices not only uncover why we experience “unease,” but also identify the insights and skills with which we can begin to overcome the habits of mind that bring about our suffering, replacing them with methods of mind that lead to personal (and ultimately global) well-being. (3 credits)

HUC 5001 - Principles of Hinduism (By Dr. Debidatta Mahapatra)

An overview of Hinduism – Perspectives of analysis and presentation in its name, meaning, characteristics; Hinduism source works – overview of basic Hindu scriptures; select reading from source scriptures like Veda's, Upanishads, Epics, Smṛiti's, Bhagavad-Gita, Puranas, Dharma-Shastras. (3 credits)

HUC 5002 – Practices of Hinduism (By Dr. Debidatta Mahapatra)

Pre-requisite HUC 5001- Principles of Hinduism. Concepts of principles in practices (Dharma and Karma-kāṇ_a); Hindu saṃskāras & rituals as a way to understand the nature of Hinduism, Hindu calendar; world view and interaction of persons following different paths of yoga; written and unwritten rules of ritual, conduct and traditions, ethics and economics of Hinduism; Hindu-prayers; Hindu Temple, priest and activities; major Hindu festivals, observances, pilgrimages, sacred places, Hindu religious orders; understanding experiences of Hindus with non-Hindus; Hindu practices in the traditional wider world including Nepal and Bali – Diasporas. (3 credits)

HUC 5003 – Basic Sanskrit (By Swami Narasimhananda)

Philosophy of Sanskrit language, order of alphabets, devanagari character design, Śiva sutras, Shiksha-Shastra, voicing and scripting devanagari Sanskrit, linguistically and culturally elegant

reading, writing and apprehending of devanagari Sanskrit script in transliteration and digital media. (3 credits)

HUC 5004 – Research Methodology (By Dr. Sharmistha Chatterjee)

Research methodology is a course designed to provide an introduction to the essential skills required for the process of collecting information and data and organizing it cohesively for publication, surveys, interviews and other research techniques.

Research Methodology course is designed to help the students in thinking about all the steps required to ensure that the final product or thesis/dissertation meets the standard requirements and is a good quality piece of work. The methodology taught will not only be useful for the successful completion of coursework at HU, but will also be useful in other academic or professional pursuits (3 credits)

HNP 5003 – Philosophy of Srimad Bhagavad-Gita (By Dr. Satyanarayana Dasa)

Philosophical teachings of Gita; Gita as a popular religious manual; philosophical teachings of some major commentators of Gita including Shankara, Ramanuja, Aurobindo, Tilak, Gandhi, Vinoba Bhave, Prabhupada, Gnaneshwar, Vivekananda, S. Radhakrishnan, Roy Emerson and others; significance of karma and incarnation, duty, selfless deeds, emphasis on Yoga, Sannyasa, Yajña, concept of Divine Incarnation; eclectic nature of Gita and ideal of Bhakti or loving devotion. (3 credits)

HNP 5004 – Introduction to Vedanta (By Ms. Janani Carpenter)

Vedanta is an ancient body of knowledge occurring at the end of the Vedas, the holy scriptures of the Hindu tradition. Transmitted orally from generation to generation through ancient and well established lineages, the Vedas are still committed to memory by students in India. Also known as the Upanishads, the philosophy of Vedanta teaches that one is whole and free, unencumbered by self-judgment. This knowledge is communicated through well-established pedagogies that reveal the oneness that pervades all things in creation. The knowledge of Vedanta frees one from samsara, the relentless striving to make the “finite infinite”. (3 credits)

HNP 5702: Introduction to the Philosophy of Sri Aurobindo (By Dr. Martha Orton)

Sri Aurobindo, the great Indian sage, philosopher, poet and revolutionary, virtually defies description in light of the immense range of his achievements and impact. This course presents an introduction to Sri Aurobindo’s philosophy as the foundation of his Integral Yoga. Sri Aurobindo described his philosophical perspective in his masterwork, The Life Divine. Portions of this profound work will be studied as the basis of the course, addressing primarily Sri Aurobindo’s conceptualization of the nature of reality and the implications that extend from this, including his world view of integral Advaitism. Sri Aurobindo’s writing includes an evolutionary perspective, addressing evolution at both the individual and cosmic levels. Within this is his vision of a higher destiny for humanity, as the evolutionary trajectory extends into the

future. Related texts providing commentary and interpretation will be used as supplements. Participants will engage in online discussion and complete two tests and an essay as part of the course. (3 credits)

JYO 5101 – General Astrology & Astronomy (By Dr. A.P. Rao)

Theory and history of Vedic Astrology, value and use of Vedic Astrology, Astrology and modern sciences, Astrology and karma, relevance of Vedic Astrology, Astrology and Psychology.(2 Credits)

JYO 5102 – Mathematical & Predictive Astrology (By Dr. A.P. Rao)

Astrological terminology, time measures, ayanamśhas, time differences and various time zones, vedic sunrise and sunset, casting of horoscope by modern and traditional methods, twelve houses and their significations, nine planets and their properties, twelve signs and their characteristics, ownership of nine planets, exaltation and debilitations of planets, planets and their significations, planetary aspects, longevity, marakas or death inflicting combinations, judgement of chart and results of different ascending signs. (3 Credits)

JYO 5201 – Birth Time Rectification, Yoga & Transits (By Dr. A.P. Rao)

Pre-requisites JYO 5202 & JYO 5205. Birth time rectifications and the traditional theories of correcting a chart, key planets for different ascendants, lunar yogas - sunapha, anapha, Durudhara, Kemadruma, Gaj kesari, Chandra mangala, Adhi yoga, Amala yoga, solar yoga: vesi, vasi, Ubhayachari, budha aditya, other yogas: lagnadhi, Amala, Ruchaka, Bhadra, Hamsa, Malarya, Garuda, Kedar, Sasa, Sakata, MahaBhāgya, Raj yoga, Vipreet raj yogas, effects of transits, transits of Saturn, Jupiter and nodes. (2 Credits)

JYO 5202 - Delineation of Charts, Vimshottari Dasha (By Dr. A.P. Rao)

Delineation of birth chart by applying principles from the classical books, timing of events through major sub and sub- sub periods of planets, synthesis of dynamic planetary configurations, calculation and interpretations of Vimshottari Daśhās, important clues from classical books. (1 Credit)

JYO 5205 – Divisional Charts (By Dr. A.P. Rao)

Importance of vargas or the divisional charts, importance of Hora, Drekkana, Navamsha, Saptamsha, Dwadashamsha, Dashamsha, Trimshamsha charts in day to day predictions. Combining divisional charts with natal charts for predictions. Divisional charts and their significance. (1 Credit)

JYO 5401 – Medical Astrology (By Dr. A.P. Rao)

Pre-requisites JYO 5202 & JYO 5205. This course covers the fundamental concepts of Astrology including the relationship with Macro Cosmos and Micro cosmos - Edifice of Astrology and Karma theory - Meanings of Astrological terminologies. Signification of Zodiacal signs, houses, planets and stars with relevance to Medical Astrology, parts of human body ruled by signs, planets and stars- study of a healthy body (Deha Soukhya Yoga) or diseased body (Deha Kashta Yoga). (1 credit)

YPM 5002 – Kapila’s Samkhya Darshana (By Dr. Satyanarayana Dasa)

Samkhya as psychological evolution of cosmos; concepts of Purusha and Prakriti; twenty four evolutes; relationship and comparisons between Buddhist and Upanishadic and Vedantic teachings. (3 Credits)

YPM 5003 – Yoga Philosophy and Meditation (Dr. Debidatta Mahapatra)

This course covers the history of Yoga Philosophy; the streams that shaped Yoga; the “Yoga Sutras” of Patanjali; Yoga Psychology; Yoga asanas and breathing exercises; traditions of Yoga and their relationship with meditation; meditation in the system of Yoga and the Vedantic practices of meditation. (3 credits)

HIN 6101 - (Selected topic in Hinduism) Katha Upanishad (Sw. Narasimhananda)

The meaning and interpretation of Katha Upanishad, one of the main Upanishads of Hinduism with the summary of the commentary by Shankaracharya.

NEW

New Courses Offered from Summer Semester

◆ **HIN 5521 – Personality Assessment from the Indian Tradition** (Dr. Shilpa Datar)

The course starts with a brief overview of the Indian philosophies and the evolving Indian psychological thought. This leads to methods of understanding and assessing personality as described in ancient scriptures with its scientific basis and methodology and relevance even today. With a basic understanding of Indian philosophy and how it has led to the ‘emergence’ of the field of Indian psychology, you will learn how personality is understood and assessed from the traditional way of thinking and how it is applicable even today to understand our own selves and to realize our full potential and of those around us to lead a successful and harmonious life. (1 credit)

◆ **MGC 5001 - Mahatma Gandhi: Life and Philosophy** (Dr. Debidatta Mahapatra)

Mahatma Gandhi, known as ‘guiding light of social change’, embodied in his life and practice the principles of truth and non-violence. In contrast to the principle ‘might is right,’ Gandhi stood for the principle ‘right is might.’ For him, howsoever noble a goal may be, violent methods to realize it corrupt the goal itself. He famously said, “My religion is based on truth and non-violence. Truth is my God. Non-violence is the means of realizing Him.” The goal of the course is three fold: to trace the evolution of Gandhi

from being a lawyer to being the Mahatma; to explain how the Gandhian principles witnessed action in South Africa and India; and to elaborate the Gandhian world view. At the end of the course, the learners will have a comprehensive understanding of Gandhian life and philosophy. (3 credits)

◆ **MGC-5002 Gandhi and Contemporary Global Issues** (Dr. Debidatta Mahapatra)

The relevance of Mahatma Gandhi for the contemporary world is undisputable. The contemporary global problems such as religious extremism and terrorism, migration and refugee crisis, environmental degradation, and pandemics defy national borders. They also bring forth the urgency of the Gandhian principles of non-violence. The words of Nelson Mandela is very pertinent in this context, “The enemies that Gandhi fought – ignorance, disease, unemployment, poverty and violence are today common place... Now more than ever is the time when we have to pay heed to the lessons of Mahatma Gandhi.” The course will bring to the learners a broader understanding of the Gandhian principles and their problem-solving aspects, and their relevance for the contemporary world. (3 credits)

◆ **MGC-5003 Sri Aurobindo on International Conflicts and Peace** (Dr. Debidatta Mahapatra)

The course will introduce Indian philosopher, Sri Aurobindo, to the debate on international conflicts and peace. It will bring into focus how Sri Aurobindo foresaw contemporary global problems, and offered solutions. His concept of ideal human unity is quite significant in this context, and enriches the discourse on global governance and international organizations. The course will delve deep into the concepts of ideal human unity and global governance, and their utility for international organizations like the United Nations Organization (UN). The UN is considered the apex international organization to ensure international peace, but it has not been successful in many cases. Why has it not been successful? What are the factors that hinder its mission? The course will examine these questions in the light of Sri Aurobindo. (3 credits)

◆ **MGC-5004 An Introduction to Conflicts in South Asia** (Dr. Debidatta Mahapatra)

South Asian region, which includes the eight countries of India, Pakistan, Bangladesh, Nepal, Sri Lanka, Bhutan and Afghanistan, hosts some of the protracted and violent conflicts. Drawing from my extensive field surveys in some of these conflict regions, the course will examine select conflicts from South Asia. It will bring to the learners’ attention an assortment of simmering, boiling as well as cold conflicts from the region. It will also focus on the causes of these conflicts and their costs. By the end of the course the learners will have a broad understanding of a range of conflicts from the region including recently ended civil war in Sri Lanka, simmering Maoist conflict in Nepal, protracted Kashmir conflict, and war in Afghanistan. (3 credits)

◆ **MGC-5005 India's Foreign Policy: Continuity and Change** (Dr. Debidatta Mahapatra)

The course will bring to the learners the determinants of India's foreign policy, and its challenges and prospects. It will trace the evolution of the foreign policy from the ancient period to the present. The major focus will be on the foreign policy after India gained independence. The course will examine the factors that have shaped the policy, and in this context the elements of continuity and change will be given special attention. While the early post-independent years were influenced by Nehruvian democratic socialism and Gandhian idealism, the later years witnessed recalibration of these principles as the Cold War ended and globalization gained ground. The course will also focus on the current foreign policy of India, led by Narendra Modi, and challenges and opportunities in the evolving multipolar world of the 21st century. (3 credits)

◆ **MGC-5006 An Introduction to Conflict and Peace Studies** (Dr. Debidatta Mahapatra)

Conflict is omnipresent in human relations. They are neither inherently good nor bad, but simply facts of life. A conflict situation arises when individuals or groups pursue incompatible goals. When competition turns violent, conflict resolution becomes essential as the costs rise with short term and long term implications. This course will introduce some of the leading theories of conflict and conflict resolution across several disciplines, and the subsequent methods for addressing conflicts that these theories may prescribe. The goals of this course are threefold: to introduce students to the background and characteristics of conflict and peace studies; to explore the multitude of tools and explanations used by scholars in order to understand peace and conflict; and, to encourage students to explore a complex and interesting subject in their own way while drawing on the existing theories. (3 credits)

◆ **MGC-5007 Kashmir Conflict: Dimensions, Costs and Peace Prospects** (Dr. Debidatta Mahapatra)

Conflict in Kashmir is one of the most protracted conflicts in South Asia and in the world. Broadly, the conflict has two interrelated dimensions: external and internal. In its external dimension, Kashmir is a conflict between India and Pakistan. Both the countries have fought four wars since 1947. In its internal dimension, the conflict took the form of a separatist movement since late 1980s. Drawing from my field surveys, the course will examine the two dimensions of the conflict and their implications for the people living in the conflict situation. It will also focus on the causes and the costs of the conflict and the prospects of peace. By the end of the course the learners will have a broad understanding of the conflict, its various dimensions and prospects of peace. (3 credits)



NEW

ANNOUNCING NEW CERTIFICATE COURSES



Certificate Course on Gandhian Conflict Resolution

Instructor: Dr. Debidatta Aurobinda Mahapatra

Contact: damahapatra@hua.edu

Duration: Seven weeks

Class Time: 90 minutes per week

Mode: On-Campus and Online

Course fee: \$300 (Fellowships available for deserving candidates)

Degree: Certificates are available independently. For interested students, the program may lead to Masters of Indian Political Thought with a focus on Hindu philosophy and worldviews as the main fields of study.

About the Course

The principles of Mahatma Gandhi have become increasingly relevant in the contemporary world, characterized by turbulence. For Gandhi, the most potent weapon to fight oppression and injustice is non-violence, which emanates from courage to stand against oppression and injustice. Violence begets violence, and if the principle of ‘an eye for an eye’ is applied, ‘the whole world will become blind.’ From a Gandhian perspective war is an acute form of violence motivated by greed, prejudices and historical animosity and the results are devastating with socio-cultural, economic and political consequences. Whether it is conflict at the level of groups or intra-state or at the international level, a trend can be found in which the conflict actors have prioritized their narrow interests over collective interests and peace. In this scenario, truth and non-violence, the twin Gandhian principles are as relevant in the 21st century as they were during the 20th century.

The course would be of interest to all those interested in understanding the philosophy of Gandhi and his methods for conflict resolution and their significance for the contemporary world.

The Objectives

To introduce Gandhi and conflict resolution

To study the evolution of Gandhi from being a lawyer to become an apostle of non-violence

To analyze the Gandhian principles in action in South Africa and in India

To introduce the leaders whom Gandhi influenced

To identify elements of Gandhian conflict resolution and their application

Weekly Activities

Week 1: Gandhi and his life: a brief study

Week 2: Gandhian principles of truth and non-violence (Satya and Ahimsa)

Week 3: Gandhi in South Africa: principles in action

Week 4: Gandhi in India: principles in action

Week 5: Gandhian conflict resolution: main elements

Week 6: Relevance of Gandhi for contemporary conflicts

Week 7: A brief write-up on “Your perspective on Gandhian conflict resolution”



Certificate Course on Religion, Conflict and Peace

Instructor: Dr. Debidatta Aurobinda Mahapatra

Contact: damahapatra@hua.edu

Duration: Seven Week

Class Time: 90 minutes per week

Mode: On-Campus and Online

Course fee: \$300 (Fellowships available for deserving candidates)

Degree: Certificates are available independently. For interested students, the program may lead to Masters of Indian Political Thought with a focus on Hindu philosophy and worldviews as the main fields of study.

About the Course

Conflicts across the globe can be attributed to a variety of factors, arising out of real or perceived deprivations. Religious extremism is a factor in shaping many of these conflicts. The exact role of religion in fueling conflicts is often contested. For some, violence is an intrinsic part of some religions. For others, religion is used as an instrument to realize narrow goals. For scholars in this category peace is inherent to all religions. Amidst these contrasting positions and reality which we all are witnessing within conflict-ridden and relatively peaceful societies, it seems timely to understand the intricacies of intersection of religion, peace and conflict.

This course would be of interest to those interested in understanding the issues of conflict and peace from religious perspectives with a particular focus on Hindu religious perspective.

The Objectives

To provide critical insights into one of the most pressing issues of the globe

To introduce intersection of religion, conflict and peace

To understand the intricacies of the religiously framed conflicts

To position Hindu philosophy in conflict and peace discourse

Weekly Activities:

Week 1: Discussion of the concepts of religion, conflict and peace

Week 2: Role of religion in contemporary conflicts

Week 3: Role of religion in peace and reconciliation

Week 4: Conflict and peace in Hindu philosophy

Week 5: Mahatma Gandhi, Sri Aurobindo, Swami Vivekananda and other Indian philosophers on conflict and peace

Week 6: Contemporary conflicts: a case study

Week 7: Five-minute presentation/ 2-page write up on “your views about religion, conflict and peace”

Certificate Course on Yoga and Peace

Instructor: Dr. Debidatta Aurobinda Mahapatra

Contact: damahapatra@hua.edu

Duration: Seven weeks

Class Time: 90 minutes per week

Mode: On-Campus and Online

Course fee: \$300 (Fellowships available for deserving candidates)

Degree: Certificates are available independently. For interested students, the program may lead to Masters of Indian Political Thought with a focus on Hindu philosophy and worldviews as the main fields of study.

About the Course

The relevance of Hindu religion, scriptures and culture for international peace remain under studied. Among varied contributions that India can have for the conflict-ridden contemporary globe is yoga. States spend billions of dollars to build peace in conflict zones. They send emissaries to conflicting parties and invite them to negotiating table to achieve peace. They spend a lot of money in projects to conduct research, roundtables, and workshops, fact finding missions, working groups, conflict analysis and assessment. All these methods have their importance. If Yoga can be a priceless armor in this weaponry of conflict management/transformation/resolution process, then it should also be used as a method. Not that there has not been any application of Yoga in conflict situations. There are instances in which Yoga has been used to address conflict situations.

The course would be of interest to those interested in understanding the issue of international peace from alternate perspectives, with specific focus on Hindu religion and Yoga practices.

The Objectives

To provide critical insights into one of the most pressing issues of the globe

To focus on the intersection of yoga and peace

To position Yoga and Hindu philosophy in global peace discourse

To focus on Indian philosophers and their perspectives on Yoga and peace

Weekly Activities

Week 1: Discussion of the concepts of Yoga and peace

Week 2: Hindu philosophy, Yoga and peace

Week 3: Kinds of Yoga and their implications

Week 4: Yoga as an alternate approach to conflict resolution

Week 5: Swami Vivekananda, Sri Aurobindo and Mahatma Gandhi and other Indian philosophers on Yoga and peace

Week 6: Use of Yoga in conflict situations: case studies

Week 7: A brief write-up on “Your Views on Yoga and Peace”

We have 2 options for you to get your Master's or Doctorate degree: Coursework + Thesis AND Thesis-Only option. For more information and questions email us at info@hua.edu or call us at 407-275-0013

HUA South Florida is offering Certificate course in Hindu Chaplaincy, Masters of Hindu Philosophy (with Chaplaincy focus), and Associates Certification in Hindu Spiritual Counselling. For more information regarding the courses and their availability visit www.huasouthflorida.org OR email huasouthflorida@gmail.com



New courses offered by South Florida Center of HUA

◆ **• AYS 5001 - Introduction to Ayurveda (Dr. Abhijit Pandya / Shivani Gupta)**

'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 lies on the principle of organizing the fundamentals of life into proper systems of natural healing. (3 credits)

◆ **• HNP 6201 - Introduction to Hindu Chaplaincy (Dr. Swami Sarvaananda)**

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.(certificate course)

◆ **• HNP 6202 – Basic Pastoral and Spiritual Counselling (Dr. Swami Sarvaananda)**

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.(certificate course)

For more details on these courses please contact South Florida Center via email to huasouthflorida@gmail.com

Please do visit the web sites of the following educational institutions that are affiliated with HUA. They offer courses and programs which may be of interest to you. Some programs offered by these institutions are independent and unique to these institutions.

1. Sri Aurobindo Centre for Advanced Research (SACAR) - www.sacar.in
2. Paramanand Institute of Yoga Sciences & Research - www.paramyoga.org
3. Dev Sanskriti Vishwa Vidyalay (DSVV) - www.dsvv.ac.in
4. Kerala Ayurvedic Academy (KAA) - www.keralaayurvedaacademy.com
5. Atharva Life Sciences - www.atharvaayurveda.com
6. California College of Ayurveda (CCA) - www.ayurvedacollege.com
7. Vastu Green Building Institute (VGBI) - www.vgbs-vastu.com
8. Hindu Hub - www.thehinduhub.org
9. The Ramakrishna Centre of South Africa - www.ramakrishna-sa.org.za
10. Ayurved Sankul - www.ayurvedsankul.com
11. Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA) - www.svyasa.edu.in
12. ICCS Pune - www.iccsus.org
13. Amrit Yoga Institute - www.amrityoga.org
14. Yoga Bharati - www.yogabharati.org

Courses from Vastu Green Building Institute (VGBI) - www.vgbs-vastu.com

Green Vastu Certificate Course (Online) - This Green Vastu Certificate online course is designed to take live online video course with Prof. Deepak Bakshi Vedic Architect. Start this course from any Monday of the week. **For more information contact:** Prof. Deepak Bakshi (USA) 1 641-469-6307, Cell: 641-691-1221, e-mail: vastudesignstudio@gmail.com