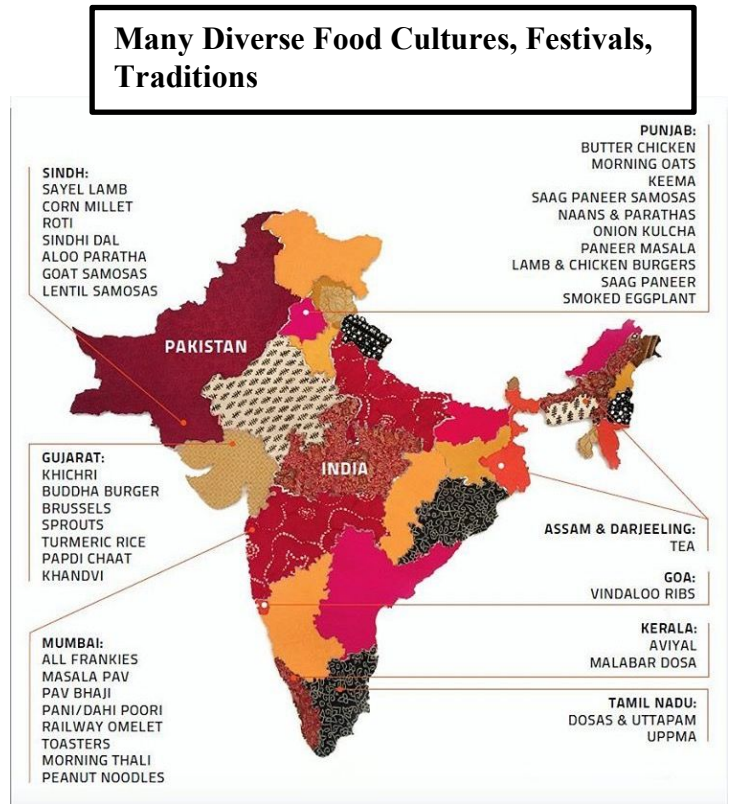
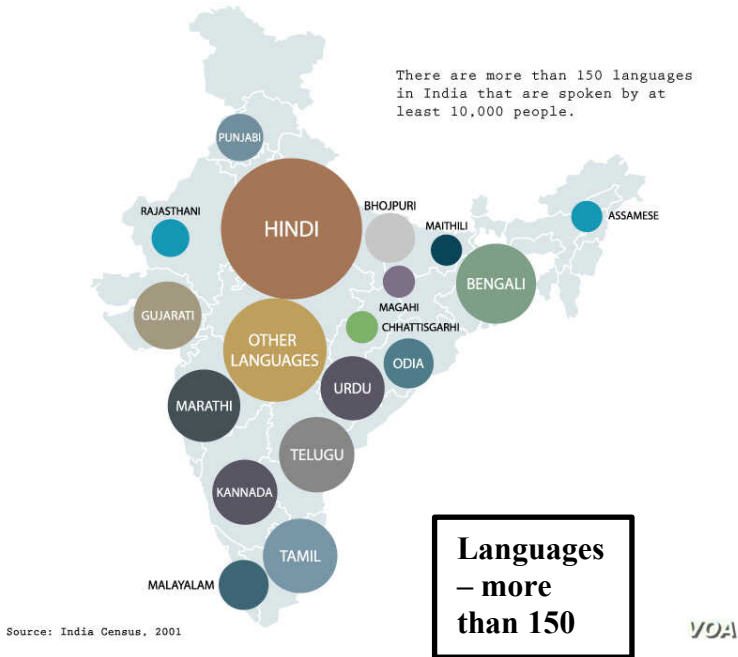


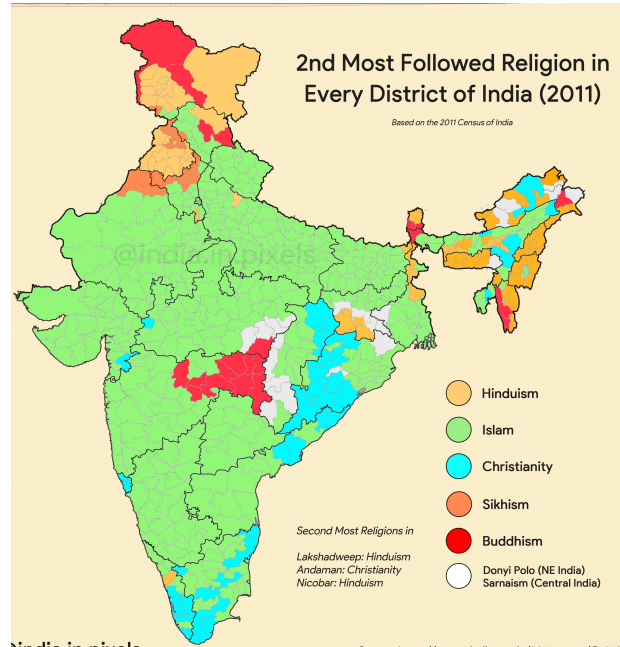
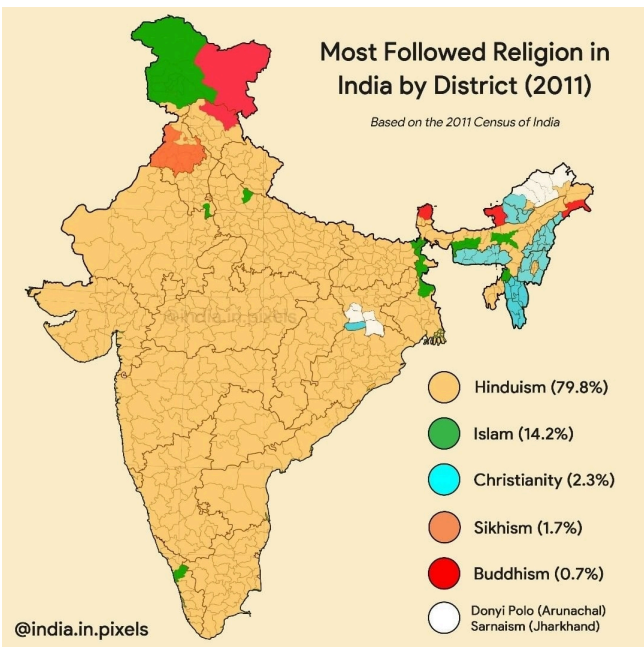
Conversation between Dr. Jitender Deogun, Professor of Computer Science at UNL and Dr. Courtney Bruntz, Associate Dean at SCC

I. Building Inclusivity Through Understanding Diversity Cultures, Traditions, and Beliefs in India

India is extremely diverse in terms of **language, regional differences in cultures and traditions, food, dress, and religious practices**



Diversity of Religious Traditions and Practice – Hinduism, Islam, Jainism, Sikhism, Christianity, Buddhism





Indian Traditions Often BLEND Rituals and Practices, Creating Further Diversity

Image – Pre-Wedding Manjha Ceremony in Indian Islam.

Manjha = equivalent of the Hindu **Haldi** Tradition – the **painting of turmeric paste** (mixed with rose water) on the **bride and groom** – **purification and protection for health and wellness.**



II. Diversity within Hinduism – One Supreme Deity, Multiple Manifestations

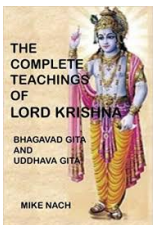
Brahman

- ✚ Ultimate Reality/**Supreme Cosmic Spirit**
- ✚ Divine/God that is **Transcendent** (beyond human experience) and **Immanent** (operating within human experience)
- ✚ **Personal and Impersonal**

Brahman (God) as Energy/Cosmic Spirit – like Solar Energy



Brahman (God) as Felt/Experienced Manifestation – Personal – like feeling the Sun’s Rays; Seeing the Sun

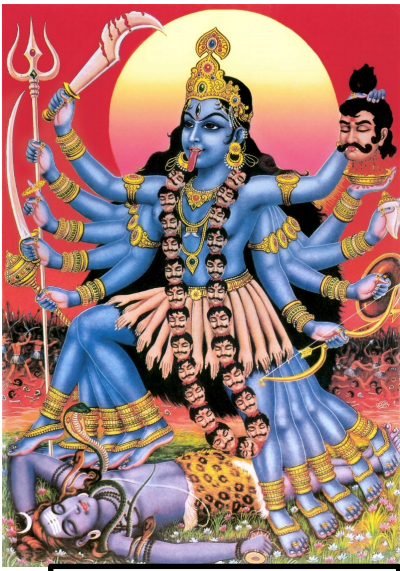


Vishnu (Sustainer) – many avatars like Rama and Krishna (*Bhagavad Gita*)

Spring Festival of Holi -- celebrates Krishna

Lakshmi (Wealth and Prosperity)

Associated with Diwali – Festival of Lights



Kali (Time, Creation, Destruction, Power)

Saraswati (Music and Wisdom)



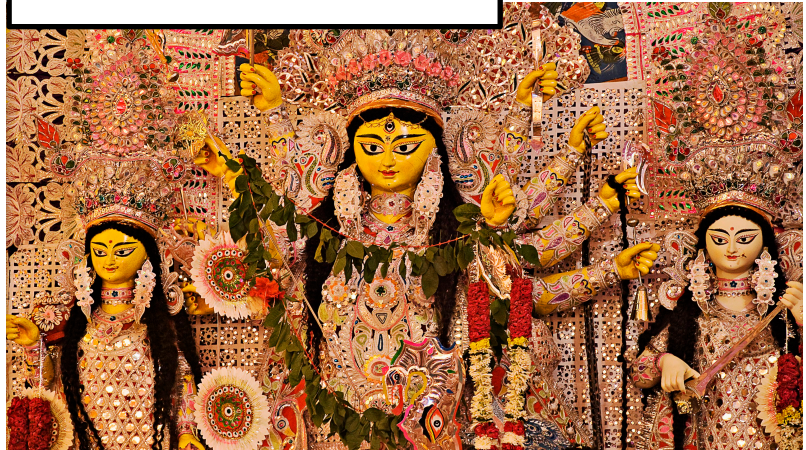
Shiva (Destroyer but also Meditator)



Ganesha (Remover of Obstacles)



Durga (Protection and Strength)



Durga Puja in Bangladesh



Important Spiritual Practice/Ritual

+ Puja

- Ceremonial worship (daily rites in the home AND elaborate temple rituals)
- Includes making an offering of flowers or fruit to an image of god



Puja – Offering of Flowers and Fruit to an Image of God



Saraswati Puja in South India

III. Yoga – It’s More Than Postures

- ✚ **Bhakti Yoga** (Bhakti Marga – the Path of Bhakti)
 - **Yoga** – from Sanskrit “yug” (yoke) = to unite/attach to
 - **Bhakti** = Devotion
 - **Bhakti Yoga (Bhakti Marga) = Spiritual Path to Unite/Attach to the Supremely Real (God)**




IV. Connections Between Health, Wellness, and Spirituality


- ✚ Relationship between Puja (offerings to the divine) and Physical and Mental Health
 - **Puja Mantras** – repeated sounds or phrases
 - **Homa** during a Puja – fire ritual

MANTRAS FOR SUCCESS

एकदंताय विद्महे, वक्रतुण्डाय धीमहि, तन्नो दंती प्रचोदयात् । ।
 महाकर्णाय विद्महे, वक्रतुण्डाय धीमहि, तन्नो दंती प्रचोदयात् । ।
 गजाननाय विद्महे, वक्रतुण्डाय धीमहि, तन्नो दंती प्रचोदयात् । ।

Ekdanataya vidmahey, vakratundaya dhimahi,
 tanno danti prachodayat
 Mahakarnaya vidmahey, vakratundaya dhimahi,
 tanno danti prachodayat
 Gajananaya vidmahey, vakratundaya dhimahi,
 tanno danti prachodayat







V. Ultimate Goal – Unifying with God and Finding/Unlocking the Divine Within


Moksha = liberation from rebirth

- Occurs **AFTER** someone has united with the Supreme Ultimate Reality (God)
- State of complete bliss, joy, peace

Atman - The Self

The Self cannot
Be grasped
With senses
But which
Grasps
With the
Senses

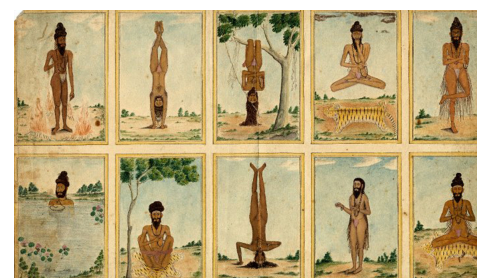
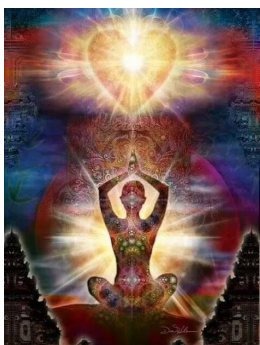
Free Souls
Bound Souls
Embodied



Living Being

The Self is
Eternal
Indestructible
Infinite
Invisible
Transcendental
Blissful
Uncreated
Independent
Pure
Witness
Enjoyer

Atman = the divine within – the “spark” of God within the individual



Hatha Yoga = Practice of Physical Yoga Postures

More Information

Indian Traditions in SE Nebraska

Sikhism – origins, about the community, latest announcements, and events

- **Nebraska Sikhs** -- <https://www.nebraskasikhs.org/sikhism-origins/>
Mission and Values: <https://www.nebraskasikhs.org/about-us/>

Hinduism – Nebraska community dates back to the 1970s

- <https://hindutemplenebraska.org/>

Jainism – Young Jains of America – Midwest Region: <https://www.yja.org/regions/midwest>

Ayurveda = Science of Life

- Originated in India more than 5,000 years ago
- Stems from Ancient Vedic Culture
- Holistic Healing System

1) Understand your particular “constitution”

Your pattern of energy is shaped by external and internal factors (physical, mental, emotional characteristics PLUS diet, seasons, relationships).

2) Alter your lifestyle to bring your pattern of energy into balance.

Balance is the natural order of things; imbalance is disorder; Health is order, disease is disorder.

Everyone has three types of energy (called doshas), and these are Vata, Pitta, and Kapha.

3) When one of the doshas is elevated, or when one is weak, imbalance occurs, plus emotional and mental distress and/or physical disease.

Health and Wellness (physical, emotional, and mental) is a RESULT of MAINTAINING balance.

By identifying the dosha that is elevated or the dosha that is weak, you can alter your lifestyle to either pacify the elevated dosha or strengthen the weak one.

Dosha & Qualities	Found in Nature	Balanced	Imbalances
Kapha Energy of lubrication and structure cold, heavy, wet, static, dull, dense	moon/rain Late winter Early spring	mind love, nurturing, compassion, patience body builds, strengthens, nourishes, lubricates, protects, fat, fluids, reproduction,	mind greed, envy, holds grudges, attachment, body congestion, obesity, allergies, lethargy, sinus problems
Pitta Energy of transformation hot, sharp, oily, light, mobile, smooth	sun/heat Late spring Summer	mind intelligence, memory, discrimination body metabolism, digestion, eyes, blood, skin, brain & heart	mind anger, hate, controlling, hot temper body acid reflux, heart burn, acne, hypertension, nausea, migraines, endometriosis
Vata Energy of movement dry, cold, light, rough, mobile, subtle	wind Autumn Early winter	mind creative, spiritual, tranquility, body all movements, blood flow, nerve impulses, fast in actions, emotions	mind fear, anxiety, stress, worry, poor memory body hyperactivity, dry skin, constipation, gas, arthritis, osteoporosis, PMS

Call to Action – COVID-19 Health Crisis in India (For those wanting to donate)

Care India – supplying PPE to frontline workers:

<https://www.careindia.org/covid-19/>

UNICEF – supplying oxygen concentrators:

<https://www.unicef.org/coronavirus/unicef-responding-covid-19-india>

Americares – supplying ventilators, masks, sanitizers:

<https://www.americares.org/crisis-alerts/covid-19-crisis-in-india/>

Indian Red Cross – running blood drives and delivering equipment: <https://indianredcross.org/ircs/COVID-19>

Many More -- <https://www.cbsnews.com/news/india-covid-how-to-help/>