

UGED1817 Body, Mind & Spirituality: Classics of India
身體、心靈和精神修習：印度經典

Course Outline

Course overview

India, with its rich and colorful culture in spirituality, has produced numerous classics on the subject throughout history, which have influenced the region and the rest of the world for centuries. This course is designed to guide students to read and to have dialogue with some Indian classics in religion, philosophy, and health science, including *R̥gveda*, *Upaniṣads*, *Bhagavad Gītā*, *Yoga-sūtra*, and etc., through which they are expected to learn the unique contributions of Indian culture to the subjects of body, mind, and spirituality.

印度有著豐富多彩的精神文化，在歷史上出現了許多這方面的經典作品。這些經典在諸多世紀中對印度本地和世界其他地域產生了廣泛影響。本課程旨在帶領學生閱讀一些印度經典，並與之進行對話。這些經典涵蓋宗教、哲學、養生等領域，包括《梨俱吠陀》、《奧義書》、《薄伽梵歌》、《瑜伽經》等。這些經典閱讀旨在學習印度文化在身體、心靈和精神修習方面的獨特貢獻。

Learning outcomes

1. A knowledge of major ideas that shape the South Asian world today;
2. The willingness and capacity to examine new and different ideas from Indian culture;
3. The ability to engage in intensive and close reading in Indian classics;
4. The readiness to articulate their ideas learned from the course clearly and systematically in writing and oral communication.

Topics

- 1 從祭祀到宗教：《梨俱吠陀》與印度宗教的特徵（兩週）
- 2 心靈的探究：《奧義書》與印度哲學的起源（兩週）
- 3 不朽的靈魂：《薄伽梵歌》與史詩的深刻內涵（兩週）
- 4 身體的修習：《瑜伽經》與最流行的運動（兩週）
- 5 身體的保健：阿育吠陀與印度傳統醫學的價值（兩週）
- 6 奇幻的想像力：《羅摩衍那》與印度文學傳統（兩週）

Course schedule

- 1) 課程介紹
- 2) 印度宗教的特徵
- 3) 從祭祀到宗教：《梨俱吠陀》
- 4) 心靈的探究：《奧義書》
- 5) 《奧義書》選讀
- 6) 不朽的靈魂：史詩《摩訶婆羅多》與《薄伽梵歌》
- 7) 《薄伽梵歌》精讀

- 8) 身體的修習：《瑜伽經》
- 9) 《瑜伽經》精讀
- 10) 阿育吠陀與印度傳統醫學
- 11) 《妙聞集》選讀
- 12) 奇幻的想像力；《羅摩衍那》與其他印度文學作品選讀

Learning activities and workload

Class activities and workload

Lecture: 1-1.5 hours each week
 Interactive tutorial: 0.5-1 hour session every week.

Out-of-class activities and workload

Reading required and suggested reading: 3-4 hours each week.
 Participate on-line discussion: 1 hours each week.
 An average of 2-3 hour each week on preparing the essay assignments and quiz.

Assessment scheme

<i>Task nature</i>	<i>Description</i>	<i>Weight</i>
Discussion and Presentation		20%
Short paper (text commentary/analysis based your presentation)	1,000-2,000 words	30%
Final paper	3,000-5,000 words	50%

Grade Descriptors:

http://phil.arts.cuhk.edu.hk/~phidept/UG/Grade_descriptors.pdf

Recommended learning resources

Required Readings:

1 《奧義書》（選讀）

Brhadāranyaka Upaniṣad, in *The early Upanisads: annotated text and translation*.

Patrick Olivelle. New York: Oxford University Press, 1998. (ebook available in CUHK)

《大森林奧義書》，見《[奧义书](#)》/黄宝生译 第1版 北京：商务印书馆 2012 (Reserved at CC library)

2 《薄伽梵歌》（全文）

The Bhagavad Gita, introduced & translated by Eknath Easwaran. Tomales, CA : Nilgiri Press, 2007. (ebook available in CUHK)

《薄伽梵歌》張保勝譯。北京：中國社會科學出版社，1989. (ebook available in CUHK)

3 《瑜伽經》（全文）

The Yoga Sutras of Patanjali by Charles Johnston [1912]. (ebook available in

<http://www.sacred-texts.com/hin/ysp/index.htm>)

《瑜伽經》,見《古印度六派哲學經典》姚衛群編譯. 北京: 商務印書館, 2003. (PDF available in Blackboard)

4 《妙聞集》 (選讀)

An English translation of the Sushruta samhita: based on original Sanskrit text with a full and comprehensive introduction, additional texts, different readings, notes, comparative views, index, glossary and plates. Translated and edited by Kaviraj Kunjalal Bhishagratna. Varanasi: Chowkhamba Sanskrit Series Office, 1991. (Available in CUHK, MD Special Coll - Asia WZ80.5.H6 S7813 1991 v.1-3, LIB USE ONLY)

《妙聞集》, 見廖育群《阿輸吠陀印度的传统医学》沈阳: 辽宁教育出版社, 2002, 74-252 頁.

(ebook available in CUHK)

5 《羅摩衍那》與其他印度文學作品 (選讀)

For the English translation, see <http://www.sacred-texts.com/hin/rama/index.htm>

For the Chinese translation, see ebooks in CUHK library

Recommended Readings:

Alter, J.S. *Yoga in Modern India: The Body Between Science and Philosophy*. Princeton, NJ: Princeton University Press, 2004.

Dasgupta, S. *A History of Indian Philosophy*. Vol. 1-5. Cambridge: Cambridge University Press, 1932.

Klostermaier, K.K. *A Survey of Hinduism*. Albany, NY: State University of New York Press, 1994.

Kulke, H. and Rothermund, D. *A History of India*. London and New York: Routledge, 1998.

Weber, Albrecht. *The History of Indian Literature*. London: Routledge, 2000.

Feedback for evaluation

1. Students are strongly encouraged to provide feedback on the course via email or meetings with lecturer.
2. Students evaluate the course through a survey and written comments at the end of the term as well as via regular feedback between teacher and students. This information is highly valued and is used to revise teaching methods, tasks, and content.

Contact details

Lecturer	
Name:	Yao Zhihua
Office Location:	Room 430, Fung King Hey Building
Telephone:	3943 7431
Email:	zyao@cuhk.edu.hk

Details of course website

We use Blackboard Learn (elearn.cuhk.edu.hk) for this course. Lecture notes and information on tutorial assignments and examinations will be posted on the website.

Academic honesty and plagiarism

Attention is drawn to University policy and regulations on honesty in academic work, and to the disciplinary guidelines and procedures applicable to breaches of such policy and regulations. Details may be found at <http://www.cuhk.edu.hk/policy/academichonesty/>

With each assignment, students will be required to submit a signed [declaration](#) that they are aware of these policies, regulations, guidelines and procedures. For group projects, all students of the same group should be asked to sign the declaration.

For assignments in the form of a computer-generated document that is principally text-based and submitted via VeriGuide, the statement, in the form of a receipt, will be issued by the system upon students' uploading of the soft copy of the assignment. Assignments without the receipt will not be graded by teachers. Only the final version of the assignment should be submitted via VeriGuide.