Explore & Experience History, Culture, Rituals, Devotion, and Meditation through the Jain Tradition

Instructor: Dr. Shivani Bothra, NetID: sb113

Spring 2021 • ASIA 301 • M W F 8:30–9:25 AM • Online

The course comprises of:

- **Lectures**: Contextualize the Jain tradition against the backdrop of Vedic and non-Vedic traditions and the spread of Jainism in India and outside.
- **Stories**: Introduce the most basic elements of Jainism: the Jain Dharma (religion), the Sangha (four-fold community), and key principles.
- **Virtual Field Visit**: Examines a varied range of Jain practices as they are found in mainstream Jainism: rituals, devotionalism, and eating practices.
- **Preksha Meditation**: A modern form of meditation rooted in Jain philosophy. Jain nuns will guide online meditation sessions.
- **Research**: Consider issues Jainism faces in the modern world.

The illustrations have been created by a Jain monk. Jain monks and nuns use such illustrations to complement their stories.