



HINDU UNIVERSITY
OF AMERICA

"Experience is the only teacher we have. We may talk and reason all our lives, but we shall not understand a word of truth until we experience it ourselves"

Swami Vivekananda

STUDY ABROAD PROGRAM



**Discover
LIFE by
Exploring
India**

Introduction

Discover life by Exploring India is a unique study abroad program that offers an authentic, transformative and enriching experience. This program is aimed at students of the Hindu University of America and all people who are curious to participate in a journey of self-reflection on how we can live with a sense of universal responsibility.

We will take advantage of the stimuli provided by the social, historical and cultural scenarios of India, so that you discover, from your own creative process, the possibilities of connecting with life in a more holistic way, independently of your vocational area.

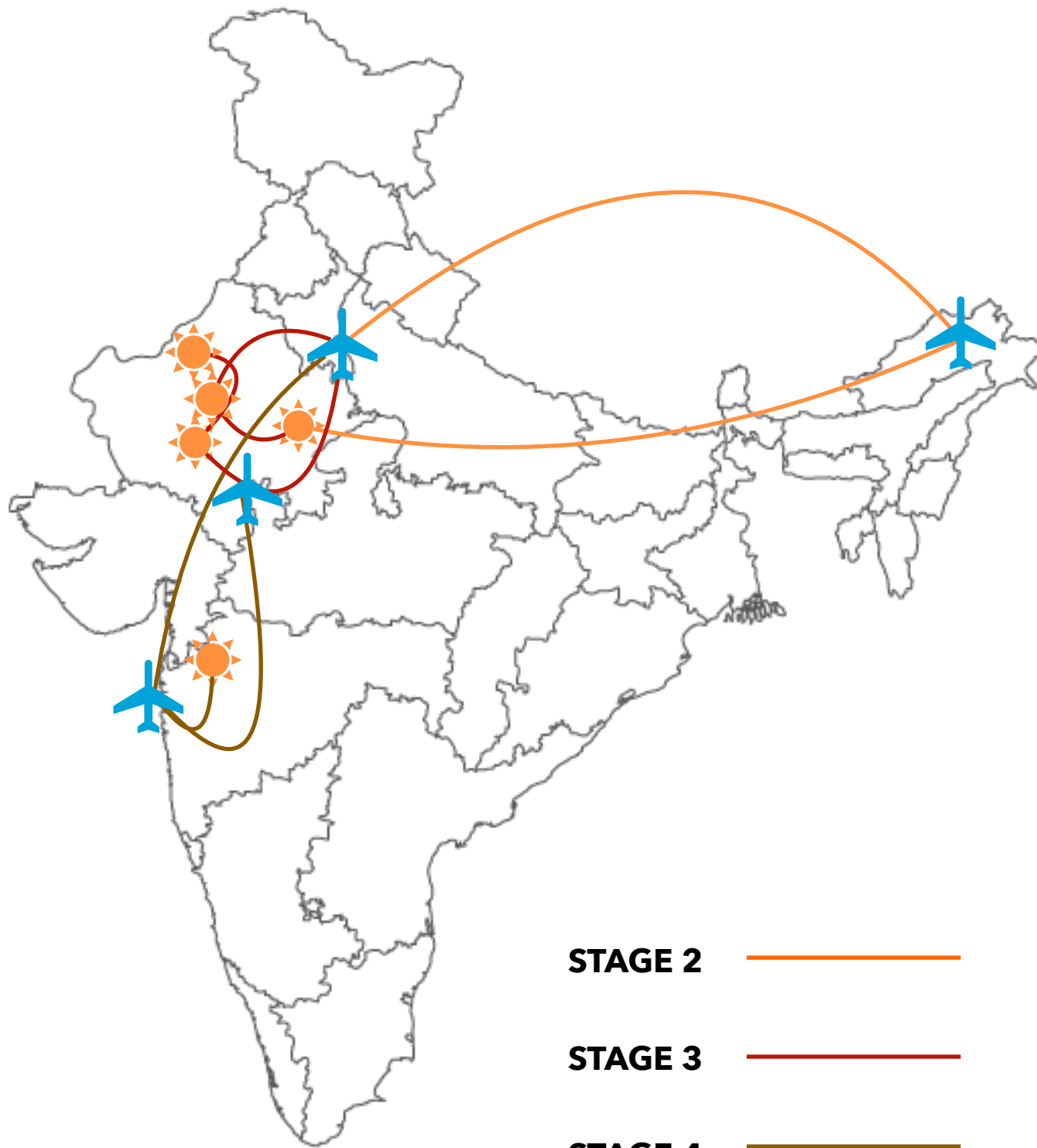
The level of clarity you will have at the end of the journey will depend to a large extent on your efforts and willingness to synchronize with the present well-being of the human family and the living world in all its breadth.



We invite you to embark in this fascinating journey with a deep sense of celebration and gratitude for life



Itinerary



STAGE 2 ———

STAGE 3 ———







STAGE 4 ———

This travel route has been studied, tested and structured in such a way that it proposes an organic rhythm and intensity, allowing you to gradually discover the beauty and importance of living in a state of integration.

The sequence of each destination and the activities that are part of the itinerary, correspond to a specific area of study, which will provide you with a complete exploration of your inner being in connection with the mystical and rich culture of India.



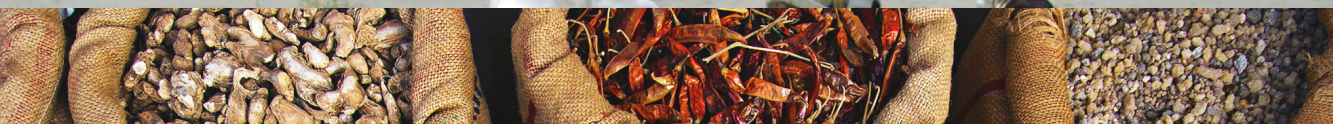
May this travel route help you to reconsider your values and ways of appreciating life

DAY	STAGE	DESTINATION	AREA OF STUDY	THEME		
1st	1	 Arrival in New Delhi				
2nd		Delhi	Cultural Heritage, History and Art	Humanity in the making. A great possibility	<i>"The exceptional hour in a unique epoch, the great happiness, the invaluable privilege, of being present at the birth of a new world"</i> Sri Aurobindo	
3rd		Delhi	Community Service	Serving the happiness of others		
4th to 9th	2	 Delhi -Dibrugarh (Roing, Arunachal Pradesh)	Tribal Communities	A more substantial appreciation of cultural diversity	<i>"The choice is ours: form a global partnership to care for Earth and one another or risk the destruction of ourselves and the diversity of life"</i> The Earth Charter	
10th	3	 Dibrugarh - Jaipur	Cultural Heritage, History and Art	Reconciliation with ancient art	<i>"Magnificent structures invite visitors to take a peek into the collective experience of human beings"</i> Philippe de Montebello.	
11th		Jaipur				
12th		Jaipur - Jodhpur				
13th		Jodhpur	Divine Music and Dancing	The unification and transmission of cultural and devotional identity	<i>The spiritual significance of art as an expression of "The human need to surpass the visible"</i> Benedict XVI	
14th		Jodhpur - Dechu				
15th		Dechu -Narlai Village				
16th		Narlai Village - Udaipur	Udaipur	Hindu Philosophies	The social and moral implications of Dharma reflected in the virtues of the Hindu community	<i>"The trees are our lungs, the rivers our circulation, the air our breath and the Earth our body"</i> Deepak Chopra
17th						
18th		 Udaipur - Mumbai				
19th to 33rd	4	Nashik	Yoga and Ayurveda Lifestyle Program	Ayurveda lifestyle intensive program	<i>"When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need"</i> Ayurvedic Proverb	
34th		 Mumbai - Delhi				
35th		 Departure in New Delhi				

DAY	STAGE	DESTINATION	PURPOSE OF THE VISITS
1st to 3rd	1	Delhi	<p>ARRIVAL</p> <p>AGENDA: Orientation meeting, Delhi city tour, Community Service</p>
4th to 9th	2	<p>Iduli Village, Roing</p> <p>Arunachal Pradesh</p>	<p>SECOND STAGE</p> <p>Stay 7 days at RIWATCH (<i>Research Institute of World's Ancient Traditions Cultures & Heritage</i>) and explore various ethnic communities of North east India, residing amidst the enchanting Himalaya.</p> <p>Rich age old traditions and values have been always an inspiring source for their cultural tapestry and wisdom to other communities of the world. The present world is looking back to this wisdom incorporated in the value system that binds the societies together.</p> <p>AGENDA: Interactions with community indigenous Elders, visit to Krishi Vigyan Kendra (Agro Science Research Center), attending local faith healing practice, interaction with faith healers, visit to archaeological sites, Herbal gardens, witnessing traditional folk healers and social projects.</p>
10th to 17th	3	<p>Jaipur Rajasthan</p> <p>Jodhpur Rajasthan</p> <p>Dechu Rajasthan</p> <p>Narlai Village Rajasthan</p> <p>Udaipur Rajasthan</p>	<p>THIRD STAGE</p> <p>Experience India, the land of variety and contrasts, a country with a rich cultural heritage and strong, deep-rooted religious traditions, a land of amazing variety, fascinate with its penetrating smells, colors and its intensity of life...</p> <p>AGENDA: Combine music and dance in the middle of a desert, wildlife encounters, palaces, yoga, art, adventure and you have the perfect mix for a Rajasthan adventure to explore.</p>
18th to 33rd	4	<p>Nashik Maharashtra</p>	<p>FOURTH STAGE</p> <p>Immerse yourself in the Yoga Vidya Gurukul Ashram's lifestyle and study the application of Ayurvedic principles in your daily life to maximize the health on a physical, mental, emotional, intellectual and spiritual level.</p> <p>AGENDA: Introduction to Ayurveda, Ayurveda Life style, Diet, Panch Karma, Useful Herbals, Analysis of Prakriti (Kafa, Pitta & Vata)</p>
34th to 35th		Delhi	<p>DEPARTURE</p>



SECOND STAGE - TRIBAL COMMUNITIES



FOURTH STAGE - YOGA & AYURVEDA LIFESTYLE PROGRAM



THIRD STAGE - CULTURE & ADVENTURE

Academic Program

All students will have to complete a piece of independent writing in order to gain the credits and/or receive the certificate.

A dissertation of 3,000 words shall be delivered 1 month after the journey is completed.

For HUA students: HUA offers 6-Credits as an option to complete your academic courses beyond their self-paced online courses. The Study Abroad Program would help you to complete your university core courses, program core courses, elective courses or simply explore the content of the university that interests you the most.



For other participants: At the end of the trip and after presenting final paper you will obtain a certificate provided by the Hindu University of America. Studying while on a trip to India is an excellent option for those who wish to have an educational experience abroad.





Program's Outcomes

All participants will be provided with an in-depth experience on some of the key areas of research in India. You will gain analytical skills necessary to comprehend and identify creative solutions for global challenges, as well as to pursue research in their own fields of intellectual interest.

BY THE END OF THE PROGRAM STUDENTS WOULD HAVE GAINED:

- Full exploration of the different aspects of the self and various modalities of relationship with the environment
- Complete look at the potential and scope of ancient traditions in the self-creative processes to face the new challenges of modern life.
- Greater understanding of the history, culture and traditions of India.
- You can enrich or supplement your discipline or in which you have a special interest outside of your regular course of study.
- As an HUA student, you can earn additional academic credits during your studies.
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ACCOMMODATION IN DECHU

What's Included & What's Not

The Program Includes:

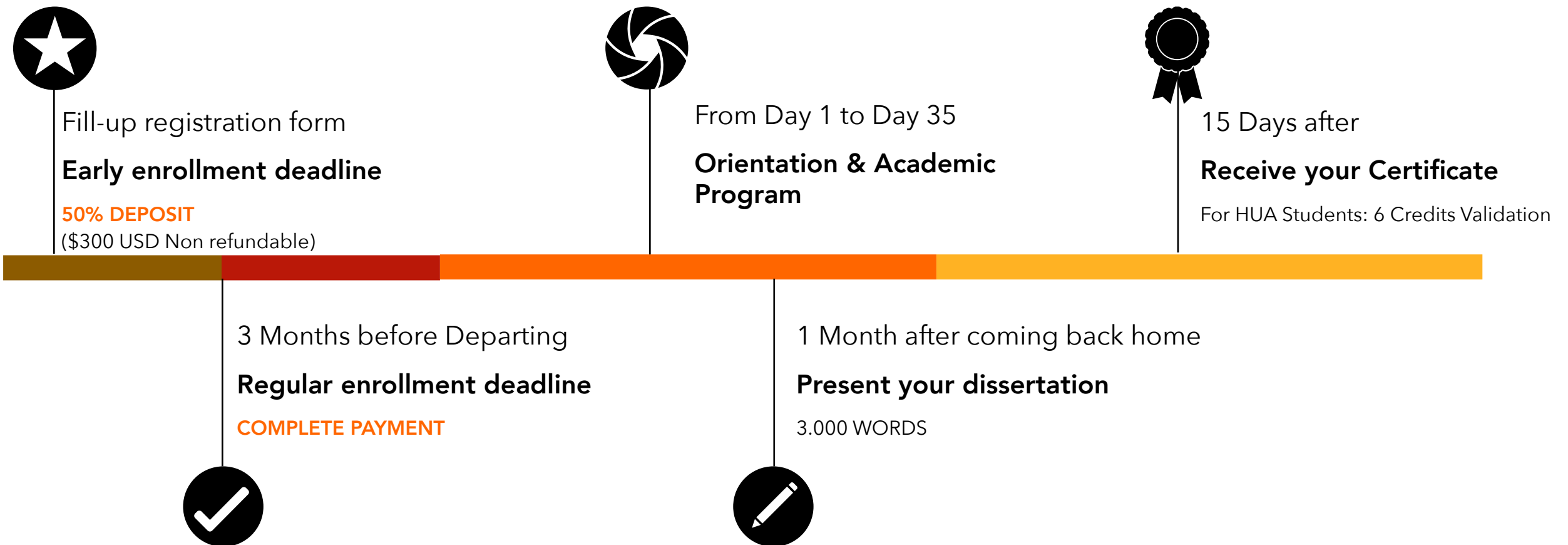
- Airport pickup and drop-off
- Exceptional twin room accommodation
- Healthy meals (Breakfast, Lunch and Dinner)
- Excursions
- Social and Cultural Activities
- Domestic flights and transportation
- 15 Days Ayurveda Intensive Course
- Bilingual guides
- Yoga Practices in some of the destinations
- Potable Water
- Academic materials for studying

The Program Does Not Include:

- Travel Insurance
- International Flights

Fees & Application Instructions

OPERATION OF THIS PROGRAM IS DEPENDENT UPON MEETING THE MINIMUM ENROLLMENT



FOR MORE INFORMATION: adriana.s@hua.edu

Final Checklist

1

Find out if you need to apply for a tourist visa to go to India, if so apply for it.

2

Send us a copy of your passport, visa and a passport photo.

3

Fill-up registration form and complete the 50% payment.

5

Check on your health insurance. Make sure you send us a copy of your health insurance information.

4

Make travel arrangements. Once the program is confirmed, book your international flights and send us a copy of your itinerary.

6

We advise you to travel light and carry your personal emergency kit.

7

Be aware of some additional information that we will be sharing with you.
See you in India



FOURTH STAGE - NASHIK



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