

Course Title	:	Spirituality, Health and Well-being in the Modern World 現代世界的靈性、健康與幸福
Course Code	:	GEG2047
Department	:	CRSE

Synopsis

Nowadays more people identify themselves as spiritual instead of religious. Moreover, the significance of spirituality has been rediscovered and involved in health, healing and education profession in the past decades. In other words, apart from technical aspects of medicine and surgery, spirituality is considered as a key role played in enhancing quality of life, health and well-being in different cultural contexts. In this course, theories of spirituality in health care contexts, and relationships between body, mind and spirit will be reviewed. Different dimensions of wellness in spiritual approaches such as mindfulness practice will also be explored. Apart from lectures, sharing from guests and practitioners, visits will be arranged for a comprehensive understanding of the topics. Students will be enabled to adopt a healthy lifestyle, construct ethical and thoughtful responses to issues between body, mind and spirit in today's globalised world, and bring a global awareness of and perspective on issues of quality of life, mental health, fitness and stress-reduction.