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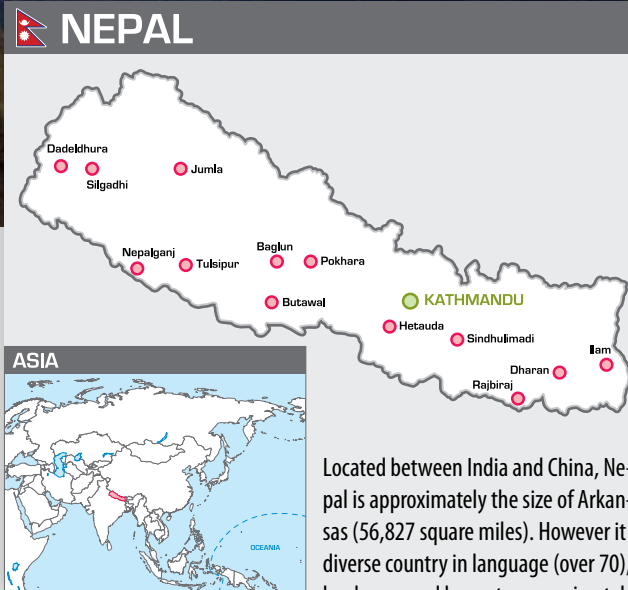
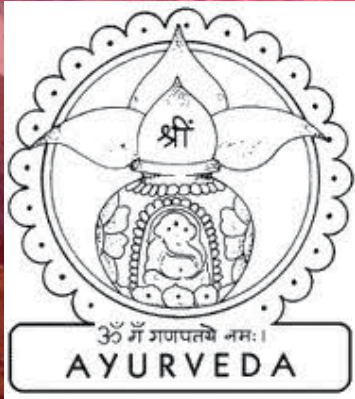
**EASTERN CONNECTICUT STATE UNIVERSITY**
83 WINDHAM STREET • WILLIMANTIC, CONNECTICUT 06226

This program is being conducted in collaboration with Umesh Shrestha, Chairman of L.A. College of Management, Hattiban, Nepal. www.lacm.edu.np

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Comparative Health Psychology PSY 460



Located between India and China, Nepal is approximately the size of Arkansas (56,827 square miles). However it is diverse country in language (over 70), landscape and home to approximately 30 million people. Nepal also has 1/3 of the Himalaya within its boundaries, including eight of the world's ten tallest mountains. The republic of Nepal's health care system is predominately government funded but suffers from a lack of technology, hospitals and trained health care professionals. This is particularly true for areas outside of major cities. There are 3 main types of health care, folk medicine facilitated by a jhankri (shaman), Ayurveda and Western Medicine. Key health concerns in Nepal are maternal healthcare, immunizations, prevention of malaria, encephalitis, and HIV/AIDS.

Tentative 2011 Itinerary

May 20	Pre-course orientation 7-8 p.m.
May 23-27	Orientation/ Lecture (in class) 6-8 p.m.
May 30	Depart JFK
June 1	Arrive Kathmandu; Transfer to Summit Hotel
June 2	Program Review (LA College) 9-12
June 3	Visit Maiti Nepal (Women Shelter/Sex Trafficking) Visit Chattrapati Free Clinic (Community Run)
June 4	Depart for Dhulikhel (High View Resort) Visit Rural High School
June 5	Psychiatric Hospital Host: Dr. Shrestha, Psychiatrist Cultural Heritage Sightseeing in Kathmandu/ Bhaktapur
June 6	Depart for Pokhara (Hotel Barahi)
June 7	Visit Bandipur Hospital Sightseeing in Pokhara
June 8	Return to Kathmandu
June 9	Visit Ayurvedic Clinic
June 10	Depart for JFK
June 15	In class debriefing 6-8 p.m.

Estimated Costs

Non-refundable deposit/administrative fee due March 1, 2011	\$240.00
Air fare (round trip JFK-Kathmandu)	\$1,650.00
Ground transportation to JFK (per person)	\$90.00
Visa fee	\$40.00
Room and board, meals (breakfast and dinner), Transportation, Sightseeing (museums)	\$900.00
TOTAL	\$2,920.00

All costs are based on estimates as of November 2010. Some costs (air fare, ground transportation) may be adjusted (+/-) depending on factors such as number of students signed-up for the course and group discounts for air.

NOTE: Scholarships up to \$1,000.00 are available to support travel costs, tuition, and other fees. Awards will be based on financial need, merit, and number of applications received. Application information is available on the Continuing Education website at <http://continuing-education.easternct.edu/StudyTours-documents.html>. Applications for scholarships are due by February 1, 2011.

Travel Inoculations

For malaria pills, meningitis and oral typhoid consult your Eastern student health services clinicians.

Course Objectives

This course is designed to provide an overview of the field of health psychology. Emphasis will be placed on a cross cultural view of health and wellness as well as the effect of the HIV pandemic in Nepal. Social, psychological and educational aspects of health will be examined from a East Asian perspective including the health care system, alternative/complimentary medicine, health education and an understanding of how the HIV pandemic in India impacts Nepal.

- Introduction to the Nepal (including history, demographics)
- Comparison of Western Medicine to Nepalese medicine
- Evaluation of health and preventative medicine in Nepal
- Understand the link between spirituality and health
- Introduction to Ayurveda
- Introduction to HIV pandemic and the effects of the pandemic from neighboring countries
- Evaluate psychological health with a visit to the first psychiatric hospital in Nepal