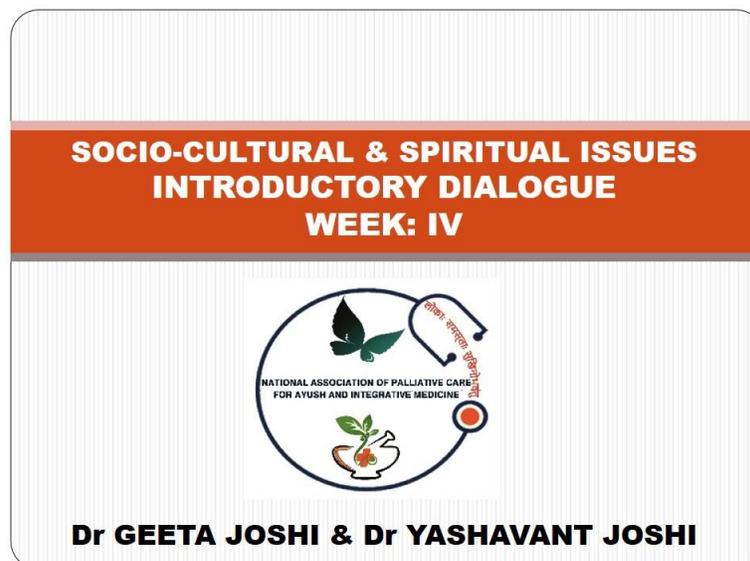


Basic Certificate in Palliative Care
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Week-04
Lecture 01: Introductory Dialogue

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So, in the first lecture. Hello everyone. In the first lecture, we are going to talk about cultural aspects in palliative care.

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CULTURAL ASPECTS PALLIATE CARE



Dr YASHAVANT JOSHI

In the cultural aspect, what you are going to describe? Yeah, yeah, yeah. You see, in cultural aspects, all of you must have known Abraham Maslow.

He gave us a pyramid with five tiers and down below he gave three parts. First was the safety at the foundation level, thereafter belonging and the third part was the esteem. So, these are basically all these three parts of the pyramid, pyramid of hierarchy belongs to socio-cultural aspects and these aspects basically produce a feeling of well-being.

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SPIRITUALITY Frequently Asked Questions



Dr YASHAVANT JOSHI

If we are not well, if you are not happy and healthy, in Sanskrit we call it Swast. Swast doesn't have any equivalent word in English. swast means when you establish yourself within you with happiness, physical and mental all around it, it is called swast, well-being. So, certain aspects about well-being, we will talk about it in this particular lesson. Second lecture is on spirituality. Here we will be addressing frequently asked questions.

In fact, spirituality, religion and faith, they are interlinked. There is some overlapping areas in all these three categories. So, everybody is somewhat spiritual, somewhat religious and they might have faith in superpower. What do you want to say about that? Yeah, yeah, I will just tell you in short these three words. We are generally interlinking and we just you know, we make use of it without thinking about it.

We just say religion is spirituality or something like that, faith is religion. No. Religion basically consists of two parts, rituals and virtues. What rituals we generally follow? In the morning we do prayers, in the evening we do prayers, in Hinduism we pray and believe in all the natural elements like rivers, mountains, flowers, trees, all those things you know. So, in short, religion is basically rituals plus certain virtues.

But in spirituality, we have got virtues plus values of humanity and purpose of life. Spirituality teaches us why we are human beings and why should we here? how should we live? ki aayenge kafi karke chale jayenge (Hindi phrase meaning we come, live and die). We die you know. It is not the concept of human beings. We have come here into this world and one day we will just leave. We have got a purpose in this life and that purpose is always positive to be helpful to others to develop certain virtues. So, that even after our death also people remember us in positive way of life you know.

And third faith, faith on a particular God, particular symbol, anything. Faith is generally hundred percent evidence, but without proof. When I say God exists, I don't know. But I have got full evidence, yes God exists. It is written in Quran or written in Bible or Gita or anywhere.

They just say it is there, he is there. But if I say proof, no, there is no proof. And actually proof is not required for the faith. Proof is required for scientific things. For faith, you do not require any proof at all.

You believe in something, you have got hundred percent trust on that. So, it just goes on like that. That is religion, spirituality and faith. You will have number of such questions coming up in this session, very interesting and you must go through it.

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Dr. Piyush Gupta
Cancer Aid Society
India

**Spiritual
Distress
and
Palliative Care**

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Another lecture is on spiritual distress and its importance in palliative care. In spiritual distress, what happens when something, very bad thing happens that you know we are on the verge of death. Cancer, last cancer and we will be able to survive few days more. So, that is the time that you lose faith on God. You ask God, why, what did I do so that you are giving me this particular punishment here? Why am I suffering so much? Why am I cutting short my life? So, that is the time that you lose faith on the God and that is called spiritual distress. We will see all those factors in this particular lesson.

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WAYS TO LEAD A SPIRITUAL LIFE!



Dr YASHAVANT JOSHI

Next. Lastly, there is a lecture on ways to lead a spiritual life. In this, we have narrated how to lead a spiritual life. There are certain things you do every day and that will enhance your spirituality in superpower. Yeah, another thing I just want to tell you, along with spirituality, we talk about healing and most of the people that you see in our world, so many things are going on like now also presently in Middle East, a fight is going on between Hamas and Israelis, you know, and we are quite concerned. Earlier, the war is already going on between Ukraine and Russians.

So, we say how do we heal the world and I will just say that we can heal the world by healing ourselves. We must heal ourselves first and we are the part of whole society as such. We believe in that dogma, Sanskrit came that it is written, Vasudhaiva kurtumbakama, whole world is one family and when we heal ourselves, the whole world will be healed. That is what Mahatma Gandhi said.

We all know. Mahatma Gandhi's famous quote is, if you want to change the world, if you want to change the world, get those changes in your behavior first, the world will be automatically changed. Because after all, we are connected with the world, we are connected with society. So, finally, the theme of this week? The theme of this week is spirituality for health and happiness. Spirituality for health and happiness for everybody. Thank you very much. Thank you, friends.