

University of  
Lethbridge



School of Liberal Education

Research Presentation

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## **Sikh therapeutic geographies and the making of healthy spaces**

A tiny minority in India, Sikh identity and practice is irrevocably enmeshed in the territorial and political contests of the Punjab region, contests that spiraled into violence, massacres, migrations, and militancy in the late decades of the 20<sup>th</sup> century. Remediating these long histories of corporeal, sacral, and geopolitical incursion is both a therapeutic and a spatial project. This talk examines the trajectories of care forged by Sikhs in Brampton, Ontario to redress social and historical wounds and build 'healthy spaces' for their diverse community in the plural urban environs they are part of. Ethnographic research revealed a wide range of health endeavors effecting a new and mobile topography: one with nodes in gurdwaras and hospitals, one situated in city parks as well as transnational networks, one that delivers both spiritual healing and social medicines, one that articulates with the wounds of dislocation and exclusion that have so deeply impacted Sikh social and somatic bodies, yet simultaneously works to fashion new spaces of inclusion. Claiming this array of intersecting places, practices, politics and potentials a "therapeutic geography" advances our understanding of the relationship between religion, health, and place.

**Friday, May 21, 2021**

**via Zoom**

**Zoom:** <https://uleth.zoom.us/j/92430445230>