USF Center for India Studies presents a Symposium

Mind-Body-Consciousness:
Holistic Wellness Traditions of India

April 8-9, 2011
Patel Center for Global Solutions
CGS 134-138
Friday, April 8, 2011, 2:00 - 5:00 pm

2:00 - 2:05  Welcome  Dr. Karen Holbrook, Senior VP for Research, Innovation & Global Affairs, USF and Professor of Molecular Medicine

2:05 - 2:20  Dr. Gurleen Grewal, Director, USF Center for India Studies
"Holistic Wellness and Contemplative Traditions of India and their Current Applications"

2:20 - 2:45  Dr. Ann DeBaldo, Professor, USF College of Public Health
"Many Meanings of Health and Wellness"

2:45 - 3:15  Dr. Sheela Chokshi, Integrative Medicine, Tampa General Hospital
"Mind-Body Medicine in Healthcare"

3:15 - 3:30  Break - Refreshments

3:30 - 4:00  Dr. Cecile Lengacher, Professor, USF College of Nursing
"Mindfulness Based Stress Reduction in Cancer Patients"

4:00 - 5:00  Shireen Chada, Brahma Kumaris, Tampa
"Meditation: Making the Mind Pure"

Saturday, April 9, 2011, 9:00 am - 4:30 pm

9:00 - 9:05  Welcome  Dr. Grewal, Director, USF Center for India Studies

9:05 - 9:50  Kelsang Chokyan, Resident Teacher, Parbawatiya Kadampa Buddhist Center
"Introduction to Buddhist Psychology"

9:50 - 10:35  Denise O'Dunn, Ayurvedic Physician
"Understand Yourself Through Ayurveda"

10:35 - 10:45  Break - Refreshments

10:45 - 11:30  Pradnya Muley, Ayurvedic Physician
"The Scope of Ayurvedic Medicine: Seasonal, Daily and Chronic Illness Care for Each Person"

11:30 - 12:15  Dr. Usha Palaniswamy, Dean of Academic Affairs, Everglades University
"Ayurveda in Your Kitchen"

12:15 - 1:00  Break - Light Lunch

1:00 - 1:45  Sharen Patel, Integrative Medicine, Moffitt Cancer Center
"Optimal Health and Healing with Yoga"

1:45 - 2:15  Dr. Saurabh Chokshi, Cardiologist
"Therapeutic Yoga for Common Diseases"

2:15 - 3:00  Dr. Naren Sastry, Cardio-Thoracic Surgeon
"Consciousness: The Essence of Hinduism"

3:00 - 3:10  Break - Refreshments

3:10 - 3:40  Dr. Heather Crider, Naturopathy Physician
"Naturopathy’s Application in Western Medicine"

3:40 - 4:00  Dr. Saurabh Chokshi
"Sound and Music in Medicine"
Presenter Bios

Shireen Chada was born in India and educated in both India and the United States. After finishing her graduate work in Civil Engineering, her spiritual quest led her to join the Brahma Kumaris (www.bkwsu.org). Shireen is a meditation instructor since 1995 and the main contributor to an hour-long weekly radio show called “Eternal Wisdom.” Shireen is also on the organizing committee of “Images and Voices of Hope,” an international conversation about the impact of images and stories on people, communities, and the world. The initiative is intended to strengthen the role of artists and media as agents of world benefit, to expand their awareness of choices that raise public trust, and to ultimately enhance humanity’s capacity for life-promoting action. (www.ivoh.org) She was a research faculty in the College of Engineering at University of South Florida until 2008.

Dr. Saurabh Chokshi is a practicing Interventional Cardiologist and Electro physiologist at Tampa General Hospital (TGH). Trained in Northwestern University, Chicago and Tufts University, Boston, he has been serving as the Director of Cardiac Catheterization laboratory of TGH and as Clinical Assistant Professor of University of South Florida (USF) for past 18 years. He has published more than 75 papers in peer-reviewed journals and written book chapters in cardiology textbooks. He has earned a MBA degree from USF. He propagates his passion for holistic approach to health throughout Tampa Bay area and across the continent. He has studied the science of therapeutic YOGA and its role in management of common diseases. He has also extensively researched the role of music and sound in health and healing.

Dr. Sheela Chokshi completed her internal medicine training in 1990 and joined a group practice in 1991. Since 1998, she started authenticating her integrative medicine approach with training from Mind-Body Institute of Harvard Medical School, Boston; with a Fellowship in Integrative Medicine at U. of Arizona, Tucson under the guidance of Dr. Andrew Weil; and completing Medical Acupuncture for Physicians Program at Stanford University, California. Her background enables her to combine the science of medicine-technology with the philosophy of the mind-body approach to self-care, self-healing and wellbeing. Over the past six years her program at Tampa General Hospital has grown significantly, providing Integrative Medicine care to patients of Cardiac and Lung Transplants, Trauma, Burn and Post-Surgery, as well as to Pediatric patients and those in Rehabilitation Units.

Kelsang Chokyan, the Resident Teacher at Parbawatiya Kadampa Buddhist Center is an American Buddhist monk, who teaches the study programs and gives regular courses and empowerments at the Center. A student of Venerable Geshe Kelsang Gyatso, Chokyan is an exemplary practitioner of Kadampa Buddhism in the modern world, showing us how to find peace and happiness in our daily lives. Founded in 1996, Parbawatiya Center, the first center of Kadampa Buddhism in Florida, owns a beautiful and peaceful house in downtown Safety Harbor. The Center provides regular classes covering Buddhist meditation and the Buddhist way of life. The Center follows the Teachings of Venerable Geshe Kelsang Gyatso, a fully accomplished meditation master and internationally renowned Teacher of Buddhism.

Dr. Heather Crider, ND is a graduate of National College of Natural Medicine in Portland, Oregon. Her doctorate training includes Western and Eastern modalities, botanical medicine, nutrition, homeopathy, and IV nutrient/chelation therapy. It also includes an intensive, scientific education in anatomy, physiology, and biochemistry of the human body. She has extensive research experience in bioengineering and genetics from the University of Arizona, before her graduate training. She believes in a balanced approach to healthcare. Holistic healing is her passion and her specialty and provides a creative, multidimensional way of patient care.

Dr. Ann DeBaldo completed her Ph.D. in Medical Science in 1980 with a specialty in immunology. She subsequently earned a certificate in Body-Mind Consciousness from the Institute for Transpersonal Psychology in Palo Alto, CA and certification as a yoga instructor from SVYASA in Bangalore, India. Her research has focused upon the role of the immune system in health and disease and she was a Fulbright Scholar in India where she taught Public Health from a global perspective. She maintains a life-long interest in spiritual approaches to how the body, mind and spirit heal themselves and maintain health in the presence of seemingly insurmountable environmental challenges. Currently she is the Associate Dean for International Programs at the USF College of Public Health, and leads groups and individual learning journeys and retreats for personal transformation, internationally and in the wilderness environment.

Dr. Gurleen Grewal is faculty in the Dept. of English at USF Tampa and founding director of the USF Center for India Studies (estab.2009). She trained in English at Delhi University and at the University of California, Davis (Ph.D.). Alongside publishing in literary studies, she has pursued her life-long interest in holistic consciousness studies obtaining a yoga instructor’s certificate from the Sivananda Yoga Vedanta Ashram in Kerala (1998); a certificate in Ayurvedic Nutrition (“Food, Breath and Sound” Intensive) from the Wise Earth Tradition, North Carolina (2002), attending annual seminars in the Advaita philosophy of nonduality since 2004. From 1999-2006, she served as affiliate faculty for the Teacher Training Program of the Florida Institute for Integrated Yoga Studies, Tampa. A recipient of the ACLS Contemplative Practice Fellowship (2007), she has developed and led workshops on contemplative pedagogy.
Dr. Cecile A Lengacher is Professor and Director of the BS-PhD program in the College of Nursing and faculty member of the H. Lee Moffitt Health Cancer Center and Research Institute, Outcomes and Behavioral Program, Integrative Medicine and Breast Cancer Clinical Programs and Population Sciences Division. Her research expertise includes women’s health, psycho-oncology, psychoneuroimmunology, complementary alternative medicine, along with expertise in clinical trials and translational research. Her current R01 NCI funded research tests the effects of MBSR on physical and psychological symptoms and biomarkers in women with breast cancer.

Dr. Pradnya Muley, is a graduate from University of Mumbai, India with Bachelors and Masters Degree in Ayurvedic Medicine. She has practiced in India as a consulting physician in Ayurvedic medicine and Yoga. She is well versed in total body evaluation which includes pulse assessment (Nadi Pariksha), physiological assessment (Prakruti Nidan), evaluation of toxins (Vikruti Nidan) and treatment modalities which may include education on Breathing Technique, use of meditation and Yoga, recommendation of Herbal medicine and Diet plan. She is highly motivated and passionate about sharing her knowledge and educating communities about this alternative medicine to treat various chronic and acute conditions.

Denise O’Dunn, president and founder of Balance & Bliss® Inc., is a certified Ayurvedic Practitioner, Licensed Massage Therapist and Yoga Teacher, who began studying Yoga in 1970 and received certification as a Yoga Instructor in 1985. She is registered with Yoga Alliance as an experienced teacher at the 500-hour level. Denise received her degree in Ayurveda from the Florida Vedic College in 2005 and is a professional member of the National Ayurvedic Medical Association. Denise is the Principal and Ayurvedic Instructor of Balance & Bliss Academy of Ayurveda in Tampa, Florida.

Dr. Usha Palaniswamy holds a PhD in Plant Science from the University of Connecticut. She is currently Dean of Academic Affairs, Everglades University, Orlando, FL. Her research and teaching focus on the benefits of plants in food and medicine. She published A Guide to Medicinal Plants of Asian Origin and Culture in 2003 with CPL Press of the UK. She is the Editor-in-Chief of the Journal of Herbs, Spices & Medicinal Plants, and her publications include several books and research articles on the benefits of plant species in traditional medical systems of India.

Sharen Patel (RYT) is a registered Yoga Therapist in the Integrative Medicine Department at Moffitt Cancer Center and has been certified in teaching Yoga for cancer patients. She leads gentle and restorative Yoga classes at Moffitt’s Integrative Medicine Clinic and at the American Cancer Hope Lodge. She also offers individual Yoga therapy sessions with both inpatients and outpatients and incorporates a wide range of tools and techniques that focus on the person’s needs at any given time. She draws on experience from Yoga, mindfulness meditation and relaxation therapy. Sharen has been teaching Yoga for over twelve years and specializes in working with people with cancer and chronic illness.

Dr Narendra Sastry, M.D., practices Thoracic and Cardio-Vascular Surgery in Tampa. He received his medical training in Bombay University, the Newark Beth Israel Medical Center, N.J. and the Bronx Lebanon Hospital Center, N.Y. He has held several academic appointments and honors, including being Co-director, Cardiac Transplantation, Tampa General hospital (2001-2003), Assistant Clinical Professor of Surgery, USF (2000-2002), and Chief of the Department of Surgery at the Regional Medical Center Bayonet Point Hospital (2001-2002). He has an abiding interest in the philosophy of Vedanta.
Information

Symposium Registration
While there is no cost to attend, registration for this symposium is required in advance!
The last date to register is: Tuesday, April 5, 2011

To register send your name and contact information to yshah@usf.edu or call (813) 974-3724.

Directions and Parking

Map and Directions to the University of South Florida
Patel Center for Global Solutions (CGS)

Directions:
Take I-75 or I-275 to the Fowler Avenue exit. From I-75 go west, from I-275 go east to the USF Tampa campus. Turn into the University (Leroy Collins Boulevard) from Fowler Avenue, turn right onto USF Alumni Drive. The Center is located on your right along USF Alumni Drive. Visitors may need to stop at the Campus Information Center (CIC) for a visitor parking pass.