

9th International Symposium of Ayurveda and Health

THE GRAY ZONE: LONGEVITY AND WELLNESS

SEPTEMBER 28-29 2018

KELLER AUDITORIUM & ARB EG-013
UConn Health, School of Medicine
FARMINGTON, CT



Continued Medical Education

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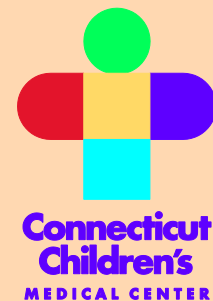
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Symposium Chair and Course Director

Amala Guha, PhD, MPH, MS

UConn Health, School of Medicine & ISAH, CT, USA

Co Chair:

Anthony T. Vella, PhD

UConn Health, School of Medicine, CT, USA

Organizing Committee

Amala Guha, PhD, MPH

UConn Health & ISAH, CT

Mary E. Dansinghani, M.Div

CMC, Yale New Haven, CT

Vatsala Kucharski, Psy.D

Department of Mental Health & Addiction Services, Middletown, CT

Abhimanyu Kumar, MD, PhD

Vice Chancellor, U A University, India

Kalyani Raghavan, MD

Connecticut Children's Medical Center, CT

Lakshmi Nair, PHD. MPhil

UConn Health, CT

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Stefan Brocke, MD, PhD

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Robert Cone, PhD

UConn Health, CT

Kamini Dhiman, MD, PhD

All India Institute of Ayurveda, New Delhi, India

Upendra Hegde, MD

UConn Health, CT

Jayesh Kamath MD, PhD

UConn Health, CT

Abhimanyu Kumar, MD, PhD

Vice Chancellor, Uttarakhand Ayurvedic University, India

Lakshmi Nair, MPhil, PhD

UConn Health, CT



Directions to UConn Health:

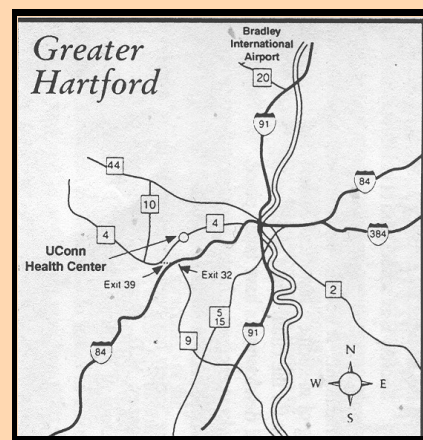
Take I-84 to Exit 39.

Turn right onto Route 4 East (Farmington Avenue).

Drive about 1 1/2 miles.

Locations:

For Keller Auditorium: From our main entrance at 263 Farmington Avenue, proceed to the roundabout and take the second exit, following signs for the hospital. At the first stop sign, stay to your left and continue up the hill to our Upper Campus. At the third stop sign, go straight to the main building.



For Conference Room EG013:

From our main entrance at 263 Farmington Avenue, proceed to the roundabout and take the second exit, following signs to the Academic Entrance. At the stop sign, turn left into the Academic Entrance, use A2 parking lot at your right with unrestricted parking on Saturday and Sundays. Park at the end of the parking lot and take the stairs, enter through the glass doors and turn right, EG013 will be first door at right.

University of Connecticut School of Medicine Continuing Medical Education

Why You Should Attend

Patients increasingly are using CAM/Ayurveda interventions for good health or to treat specific conditions. Ask questions or vocabulary that is not used in conventional medicine. Practitioners lack the basic expertise and knowledge to answer pertinent questions or discuss outcomes.

To meet this growing need, this course will provide you with essential information on:

- Practical strategies for incorporating information into your clinical practice
- A prospective of lifestyle and diet to prevent illness or manage conditions
- Strategies to incorporate *Prakriti* based evaluation of conditions
- Tools to evaluate the latest research findings
- Social and cultural aspects of lifestyle and health and how to address them

Sudipt Rath, MD, PhD

National Institute of Ayurveda Jaipur, India

Anthony Vella, PhD

UConn Health, CT

Auxiliary and Cultural

Vera Dynder

James Fomenko

Monica Karekar



**For questions/information
or registration
please e-mail—
aguha1@att.net**

The overall objective of the symposium is to help improve clinical outcomes and increase patient satisfaction.

What You Will Learn

Upon conclusion of this course, you will be able to:

1. Describe basic differences between Ayurvedic and conventional approach to optimal health and medical practices
2. Recognize importance of *prakriti* (constitution) and related risks factors
3. Evaluate behavioral and cultural aspects of lifestyle and its implications on health and patient care
4. Analyze current controversies and state of the science regarding some of the CAM interventions
5. Describe emerging practices of herbal use through an analysis of the existing scientific evidence
6. Recognize science based evidence and its implication in clinical practices and immunological perspectives

Educational Format

The symposium format includes lectures with question-and-answer periods, case presentations, experiential formats. There are two types of sessions: (1) those that address the health and disease, incorporating selected condition, risk factors and therapeutic approach (2) Scientific, evidence based information for integrated medicine.

Practice Gap & Needs Assessment

There is a growing interest in CAM related health perspective in public and patients, physicians and other health professionals are rarely educated in this area. They are often unaware of the latest scientific findings on diet and health and use of herbs in CAM practices and are therefore poorly prepared to advise their patients about designing or incorporating CAM modalities for optimal wellbeing or for management of disease.

This conference will provide an overview of the latest information on Ayurvedic approach to health including practical strategies for incorporating evidence based modalities into clinical practice, using practices to prevent illness, recommendations for management of specific conditions and tools to evaluate the latest related research findings. The conference is designed for physicians, psychologists, nursing, pharmacists and other professionals making CAM recommendations or integrate CAM as part of their professional and personal practice.

The topics and program for this conference were developed by the planning/organizing committee based on feedback from participants in the 2013-2016 ISAH symposiums & Health Conferences, data collected from health care practitioners who have taken CAM workshops at UCHC and documentation of Increased demand for CAM education for health care professionals, as clearly demonstrated by the overwhelming success of the previous Symposiums

Continuing Medical Education Credits: CLAIMING (CME) CREDIT (s)

Accreditation: The University of Connecticut School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Connecticut School of Medicine, Office of Community and Continuing Medical Education, designates this live activity for a maximum of 9.75 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity

Evaluations

Participants are required to complete an evaluation in order to obtain CME Credits. This CME activity uses a paper evaluation form. Please complete the paper evaluation form, which will be available at the end of this CME activity, and return it to the registration table

Conflict of Interest

Neither the activity director, planning committee members, nor the speakers, have a financial interest/arrangement or affiliation with any organizations that could be perceived as a real or apparent conflict of interest in the context of the subject of their presentation.

For questions or information please e-mail—aguha1@att.net

THE GRAY ZONE: LONGEVITY AND WELLNESS

FRIDAY//September 28,2018
Keller Auditorium Lobby

Open registration 9-11 am

9 am-2 pm

WALK THE LABYRINTH MEDITATION (Experiential)

Mary E. Dansinghani, MDiv
Connecticut Mental Health Center
Yale University School of Medicine

Keller Auditorium

Chair: Stefan Brocke, MD

4 pm

OPENING CHANTS

WELCOME ADDRESS

Anthony Vella, PhD
Chair, Department of Immunology

OPENING REMARKS

Bruce Liang, MD
Dean, School of Medicine

CANDLE LIGHTING

4:30-5:30 pm

CAN YOU SEE ME?

Memoir by

Annita P. Sawyer, PhD
Yale School of Medicine, New Haven, CT

530-6:30 pm

KATHAK by Priya Bhat

Varanat Chavi
“a prayer dance”

Music by Atul Desai

Choreographed by
Rachna Agrawal
Sumbhaav School of Kathak Dance



Dinner of Your Own

Saturday, September 29th

Conference Room: EG-013

8 AM Breakfast

Open Registration 8 AM-9 AM

Morning Educational & Scientific Sessions
Conference Room EG: 013

Chair: Lakshmi Nair, PhD, MPhil
Co Chair: Sudipta Rath, MD, PhD

Time	Speaker		Title
8:30 am	Amala Guha, MS, PhD, MPH		NAVIGATING THE GREY ZONE: A ROAD TO OBLIVION
9: am	Sudipt Rath, MD, PhD		AYURVEDIC HERBS FOR PREVENTION AND MANAGEMENT OF AGE -ASSOCIATED COGNATIVE DECLINE
10 am	Theresa Meotti (School of Medicine 4th-Yr student)		MINDFULLNESS BASED STRESS REDUCTION: DOES A CRASH COURSE WORK FOR MEDICAL STUDENTS?
10:35 am	Tea Break		Tea Break
10:45 am	Mary Dansinghani, M.Div		APPLICATION OF MANDALAS IN MENTAL HEALTH: A CASE STUDY
11:15 am	Shivani Ghildiyal MD, PhD		CONCEPT OF JARA (AGING) IN AYURVEDA AND PROSPECTS OF RASAYAN THERAPY
11:45 am	Kalyani Raghavan, MD		YOGATHERAPY FOR ACUTE AND CHRONIC PAIN MANAGEMENT
12: 15 pm	Joseph Walker III, MD		KRIYA BREATHING AS COMPLEMENTARY TREATMENT FOR PTSD IN MILITARY VETERANS: A CASE SERIES

1PM Lunch Break

Afternoon Educational & Scientific Sessions
Conference Room EG: 013

Chairs: Ruchir Trivedi, MD,MRCP
Co-chair: Abhimanyu Kumar, MD, PhD

Time	Speaker		Title
2 pm	Ruchir Trivedi, MD MRCP		DRINK EIGHT GLASSES OF WATER
2:45 pm	Robert E Cone, PhD		T AND SYMPATHY: BILATERAL NEURO-IMMUNE INTERACTIONS THAT INFLUENCE WELLNESS AND/OR DISEASE
3: 30 pm	Upendra Hegde, MD		CLINIAL RELEVANCE OF AYURVEDA IN THE NEW ERA OF CANCER TREATMENT
4: 15 pm	Tea Break		Tea Break
4: 30 pm	Stefan Brocke, MD		NATURAL AND SYNTHETIC COMPOUNDS AND cAMP SIGNALLING IN IMMUNE REGULATION
5: 15 pm	Lakshmi Nair, PhD, MPhil		INJECTABLE HYDROGELS FOR BIOMEDICAL APPLICATIONS
6:00 pm	Amit K Sharma, MD, PhD		CONTROLLED RANDOMIZED CLINICAL EVALUATION OF HERBAL FORMULATION, ‘Cap. Cardicap” & <i>LEKHANA BASTI</i> IN THE MANAGEMENT OF DYSLIPIDEMIA W.S.F. CORONARY HEART DISEASE (<i>HRIDROGA</i>)
6:30 Closing Chants			
Closing Remarks			

WALK THE LABYRINTH MEDITATION (Experiential)

Mary E. Dansinghani, M.Div.,

Yale School of Medicine, New Haven

Learning Objective Participants will be able to

1. Experience Guided meditation
2. Describe their experience
3. Recommend practices accordingly

CAN YOU SEE ME?

Annita P. Sawyer, PhD,

Yale School of Medicine, New Haven, Ct, USA

Learning Objectives: to be able to

1. Identify constructive and destructive consequences associated with diagnosis of severe mental illness.
2. Identify psychological symptoms as styles of problem solving rather than pathology.
3. Describe the process of authentic connection as it relates to being 'seen'.

NAVIGATING THE GREY ZONE: A ROAD TO OBLIVION

Amala Guha. PhD. MPH, MS,

UConn School of Medicine and ISAH

Learning Objects: To be able to

1. Characterize Ayurvedic concept of life
2. Recognize an idyllic effectual approach to wellness

AYURVEDIC HERBS FOR PREVENTION AND MANAGEMENT OF AGE -ASSOCIATED COGNITIVE DECLINE

Sudipta K Rath, MD, Ph.D,

Dept. of Dravyaguna (Materia Medica & Pharmacology), National Institute of Ayurveda, Jaipur – India

Learning Objectives: be able to

1. Relate to Ayurvedic approach to aging and management of cognitive decline
2. Relate to Application of Rasayana in ageing
3. Guidelines for selecting herbs

MINDFULNESS BASED STRESS REDUCTION: DOES A CRASH COURSE WORK FOR MEDICAL STUDENTS?

Theresa Meotti, Daniel Rappoport, Mary P. Guerrero MD.

University of Connecticut School of Medicine, UConn Health, Farmington, CT

Learning Objectives: be able to

1. Recognize variety of mindfulness techniques available for students to learn.
2. Relate to if a condensed MBSR course is effective in lowering self-perceived levels of stress in medical students.
3. Relate to the sustainability of condensed MBSR curricula for improving student wellbeing during medical school training

CONCEPT OF JARA (AGING) IN AYURVEDA AND PROSPECTS OF RASAYAN THERAPY

Shivani Ghildiyal, MD, PhD,

Department of Dravyaguna, All India Institute of Ayurveda, New Delhi, India

Learning Objectives: be able to

1. Cite how Ayurveda defines old age.
2. Reproduce, application of selected herbs in delaying or management of old age
3. Relate to life style and its role in healthy aging

APPLICATION OF MANDALAS IN MENTAL HEALTH: A CASE STUDY

Mary Dansinghani, M.Div. CMC,

Yale School of Medicine, New Haven

Learning Objectives: To be able to

1. Relate to the basic techniques of Mandala Meditation
2. Describe application of the mandalas in clinical practice

MANAGEMENT OF MENOPAUSE ACCORDING TO DOSHIC PREDOMINANCE

Kamini K. Dhiman MD, PhD, Dipika M Gupta**, Shravan K Kamble *

***All India Institute of Ayurveda, Gautam Puri, Sarita Vihar, New Delhi, India;**

****JPGTRA, Jamnagar, Gujarat, India 361008**

Learning Objectives: To be able

1. To classify Menopausal symptoms as per the *doshic* principles of Ayurveda.
2. To evaluate the efficacy of Ayurvedic drugs and procedures on vata predominant symptoms.
3. To evaluate the efficacy of Ayurvedic drugs and procedures on Pitta predominant symptoms

YOGATHERAPY FOR ACUTE AND CHRONIC PAIN MANAGEMENT

Kalyani Raghavan, MD,

Connecticut Children's Medical Center, Hartford, CT USA

Learning Objectives: To be able to

1. Describe that Yoga is a holistic modality and why it is important to know and practice all eight aspects of Yoga
2. Illustrate various medical conditions in which pain can be alleviated by Yoga therapy will be discussed
3. Demonstrate how Yoga therapy can be incorporated in their practice

Conflict of Interest: Neither the activity director, planning committee members, nor the speakers, have a financial interest/arrangement or affiliation with any organizations that could be perceived as a real or apparent conflict of interest in the context of the subject of their presentation

KRIYA BREATHING AS COMPLEMENTARY TREATMENT FOR PTSD IN MILITARY VETERANS: A CASE SERIES

Joseph Walker III, MD, Denise Richardson, and Deborah Pacik, MS

University of Connecticut School of Medicine, Farmington, CT

Learning Objectives: To be able to

1. Identify current available treatments both traditional Western based and complementary for PTSD
2. Describe proposed physiological mechanisms of Kriya breathing and the how it can aid in the treatment of PTSD
3. Compare previous studies looking at Kriya Yogic breathing and various mental health diagnoses

DRINK EIGHT GLASSES OF WATER

Dr. Ruchir Trivedi M.D, MRCP(UK),

Division of Nephrology, UConn Health, Farmington Avenue

Learning Objectives: To be able to

1. Predict dangers of hypertonicity and volume depletion are not up for debate.
2. Relate to strenuous exercise and dry hot climate requires increased water intake.
3. Describe where did 8*8 recommendations come from?

T AND SYMPATHY: BILATERAL NEURO-IMMUNE INTERACTIONS THAT INFLUENCE WELLNESS AND/OR DISEASE

ROBERT E. CONE, PhD

Professor Emeritus

Department of Immunology

UConn Health, Farmington, CT

Learning Objectives: To be able to

1. Relate to physical, biochemical and functional communication between cells and structures of the Immune and Nervous Systems
2. Describe how an immune response may affect behavior
3. Discuss how pain, stress and aging may affect immunity
4. Interpret how Vedic philosophy affects immunity and thereby wellness from disease

CLINICAL RELEVANCE OF AYURVEDA IN THE NEW ERA OF CANCER TREATMENT

Upendra P Hegde, M.D.

Department of Medicine, Neag Cancer Center, University of Connecticut School of Medicine

Learning Objectives: To be able to

1. Briefly discuss cancer treatment in the present era and describe some of the limitations.
2. Discuss the effects of the environmental factors, diet, lifestyles and personal choices on cancer
3. Explore areas of overlap between Ayurveda and modern medicine,
4. Foster meaningful collaborations between basic scientists and clinicians and explore ways to improve cancer patient outcomes using both

NATURAL AND SYNTHETIC COMPOUNDS AND cAMP SIGNALLING IN IMMUNE REGULATION

Stefan Brocke, MD,

Department of Immunology,

University of Connecticut school of Medicine, Farmington CT 06030, USA

Learning Objectives: To be able to

1. Identify the basic cellular and molecular elements involved in cAMP signaling in T lymphocytes.
2. Describe the natural and synthetic compounds interacting with the cAMP signaling pathway.
3. Diagram the role of the element of the cAMP signaling pathway in immune functions, including inflammation and tolerance

INJECTABLE HYDROGELS FOR BIOMEDICAL APPLICATIONS

Lakshmi Nair:, PhD, MPhil,

Department of Orthopedic Surgery, UConn Health Farmington, and

Department of Material Science & Engineering and Biomedical Engineering,

UConn, Storrs, CT

Learning Objectives: To be able to

- 1 Relate to emerging regenerative therapeutic strategies

CONTROLLED RANDOMIZED CLINICAL EVALUATION OF HERBAL FORMULATION, ‘Cap. Cardicap’ & LEKHANA BASTI IN THE MANAGEMENT OF DYSLIPIDEMIA W.S.F. CORONARY HEART DISEASE (HRIDROGA)

***Amit Kumar Sharma, MD, PhD; *Divya Sharma; MD, *R.K.Joshi, MD; **Shashi Mohan Sharma; *Ajay K. Sharma**

***Deptt. of Kayachikitsa, National Institute of Ayurveda, **Department of Cardiology, S.M.S. Hospital,**

Jaipur, India

Learning Objective: To be able to

1. Recite the importance of dietary management in Cardiac disorders
2. Determine contribution of Lifestyle modification in Ayurvedic Preventive Cardiology

Conflict of Interest: Neither the activity director, planning committee members, nor the speakers, have a financial interest/arrangement or affiliation with any organizations that could be perceived as a real or apparent conflict of interest in the context of the subject of their presentation

Stefan Brocke, MD.

**Associate Professor of Immunology,
UConn Health, Farmington, CT**

Dr. Brocke received his M.D. degree at the Free University of Berlin, Germany. He trained at the Weizmann Institute of Science, Israel and received his Doctorate in Immunology at the Free University of Berlin School of Medicine. Dr. Brocke performed internships and residency in Medical Microbiology at the Free University of Berlin followed by a postdoctoral fellowship and research associate position at Stanford University Medical Center under Dr. Lawrence Steinman. After spending time as a visiting scientist at the National Institutes of Health in Bethesda, MD, Dr. Brocke was appointed lecturer and senior lecturer at the Department of Pathology of the Hebrew University-Hadassah Medical School in Jerusalem, Israel, before joining the faculty in the Departments of Pharmacology and Immunology at the University of Connecticut Health Center. At the University of Connecticut Health Center Dr. Brocke was the Director of the Pharmacology Graduate Program. His present research interests are focused on the molecular basis of cAMP signaling in immune cells, lymphocyte adhesion and migration

Robert E Cone, PhD

**Professor Emeritus, Department of Immunology,
UConn Health., Farmington, CT**

Dr. Cone received his PhD in Microbiology from the University of Michigan, Ann Arbor, Michigan. He then trained at the Walter and Eliza Hall Institute for Immunology, Melbourne Australia where he studied with Professor GJV Nossal and Dr. John Marchalonis. At the Hall Institute he participated in the development of enzyme-catalyzed radiolabeling of the cell membranes of living cells, and the characterization of lymphocyte membrane proteins. He then trained at the Basel Institute for Immunology in Base, Switzerland. Dr. Cone was a faculty member in the Departments of Surgery and Pathology at Yale University. At Yale University he was the Director of the Histocompatibility Testing and Membrane Marker laboratory before joining the faculty in the Department of Pathology and then Immunology at the University of Connecticut Health Center. At the University of Connecticut Health Center Dr. Cone was the Director of the Immunology Graduate Program. Dr. Cone is one of the Commissioners of the State of Connecticut Commission on Medico-Legal Investigation and is a recipient of the State of Connecticut Public Service Award. His present research interests are focused on the cellular basis of ocular immune regulation

Mary E. Dansinghani, MDiv

**Chaplain/Coordinator of Spiritual Services,
Connecticut Mental Health Center**

**Department of Psychiatry,
Yale University School of Medicine, New Haven, CT**

Mary Dansinghani is a graduate of Yale Divinity School. She received her MA from Indiana University and BA, MAT - from the University of New Hampshire. She finished her Clinical Pastoral Educational Residency at Yale New Haven Hospital and received her Ayurvedic Mental & Spiritual Health Certificate from the National Institute of Ayurveda, Jaipur, India in collaboration with the International Society for Ayurveda & Health (ISAH) in 2008. She is committed to Ayurvedic practice of holistic approach to spirituality and healing as promoted through ISAH. Her interest is to develop Mandalas, Ayurvedic Guided Imagery, to promote relaxation to mental illness to promote relaxation and balancing the energies. She is a board member - Interfaith Volunteers Care Givers of Greater New Haven (IVCG), Hamden, CT and Professional Consultation Committee (PCC) for Department of Religious Ministry, Yale New Haven Hospital and member of the International Society for Ayurveda and Health.

Kamini Dhiman, MD, PhD

**Associate Professor,
Department of Stri Roga & Prasuti Tantra (women's health & ob/gyn)
All India Institute of Ayurveda, New Delhi, India.**

Dr. Kamini Dhiman's expertise includes treating patients of uterine fibroids, ovarian cyst and infertility with Ayurvedic treatment modalities. She is in-charge of Infertility Clinic at All India Institute of Ayurveda, New Delhi. Dr. Dhiman is a Nodal officer of AIIA for TELE ECHO program. Her research interests include dysmenorrhea, infertility, ovarian cyst, PCOD, antenatal care, congenital & genetic disorders, menopause, prakriti and healthy progeny. She is a member of Editorial Board of JAHM, JBSO, ELEMENTS: Ayurveda and Health and serves on the Advisory Board of International Journal of Multidisciplinary Health Sciences.

Shiwani Ghildiyal, MD, PhD

**Assistant Professor
Department of Dravya Guna (Pharmacology)
All India Institute of Ayurveda, New Delhi, India)**

Dr. Ghildiyal received her MD and PhD from Department of Dravyaguna, Institute of Medical Sciences, Banaras Hindu University, Varanasi, India and diploma in Yoga from BHU. She specializes in Pharmacognostic studies of classical Ayurvedic drugs, qualitative and quantitative estimation of Phytocostituents. Her research interests include Natural products, molecular pharmacology and drug development (Pre-clinical & Clinical study)

Amala Guha, PhD, MPH, MS

Department of Immunology

Complementary Alternative Supportive Care (CASC)

UConn School of Medicine, Farmington, CT

<http://casc.uchc.edu>; www.ayurvedahealth.org

Dr. Amala Guha is the Founding Director of Complementary & Alternative Supportive Care "CASC", University of Connecticut School of Medicine, CT. She is the founding president of the International Society for Ayurveda and Health (ISAH) and the editor-in-chief of the journal ELEMENTS. Dr. Guha received her Doctoral Degree in Immunology from University of Allahabad, India in collaboration with the University of Connecticut School of Medicine followed by the fellowship in Hematology/Oncology, supported by the prestigious NIH training Grant. She received her graduate degree in Public Health from Connecticut School of Medicine and her training in Ayurveda from Ayurvedic Medical College, Bombay and from University of Puna, Pune, India. Dr. Guha's advance training in bone marrow transplant, cancer Immunology, public health and Ayurvedic Medicine brings a unique blend of expertise in the field of integrative medicine. She teaches Ayurveda at the University of Connecticut School of Medicine and leads the Ayurvedic Training Programs sponsored by the University of Connecticut School of Medicine & International Society for Ayurveda and Health (ISAH) and collaborates with the national Institute of Ayurveda, Jaipur, India and All India Institute of Ayurveda, New Delhi, India. Dr. Guha had served on the review board of Complementary Alternative Medicine at the NCCAM/NIH. Dr. Guha is a fellow of The Leukemia Society of America.

Upendra P. Hegde, MD

Associate Professor, Department of Medicine

Chief Medical Oncologist, Melanoma and Cutaneous Oncology;

and Head and Neck Cancer/Oral Oncology

UConn School of Medicine, Farmington, CT

Dr. Hegde received his medical degree from the Goa Medical College in Goa, India. He completed post graduate training in internal medicine at Goa Medical College (Bombay University) and did his clinical fellowship training in medical oncology at Tata Memorial Hospital in Bombay. He worked closely with basic researchers and studied the clinical relevance of multi-drug resistance in acute myelogenous leukemia. In 1992, he received a research scholarship from Rush Presbyterian St. Luke's Medical Center in Chicago, Illinois, to study leukemia at the cellular and molecular biologic levels, which he completed in 1995 under the mentorship of Harvey D. Priesler, M.D. Dr. Hegde completed his residency in internal medicine at the Cook County Hospital in Chicago, Illinois, and received his fellowship training in hematology and oncology in the medicine branch of the National Cancer Institute at the National Institutes of Health in Bethesda, Maryland.

Jayesh R Kamath, MD, PhD

Professor of Psychiatry and Immunology

Director of the Mood & Anxiety Disorders Program

UConn Health, Farmington, CT

Dr. Kamath's major research interests include investigation of the interactions between the psycho-neuro-endocrine-immunological systems and basic/clinical aspects of psychopharmacological management of psychiatric disorders. He is currently involved in clinical trials with established and investigational medications for the treatment of mood, anxiety and other psychiatric disorders at the UConn Health Center. He serves on the Pharmacy & Therapeutic (P&T) Committee, Cancer Committee, and Residency Training Committee at the UConn Health Center and leads the Cancer Supportive Care program at the Neag Comprehensive Cancer Center. He is also a member of the Cancer Supportive Care Editorial Board at the National Cancer Institute (NCI). Dr. Kamath teaches psychiatry residency courses; supervises medical students and residents in the outpatient clinic.

Vatsala Kucharski, Psy.D

Department of Mental Health & Addiction Services, CT

Middletown, CT and ISAH

Dr. Kucharski has received her BA from Trinity College, Hartford, CT and her doctoral degree in clinical psychology from University of Hartford, CT. She serves on the board of The International Society for Ayurveda & Health. Dr. Kucharski's interest involves Ayurvedic interventions in mental health and herbal rasayanas and mental health.

Abhimanyu Kumar, MD, PhD, MS

Vice Chancellor,

Uttarakhand Ayurveda University, Dehradun, India

As a director of the institute Dr Kumar oversees both clinical and research side of the institution. Dr. Kumar specializes in Ayurvedic Pediatric and Psychology. He is a former Head Department of Bal Roga (pediatrics), National Institute of Ayurveda. Dr. Kumar has served as Director General of Central Council for Research in Ayurvedic Sciences, New Delhi, Ministry of AYUSH, Govt. of India. He was nominated by Dept. of AYUSH, Govt. of India, as National Coordinator for Clinical Documentation in National Institutes under Dept. of AYUSH. and was a Member, Steering Committee constituted by the Planning Commission 11th five Year Plan & 12th FYP, Dept. of AYUSH, Ministry of Health & Family welfare, Govt. of India. He was a visiting Professor, Dept. of Neurology, Scott & White Hospital, School of Medicine, A & M University Texas USA. Dr. Kumar was an Invited Speaker, Embassy of India, Berlin (Germany), Hungary, China, and Brazil. He serves as an Academic expert for developing Curriculum for Post Graduate course in Ayurveda, University of Debrecen, Hungary. His research interest includes immunological aspects of Ayurvedic Medicine. He has authored five books and published 145 research papers in various scientific national and international journals

Theresa Meotti, (SOM4)

4th-year Medical Student

UConn School of Medicine, Farmington CT

Theresa was born and raised in Old Saybrook, CT. She attended college at the University of Connecticut where she studied biological sciences and Spanish and graduated Magna Cum Laude. She studies medicine at the University of Connecticut and is planning a career in Family Medicine. Her interests outside of medicine include power yoga, skiing, traveling, and spending time with family and friends.

Lakshmi S. Nair, PhD, MPhil

Associate Professor, Department of Orthopedic Surgery

UConn Health Farmington, and

Department of Material Science & Engineering and Biomedical Engineering,

UConn, Storrs, CT

A significant part of Dr. Nair's research is committed to developing injectable and biomimetic biomaterials and identifying bioactive molecules that could accelerate tissue regeneration. She has more than 80 peer review publications and edited several books in the area of Biomaterials and Orthopedic regenerative engineering. She also serves as the Managing editor of a new journal "Regenerative Engineering and Translational Medicine" and on the review board of ELEMENTS, The official J of The International Society of Ayurveda and Health

Annita Perez , PhD

Clinical faculty . Yale Medical School

New Haven, CT

Dr. Sawyer is the author of the memoir Smoking Cigarettes, Eating Glass, winner of the 2013 Santa Fe Writers Project Literary Awards Program Nonfiction Grand Prize. A psychologist in practice for over thirty years, she is a member of the clinical faculty at Yale Medical School. Her work has appeared in both professional and literary journals, where her essays have won prizes and twice been included among the Notables in the Best American Essays.

Using herself as a case study, Dr. Perez speaks to clinical audiences around the country. Her talks, essays and stories illuminate lifetime consequences of childhood trauma, harmful effects of fads in psychiatric diagnosis and treatment, the enduring impact of stigma and shame, and the power of human connection to heal.

Kalyani Raghavan, MD

Assistant Medical director of Sedation Services

Connecticut Children's Medical Center, CT

Dr. Raghavan has received her M.B.B.S., Maharaja Sayajirao University & Government Medical College, and MD, from. Maharaja Sayajirao University & Government Medical College, India. She completed a pediatric residency at The Hospital of Michigan and served as Medical Director of Sedation Service for the Division of Pediatric Emergency Medicine. As an Assistant Medical Director of Sedation Services, Dr. Raghavan's primary focus is on procedural sedation and pain management. Her special areas of interest include integrative medicine with a focus on Yoga therapy.

Sudipta K Rath, MD, PhD

Assistant professor,

Department of Medical Dravyaguna (Materia Medica & Pharmacology)

National Institute of Ayurveda, Jaipur, India.

He graduated from Puri Medical School, in Ayurvedic Medicine and Surgery (B.A.M.S), Puri, India. He received his MD and PhD degree in Dravyaguna (Ayurvedic Materia Medica and Pharmacology) from National Institute of Ayurveda, Jaipur, India. Dr. Rath worked with medicinal plants for 7 years in R & D of Industry and subsequently joined NIA as a faculty. His core area of interest is Fundamental Principles of Ayurvedic Medicine, Rational and Scientific use of Ayurvedic herbs, Research Methodology of Ayurvedic Herbs, Strategic Global Placement of Ayurveda and Sustainable Management of Medicinal Plants Resource. He has published more than 65 research papers and reviewed articles in scientific journals.

Lt. Amit Kumar Sharma, MD, PhD

Department of Kayachikitsa (General and Internal Medicine),

National Institute of Ayurveda, Jaipur, India

Lt.(Dr.) Sharma has attained his Ph.D. and M.D. (*Kayachikitsa* – Internal Medicine) from the prestigious National Institute of Ayurveda, Jaipur. He graduated in Ayurveda from Banaras Hindu University, Varanasi. Lt.(Dr.) Sharma also completed Diploma in Yoga (2007) from BHU and Diploma in Health & Nutrition (2009) from VMOU, Kota, Rajasthan. He is the managing director of Bhagwati Ayurveda & Panchakarma Research Centre and the Hospital

Ruchir Trivedi, M.D, M Med Sci, MRCP(UK)

Assistant Professor of Medicine and Acting Division Chief of Nephrology.

**University of Connecticut School of Medicine
Farmington CT.**

Dr. Trivedi's subspecialty nephrology training spans across Atlantic both in United Kingdom and in USA. He is involved in education across training spectrum from medical students to residents, nephrology fellows, APRN and other allied health professionals. . He has authored publications and reviews in high impact journals. His research interest includes dialysis, renal nutrition, lupus and water handling. He is a co-investigator in NIDDK funded research project "Novel Paradigm to Improve Inflammatory Burden in ESRD" working closely with School of dental medicine investigators to improve oral health in dialysis patients

Anthony Vella, PhD

Professor and Chair

Department of Immunology, School of Medicine

UConn Health, Farmington, CT

Dr. Vella received his PhD from Cornell University, Ithaca NY in 1993 and thereafter pursued postdoctoral studies at The National Jewish Center for Immunology Respiratory Medicine, Denver Colorado. The main goal of his research program is to develop carefully controlled methods to stimulate or inhibit T cells to foster beneficial responses in cancer and inflammatory-based diseases. While much of his research has relied on immuno-biological approaches, a recent application has been the use of a liquid-based proteomic strategy to discover molecular mechanisms of cell function and to uncover inflammatory-based biomarkers. Collectively, Dr. Vella's research program has incorporated a number of productive collaborations involving both academia and industry, and is currently funded by the NIH.

Dr. Joseph Walker Jr., MD

Assistant Professor , department of Orthopedic Surgery

UConn Musculoskeletal Institute

University of Connecticut School of Medicine

263 Farmington Avenue , Farmington, CT

Dr. Walker has completed his residency in Physical Medicine and Rehabilitation as well as a fellowship in Pain Medicine. He is board certified in the sub-specialty of Pain Medicine, specialty training in medical acupuncture, and treats patients with a wide range of painful conditions. His main area of expertise is non-operative treatment of spinal conditions including, lower back and neck pain. He has special clinical interest in the use of fluoroscopy and other image guided treatment of lower back injuries. He has conducted clinical research during his one year long pain fellowship program culminating in an original research publication and numerous book chapters on specific pain diagnoses and treatment techniques. He has memberships in a number of pain/rehabilitation medicine societies. His research interests focus on the prevention of back via exercise and lifestyle changes as well as the use of local anesthetics for diagnostic and treatment purposes in painful conditions, and he has spoken locally on these issues. He currently sees patients at the University Of Connecticut Medical Center.

Priya Bhat

Priya is a sophomore at the University High School of Science and Engineering, Hartford, CT. She has been studying Kathak from Ms. Rachna Agrawal for past 7 years at the Sumbhaav School of Kathak Dance



About the Kathak Dance: The word Kathak is derived from the Sanskrit word *Katha* which means "story", and *Kathakars* means "the one who tells a story". Kathak is one of the eight major forms of Indian Classical Dance. The origin of Kathak is traditionally attributed to the traveling bards of ancient Northern India known as *Kathakars* or storytellers. Wandering *Kathakars* communicated stories from the great epics and ancient mythology through dance, songs and music in a manner similar to early Greek theatre. In medieval India, this style of dance became a powerful form of entertainment in the Mogul courts and as a fusion of Indo-Mogal culture, Kathak emerged as a new form of dance. *Kathak* dancers tell various stories through their hand movements and footwork, but most importantly through their facial expressions.

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For information please contact Dr. Amala Guha: e-mail: aguha1@att.net

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