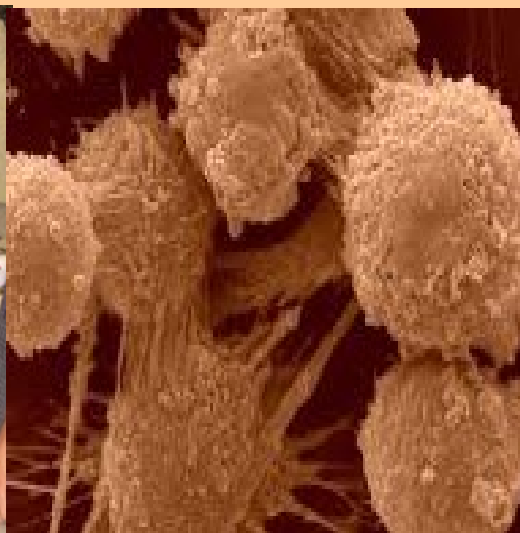


8th International Symposium of Ayurveda and Health *Health, Immunity & Inflammation: Integrating Ancient Approaches with Modern Concepts*

MAY 6-7, 2016

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



For Information Pl Contact- aguha1@att.net

**PROVIDED BY THE DEPARTMENT
OF IMMUNOLOGY**

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PRESENTED IN COLLABORATIO WITH



The International Society for
Ayurveda & Health (ISAH)
www.ayurvedahealth.org



Connecticut Children's
Medical Center
www.connecticutchildrens.org

Symposium Chair and Course Director

Amala Guha, PhD, MPH, MA
UConn Health & ISAH, CT

Co Chair

Anthony T. Vella, PhD
UConn Health
School of Medicine, CT

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Mary E. Dansinghani, MDiv
Yale School of Medicine
New Haven, CT

Vatsala Kucharski, PsyD
Department of Mental Health &
Addiction Services
Middletown, CT and ISAH

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UConn, CT

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UConn Health, CT

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Amala Guha, PhD, MPH
UConn Health & ISAH, CT

Abhimanyu Kumar, MD, PhD
All India Institute of Ayurveda,
New Delhi, India

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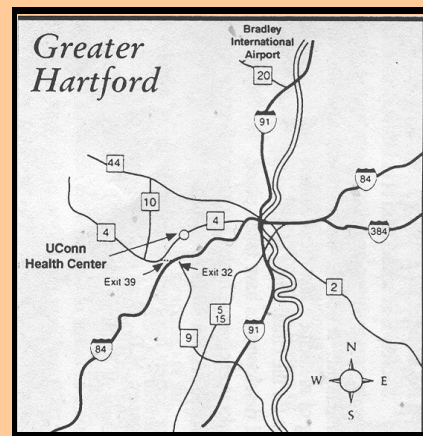
Elizabeth MacAdie, LCSW
Mohegan Tribal Government, CT

Jeff Montague, MDiv
Department of Mental Health &
Addiction Services, Norwich, CT

Kalyani Raghavan, MD
Conn. Children's Medical Center, CT



**Directions to
UConn Health from Greater Hartford:**
Route 84 to Exit 39.
Turn right onto Route 4-East (Farmington Avenue).
Drive about 1-1/2 miles



Locations:

For Keller Auditorium:

Turn right into UConn Health.
At first stop sign continue ahead veering off to the left-up the hill
Go to first stop sign, and continue into the gate.

For Conference Room EG013:

Turn right into UConn Health. Passing the rotary, continue ahead veering off to the right. At the stop sign turn to left into academic entrance, use AB 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.



Scientific Committee

Rajendra Badgaiyan, MD
Harvard, MA

Brent A. Bauer, MD
Mayo Clinic, MN

Stefan Brocke, MD, PhD
UConn Health, CT

Ananda Chaudhary, MD, PhD
BHU, Banaras, India

Robert Cone, PhD
UConn Health, CT

Upendra Hegde, MD
UConn Health, CT

Jayesh Kamath MD, PhD
UConn Health, CT

Abhimanyu Kumar, MD, PhD
All India Institute of Ayurveda,
New Delhi, India

Lakshmi Nair, MPhil, PhD
UConn Health, CT

Sudipt Rath, MD, PhD
National Institute of Ayurveda
Jaipur, India

Anthony Vella, PhD
UConn Health, CT

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Nilani Shankar (stu),
UConn School of Psychology
Storrs, CT

Alyssa Ettinger (stu),
UConn School of Medicine
Farmington, CT

Misty Embrey (stu),
Quinnipiac School of Medicine
Hamden, CT

Auxiliary Team

Vera Dynder
James Fomenko
Monica Karekar

University of Connecticut School of Medicine Department of Immunology

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
- Will be able to understanding and incorporate *Prakriti* based evaluation of conditions
- Tools to evaluate the latest research findings
- Social and cultural aspects of lifestyle and health

The Symposium provides an overview and practical summary of the latest information by leaders in scientific research, clinicians skilled in academic Ayurvedic Medicine and Conventional Medicine. 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 practice
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 practices



The topic and program for this conference were developed by the planning committee based on feedback from participants in the 2004-2013 ISAH symposiums and health conferences, data collected from health care practitioners who have taken CAM workshops at UConn Health and documentation of increased demand for CAM education for health care professionals, as clearly demonstrated by the overwhelming success of the previous Symposiums.

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 designates this (live activity, enduring material, journal-based CME activity, PI CME activity, OR internet point of care activity) for a maximum of __10.25__ AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Conflict of Interest Policy:

All faculty members participating in CME activities provided by the University of Connecticut School of Medicine are required to disclose to the program audience any actual or apparent conflict of interest related to the content of their presentations. Program planners have an obligation to resolve any actual conflicts of interest and share with the audience any safeguards put in place to prevent commercial bias from influencing the content.

The activity director, planning committee members, nor the speaker, nor the speakers listed on the agenda has 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 this presentation.

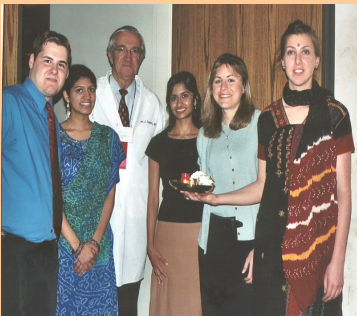
This CME activity has no commercial support associated with it.

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.

Hotel Accommodations :

Homewood Suites by Hilton
2 Farm Glen Boulevard
Farmington, CT 06032
Phone: 860.321.0000



***Health, Immunity & Inflammation:
Integrating Ancient Approaches with Modern Concepts***

FRIDAY//MAY 6,2016

Keller Auditorium Lobby

Early registration 9-11 am

9 am-2 pm

WALK THE LABYRINTH MEDITATION (Experiential) (No CME)
Mary E. Dansinghani, MDiv

10-11 am

**COSMIC FACTORS AND GENETIC METAMORPHOSIS:
A MOTIF FOR HEALTH AND WELLNESS**
AMALA GUHA, PhD, MPH, MA

11 am-12 pm

AYURVEDIC APPROACH FOR HEALTH CARE MANAGEMENT OF CHILDREN
Abhimanyu Kumar MSc (Psy), MD (Ay), PhD

3 pm

OPENING CHANTS (No CME) Chair: Jayesh Kamath MD PhD

WELCOME ADDRESS
Anthony Vella, PhD

OPENING REMARKS
Bruce Liang, MD

Opening Ceremony & Candle Lighting

4-5 pm

ON HEALTH AND WELLNESS (No CME)
Speaker TBA

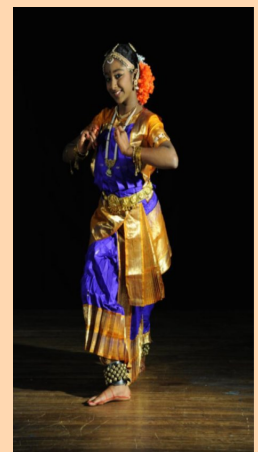
5-6:30 pm

Cultural Program (No CME)



Kuchipudi Dance by Imandi Herath
Miss Porter's School

Drumming by Chris (Painted Turtle) Harris
Mohegan Nation, CT



Dinner of your OWN

Saturday, May 7th

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

Time	Speaker		Title
8:30 AM	Abhimanyu Kumar, MSc, MD, PhD		PRAKRITI BASED EVALUATION OF ADOLESCENT HEALTH PROBLEMS AND THEIR AYURVEDIC MANAGEMENT
9 AM	Amala Guha PhD, MPH, MA		DESIGNER'S APPROACH TO MENTAL HEALTH AND IMBALANCES
9:30	Mary Dansinghani, M.Div.		USE OF MANDALAS FOR MEDITATION
10 AM	Tea Break		Tea Break
10:15 AM	Melissa M. Root, PhD		MODERN LITERATURE ON RELAXATION AND GUIDED IMAGERY ACROSS POPULATION
10:45 AM	Kalyani Raghavan, MD		YOGA THERAPY FOR CHILDREN WITH CHRONIC PAIN SYNDROME
11:20 AM	Terry Coe		FROM SELF AND PSYCHE TO THE SUPREME CONSCIOUSNESS
12: noon	Prashanti deJager, MS		EFFORTS TO SAVE HIMALAYAN HERBS FROM EXTINCTION
12:30 PM	Rachel Sayet, BS, MA		A CELEBRATION OF LAND AND SEA: MODERN INDIGENOUS CUISINE IN NEW ENGLAND

1 PM LUNCH SERVED

Afternoon Educational & Scientific Sessions
Conference Room EG: 013

Chairs: Abhimanyu Kumar, MD, PhD
Stefan Brocke, MD, PhD

Time	Speaker	Title
2 PM	Robert E Cone PhD	IMMUNOLOGY AT A GLANCE: MILESTONES IN HEALTH AND MEDICINE
2:30 PM	Paurvi R Shinde	HOW TO DESIGN A VACCINE THAT INDUCES A STRONG, LONG LASTING IMMUNE RESPONSE
3:PM	Kamal M. Khanna PhD	PREGNANE X RECEPTOR, INDOLE BACTERIAL METABOLITES AND EPIMUNOMES IN THE INTESTINE
3:30PM	Vaithinathan Selvaraju, Ph.D,	PHYLLANTHUS <i>emblica</i> IN CARDIOPROTECTION
4 PM	Tea Break	Tea Break
4:15 PM	Shalini V Gohil PhD	CURCUMIN LOADED, ENZYMATICALLY-CROSSLINKED, INJECTABLE HYDROGELS: FORMULATION AND ANTIOXIDANT ACTIVITY EVALUATION
4:45 PM	Prashanti DeJager MS	KUTKI (<i>Picrorhiza kurroa</i>) : A HIMALAYAN HERB RENOWN TO OPTIMIZE LIVER & KIDNEY FUNCTIONS
5:15 PM	Sudipta Rath, MD, PhD	IMMUNOMODULATORY ACTIONS OF RASAYANA AYURVEDIC HERBS
5:40-6:10 PM	Stefan Brocke, MD, PhD	NATURAL COMPOUNDS AND cAMP SIGNALING IN IMMUNE CELLS
CLOSING CHANTS		
7:30 PM Dinner by registration and Invitation —TBA		

Sunday Special , May 8th
Educational & Scientific Session
Conference Room EG: 013

Breakfast of your own

9 AM-9:30 AM BIOLOGICAL RHYTHM - A REFLECTION OF RHYTHM OF NATURE: ITS ROLE IN AYURVEDIC MANAGEMENT TO DAILY AND SEASONAL CHANGES (No CME)
Sudipta Kumar Rath, MD, PhD.

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

COSMIC FACTORS AND GENETIC METAMORPHOSIS: A MOTIF FOR HEALTH AND WELLNESS

AMALA GUHA, PhD, MPH, MA UConn Health, Farmington, CT

Learning Objectives: 1. Assess how cosmic and environmental factors influence our genetic makeup

2. Discuss factors that may modify gene expressions
3. Relate to lifestyle and risk factors in health and disease

AYURVEDIC APPROACH FOR HEALTH CARE MANAGEMENT OF CHILDREN

Abhimanyu Kumar MSc(Psy), MD(Ay), PhD, All India Institute of Ayurveda, New Delhi, India

Learning Objectives: Participants will be able to learn; 1. Role of Prakriti in physical and mental development

2. Prakriti based risk factor and developmental disorder
3. Ayurvedic approach (herbals & counseling) to healthy transition

IMMUNOLOGY AT A GLANCE: MILESTONES IN HEALTH AND MEDICINE

Robert E Cone PhD, Department of Immunology, UConn Health, Farmington, CT

Learning Objectives: Participants will be able to learn 1. Relate to the contributions of immunology to current medical practices

2. Discuss immunological applications in their clinical practice
3. Assess scientific papers on the basis of knowledge gained in this symposium

USE OF MANDALAS FOR MEDITATION

Mary Dansinghani, M.Div. Yale School of Medicine, New Haven, CT

Learning Objectives: Participants will be able to 1. Relate to the basic techniques of Mandala meditation

2. Incorporate the technique in their clinical practice
3. Assess Mandalas as guided imagery

PRAKRITI BASED EVALUATION OF ADOLESCENT HEALTH PROBLEMS AND THEIR AYURVEDIC MANAGEMENT

Abhimanyu Kumar MSc, MD, PhD All India Institute of Ayurveda, New Delhi, India

Learning Objectives: participants will be able to 1. Define Ayurvedic concept of "Prakriti" (physical and mental constitution)

2. Relate to Prakriti with modern concept of genetics
3. Correlate constitution and lifestyle with health and disease prevention

PREGNANE X RECEPTOR, INDOLE BACTERIAL METABOLITES AND EPIMUNOMES IN THE INTESTINE

Pablo A. Romagnoli¹, Sridhar Mani², and Kamal M. Khanna, PhD¹

¹Department of Immunology, UCONN Health, ²Department of Medicine, Albert Einstein College of Medicine

Learning Objectives: Participants will be able to : 1. Describe intestinal innate immunity 2. Functions of microbiota and its relationship to innate immunity Microbiota-specific metabolite, Indole 3 How epimmunones maintain gut homeostasis

MODERN LITERATURE ON RELAXATION AND GUIDED IMAGERY ACROSS POPULATION

Melissa M. Root, PhD Center for Excellence in Developmental Disabilities, University of Connecticut, Farmington, CT

Learning Objective: Participants will be able to: 1. describe what the Relaxation and Guided Imagery technique encompasses

2. Learn and name three dependent variables that are significantly affected by the RGI technique.
3. Assess dependent variable that is not significantly affected by the RGI technique.

DESIGNER'S APPROACH TO MENTAL HEALTH AND IMBALANCES

Amala Guha PhD, MPH, MA, Department of Immunology, UConn Health, Farmington, CT

Learning Objectives: Participants will be able to 1. Describe Manas and causes of mental imbalances

2. Relate how to design/customize intervention
3. Integrate techniques in the management of mental health

HOW TO DESIGN A VACCINE THAT INDUCES A STRONG, LONG LASTING IMMUNE RESPONSE

Paurvi R Shinde and Anthony Vella, PhD University of Connecticut Health, Farmington, CT

Learning Objectives: Participants will be able to 1. To understand how a vaccine could help generate a potent long lasting T cell response in certain organs during infection. 2. Study the underlying mechanisms that help T cells to expand and enter the diseased organ. 3. Manipulate some of these mechanisms and see how T cells respond

IMMUNOMODULATORY ACTIONS OF RASAYANA AYURVEDIC HERBS

Sudipt K. Rath, MD, PhD Dept. of Dravyaguna (Materia Medica & Pharmacology), National Institute of Ayurveda, Jaipur – India

Learning Objective: Participants will be able to 1. Assess Ayurvedic approach to healthy life and aging

2. Define factors that are indicative of Optimal health
3. Relate to Concept of Rasayana-Immunomodulatory properties of selective herbs used as Rasayanas

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.

NATURAL COMPOUNDS AND cAMP SIGNALING IN IMMUNE CELLS

Stefan Brocke, MD, Department of Immunology, UConn Health, Farmington, CT

Learning Objectives: Participants will be able to

1. Relate to select natural compounds and their effect on the immune system
2. Discuss the science based evidence of therapeutic use of a naturally occurring compound, theophylline

FROM SELF AND PSYCHE TO THE SUPREME CONSCIOUSNESS

Terence (Terry) Coe, Arsha Vidya Gurukulam, School of Vedanta, Saylorsburg, PA

Learning Objective: Participants will be able to 1) Understand the limits of individual agency

- 2) Discuss and appreciate the impersonal nature of knowledge 3) Identify primary obstacles to self-acceptance

CURCUMIN LOADED, ENZYMATICALLY-CROSSLINKED, INJECTABLE HYDROGELS: FORMULATION AND ANTIOXIDANT ACTIVITY EVALUATION

Shalini V Gohil, PhD¹, Toni Vella² and Lakshmi S. Nair, MPhil, PhD^{1,3} ¹Department of Orthopedic Surgery, UConn Health, Farmington, CT, 06030; ²Simsbury High School, Simsbury, CT ³Department of Biomedical Engineering, UConn, Storrs, CT

Learning Objectives: Participants will be able to

1. Relate to the feasibility of developing a curcumin loaded chitosan-based hydrogel.
2. Discuss how curcumin loaded hydrogels showed significant anti-oxidant activity which increased with time.
3. Evaluate that the curcumin loaded injectable hydrogels have great potential as minimally invasive delivery systems for wound healing and anti-cancer applications

ANXIOLYTIC, ANTIDEPRESSANT AND NOOTROPIC EFFECT OF DIFFERENT DOSAGES FORMS OF GUDUCHI (TINOSPORA CORDIFOLIA)

Shilpa Patil, MD, PhD and Anand Chaudhary, MD, PhD Department of Rasa Shastra, Faculty of Ayurveda, Institute of Medical Sciences, Banaras H. University, Varanasi, India

Learning Objectives: Participants will be able to 1. Gain knowledge of therapeutic use of *Guduchi*

2. Relate to the effectiveness of various composition of herbs
3. Learn evidence based evaluation of *Guduchi* and its therapeutic applications.

DUNAGIRI: NON-PROFIT EFFORTS TO SAVE HIMALAYAN HERBS FROM EXTINCTION

Prashanti deJager, MS, Pacific Center of Ayurveda; San Francisco, CA

Learning Objectives: Participants will be able to 1. Describe medicinal herbs specific to Himalayan ecosystem

2. Relate to proper harvesting of wild populations of herbs
3. Practice and maintain- sustainable relationship between humans and the ecosystem

BIOLOGICAL RHYTHM - A REFLECTION OF RHYTHM OF NATURE: ITS ROLE IN AYURVEDIC MANAGEMENT TO DAILY AND SEASONAL CHANGES

Sudipta Kumar Rath, MD, PhD, Assistant Professor, Department of Dravyaguna (Materia Medica & Pharmacology), National Institute of Ayurveda, Jaipur – India

- Learning Objectives: Participants will be able to
1. Describe seasonal effects on health
 2. learn about selected seasonal disorders
 3. How to integrate Ayurvedic approach to prevent and manage SAD in their practice

YOGA THERAPY FOR CHILDREN WITH CHRONIC PAIN SYNDROME

Kalyani Raghavan, MD, Connecticut Children's Medical Center, CT

Learning objectives: Participants will be able to 1. Assess Pain amplification syndrome in children and effectiveness of multidisciplinary approach 2. Describe effectiveness of Yoga for pain syndromes in children

3. Proposed mechanisms by which Yoga works

PHYLLANTHUS *emblica* IN CARDIO-PROTECTION

¹Vaithinathan Selvaraju, PhD., ¹Mahesh Thirunavukkarasu, PhD., ¹Leonard Tapias, MD., ¹Juan A Sanchez, MD., FACS,

²J Alexander Palesty, MD., FACS and ¹Nilanjana Maulik, PhD, FAHA

¹Molecular Cardiology and Angiogenesis Laboratory, Department of Surgery, UConn Health, Farmington, Connecticut and ²Stanley J. Dudrick Department of Surgery, Saint Mary's Hospital, Waterbury, Connecticut

Learning Objective: Participants will be able to 1; Describe medicinal properties of *Phyllanthus emblicus*

2. Relate to its scientific, evidence based application as cardio tonic herb
3. Assess use of *P. emblica* in clinical practice.

KUTKI (*Picrorhiza kurrora*) : A HIMALAYAN HERB KNOWN TO OPTIMIZE LIVER & KIDNEY FUNCTIONS

Prashanti de Jager, MS Pacific Center of Ayurveda; San Francisco, CA

Learning Objectives: Participants will be able to 1. Describe medicinal properties of Kutki (*Picrorhiza kurrora*)

2. Relate to therapeutic Applications of the herb
3. Assess methods of responsible and sustainable cultivation of *Kutki* as endangered species.

A CELEBRATION OF LAND AND SEA: MODERN INDIGENOUS CUISINE IN NEW ENGLAND

Rachel Sayet Akitusu, MS (she who reads) Mohegan Nation, CT

Learning objectives: Participants will be able to 1. Describe ingredients native people of New England continue to use for cooking

2. Gain knowledge of the Tribal traditions and cuisine
3. Relate to the seasonal use of ingredient and their health benefits

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.

Rajendra Badgaiyan, MD

**Professor of Psychiatry and Neuromodulation Scholar
University of Minnesota, Minneapolis, MN; USA**

Dr Badgaiyan received training in psychiatry and cognitive neuroscience at Harvard University, University of Pittsburgh and University of Oregon. His research is focused on the study of neural and neurochemical mechanisms that control the human brain functions. He developed the single scan dynamic molecular imaging technique to detect, map, and measure neurotransmitters released acutely in the human brain during task performance. Using this technique he studies dopaminergic control of human cognition and behavior. He is also interested in learning the nature of dysregulated dopamine neurotransmission in different psychiatric and neuropsychiatric conditions. He is particularly interested in the brain mechanisms that control conscious experiences at cortical and subcortical levels. His research is funded by NIMH, NINDS, VA, and various research foundations. Currently he is a Professor of Psychiatry and Neuromodulation scholar at University of Minnesota at Minneapolis. He is also the Director of Laboratory of Advanced Radiochemistry and the Laboratory of Molecular and Functional Imaging at University of Minnesota, School of medicine.

Dr. Brent A. Bauer MD

Associate Professor of Medicine

Director, Complementary and Integrative Medicine Program, Mayo Clinic

Dr. Bauer is board-certified in Internal Medicine, and has been on staff at Mayo Clinic for 17 years. His main research interest has been the scientific evaluation of Complementary and Alternative Medicine (CAM) therapies that patients and consumers are using with increasing frequency. He has authored several book chapters and papers on this topic, and is the Medical Editor of the Mayo Clinic Book of Alternative Medicine. He is a member of the NIH-NCCAM special emphasis review panel and is currently collaborating on over 20 studies being conducted at Mayo Clinic evaluating CAM therapies ranging from acupuncture to valerian. Most recently, Dr. Bauer spearheaded a collaboration between Mayo Clinic and Gaia in the creation of a series of 10 DVD's (Mayo Clinic Wellness Solutions). These DVD's address common health problems (e.g. diabetes, obesity, high blood pressure) with integrative medicine approaches

Melissa A. Bray, PhD

Professor, School of Psychology

UConn, Storrs, CT

Professor Melissa A. Bray is a Fellow of the American Psychological Association and the American Psychological Society. Dr. Bray is an elected member of the Society for the Study of School Psychology. She is licensed as a psychologist in the State of Connecticut, holds national certification in school psychology, state certification in school psychology and licensure in speech language pathology. She has published or has in press over 150 articles, chapters, and reviews in the professional literature, and has presented over 90 scholarly papers at national and international conferences. She serves as associate editor of the International Journal of School and Educational Psychology and has served as an associate editor of School Psychology Quarterly. She is on the editorial boards of the Journal of School Psychology, Gifted Child Quarterly and the International Journal of School and Educational Psychology. She is the co-editor of the first Oxford handbook of school psychology, and has guest edited 8 issues of Psychology in the Schools on video self-modeling, behavior disorders, positive psychology, statistical reform, childhood obesity, counseling and emotional disorders. Dr. Bray was the 2003 recipient of the prestigious American Psychological Association Division 16's Lightner Witmer Award. She has also been involved in state, national, and international professional associations including service as Vice-President, Social, Ethical Responsibility, and Ethnic Minority Affairs, APA's Division 16 Executive Committee. Her research interests are in the area of interventions for communication disorders, classroom disruptive behavior, and physical health and wellness, especially asthma and cancer.

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

Anand Kumar Chaudhary, MD (Ayurveda), PhD

Professor & Head Department of Rasa Shastra (Ayurvedic Pharmaceutics)

Faculty of Ayurveda, Institute of Medical Sciences

Banaras Hindu University Varanasi, INDIA

Dr. Chaudhary holds a MD and PhD from BHU and is the Superintendent Ayurvedic Pharmacy at BHU, quality, safety and efficacy of Ayurvedic formulations. He has worked on standardization of many herbal and Herbo-mineral dosage forms of Ayurveda including processed medicines of mercurial origin as described in Ayurveda.. Prof Chaudhary had served on Committee for Safety and Stabilities of Classical formulations of Ayurveda in 2014, Gov of India undertaking. He has been nominated to be on 2015 committee for "Drug Development" of Ayurveda, Ministry of AYUSH, Government of India. Dr. Chaudhary is known for his expertise in regulatory procedures for manufacturing, marketing and export of Ayurvedic drugs. Prof Chaudhary has completed

Terry Coe

Arhsavidya Gurukulam

Saylorsburg, PA

Mr. Coe is a scholar of Vedanta. His schooling includes Sanskrit at Harvard University, Boston and Vedic studies at Arsha Vidya Gurukulam, PA. In addition to Sanskrit, Terry speaks German and Russian and is a professional German-to-English translator. As a linguist by training Terry is a professional German-English translator for more than 20 years, he has also studied Sanskrit at AVG and other institutions. Terry has taught classes on Bhagavad Gita, Upanishads, Yoga Sutras, and Sanskrit phonetics at yoga studios in Pennsylvania, New Jersey, Connecticut, and Massachusetts, and leads Vedic Heritage classes for the children during summer camps at AVG.

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

Caryn Christensen, Ph.D.

Associate Professor, Psychology

Interim Dean, interdisciplinary All University Curriculum (AUC)

University of Hartford, West Hartford, CT

The AUC is a world renowned general education program, offering team taught interdisciplinary courses that bring together faculty and students from every college within the university. AUC science courses include Assessing Complimentary and Alternative Medicine, AIDS and Epidemics, Technology as a Human Affair, Issues of Health and Society: Weighing In, and Living in the Environment. An Experimental Psychologist, Dr. Christensen's research focuses on medical decision making and healthcare policy. She is a former officer in the Society for Medical Decision Making and study section member in the Agency for Health Care Policy and Research.

Mary E. Dansinghani, MDiv.

Chaplain/Coordinator of Spiritual Services, Connecticut Mental Health Center

Yale University School of Medicine,

Department of Psychiatry, New Haven, CT

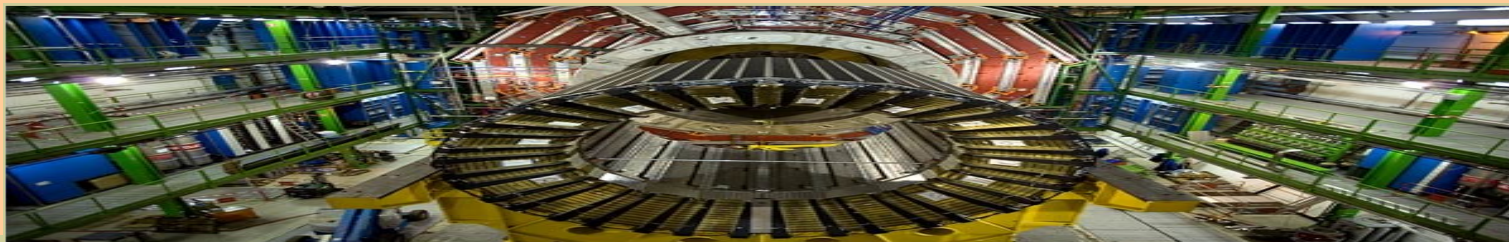
Mary Dansinghani is a graduate of Yale Divinity School. She received her MA from Indiana University and BA, MAT - from the University of New Hampshire. She finished her Clinical Pastoral Educational Residency at Yale New Haven Hospital and received her Ayurvedic Mental & Spiritual Health Certificate 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.

Prashanti de Jager, MS, EMT

The Pacific Center of Ayurveda

San Francisco, Ca

After earning a masters degrees in Aerospace Engineering from the University of Michigan Ann Arbor, and Emergency Medicine Paramedic certification from Huron Valley Ambulance, Prashanti moved to India in 1990 to study Advaita and the Vedic Sciences including Ayurveda, Vastu shastra, Yoga and Jyotish (astrology). Here he met Sri H.W.L. Poonja, the Dalai Lama, Urgen Tulku, Jamgong Kontrul Rinpoche, Hart de Fouw, Kaviraj Vaidya Nanakchand Sharma and settled in Lucknow, Northern India. In 1993 he started an Ayurvedic herb company where he grew, wildcrafted and processed the herbs by hand. From this grew a beautiful team/Vision called 'Organic India' that emerged to serve the demand in a socially responsible and environmentally sustainable way. These projects earned Organic India, "The Most Socially Responsible Company," in the entire natural products Industry of about 25,000 companies



Shalini Gohil, PhD

**University Postdoctoral Fellow,
Department of Orthopedic Surgery, Institute for Regenerative Engineering,
UConn Health, Farmington, CT**

Dr. Shalini Gohil received her M.S.(Pharm.) and Ph.D. in Pharmaceutical Sciences from National Institute of Pharmaceutical Education and Research (NIPER), India, where she worked on the development of biomimetic, injectable, hardening and non-hardening grafts for bone repair. She was a gold medalist in her M.S. (Pharm.) program and also received a 'Senior Research Fellowship' from Council of Scientific and Industrial Research (CSIR), India (2010-2012), an 'International Travel Grant' from Department of Science and Technology, India and the 'Honour Scholarship for Academic Excellence' twice, from K.C. Mahindra Education Trust, India. She is currently working as a postdoctoral fellow in the Institute for Regenerative Engineering (IRE) at UConn Health, under the supervision of Dr. Lakshmi Nair. Her current research focuses on the development of novel injectable hydrogels for delivery of growth factors for musculoskeletal regeneration and the use of transgenic green fluorescent protein (GFP) reporter mouse models for understanding cellular mechanisms of bone repair. She has over 19 publications and has presented her research in over 18 national and international conferences. She serves as a reviewer for many international journals including Journal of Biomedical Nanotechnology, Biomaterials Science, Biomedical Materials, PlosOne and is an elected full member of Sigma XI, The Scientific Research Society. Her overall research interests include translational research towards the development of novel therapeutic approaches for pharmaceutical, biopharmaceutical and regenerative engineering applications.

Amala Guha, MPH, PhD, MA

**Assistant Professor of Immunology (adj),
UConn Health, Farmington, CT
(www.ayurvedahealth.org)**

Dr. Amala Guha has served as Assistant Professor of Immunology and Medicine, 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. She 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 Health, 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, PsyD

**Department. of Mental Health & Addiction Services, CT
Middletown, CT and ISAH**

Dr. Kucharski has received her BA in Asian studies 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.

Abhimanyu Kumar, MD, PhD, MS

**Director, All India Institute of Ayurveda
New Delhi, 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.

Elizabeth MacAdie, LCSW

**Adult/child Therapist
Mohegan Tribal Government, Uncasville, CT**

Graduate of UConn School of Social Work, Liz has had a varied career in the mental health field. Her work has included 5 years at the Waterford Country School, 16 years at W.W. Backus Hospital, 12 years in private practice in Norwich, CT and the past 3 years in the role of child and adolescent therapist for the Mohegan Tribe. She has helped develop and implement a Complimentary/Alternative healing program 25 years ago. Her work and passion continue to incorporate spirituality, cultural beliefs, traditions, Yoga and Holistic Medicine. These have allowed her to work with people from birth to death. It is with joy that her path has brought her to the International Society for Ayurveda and Health, Spiritual Conclave.

Jeffrey A. Montague, MDiv.

**Health Program Associate
CT Department of Mental Health and Addiction Services (DMHAS)
Southeastern Mental Health Authority, Norwich, CT**

He serves as the Coordinator of the clinical Faith Initiative in Recovery Services at the SMHA, responsible for program development, staff and community training and the implementation of spiritually sensitive, holistic recovery services. As the Health and Safety Coordinator for emergency management, preparedness planning, exercising and responding, with both allied health partners and traditional First Responders, is a primary component of his responsibilities. Jeff also serves as the Team Leader of the state Disaster Behavioral Health Response Network, (CT DBHRN) Region 4. He is a graduate of Yale Divinity School, completed Clinical Pastoral Education at Yale New Haven Hospital and served as a chaplain both at YNNH and at the original CT Hospice in 1981. With a professional framework of pastoral care and chaplaincy, Jeff's involvement in both his clinical work and emergency preparedness / response has long recognized the needed collaboration between physical, emotional and spiritual care providers.

Lakshmi S. Nair, PhD, MPhil

**Assistant 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".

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. Hospital of Michigan, where she completed a pediatric residency and served as Medical Director of Sedation Service for the Division of Pediatric Emergency Medicine. 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.

Sudipt Rath, MD, PhD

**Assistant professor, Department
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 Ph D 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.

Melissa Root, PhD

**Assistant Professor
University Center for Excellence in Developmental Disabilities,
University of Connecticut, Farmington, CT**

Dr. Root is a certified School Psychologist in Connecticut and an educational consultant with expertise in gifted education, autism spectrum disorder (ASD), learning disabilities, math education, and selective mutism. Dr. Root has published manuscripts on treatments for children with selective mutism, treatments for children with asthma, mind body techniques for children with cancer, special education, intelligence, and children with ASD in the classroom. Dr. Root's current research is on the use of relaxation and guided imagery to remediate stress, anxiety, and depression; improve quality of life; and extend life for female participants with cancer and participants undergoing chemotherapy. She is studying similar intervention for parents of children with developmental disabilities. She is the co-principal investigator of a University of Connecticut Neag Dean's Research Incentive Award grant titled, "Mind Body Treatment for Participants with Ovarian Cancer: An Innovative Cross-Disciplinary Study to Extend Life." Dr. Root serves as an ad hoc reviewer for the International Journal of School and Educational Psychology and the Journal of Advanced Academics.

Rachel Sayet, BS, MA

**Mohegan Tribe Health Department
Mohegan Tribal Government, CT**

Rachel received her B.S. from Cornell University in Restaurant Management and an MA in anthropology from Harvard University. She has worked as a personal chef and in restaurants in the pastry kitchen at Mohegan Sun. She has been working with the tribe's health department to promote indigenous food at Mohegan. Currently an employee in the Mohegan tribe's Cultural Department, Rachel attends conferences, organizes events with Native authors, runs a weekly story time and, most recently, she has been working with the tribe's health department to promote indigenous food at Mohegan.

Suzy V. Torti, PhD

**Professor, Molecular Biology and Biophysics
UConn Health, Farmington, CT**

Dr. Torti received her BA from Reed College in Portland, Oregon, a PhD in Molecular Biology from Tufts University, and completed a postdoctoral fellowship at UC Berkeley and Stanford, CA. Dr. Torti is an accomplished cancer researcher. Her research interests include the molecular and cell biology of iron metabolism in breast cancer and other malignancies. She is also investigating the use of nanomaterials as anticancer agents. She was elected Secretary of the International Society on Bioiron in 2011. Her honors include NSF and NIH postdoctoral fellowships and Research Excellence Awards from Wake Forest University. She was also honored with the Outstanding Invited Presentation award during the 11th World Congress on Advances in Oncology and 9th International Symposium on Molecular Medicine. She has chaired multiple NIH grant review panels, and in 2013 she was elected to the Connecticut Academy of Sciences.

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 immunobiological 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.



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Refund of the registration fees with a deduction of 50 % for administrative costs will be granted for all written cancellations received no later than March 1st, 2016, after that date no refund of registration fee will be accepted or provided.

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