

HEALING ACROSS CULTURES

Interactive Colloquium

“Meditation in health and wellness: the gamut, from stress relief to the prevention and cure of disease”.

*Thursday, April 26, 2007
1:00 p.m.-2:30 p.m.
University Center, Room 1*

Esteemed Presenter
Indranill Basu Ray, MD



Dr. Basu-Ray is a physician and on faculty in Medicine at the Beth Israel Deaconess Medical Centre, Harvard Medical School, Boston.

He has been a regular contributor of columns to many daily newspapers all over the world on the use of meditation and related techniques for a healthy, happy and a disease free existence.

Dr Basu-Ray has over a period of more than a decade has integrated teachings of Eastern Philosophy like Meditation, Ayurveda and Vedanta with modern day medicine for the prevention and treatment of diseases. He has conducted meditation workshops for lay people and physicians in different parts of the world to popularize the use of meditation technique to both prevent and cure diseases. He has held numerous sessions for the corporate world to increase productivity and reduce stress. He has developed in the course of his research a simple technique to go in to deep meditation that can be practiced at ones' own leisure for a healthy, stress free and productive existence.

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