

*Our ability to reach Unity in Diversity will be the
beauty and test of our civilization!*

- Mahatma Gandhi -

You have to taste a culture to understand it.

- Deborah Cater -



Continuing Education Opportunity WEBINAR ANNOUNCEMENT

Dear Colleagues,

Indians In Nutrition and Dietetics Member Interest Group (IND MIG) of the Academy of Nutrition and Dietetics is pleased to invite you to attend a **complimentary** webinar.

Title: Decoding Success without stress: The Power of Breath

Date: Tuesday, May 18, 2021

**Time: 1:00 PM - 2:30 PM Eastern (New York) / 12 PM Central (Chicago) /
11 AM Mountain (Colorado) / 10 AM Pacific (California) / 10:30 PM India**

Registration LINK: <https://bit.ly/3tCGxZo>

Meet Our Presenter



Sarita Patel, MD

**Director of Palliative Care & Pain Management Service,
Kingsbrook Jewish Medical Center, NY**

Inspirational Speaker & Meditation Instructor

Chair of the Art of Living Foundation, Westchester NY

Presenter Bio

An excellent clinician, outstanding teacher & stress management and personal development expert, Dr. Sarita Patel has an insatiable quest for knowledge that guides her passion for service. Dr. Patel is a physician practicing medicine in New York City. She is the Director of Pain Management and Palliative Care

Service in the Department of Medicine at Kingsbrook Jewish Medical Center. In addition to serving her clinical duties, she is passionate about her academic responsibilities, specifically training medical students, medical residents & supervising scholarly activities in the institution.

Dr. Patel is a senior member of the faculty at the Art of Living Foundation and the International Association for Human Values. She is the Instructor of Yoga, powerful Breathing Techniques & Meditation based on the science of Vedic Wisdom. She has been teaching stress management & self-development programs to health care professionals, specific patient population, hospital administrators and corporate leaders for more than 20 years.

Dr. Patel is the Co-Founder of Living Well Programs, a series of programs offered by Art of Living Foundation, a non-profit service organization focusing on stress relief and conflict resolution. The programs teach effective mind-body resilience techniques supported by evidence-based research that addresses the Health Care Professionals' burn out and helps improve their personal and professional performance. She has conducted Living Well programs for Health Care Professionals (HCPs) all over the country. Co-sponsored by NYU Grossman School of Medicine, these programs are also an opportunity for HCPs to earn continuing medical education credits while learning to be healthier and happier.

Dr. Patel has spoken on "Spirituality & Health" and such related topics in various health care institutions, government organizations and other corporations including IBM. Dr. Patel is a certified Ayurveda health & wellness counselor and serves as medical faculty at the Art of Living Foundation and the International Association for Human Values and Ved Vignan Maha Vidya Peeth.

Dr. Patel is inspired by her Guru & Founder of Art of Living Foundation and the International Association for Human Values, Sri Sri Ravi Shankar's vision that creating a "healthy, happy individual" a "stress-free, violence-free society" & making "life a celebration on this planet" can be achieved through the reawakening of human values.

Webinar Description:

This Yoga Breathing Meditation webinar is designed for Health Care Professionals (HCPs) seeking to build a proficient practice for their own self-care and enrich their quality of life. HCPs are inspired to serve their patients and profession and in the process of caring for their patients are subject to many stressors, which can often lead to professional burnout affecting their personal life and professional performance. This session provides an opportunity to learn time tested practices that can enhance physical, emotional, spiritual and social well being. By the end of the program one will be equipped with specific techniques that can be practiced daily to rediscover the meaning and rekindle the joy of practice.

Learning Objectives:

Upon completion of this program, the participants will be able to:

1. Reflect on the tendencies of the mind.
2. Recognize how managing the mind can help bring awareness and alleviate stress and burnout.
3. Relate to the science of breath and breathing techniques as tangible tool to increase energy and reduce stress.
4. Identify the sources of energy to maximize personal well-being.
5. Experience gentle yoga, basic breathing techniques and guided meditation.

Suggested Performance Indicators:

- 1.6.2** Prioritize goals in order to effectively manage time and workload
- 12.3.1** Design program and/or intervention based on assessment and evidence based literature
- 12.3.6** Prioritize goals and objectives based on the level of importance and the ability to change the health problem

CPEU 1.5 (Pending) - Level I/II

MDs earn 1.5 AMA PRA Category 1 CME Credits from NYU Grossman School of Medicine

RNs earn 1.5 CNE Credits from American Holistic Nurses Association

All other Healthcare Providers will receive a Certificate of Attendance

We look forward to welcoming you for this unique webinar.

Warmest Regards,

IND MIG Executive Committee 2020-21

<https://ind.webauthor.com/>

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