

EXPLORING PRINCIPLES OF AYURVEDA PANCHAKARMA IN INDIA

Sponsored by School of Public Health

3 Credit Hours



Fall Study Abroad Program

December 2 - 22, 2018

Program Director

Dr. Shanta R. Dube: sdube2@gsu.edu



Program Description

For the first time, GSU is offering a study abroad program in India that will focus on learning about the origins of Yoga and meditation in Ayurvedic Medicine. The program provides educational, applied, and cultural opportunity in Pune, India for up to 10 graduate students who are interested in public health, integrative health, research, and use of traditional healing systems. Students will be introduced to a cultural context where many types of healing systems are utilized. Through mentoring and hands-on experiential activities, students will gain invaluable knowledge and skills about culture and health that will augment their academic preparations at GSU and also extend into their own self-care. The program builds on Prof. Dube's research on the impact of stress on health, and the practices that can counteract the stress response, build resilience, and promote well-being.

The program contains coursework on the use of cultural epidemiology to understand illness experiences and health-seeking behaviors. The course will place special emphasis on the use of Ayurveda as a preventative measure. Instructions will be provided by Prof. Dube and Ayurvedic practitioners in Pune, India by local non-government organizational partners who work in related fields. Our key collaborator, Pranavteerth and Omkar Missions Research Institute, have been engaged in multi-disciplinary efforts related to rehabilitating children and adults who have experienced adversities.

Eligibility

The program is open to graduate students who meet all academic requirements of the Georgia State University, School of Public Health. Students from other graduate programs who have met their respective academic requirements are encouraged and eligible to apply. However, program size is limited and participation is contingent upon acceptance by the Program Director.

Application Information

Students from all majors and degree programs are encouraged to apply.

Non-Georgia State participants must first apply for transient student status through Georgia State. Following application, Georgia State and non-Georgia State students must meet with the program director, Dr. Shanta Dube, for a 20-minute interview. Students must also meet with financial aid to ensure necessary funding. Students are encouraged to apply for the International Education Fee (IEF) and Global Experience Scholarships (GES) before September 14, 2018. Scholarship eligibility requirements may be found at the Georgia State study abroad website.

Accommodations

Participants will stay in the Hyatt Pune, a comfortable hotel with amenities, which is near the airport and near the Ayurveda clinic where the first week of instruction will take place. All rooms will be double-occupancy, with breakfast included. The hotel has a pool with sun decks, luxurious Spa with western and Ayurvedic treatments, and state-of-the-art gymnasium. Students will be able to see how even hotels within India integrate Ayurved practices.

Application Deadline: July 1, 2018

TENTATIVE PROGRAM ITINERARY

Atlanta, GA

Classes will be held in Atlanta on December 2-7.

Travel to Pune, India December 7, 2018

- Learn about Stress, Trauma, and Health from a global public health perspective
- Learn about Culture and Health and Explanatory Models of Illness
- Learn about the history and current practice of Ayurveda in India.
- Observe Ayurveda clinical practice
- Interact with Ayurveda physician and practitioners
- Engage with local NGOs
- Take guided tours of cultural sites
- Learn about the Indian Culture and how Ayurved is integrated

Day Trip to Mumbai

Spend Two Days in Konkan

- Take a guided tour of Konkan
- Engage in self-study
- Experience the arts and crafts of India



Courses and Credits

Participants who successfully complete the program's courses will receive 3 semester hours of course credit at Georgia State University. Students from other institutions should follow their institution's regulations concerning transfer credits.

Program Cost

Program cost may vary at any time according to currency fluctuations and changing travel arrangements. The program cost is tentatively set at \$4500.00, **PLUS** regular Georgia State University tuition and fees. Non-resident/out-of-state students will pay in-state tuition plus a \$250 fee in addition to the program cost.

Program cost includes:

- Round-trip airfare
- All ground transportation, excursions and entrance fees
- Lunch and Dinner
- Hotels
- Health/Evacuation/Repatriation insurance

Payment Schedule

Date: July 1, 2018: \$500.00 (Deposit with application)

Final program costs to be charges to student's Fall PAWS account

Scholarship Information

Georgia State University students are eligible to apply for the **IEF Scholarship** and may be eligible to apply for the **Global Experience Scholarship**. Visit mystudyabroad.gsu.edu/prospective/funding-study-abroad or call the Study Abroad Programs office at (404) 413-2529 to learn more about scholarships & financial aid for study abroad.

Program Director Contact Information

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