



## Taksha Institute (TI) Seminar TIM620



### East Meets West: An Introduction to (W)holistic Integrative Medicine

*Presented by:*

Dr. Dilip Sarkar, M.D., FACS, CAP, and Chair, TI School of Integrative Medicine (SIM)

*Sponsored by the School of Integrative Medicine (SIM)  
Taksha Institute (TI)*

**Date/Location: TBA**

#### **CHAIR:**

**Dr. Dilip Sarkar**, a retired vascular surgeon, has long included teaching as a primary focus of his medical career. He was an Assoc. Prof. of Surgery at Eastern Virginia Medical School in Norfolk, Virginia, and Chairman of the Department of Surgery and Chief of Staff at Portsmouth General Hospital, as well as serving on several local and national healthcare boards. Recently developing a profound interest in ayurvedic medicine, he retired from medical practice, and devoted time to the study of this ancient treatment and wellness philosophy in the Tidewater area and in India. He is certified as an Ayurvedic Practitioner (CAP), and continues to teach classes in yoga therapy, ayurvedic wellness, and integrative medicine.



#### **DESCRIPTION:**

The purpose of this event is to provide an understanding of the blending of modern Western and Ancient Eastern concepts in the treatment of disease and maintenance of health. Topics to be addressed include: Modern Medicine as Evidence-based Biochemical Medicine (EBM); Pharmaceuticals; Philosophy of Wellness; Integration of Pharmaceuticals and Procedures with Traditional System of Healing; and Evidence of Body-Mind-Spirit Integration.

This event is designed as an introduction to Integrative Medicine, with no pre-requisites or prior knowledge required. It is intended for any person interested in a (w)holistic approach to wellness.

A Certificate of Completion will be awarded to each participant at the end of the seminar.

#### **OUTLINE:**

- ◆Day 1: What is Integrative Medicine?
- ◆Day 2: Philosophy of Ayurvedic Medicine
- ◆Day 3: Yoga as Medicine

**MATERIAL:** No textbook is required. Please bring a yoga mat for Day 3.

**COST: \$140.00 (Early registration: TBA)**

To register, or to learn more about this or other Taksha Institute events in Integrative Medicine:

**[www.taksha.org](http://www.taksha.org)**

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