



Mind, Body and Soul: The Science and Practice of Holistic Medicine in India

Program Description:

In this program, students will travel to Kerala, the home of Ayurveda, one of the most ancient medical systems in India and world. Here they will be introduced to classical and modern concepts in Ayurvedic disease management focused on balancing the mind, body and soul through nutrition, meditation and healthy routines in day to day life. Students will have the opportunity to volunteer and shadow doctors at ayurvedic health consultation camps. Additionally, students will tour Kerala Ayurveda's herbal garden with over 1000 species of herbal plants (including rare and endangered species) used to source herbal medicine. This program also integrates industrial visits to Kerala Ayurveda's manufacturing facility for ayurvedic medicine and tutorials to formulate effective herbal medicine at home for maintaining healthy lifestyles.

Program Dates:

May 6-22, 2020

Application Deadline:

January 31, 2020

Course(s):

BCH 2990: Mind, Body and Soul: The Science and Practice of Holistic Medicine (3 credit hours)

Eligibility/Prerequisites:

Students need to have at least a 2.5 GPA and be of sophomore standing in order to participate in this program.



MISSISSIPPI STATE UNIVERSITY™
INTERNATIONAL INSTITUTE
Office of Study Abroad



Program Price: \$4,240*

Application Fee: \$150 (non-refundable)

Charged: February 3, 2020

Program Fee: \$4,090

Charged: February 10, 2020

**All fees are charged to MSU student accounts.*

Program fee includes:

- OSA Application Fee
- International Health and Emergency Assistance insurance
- Lodging
- All meals
- Entrance fees and excursions
- In-country transportation

Program fee does not include:

- MSU Tuition and Fees (charged to Student Account upon course registration)
- OSA \$30 Software Fee (charged to Student Account upon course registration)
- International airfare
- Tourist visa

Faculty Director:

Dr. Aswathy Rai, aswathy.rai@msstate.edu

Dr. Ashli Brown, abrown@bch.msstate.edu

Dr. Darrell Sparks, dsparks@bch.msstate.edu

***Mississippi State University reserves the right to modify the program or its costs as necessitated by changes in the international economic situation or to cancel the program if necessary.*

Office of Study Abroad

116 Allen Hall

662-325-8929

studyabroad@msstate.edu

MSU scholarships available

www.studyabroad.msstate.edu