

India Experience Festival at Cleveland State University

India Experience, the festival was a month-long program organized by Department of Cultural studies, Social welfare department of Cleveland State University and co-sponsored by US based non-profit organization Hindu Education Foundation. The month-long India Fest consists of an exhibition on 'Hindu Dharmic Traditions and Culture' in the main students library, a lecture series and workshop on various aspects of Hindu traditions by eminent scholars and a 10-days long Thyagaraja music festival.

In the lecture series the topics covered were as follows; India's Healing and Therapeutic Paradigm: Ayurveda and Yoga Ancient Indian Wisdom in a changing world of today

The Dynamics of Teacher-Student (Guru-Disciple) relationship - Dr. Vasant Joshi eminent scholar of religious studies and visiting faculty at Cleveland State University delivered all lectures.

Hindu knowledge system by Dr. Bikul Das from University of Toronto Canada.

Meditation and prevention of diseases by Dr. Indranill Basu Ray an electro-cardiologist from Harvard School of medicine, Boston. A workshop on 'Stress Management: Self Empowerment through Awareness and Progressive Relaxation' was also organized during the lecture series where Dr. Vasant Joshi guided the students and faculties about the simple techniques of stress management through Yoga and meditation. All these lectures were for 45 minutes followed by an hour of open discussion on the topics. 'The Dynamics of Teacher-Student (Guru-Disciple) relationship' lecture was a celebration of Guru-Shishya parampara (an Indian tradition) where Cleveland State University felicitated two eminent professors Dr. Green and Dr. Gross for their services to the university and students. Dr. Vasant Joshi presented the topic 'Guru - Shishya parampara in modern context'. Program started with one minute silence in memory of students who lost their lives in the tragedy at Virginia Tech. Students did this felicitation of professors by Indian tradition of bowing in front of teachers and taking their blessings, in presence of the Dean of school Dr. Gregory Sedlek. These senior professors were honored by giving them Shreefal (coconut), tilak, shawl and a plaque. I was fascinated to learn the influence meditation has on a peron's life. Dr. Ray's speech gave me a much better understanding of how and why meditation should be part of everyone's life." This is a quote from the Brianne Arndt a student who attended Dr Basu Ray's lecture on Meditation and wellness.

All the topics covered in the lecture series had a great impact on the students, faculties and all the community members who attended the lecture series. One example of profound impact on the audience was that Dr. Joshi was then invited to conduct a class cum workshop on meditation for the students of CSU by Professor Anderson. Students were requested to write a page about the lecture series and the program shows the impact of the program on them. The hindu exhibition was visited by countless students, faculties and community people. The library staff themselves were very much impressed by the exhibit and number of visitors to the exhibit and expressing their gratitude's to the to Dr Agrawal for bringing exhibit to the CSU. The program was covered by the Cleveland Stater and can be viewed here. Images can be viewed here