



## **DATO' DR. SUSEELA NAIR**

Dato' Dr. Suseela Nair was born in Port Dickson, Negeri Sembilan. She obtained her MBBS from Nagpur Medical College in 1965. During her distinguished career as a surgeon, she has served as in various hospitals throughout the country and her final posting was as Head of Surgery in the General Hospital, Kuala Lumpur. She has a special interest in the area of management of breast diseases, especially breast cancer. She was responsible for setting up the first breast clinic in a government hospital in December 1992. Today, there are breast clinics in all government hospitals in the country. After her retirement from government service, she continued to be in practice and is, currently, a Breast Surgeon at Hospital Gleneagles Kuala Lumpur. She continues to be someone who has shown excellence in the care of cancer patients.



## **PROF. DR. GERRY BODEKER**

Professor Gerry Bodeker is internationally known in the fields of wellness and integrative medicine. A member of Oxford University's Green Templeton College, he has held faculty appointments in public health in Oxford's Nuffield Dept of Medicine and the Dept of Primary Health Care Sciences. An Australian whose doctoral studies were at Harvard, he is also an Adjunct Professor of Epidemiology at Columbia University, New York. For more than two decades, he and his team have conducted research and policy advisory work with UN agencies and governments on the public health and policy aspects of traditional medicine use in developing countries.

Gerry Bodeker is Editor-in-Chief of the *World Health Organization Global Atlas of Traditional, Complementary and Alternative Medicine* (2005); author of chapters in this field in *Hunter's Tropical Medicine* (2012) and *Manson's Tropical Diseases* (2011); and has published in *The Lancet*, the *British Medical Journal*, the *American Journal of Public Health*, *Transactions of the Royal Society of Tropical Medicine* and other leading journals. He has researched the potential contribution of Chinese medicine to cancer immunotherapy and is working with the United Nations University on a research project on Asian traditional diets in the prevention and management of non-communicable diseases.



## **DR. RAMKUMAR KUTTY**

Dr. Ramkumar hails from a traditional Ayurveda family. Since completing his formal Ayurveda education in 1991 from the Ayurveda College, Coimbatore, he has continuously been occupied in education and strengthening Ayurveda, the primary health tradition in India. He is the Founder-Director of Punarnava Ayurveda, an institution committed to Authentic Ayurveda for Universal Well-Being, with the primary objective of "creation and sustenance of health for the global community in a cost-effective manner through Ayurveda and other traditional medical knowledge systems".

Dr. Ramkumar has also been the prime mover behind a series of International Conferences on "Ayurveda & Yoga - where science meets consciousness". The first such conference was held in Mahabalipuram in 2006, the second in Rishikesh in 2008 and the third held in Rishikesh in February 2011.

### **ABSTRACT: ENVIRONMENT & CANCER – LIFESTYLE CHANGES**

Growth for the sake of growth is the philosophy of the cancer cell

The discussion of cancer needs to continually go back to this statement made by Edward Abbey, an American author and essayist, noted for his advocacy of environmental issues. We can extend this statement that growth for the sake of growth is what is fast making this planet a most unhealthy space to live in.

It is estimated that two-thirds of all cancer are linked to environmental causes – the book, *Cancer and the Environment*, published by the US Department of Health and Human Services, gives interesting insights into these causes. The causes can be divided into two areas – those that are not manageable at the individual level; and those that can be managed at the individual level.

Ayurveda, the knowledge of life and longevity, is perhaps the oldest existing body of knowledge on the healing process. It is not merely a medical knowledge system; it is a way of life which addresses the body, mind, human spirit and consciousness. Ayurveda first addresses the need of maintaining the health of the healthy; and only thereafter, does Ayurveda look at cure of the disease. In this presentation, we will try to understand how the Ayurveda concepts relating to diet and lifestyle can actually help in preventing the occurrence of cancer in an individual; how the application of these concepts help raise the capacity of the individual to avoid “growth for the sake of the growth”.



## **DR. ROBERT E. SVOBODA**

Robert Svoboda is the first Westerner to obtain a Bachelor of Ayurvedic Medicine and Surgery in 1980. Other than Ayurveda, he has also trained in Yoga, Jyotisha, Tantra and allied subjects. He has travelled extensively and is also the author of several books on Ayurveda. He has served as Adjunct Faculty at the Ayurvedic Institute, Albuquerque, NM, and Bastyr University, Kenmore, WA.

### **ABSTRACT: ENVIRONMENT & CANCER**

Cancer offers an excellent example of the Ayurvedic principle of yukti, which is defined as bahu-karana-yoga-ja, “created by the conjunction of multiple factors. Malignancies can be due to internal or external causes or both. An estimated 90–95% of cases are due to external or environmental factors, including air, water, and soil; diet, smoking, alcohol, drugs, exposure to chemicals, sunlight, ionizing radiation, electromagnetic fields, infectious agents, and others.

Every aspect of our lives, including cultural, economic and behavioral factors, all act as aspects of our environments.

This presentation seeks to outline the common external, environmental factors that contribute to the development of cancer, including ways in which they interact with internal factors, including both genetics and mental and emotional states, with the aim of offering suggestions for lifestyle changes both to discourage cancer from developing and to address it once it has arisen.



## **MATTHIAS GELBERT**

Founder of Eco Warrior Malaysia, International Trainer, Ecopreneur, Green Activist, Matthias has been a Professional Speaker on Environmental Management Sustainability for the last 19 years across 40 countries.

For the past 10 years Matthias has based himself in Asia, specifically Malaysia and 'The Philippines', where he has grown a strong following across the region. Matthias originates from a small German village surrounded by the forest and, from his youth, has been a passionate advocate of green living.

His core passion - and lifetime's mission - is dedicated to Mother Nature and preserving the planet's natural environment by both promoting 'Environmental Management and Corporate Social Responsibility' among business, government and the ordinary people.

Earning a Master's in Environmental Science majoring in Legislation from Brunel University in the United Kingdom, Matthias has also been recognized as worldwide champion in the Award for Greenest Person on the Planet by 3rd Whale in 2008.

Matthias has also authored (and officially launched on World Environment Day 2015) his first book entitled "The Green Man's Guide to "Green Living and Working". The book is also an attempt to produce the Greenest Book on the Planet that is carbon neutral, as an example of how we can change our impact on the planet in tangible ways. Matthias also "walks the green talk" by living without a car and using a meager USD\$10 of electricity every month.

He has initiated the Negawatt Revolution Energy Campaign and Facebook Group Eco Warriors in Malaysia, two community movements focused on taking positive action to combat climate change and reduce your household energy by 10%.

As another example to the business world of being the change you want to see, Matthias is also co-founder of Maleki GmbH, a construction material research and development business in Germany that specializes in low carbon footprint, high performance building material and also acts as a Board of Director for a U.S. based solar cell research, technology and development business in Malaysia.

### **ABSTRACT: SOURCES OF POLLUTION IN EVERYDAY LIFE**

Identify sources of pollution in everyday life that can impact our health and present examples of how we can reduce that pollution.

He will give some tips on how we can green our daily lives and benefit our own health and the health of Mother Nature, our natural eco-system.



## **MISS AMY TAN**

Amy Tan has dedicated more than a decade to exploring and teaching the movement potential of the human body and how it can enrich our lives as parents, teachers, therapists and caregivers. Here she shares and guides you towards enriching your life and discovering your true potential through learning how to live in harmony with your body and nature. She believes that the more we can live in harmony with our bodies, the richer our lives can be.

### **ABSTRACT: ROLE OF ECOTHERAPY IN PHYSICAL AND EMOTIONAL HEALING**

Amy Tan will speak on Nature Deficit Disorder, a term coined by author Richard Louv, which examines the growing distance between the way we live today and our diminishing relationship with nature and how it is affecting our wellbeing, quality of life and health.

Eating healthily and reducing stress are two main changes we make when we are ill. But is it sufficient? With firsthand experience of living in the tropical rainforest for the past years away from the urban life, Amy will share what the forests and Mother Nature had taught her about living and healing.



## **MR. LIEW HEE NAM**

In January 2002, Liew Hee Nam had a mild heart attack, high cholesterol, high blood pressure and high uric acid. As a believer in holistic healing, he used natural methods which encompassed detoxification of the body, changing of diet and lifestyle and healed himself.

For 13 years, he has been sharing natural methods in the management of health and chronic diseases. He is a holistic health coach and has conducted health talks, workshops and detox health camps in Peninsula Malaysia, Sabah, Sarawak, Singapore and Indonesia.

### **ABSTRACT: CANCER: A SURVIVOR'S PERSPECTIVE**

On 18 October 2012, he saw an urologist in a government hospital when he had incontinence and passed blood clots in his urine. He underwent a blood test, x-ray and ultrasound but the urologists couldn't detect the problem for a period of 19 months.

On 30 May 2014, he reluctantly underwent a CT scan and the doctors detected a tumour of 4.8cm in the urinary bladder. He was scheduled to undergo an operation on 5 June 2014. Three days before the operation, he had a change of heart and decided to postpone it.

He went in search of natural methods of healing cancer by reading books, attending talks, and subscribing to newsletters from naturopathy practitioners. He also downloaded articles and videos from the internet.

On 27 February 2015, the ultrasound report indicated the carcinoma of the urinary bladder had not increased in size. There was a 2cm cyst in the liver. The gallbladder, pancreas, kidneys and spleen were normal.

On 11 June 2015, another ultrasound report indicated the tumour remained the same in size. The cyst in the liver had reduced to 1 cm. The gallbladder, pancreas, kidneys, spleen and prostate were normal.

It has been almost three years since he had his first medical urinary problem. His condition has improved. There is less pain, urination, bleeding and very few blood clots.

Thus, In **“Cancer: A Survivor's Perspective”**, he will speak on how he overcomes his urinary bladder carcinoma using holistic methods.



## **PROF. G. SURESH KUMAR**

Prof.Dr.G.Suresh Kumar currently serves as a Professor of Parasitology. He is a member of the UM Senate, Faculty of Medicine, University Malaya.

He has published more than 160 papers including conference papers and has supervised more than 85 research students including PhD students. He has established more than 9 research international collaboration and has served as WHO Steering committee member in World water guidelines, Zoonosis and water, Shellfish and water since 2002. He also serves as the Deputy President of the Sathya Sai Central Council of Malaysia.

### **ABSTRACT: ENHANCED CONSCIOUSNESS TO ACCELERATE HEALING**

The talk provides scientific insights and evidence based information for the role of consciousness in healing. Consciousness in itself is abstract and the attempt to quantify this almost impossible task. However consciousness is governed by the kind of belief we possess therefore making it imperative to understand better the power of belief in shaping attitude and thinking. What governs thinking and how important is this in conferring a perception? Can perceptions influence DNA? How can two unrelated entities influence one another? There are studies that throw cold water to the idea and show that attitude has no bearing to healing. These controversies and more will be scrutinized with the view of empowering participants with strong take home messages so that we remain healthy and the sick gets better fast.

# ***PROGRAMME OUTLINE***

## ***5<sup>th</sup> Malaysian International Conference***

8:00 a.m. : Arrival and Registration of Participants

### **SESSION 1**

9:00 a.m. : Introduction & Welcome Note

9:05 a.m. : Chairman: Dato' Dr. Suseela Nair  
Special Address  
Miss Amy Tan – Role of Ecotherapy in Physical and Emotional Healing  
Mr. Matthias Gelber – Sources of Environment Pollution in Everyday Life

10:00 a.m. : TEA BREAK

### **SESSION 2**

10:30 a.m. : Chairman: Dato' Dr. Suseela Nair  
Keynote Address by Dr. Robert E. Svoboda – Environment & Cancer

12:00 noon : Chairman Prof. Dr. Gerry Bodeker  
Special Address  
Prof. Dr. G. Suresh Kumar – Enhanced Consciousness to Accelerate Healing

12:45 p.m. : Arrival of Guest of Honour – Mr. Raja Singham  
Managing Director, Brickfields Asia College

12:50 p.m. : Welcome Address by Vaidya C.D. Siby,  
Hons. President, Cansurvive Centre Malaysia Berhad

12:55 p.m. : Opening Ceremony & Inaugural Address  
Mr. Raja Singham, Managing Director, Brickfields Asia College

1.05 p.m. : LUNCH

### **SESSION 3**

2:00 p.m. : Chairman Dr. R. Indusekhar  
Special Address  
Swami Kriyathasa Sekar – Environment & Cancer – Role of Mind

2:45 p.m. : Special Address  
Dr. Ramkumar Kutty – Environment & Cancer – Life Style Changes

3:30 p.m. : Special Address  
Mr. Liew Hee Nam – Cancer: A Survivor's Perspective

### **SESSION 4**

4:00 p.m. : Dr. Peter Nai Award Ceremony  
Award Recipient: Dr. Saunthari Somasundaram

4:10 p.m. : Open Discussion & Question Answer Session  
Dr. Ramkumar Kutty, Miss Amy Tan, Mr. Matthias Gelber, Mr. Liew Hee Nam, Vaidya C.D. Siby

4:55 p.m. : Closing Remarks by Dato' Dr. Suseela Nair – Organising Chairman

5:00 p.m. : Thank You Note by Mr. Stanley Ong – Deputy President, Cansurvive





## **SWAMI KRIYATHASA SEKAR**

Swami Guru Sri Kriyathasa Sekar, is the founder of the 7C Life organization. 7C Life is an organization that teaches the positive aspect of life and how it should be celebrated. Swami believes that all of us are already born to be successful and are destined to live a happy life.

Swami founded 7C Life with the Divine's guidance to teach the principles of how to live the right life. He preaches that we must practice the living that is **RIGHT** for us and not for someone else. In order to achieve this state of living, the practice of meditation is very important.

Swami has guided and coached many people through his meditation techniques and also through his private counseling. Many have been able to achieve a balanced life and lifestyle be it in relationships, wealth, career and personality. His teachings are simple and easy to follow as he believes that life itself is simple.

As a practitioner of his teachings, Swami also enjoys a great life. He is married with 3 children aged 15 to 22 years old. Swami is also in the corporate world where he holds a senior position in one of the largest investment bank and public listed company.

**ABSTRACT:**



**Vaidya C.D. Siby**

Vaidya C. D. Siby was born in Kerala, India, but is now based in Kuala Lumpur. In India, he was awarded a Bachelor of Ayurvedic Medicine and Surgery from Madras University. Although he has a sound understanding of modern medical and paramedical sciences and yoga, he has chosen to practice Ayurveda and is today, the Chief Ayurvedic Physician at Ayur Centre Sdn Bhd. For many years now, Vaidya C. D. Siby has been associated with conducting Medical Camps in rural areas of Tamil Nadu and Kerala. In addition, under that guidance of Dr. K. Raja Gopalan (Ayur Director, Amala Cancer Institute, Trichur) he has gained valuable experience and insight into treating cancer, kidney failures and connective tissue diseases. All these experiences have led to Vaidya C. D. Siby and his work being published in several new papers and health journals. Vaidya C. D. Siby is also the current President of Cansurvie Centre Malaysia Berhad, which is an organisation that provides information and support for patients who suffer from cancer.



**Dr. R. Indusekhar**

Dr. Raveendra Nathan Indusekhar is a senior physician at the Ayur Health and Ten Roots Ayurveda clinic which is located in Malaysia with a branch in Singapore from 2001 till now 2015. He received his Bachelor in Ayurveda and Medical Surgery from the Kerala University in 1998 and was a Senior Research Fellow in TBGRI (1999-2000). He is noted for having developed standard protocols for neuro-muscular and musculoskeletal conditions combining manipulative physiotherapy and ayurveda.

