

## WESTERN CONNECTICUT STATE UNIVERSITY

Institute for Holistic Health Studies  
Fifth Annual Report to the WCSU Senate, 2004-2005

**This is a summary report of the observations and assessments regarding the operation of the Institute for Holistic Health Studies (IHHS) in its fifth year at Western.**

**In the 2004-2005 academic year the Institute for Holistic Health Studies** continued to bring its visionary plan of inspirational and educational events to campus in partnership with the Danbury Branch of the Connecticut Holistic Health Association (CHHA). Arrangements were made for Western to host monthly Board meetings in the Library and programs at Warner Hall. Students in HPX courses were involved in the planning, implementing and evaluating of the Third Annual Holistic Health Fair held Saturday, April 9, 2005. Over 200 people attended the event that featured 5 workshops and 30 exhibitors. Students also assisted in the evaluation of our Speaker on Thursday, April 7, 2005. WestConn was honored to have Dr. Judith Orloff present a lecture/discussion on **'The Power of Intuition & Positive Energy to Heal'**. IHHS is pleased to announce that over 35 students and 250 others, many from New York and New Jersey, attended the event. Dr. Orloff was most accommodating to the 100 'fans' that stayed afterwards for the book signing.

With Part and Full time HPX faculty donating their time, approximately \$11,300.00 in profit was realized. Donations to the IHHS student scholarship fund was the main bulk of the profit totaling \$5,300.00. Many thanks have to go to Professor Emeritus Jeanette Tedesco for such a fabulous effort! Two \$500 scholarships were awarded this semester.

The two main events this year, our featured speaker and the Holistic Health Fair, would not have been possible, nor as profitable if it were not for the internal support of various departments on campus. HPX and IHHS would like to thank public relations, maintenance, public safety, university events, university computing, university printing and Sodexo Food service.

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**Based on the activities of the Institute this past year, the following issues in the managing of the Institute will need to be addressed:**

**1. Leadership:** HPX will request from CSU a 5 year continuation of the Institute as an integral part of the proposed Holistic Health Studies Option in Community Health. With the option scheduled to begin in the Fall of 2006, it is the Department's intention to request an additional full time faculty line. That new hire will have released time (already negotiated and in current bylaws) to manage the Institute. Without leadership and direction from within the Department, the Institute will struggle.

The IHHS's close working relationship with CHHA (Connecticut Holistic Health Association) will need to be evaluated on a yearly basis. It will be the responsibility of the new 'director' to facilitate that relationship and all other activities related to the Institute. A major decision to be made is whether the IHHS will be a vehicle for community building and service (providing only in-kind services) or a "for profit" endeavor.

**2. Featured Speakers.** The continuation of such events will depend on securing a new director.

**3. Holistic Health Fair:** The continuation of such events will depend on securing a new director.

In summary, the Institute for Holistic Health Studies at Western Connecticut State University, continues to have great potential for expansion, but such potential will rely solely on HPX's ability to secure a director. A part time director may be possible, but a full time member of the academic community would be much more effective.

The ability of IHHS to be the key mechanism for HPX to offer our students financial support in the form of scholarships is most coveted. We hope to continue in that area as well as provide experiential work skills for our majors and any others to secure jobs in the field.

**Submitted by:**

**Jody Rajcula**

**Co-Chair, Dept. of Health Promotion and Exercise Sciences**