

news

OCTOBER | 2023

Message from the Honors Assistants

Hello, Kathwari Honors Program!

We hope you're resting up after midterms and getting back into the swing of things. As your KHP student assistants, we are thrilled to be offering you more events and space in the Honors House this year. Last month, we hosted a Barbie movie night and a Jeopardy night, and we're delighted to see more Honors students trickling into the House in the meantime. We are incredibly excited to host our Registration Night on Halloween at 10 PM. In November, we are hosting a game night on Thursday the 2nd and a craft night on Monday the 13th. We hope to see at least some of you there!

If you ever need assistance, we are always an email or an Instagram DM away. Make sure to follow us [@wcsukathwarihonors](https://www.instagram.com/wcsukathwarihonors) for more event updates. **See you soon!**

Gabby Dane,

Jocelyn Villacreses,

Michelle Rochniak

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Meet Mr. Farooq Kathwari



EVER WONDER, “WHO IS KATHWARI AND WHAT IS THE CONNECTION TO THE HONORS PROGRAM?” THIS IS FOR YOU!



March of 2015, Farooq Kathwari, President and CEO of Ethan Allen Interiors Inc., headquartered in Danbury, and his wife, Farida, gave a gift of \$1 million to create an endowment to support WCSU's Honors Program.

The President of WCSU at that time, James W. Schmutter stated that, “The Kathwari family and Western's Honors Program are a perfect match. Both epitomize dedication to excellence, recognition of the value of hard work, and commitment to making the world a better place. Farooq and Farida Kathwari's generous gift not only honors their son Irfan's memory; it also establishes a permanent foundation for educational experiences that will shape the lives of our Honors students.”

Farooq Kathwari emigrated to the U.S. at the age of 21 to attend graduate school at New York University, where he earned his MBA. While a student, he began selling crafts from his home country of Kashmir, that were sent by his grandfather. While working on Wall Street for Rothschild Inc., where he became CFO at the age of 27, he met Ancell, and they agreed that Kathwari would join Ethan Allen, which in fiscal year 2023, had annual sales exceeding \$791 million.

“The Honors Program is very important,” Kathwari said. “They are students who perform well and perhaps can use the extra help to further their education and careers. I believe these students will make a difference.”

Over the past 8 years, Kathwari's gift has supported student's international and domestic study and internships, academic and professional development opportunities, events in collaboration with the local community, dynamic guest lectures, scholarships and other Kathwari Honors programming hosted in the Irfan Kathwari Honors House, named in memory of the Kathwaris' son.

Mr. Kathwari is a regular guest at Kathwari Honors Program events throughout the year, including Honors Convocations, Leadership Seminars and most recently, an Honors Meet & Greet event, pictured above.



Honors Students in Action

HONORS STUDENTS SHINE IN *SOMETHING ROTTEN! A VERY NEW MUSICAL*

Congratulations to our Kathwari Honors student stars on their stellar performance and production of *Something Rotten! A Very New Musical*, which ran October 13th - 22nd at the Visual and Performing Arts Center on the westside campus.

Meghan Maher - PORTIA
Yazmin DeJesus - PORTIA
Kendyl Grace Davis - ENSEMBLE
Jessica Ragucci - ENSEMBLE
Amy Mandelbaum - ENSEMBLE
Lucas Dylan Johnson - ENSEMBLE
Dylan Reynes - ENSEMBLE
Athan Fischer - ENSEMBLE
Henrey Grimm - ENSEMBLE
Noah Collazo - SWING
Sebastian Martelle - SWING



Michelle Rochniak, Kathwari Honors Assistant published an article, [“Something Rotten is Something Beautiful”](#) in the Echo!

HONORS STUDENT, MELINA DE OSAMBELA, WINS SOCIAL JUSTICE ADVOCATE AWARD

Melina De Osambela, a senior social work major and Kathwari Honors student, received the Social Justice Advocate Award in the Spring of 2023 from the School of Professional Studies. De Osambela received the award for her work in communicating with various authorities and her state representative. Her efforts allowed her to better understand the actions and policies that have been established in Connecticut that affect vulnerable populations.

Congratulations!



Honors Course Spotlight

COOKING & CONVERSATIONS WITH SPRING HONORS FACULTY

Honors students gathered in the Honors House kitchen with Professor Pano Koukopolos, who teaches **HON 498 Navigating Life: A Survival Guide to Thrive in the Real World** and Dr. Wynn Gadkar-Wilcox who teaches **HON 398 AI and the Future of the Humanities**, to hear more about their courses available in the Spring. Professor Koukopolos gave students a taste of what the course may be like by teaching them how to navigate an important part of life--cooking. The group learned to prepare a few simple and inexpensive appetizers like hummus, pico de gallo and focaccia with onion, tomato and cheese. The time shared together was filled with questions, stories and delicious food.



MEDITATION, BREATHING & YOGA NIDRA WITH PROF. AUTUORI

In her **HON 498 Positive Health and Stress Management** class, Professor Christel Autuori shared meditation techniques and practices, beginning with the three-part (belly breathing) breath to induce the relaxation response, and continued with a gentle yoga practice. Yoga is considered a meditation in motion, uniting the body, mind, and spirit. The class ended with the practice of "Yoga Nidra", a deep relaxation technique, often called Non Sleep Deep Relaxation (NSDR). It has been said that 30 minutes of Yoga Nidra can have the same effect on the body as two hours of sleep.



Upcoming Events



HONORS REGISTRATION NIGHT

Honors Students: Honors priority registration opens at midnight on November 1st! Join us in the Honors House after PAC BINGO. Honors Assistants will be present if you need any help with the registration process or have any questions. **Costume contest & raffle prizes. Food will be served!**

WHEN: Tuesday, October 31st from 10:00pm - 12:30am

WHERE: Kathwari Honors House



Honors Seminar: Leadership in Organizations and Diplomacy

Twelve Honors Students will attend this seminar at Ethan Allen Headquarters with Farooq Kathwari, Chairman and CEO of Ethan Allen and benefactor of the Kathwari Honors Program. Mr. Kathwari will deliver a short talk to the students, lead discussion, answer questions, and offer a brief tour. Lunch will be provided. **Email kennedyc@wcsu.edu to check for open spots.**

WHEN: Wednesday, November 1st from 11:00am - 1:00pm

WHERE: Ethan Allen Headquarters, Danbury



Honors Community GAME NIGHT

Honors Students: Get together for board, card and video games. Honors Assistant, Michelle will be leading a basic DND-esque game called Honey Heist! Snacks will be provided!

WHEN: Thursday, November 2nd, 7pm

WHERE: Kathwari Honors House



Self-Care Fair w/ HON 498 Positive Health & Stress Mgmt.

ALL WCSU: Hosted by WCSU's Institute for Holistic Health Studies, in conjunction with the HON 498 - Positive Health & Stress Management students, Counseling Services, Health Services, Food is medicine Club and more. You can't pour from an empty cup...take care of yourself!

WHEN: Tuesday, November 7th, 12:30 - 3:00pm

WHERE: White Hall 127



Election Connection w/ HON 498 Live News & Election Coverage

ALL WCSU: A dedicated student crew is taking full advantage of their technological tools and social media expertise to present WCSU's 13th annual "Election Connection" news production providing local coverage of Connecticut races.

WHEN: Tuesday, November 7th, 8:00pm - Midnight

WHERE: Streaming on YouTube at [WCSU Studio Election Connection](https://www.wcsu.edu/live), on [Facebook](#) and on the WCSU website at www.wcsu.edu/live. A radio simulcast will air on WXCI-91.7 FM. Follow on X @ElectionCT.



Honors Community CRAFT NIGHT

Honors Students: Get together for guided origami and free crafting! We have tons of crafting supplies, yarn, beads, paints, markers, glue...and lots more! Snacks will be provided!

WHEN: Monday, November 13th, 7:00pm

WHERE: Kathwari Honors House



Promoting Peace Within

ALL WCSU: A gathering of campus organizations, each sharing cultural traditions and practices for creating stillness within. We will share our techniques and traditions and celebrate our connections to one another — our community. Refreshments will be served.

WHEN: Tuesday, November 14th, 3:30 - 5:00pm

WHERE: Kathwari Honors House



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