

**Kaushal Nanavati, MD**  
**Assistant Professor of Family Medicine**  
**Medical Director, Integrative Therapy**  
**College of Medicine**

**Script read by Dr. Gene Bailey, Program Director of Upstate's Family Medicine Residency, presenting the 2020 Gold Standard Award to Dr. Kaushal Nanavati:**

“I'd like to read a few excerpts from Dr. Nanavati's nomination letter

Dr. Kaushal Nanavati has excelled in every aspect of his clinical care, the education of our medical students and residents, and the administrative activities at Upstate Medical University. I cannot tell you how many times a patient or student has mentioned his name because he influenced their lives and shaped their thoughts regarding wellness and medicine. His expertise in integrative medicine and wellness is infectious and life changing. He has developed his knowledge and skill as a motivational speaker and his innovation and inspiration in this field demands our respect and admiration.

Clinically, Dr Nanavati runs an integrative clinic at the cancer center where he accepts consultations and encourages medical students to participate. He also has lectured in our community to inspire others to wellness.

For Upstate Medical University and the medical school, he has developed opportunities for faculty, staff and students to increase their awareness of living a healthy life and wellness including initiating a session entitled Tranquility Tuesdays. He has taught many medical students and has taken on students for individual projects – such as the Food as Medicine course. He also has served on several distinct committees and held administrative positions at Upstate Medical University. His reputation among Upstate faculty and administrators is impeccable.

Dr Nanavati's attributes include educator, integrity, honesty, determination, innovation and leader.

He espouses the vision and mission of our university at all levels.”

**Nominated by Eugene Bailey, MD, Associate Professor and Program Director of Upstate's Family Medicine Residency Program, College of Medicine.**