

GRAND ROUNDS



Thursday, October 23, 2025

Location: Zoom (*RSVP for link*)

4:30pm- 6:00pm

RSVP [here](#) or to

bioethics@stonybrookmedicine.edu

Compassion and Contemplation: Expanding the Medical Humanities through Mind-Body Medicine

Sarah Mulukutla, MD, MPH, FAAN

This presentation introduces a model of medically informed mind–body education, where contemplative practices are taught in the context of neurological illness. These practices empower patients to pursue self-inquiry, build mindfulness and stress management skills, and find dignity and meaning in the face of illness. The session will include two short practices — a visualization and a compassion (metta) meditation — to illustrate the role of contemplative work within the medical humanities. It will also reflect on the broader implications of group-based contemplative education, the challenges of integrating it into current medical systems, and its relevance to emerging initiatives in brain health.

After the lecture, participants will be able to:

1. Describe how contemplative practices support resilience and health decision-making during illness.
2. Examine the role of mind–body practices in whole person, compassionate care.
3. Reflect on the experience of two short contemplative practices and their relevance to clinical care.



Sarah Mulukutla, MD, MPH, FAAN, is a neurologist and founder of Mindful Neurology, and an Adjunct Assistant Professor at Yale School of Medicine. Her clinical work and research investigate the neurophysiological benefits of meditation for people living with neurological illnesses, with a focus on Parkinson's disease. Dr. Mulukutla has held leadership roles at the American Academy of Neurology, where she founded the Academy's Section on Neurohealth and Integrative Neurology in 2016. Her Master of Public Health training, along with an undergraduate focus in the History of Science, provides a broad perspective on the role of contemplative practices in public health and their potential to shape the future of medicine.

To learn more about the **MD with Scholarly Concentrations in Medical Humanities and Ethics track**, the **Master of Arts program**, and **Center for Medical Humanities, Compassionate Care and Bioethics**, please visit stonybrook.edu/bioethics