

Biography

Duc Viet Nguyen is a Vietnamese American, former political refugee in the USA. He is now an Independent Researcher & Writer for Peace living in Long Beach, California. He focuses on human right protections, freedom to write, socio-political cultural psychological analysis, nutrition, & non-fiction editing. He was awarded a Doctor of Philosophy Degree in Psychology in July 2005, from the California Coast University. Earned MA and BA in Vietnam, he was director of Admission office, Faculty of Science-Saigon University (1973-1975) and research writer.

From 2002-2004 he was Chairman of the Writers in Prison Committee & Writer for Peace-Vietnamese Writers Abroad Center & International P.E.N. Before this he was employed by the State of California Department of Rehabilitation as a Qualified Rehabilitation Professional (1982-2006). He is a member of American Psychological Association as a Psychologist at present time.

Publications: In English

- Healing the Inner Wounds from the Wars in Vietnam (2006)
- Happiness and Family (1999)

Publishing in Vietnamese language

- Victims of Wars in Vietnam (2000)
- Ngon Ngu Viet Nam (1996) by Le Thai At. (Vietnamese Linguistic), Editor.
- Van Hoa Viet Nam (2003) by Le Thai At. (Vietnamese Culture), Editor.

Background

Yearly, thousands of Asia Students from Asia Pacific study natural sciences, technology, business management, finance, economics etc...in either Europe or the USA. Upon completion of education, and return home, they hold the important roles to develop their homeland. According to the project Ming in the USA, since the opening of student exchanges by Deng Xiaoping in the late 1970s between China and the US, the number of Chinese students and scholars has climbed from a few hundred a year to over 60,000 by the late 1990s. Students from China are now the second largest foreign contingency attending US universities, behind only India. In turn, the arts of daily living with practice of Yoga, Tai Chi, Acupuncture, Acupressure, and Nutritional Herbs from India and China have become popularly in either Europe or the USA. In this roundtable discussion, the uses of natural ways to self-care will be shared each other. Hopefully, this will be interesting for Fulbrighters at the 31st Annual Conference in Beijing, China

Discussions Questions

1. Introduction- Some simple techniques to self-care in the worldwide industrial countries at computerized management time.
2. History of yoga philosophy. Discuss how yoga improves health. What are the benefits of yoga?
3. An Overview of Tai Chi philosophy. Discuss how it works to manage stress.
4. How do we apply acupressure and massage to perform self-care for hands, arms, legs, fingers, feet, face and neck?
5. We are what we eat on a day to day basis. What nutritional foods and dancing exercises can avoid excessive weight gain for children at school?