



Weill Cornell Medicine-Qatar
Institute for Population Health



Population Health and Well-being Series

The Role of Mind-Body Medicine in Complex Healthcare Systems



Live Webinar

May 20, 2025

4:00-5:00 PM (Qatar Time)



Speaker

Dr. Darshan Mehta

Medical Director, Benson-Henry Institute for Mind Body Medicine, Massachusetts General Hospital

Co-Director, Center for Comprehensive Healing, Massachusetts General Hospital

Medical and Education Director, Osher Center for Integrative Health, Harvard Medical School and Brigham and Women's Hospital

Assistant Professor of Medicine and Psychiatry, Harvard Medical School

Darshan Mehta, MD, MPH, is a general internist and an Assistant Professor in Medicine and Psychiatry at Harvard Medical School (HMS). He is the Medical Director of the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital (MGH) and the Medical and Education Director for the Osher Center for Integrative Health at Brigham & Women's Hospital and HMS. In addition, he is the MGH site director for the Practice of Medicine curriculum required of all 1st-year HMS students. Most recently, he was appointed Co-Director of the Center for Comprehensive Healing. His educational and research interests include curricular development in complementary and integrative medical therapies, mind-body educational interventions in health professions training, and promoting professionalism in medical trainees.

Dr. Mehta received his BA in Biology from Illinois Wesleyan University and an MD from the University of Texas-Southwestern Medical School. He completed his residency in internal medicine at the University of Illinois-Chicago Hospital. He completed a clinical research fellowship in complementary and integrative medicine at the Harvard Medical School Osher Research Center, during which he received a Master of Public Health degree from the Harvard School of Public Health. He is board-certified in Integrative Medicine and has done professional training in mindfulness-based stress reduction at the University of Massachusetts Medical Center. From 2020 to 2025, Dr. Mehta was the inaugural director of the Office for Well-Being at MGH. He is on the board of directors for the Academic Consortium for Integrative Health and the editorial board for the Journal of Integrative and Complementary Medicine and Global Advances in Integrative Health and Medicine. Dr. Mehta is active in the Massachusetts Medical Society and is a member of the American College of Physicians.