

Nick Shroff, a urologist, cancer surgeon, and healthcare consultant, complements his four decades of conventional Western/allopathic professional medical practice with his expertise in Yoga. His transformational journey was enhanced by being in alliance with spiritual masters and like-minded peers championing similar causes. His work with health seekers focuses on mindful breathing, holistic living, and yoga to enhance their well-being. **He teaches efficient breathing techniques, including appropriate pranayama, to facilitate healing, especially for seniors and cancer patients.**

He has served as president of the **Texas Indo-American Physicians Society (1989-1990)** and president of the **Indian-American Urological Association, IAUA (2004 -2006)**. As Chairman of **AAPI Charitable Foundation**, he spearheaded AAPI's first **Rural Health Camp** and led Prostate Cancer Screening Program for the Government of India Rural Health Initiative. He received the *Most Distinguished Service Award* by the **American Association of Physicians of Indian Origin (AAPI) Charitable Foundation** in 2014 for his commitment and dedication to providing healthcare to the underserved and underprivileged.

As co-director and liaison for the **Project ECHO Replication in India**, he was honored with the *Friends of ECHO Award* for improving the care of underserved patients. In 2012, Dr. Shroff co-founded the **Integrated Accountable Care Organization (IACO)** for physicians in West Texas, Austin, and San Antonio and served as the Chair of the Board of Directors of IACO from its inception through a merger with **Evolent Health Care** in 2020. He improved the quality and lowered healthcare costs in Texas through this IACO.

Dr. Shroff was merited with an Outstanding Physician Award in 2019 and Chaired the Governing Council of **Texas Medical Association (TMA) International Medical Graduates Section (2001-2002)**. He serves on the TMA-Physician Health & Wellness committee and is a **TexMed CME speaker** on diverse topics, including holistic medicine, yoga, and breathing techniques. Since 2007 he has been the Lt. Colonel, TX State Guard Brigade and **Medical Reserve Corps**, training in Disaster Planning.

Dr. Shroff served as president of Pratham USA, DFW chapter for the past four years. He is co-founder of the Hindu Association of West Texas and was the chair of the Council of Trustees for seven years. He was Medical Professionals Chairman of United Way of Midland, TX, and continues his Community and Volunteer Work with free prostate cancer screening initiatives.

Nick graduated from the Christian Medical College in Vellore, India, receiving the **Gold Medal in Pediatrics (1968)** and the **Dr. Florence Nichols First Prize** in Psychiatry (1968). He has been married to Dr. Leena Shroff for 52 years and has two daughters and three grandchildren. He is

an avid golfer, billiards league player, and scuba-diver taking part in competitive swimming and racquetball.