



60th International Conference

Ayurveda & Metabolic Disorders

May 3 - 5, 2024

Arsha Vidya Gurukulam
651 Route 115
Saylorsburg, PA 18353, USA

www.GlobalAyurvedaConferences.com

www.aapna.org

Phone: (484) 347-6110

Contact:

Dr. Shekhar Annambhotla

Phone: (484) 347.6110

Email: doctorshekhar@gmail.com

Organized By

GLOBAL

Ayurveda Conferences, LLC

*Note: *This conference is solely for educational purposes.*

This conference is not intended to diagnose, treat, cure, or prevent any disease.

23 speakers: 20.0 CE / PACE Hours

AAPNA Approved Provider & YACEP Provider



GLOBAL
Ayurveda Academy



Organizing Team



Dr. Shekhar Annambhotla
Organizing Director



Sudha Bulusu
Communication Director



Michelle Costantini
Organizing Secretary

Ayurveda for Metabolic Disorders

Keynote Speakers



**Dr. Indranill Basu Ray, MD(Med),
DNS (Card), FACP, FACC, Founder,
American Academy for Yoga in
Medicine (AAYM) 1755, Groveway
Dr, Germantown, Tennessee, USA**



**Krishnakumar Hongalgi, MD
Department of Medicine
Nephrology & Hypertension,
Chronic Kidney Disease (CKD),
Albany Medical School, Albany,
New York, USA**



**Dr. Puneet Misra, MD, MPH (USA),
PGDHHM, FIPHA, FIAPSM, WHO
Fellow (Liverpool, UK), Professor,
Center for Community Medicine,
All India Institute of Medical
Sciences, New Delhi, India**

Highlights of the Conference:

Total 25 speakers and presenters

3 Keynote speakers

5 Medical Doctors

2 Scientists (PhD)

3 Ayurvedic Practitioners

4 Ayurvedic Doctors

2 Psychologists

4 Yoga Teachers

2 Pundits (Priests)

1 Social worker / Psychotherapist

1 Spiritual Guide

1 Dietician

*** One Track Lectures**

*** 3 Morning Pooja (Arati) - Vedic Ceremonies**

*** 3 Evening Pooja (Arati) Vedic Ceremonies**

*** 2 Yoga Classes**

*** 3 Breakfasts**

*** 3 Lunches**

*** 3 Tea and Snacks**

*** 2 Dinners**

*** 22 Featured Speakers on various topics**

*** 2 Satsanghs**

*** Ayurveda Practitioners Meet**

*** BAMS Doctors (Vaidyas) Meet**

*** Dhanwantari Homa (fire ceremony)**

*** 2 Panel Discussions**

*** Book Authors Meet**

*** 20 CE / PACE Credits - Certificate from AAPNA**

22 Featured Speakers



Conference Schedule

Friday, May 3, 2024

Time	Topic	Speaker / Location
05:45 am – 06:45 am	Pooja (Vedic Ceremony)	Temple
07:30 am – 08:30 am	Breakfast	Dining Hall
08:30 am – 09:00 am	Registration, Badge Pick up, Folder	Conference Room
09:00 am – 09:10 am	Inauguration	Dhanwantari Chanting
09:10 am – 09:40 am	Ashram Logistics and Lineage of Vedic Tradition	Suddhatma Chaitanya, Pennsylvania
09:40 am – 10:10 am	Podiatric manifestations of metabolic diseases	Dr. Hetal Naik, DPM, New York
10:10 am – 10:40 am	Parasitic Diseases and Ayurvedic Management	Lea Quirk, CAP, Pennsylvania
10:40 am – 11:00 am	Tea Break & Visit Sponsors & Exhibitors	Conference Room
11:00 am – 11:30 am	Concept of Dosha, Prakriti and Nadipariksha in Ayurveda and their correlation with metabolic disorders (Hridayarog)	Dr. Sushil Kumar Dubey, PhD (Ayu), Banaras, India
11:30 am – 12:30 pm	Keynote Speaker Planning a community based yoga program for Diabetes in India	Dr. Puneet Misra, MD, MPH, All India Institute of Medical Sciences, New Delhi, India
12:30 pm – 02:00 pm	Lunch & Visit Sponsors & Exhibitors	Dining Hall
02:00 pm – 02:45 pm	Ayurveda Meets Epigenetics: Harnessing Super Genes for Optimal Health	Dr. Kamala Kalyani Maddali, PhD, Pennsylvania
02:45 pm – 03:30 pm	Psychedelics and benefits and harms	Jeffrey S Meyers, MD, LAc Pennsylvania
03:30 pm – 04:00 pm	Tea Break & Visit Sponsors & Exhibitors	Conference Room
04:00 pm – 04:30 pm	Spiritual Healing in Metabolic Disorders	Swami Janananda aka Ashok Chhabra, Psychologist, Pennsylvania
04:30 pm – 05:00 pm	Yoga and Relaxation & Yoga for stress	Lisa D. Bryan, MA, ERYT500, Pennsylvania
05:00 pm – 06:00 pm	Panel Discussion	Panel Discussion
06:00 pm – 06:30 pm	Pooja (Aarati) Vedic Ceremony	Temple
06:30 pm – 08:00 pm	Dinner & Visit Sponsors & Exhibitors	Dining Hall
08:00 pm – 09:00 pm	Meditation & Satsangh	Pandit Neil Sahil Parmeswar Pennsylvania

Saturday, May 4, 2024

Time	Topic	Speaker/Location
05:45 am – 06:45 am (Optional)	Pooja (Vedic Ceremony)	Temple
06:45 am – 07:30 am (Optional)	Yoga for Your Body Type	Nancy Smith, BA, LMT, RYT, RAAP, New Jersey Yoga Room
07:30 am – 08:30 am	Breakfast	Dining Hall
08:30 am – 09:00 am	Day Pass Participants Registration	Conference Room
09:00 am – 09:10 am	Invocation of Shanti Mantra	Dhanwantari Chanting
09:10 am – 09:40 am	Obesity and Management through Ayurveda	Dr. Shekhar Annambhotla, BAMS, MD (Ayu), LMT, ERYT500, Pennsylvania
09:40 am – 10:10 am	Metabolic Yoga	Grand Master Kamal Srinivas, Bangkok, Thailand
10:10 am – 10:40 am	Ayurvedic Management of Metabolic Disorders	Dr. Suhas Kshirsagar, BAMS, MD (Ayu), California
10:40 am – 11:00 am	Tea Break & Visit Sponsors & Exhibitors	Conference Room
11:00 am – 11:30 am	Grow Your Plants for Health and Healing	Dr. Manish Bhagat, PhD, New Jersey
11:30 am – 12:00 am	Practical Demonstration - Kundalini Yoga	Michelle DeFranco, BA, CYT, Pennsylvania
12:00 pm – 12:30 pm	Laughter Yoga & Group Photo	All Participants / Outside in Nature
12:30 pm – 02:00 pm	Lunch	Dining Hall
	Keynote Speaker	
02:00 pm – 03:00 pm	The Principles and Practice of Yoga in Cardiovascular Medicine	Dr. Indranil Basu-Ray, MD, Tennessee, USA
03:00 pm – 03:30 pm	Liver Disorders and Care through Ayurveda	Dr. Priya Balamurugen, BAMS, MSc. New Jersey
03:30 pm – 04:00 pm	Tea Break & Visit Sponsors & Exhibitors	Conference Room
04:00 pm – 04:30 pm	Trauma Care and Metabolic Disorders	Laxmi Parmeswar, MA, Cli. Psychology, Pennsylvania
04:30 pm – 05:30 pm	Dhanwantari Homa (Fire Ceremony)	Home Room Priest Ganesan & Neil Parmeswar
05:30 pm – 06:00 pm	Sponsors & Exhibitor Visit	Sponsors & Exhibitor Visit
06:00 pm – 06:30 pm	Pooja (Aarati) Vedic Ceremony	Temple
06:30 pm – 08:00 pm	Dinner	Dining Hall
08:00 pm – 09:00 pm	Satsangh & Meditation	Meditation

Sunday, May 5, 2024

Time	Topic	Speaker / Location
05:45 am – 06:45 am	Pooja (Vedic Ceremony)	Temple
06:45 am – 07:30 am	Yoga & Meditation	Ilene Greenfield, CYT, Delaware Yoga Room
07:30 am – 08:30 am	Breakfast	Dining Hall
08:30 am – 09:00 am	Day Pass Registration	Conference Room
09:00 am – 09:10 am	Invocation	Dhanwantari Chanting
09:10 am – 10:10 am	Keynote Speaker Kidney Care and Wellness	Dr. Krishnakumar Hongalgi, MD. Albany Medical College, New York
10:10 am – 10:40 am	Kidney Health and Diet	Michelle Costantini, BA, AFNC, Pennsylvania
10:40 am – 11:00 am	Tea Break & Visit Sponsors & Exhibitors	Conference Room
11:00 am – 11:30 am	Psychotherapy in Metabolic Disorders	Manuel Ortiz, LSW, ACSW, Florida
11:30 am – 12:00 pm	Dietetics in Metabolic Disorders	Suzanne Ickes, RD, LDN, Pennsylvania
12:00 pm – 12:30 pm	Panel Discussion	Panel Discussion
12:30 am – 12:45 pm	Closing Ceremony & Vote of Thanks	Shekhar Annambhotla
12:45 pm – 02:00 pm	Lunch	Dining Hall

Note: The programs schedule is subject to change without prior notification.