37th International Conference

"Ayurveda & the Mind"

August 21 - 23, 2020

Venue:

ONLINE – ZOOM CONFERENCE

Contact:

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Note: *This conference is solely for educational purposes.
This conference is not intended to diagnose, treat, cure, or prevent any disease.

20.0 CE / PACE Hours

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Tentative Conference Program Guide*

Note: *The program guide is subject to change without prior notice.

Friday, August 21, 2020

Time	Topic	Presenter
	Session 1	
08:50 am – 09:00 am	Inauguration & Dhanwantari Pooja	
09:00 am – 09:45 am	Vedanta and Psychology in Healing the Mind	Swami Jananda Dr. Ashok Chhabra, PsyD, MA, Arsha Vidya Gurukulam, Saylorsburg, Pennsylvania, USA
09:45 am – 10:30 am	Addictions & Mind	Dr. Jaya Daptardar, BAMS, MHA, RAD, Connecticut, USA
10:30 am – 11:15 am	Exploring the Mind – An Ayurvedic Approach	Dr. Suresh Swarnapuri, BAMS, MD-Ayu, Ireland
11:15 am – 12:00 pm	Mind and Digestion	Nidhi Pandya, RAP, New Jersey, USA
12:00 am – 12:15 pm	Sponsors Presentation	Ayurveda Posters
	Session 2	
12:15 pm – 01:00 pm	Satvavajaya Chikitsa (Psychotherapy) in Ayurveda	Dr. Partap Chauhan, BAMS, New Delhi, India
01:00 pm – 01:45 pm	The Koshas	Aaron Staengl, RAP, Virginia, USA
01:45 pm – 02:30 pm	Manah Swasthaya: Wellness of Mind	Dr. Yogini Patil, BAMS, MD-Ayu, Pune, India
02:30 pm – 03:15 pm	Emotional Eating Disorders	Dr. Divya Selvakumar, PhD, RD, Maryland, USA
03:15 pm – 03:30 pm	Sponsor Presentation	SwaStha Herbs, Massachusetts, USA
03:30 pm – 04:15 pm	Clinical approach to Sutika Unmaad with special reference to puerperal psychosis	Dr. Sushma, BAMS, MD-Ayu, Uttar Pradesh, India
04:15 pm – 05:00 pm	Understanding the Human Mind and Brain: Ayurvedic Chemistry of the Mental Body	Dr. Ram Mohan Rao, PhD, CAS, California, USA
05:00 pm – 05:15 pm	***Sponsors Presentation***	Maharishi Ayurveda (vpkAyurveda), Iowa, USA

Saturday, August 22, 2020

Time	Topic	Presenter
	Session – 3	
09:00 am – 09:45 am	Mind in Ayurveda and Vetharthrium	Dr. Priyaa Balamurugen, BAMS, MSc (Psy), LMT, RAD, New Jersey, USA
09:45 am – 10:30 am	Mind and Energy	Meena Puri, RAP, Michigan, USA
10:30 am – 11:15 am	Stress Management	Dr. Ravi Tamerisa, MD, Texas, USA
11:15 am – 12:00 pm	Effect of Sharira Doshas on Mind	Manju Gutta Kolli, MS, CAP, RPh, California, USA
12:00 pm – 12:45 pm	Detox & Nourish - Key to Renew: Ayurvedic Panchakarma & Rasayana Therapy in Reversing Joints Degeneration	Dr. Smita Naram, Vaidya, Mumbai, India
12:45 pm – 01:15 pm	***Sponsors Presentation***	***Komal Herbals, Pennsylvania, USA***
	Session – 4	
01:15 pm – 02:00 pm	Ayurvedic Formulations for Day to Day Life	Dr. Shripathi Acharya, BAMS, MD-Ayu, PhD-Ayu, Karnataka, India
02:00 pm – 02:45 pm	Sattvavajaya Chikitsa : Ayurvedic Psychotherapy and postpartum depression	Dr. Vandana Baranwal, BSc, BAMS, MD-Ayu, Ohio, USA
02:45 pm – 03:30 pm	Aahara: the power of food in mental health issues	Dr. Ankur Kumar Tanwar, BAMS, MD-Ayu, New Delhi, India
03:30 pm – 04:15 pm	The role of Ayurveda and yoga in healing most common mental disorder: Anxiety	Dr. Asavari Manvikar, BAMS, MD-Ayurved, Minnesota, USA
04:15 pm – 05:00 pm	Vedic Medical Astrology for Mind	Michael Mastro, BA, RVC, California, USA
05:00 pm – 05:15 pm	***Sponsors Presentation***	***Harmony Nutraceuticals, Oklahoma, USA***
05:15 pm – 06:00 pm	Anxiety and Anger – Addressing Vata-Pitta Emotional Imbalance	Stephanie Brail, CAP, ERYT, Maryland, USA

Sunday, August 23, 2020

Time	Topic	Presenter
	Session – 5	
09:00 am – 09:45 am	Practical Application of Ayurveda and the Mind	Sarah Vanis - Advanced Diploma of Ayurveda, Diploma of Ayurveda Yoga Teacher, DipEd, BSocSC (YWk). DipComWelf, DipCommDev, DipCommYWk, DipVisArt, Cert IV TAE, Chef, Australia
09:45 am – 10:30 am	Role of Mind in Manifestation of Disease	Dr. Deepti Kumari, BAMS, MD-Ayu, Mumbai, India
10:30 am – 11:15 am	Ayurveda for Emotional Well-being and Mental Health Professionals	Sweta Vikram, RALC, New York, USA
11:15 am – 12:00 pm	Ayurveda & the Mind for Sexual Health	Dr. Sudhir Bhola, Vaidyacharya (BAMS), Haryana, India
12:00 pm – 12:45 pm	Mind: New Discoveries	Dr. Hemang Shah, BAMS, MS-Ayu, Maharashtra, India
12:45 pm – 01:30 pm	Ayurvedic Remedies for Insomnia – Balancing Insufficient Sleep	Dr. Anjum Nadaf, BAMS, YICC, RAD, New Jersey, USA
01:30 pm – 02:15 pm	Ayurvedic Approaches to a Healthy Mind, Role of Sleep & Yoga	Nagabhushan Moolky, PhD, CNS, Illinois, USA
02:15 pm – 03:00 pm	Ayurvedic Herbs for Mind	Dr. Amitabh Gumman, BAMS, LAc. PhD, Oklahoma, USA
03:00 pm – 03:45 pm	Ayurvedic Psychotherapy with Special Focus on Sattvavajaya Chikitsa	Dr. Pratibha Shah, BAMS, MD-Ayu, MPH, Massachusetts, USA
03:45 pm – 04:30 pm	Constitutional Analysis and Mind	Dr. Jeffrey Meyers, MD, LAc. Delaware, USA
04:30 pm – 05:15 pm	Meditation	Jody Smith Long, MEd, Pennsylvania, USA

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