

**37<sup>th</sup> International Conference**  
**“Ayurveda & the Mind”**  
**August 21 - 23, 2020**

**Venue:**  
**Arsha Vidya Gurukulam**  
**651 Route 115, Saylorsburg, PA 18353, USA**

**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.*

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**20.0 CE / PACE Hours**

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**AAPNA Approved Provider # 1001**



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# Tentative Conference Program Guide\*

## Friday, August 21, 2020

Time	Topic	Presenter
07:30 am – 08:45 am	Registration Sponsors & Exhibitors Setup	Front Desk Hall
<b>Session 1</b>		
08:50 am – 09:00 am	Inauguration & Dhanwantari Pooja	Vaidyas (Ayurvedic Doctors)
09:00 am – 09:30 am	Vedanta and Psychology in Healing the Mind	Swami Janananda Dr. Ashok Chhabra, PsyD, MA, Arsha Vidya Gurukulam, Saylorsburg, Pennsylvania, USA
09:30 am – 10:00 am	Addictions & Mind	Dr. Jaya Daptardar, BAMS, MHA, RAD, Connecticut, USA
10:00 am – 10:30 am	Exploring the Mind – An Ayurvedic Approach	Dr. Suresh Swarnapuri, BAMS, MD-Ayu, Ireland
10:30 am – 11:00 am	Mind and Digestion	Nidhi Pandya, RAP, New Jersey, USA
<b>11:00 am – 11:15 am</b>	<b>Break</b>	<b>Break</b>
<b>11:15 am – 12:00 pm</b>	<b>Panel Discussion – Q &amp; A</b>	<b>Panel Discussion Q &amp; A</b>
12:00 am – 12:30 am	Sponsors Presentation	Shiro Bliss - Shirodhara Ayurveda Posters
<b>12:30 pm – 01:30 pm</b>	<b>Lunch &amp; Sponsors Visit</b>	<b>Lunch</b>
<b>Session 2</b>		
01:30 am – 02:00 pm	Role of Mind in manifestation of disease	Dr. Deepti Kumari, BAMS, MD-Ayu, Mumbai, India
02:00 pm – 02:30 pm	Yoga Psychology and Unconscious Mind	Dr. John Cosby, DO, Florida, USA
02:30 pm – 03:00 pm	The Koshas	Aaron Staengl, RAP, Virginia, USA
03:00 pm – 03:30 pm	Ayurvedic psychotherapy with special focus on Sattvavajaya chikitsa	Dr. Pratibha Shah, BAMS, MD-Ayu, MPH, Massachusetts, USA
<b>03:30 pm – 04:00 pm</b>	<b>Break &amp; Exhibitors Visit</b>	<b>Break &amp; Exhibitors Visit</b>
04:00 pm – 04:30 pm	Manah Swasthaya: Wellness of Mind	Dr. Yogini Patil, BAMS, MD-Ayu, Pune, India
04:30 pm – 05:00 pm	Emotional Eating Disorders	Dr. Divya Selvakumar, PhD, RD, Maryland, USA
05:00 pm - 05:15 pm	<b>Sponsors Presentation</b>	SwaStha Herbs, Massachusetts, USA Maharishi Ayurveda, Iowa, USA
05:15 pm – 06:00 pm	<b>Panel Discussion Q &amp; A</b>	<b>Panel Discussion Q &amp; A</b>
06:00 pm – 06:30 pm	Yoga and Meditation	Lisa Bryan, MA, ERYT-500, Pennsylvania, USA
06:30 pm – 07:30 pm	Dinner	Dinner

## Saturday, August 22, 2020

<b>Time</b>	<b>Topic</b>	<b>Presenter</b>
08:00 am – 08:45 am	Day Pass Registration	Front Desk & Sponsors Visit
<b>Session – 3</b>		
09:00 am – 09:30 am	Spiritual perspective on emotional, physical and mental well-being	Dr. Hetal Naik, DPM, New York, USA
09:30 am – 10:00 am	Ayurvedic remedies for Insomnia – Balancing insufficient sleep	Dr. Anjum Nadaf, BAMS, YICC, RAD, New Jersey, USA
10:00 am – 10:30 am	Mind in Ayurveda and Vetharthrium	Dr. Priyaa Balamurugen, BAMS, MSc (Psy), LMT, RAD, New Jersey, USA
10:30 am – 11:00 am	Break	Break
11:00 am – 11:30 am	Constitutional Analysis and Mind	Dr. Jeffrey Meyers, MD, LAc. Delaware, USA
11:30 am – 12:00 pm	Understanding the Human Mind and Brain: Ayurvedic Chemistry of the Mental Body	Dr. Ram Mohan Rao, PhD, CAS, California, USA
12:00 am – 12:45 pm	<i>Panel Discussion Q &amp; A</i>	<i>Panel Discussion Q &amp; A</i>
<b>12:45 pm – 02:00 pm</b>	<b>Lunch &amp; Sponsors / Exhibitors Visit</b>	
<b>Session – 4</b>		
02:00 pm – 02:30 pm	Mind and Energy	Meena Puri, RAP, Michigan, USA
02:30 pm – 03:00 pm	Ayurvedic Herbs for Mind	Dr. Amitabh Gumman, BAMS, LAc. PhD, Oklahoma, USA
03:00 pm – 03:30 pm	Break	Break
03:30 pm – 04:00 pm	Stress Management	Dr. Ravi Tamerisa, MD, Texas, USA
04:00 pm – 04:30 pm	Ayurvedic Counselling Skills	Dr. Shekhar Annambhotla, BAMS, MD-Ayu, LMT, ERYT, RAD, Pennsylvania, USA
04:30 pm – 05:00 pm	Effect of Sharira Doshas on Mind	Manju Gutta Kolli, MS, CAP, RPh, California, USA
05:00 pm – 05:15 pm	<i>Sponsors Presentation</i>	<i>Harmony Nutraceuticals, Oklahoma, USA</i>
05:15 pm – 06:00 pm	<i>Panel Discussion Q &amp; A</i>	<i>Panel Discussion Q &amp; A</i>
06:00 pm – 06:30 pm	Meditation	Jody Smith Long, MEd, Pennsylvania, USA
06:30 pm – 07:30 pm	Dinner	Dinner

# Sunday, August 23, 2020

Time	Topic	Presenter
08:00 am – 08:45 am	Day Pass Registration	Front Desk & Sponsors Visit
<b>Session – 5</b>		
09:00 am – 09:30 am	TBD	TBD
09:30 am – 10:00 am	TBD	TBD
10:00 am – 10:30 am	Clinical assessment of the impact of Jala-Shiordhara Treatment in the management of headache, anxiety and depression	Dr. Bertrand Martin, MD, MPH, Switzerland
10:30 am – 11:00 am	Break	Break
11:00 am – 11:30 am	Positive Psychology & Ayurveda for the beautiful Mind!	Suruchi Saini, LPC, CCTP, New Jersey, USA
11:30 am – 12:45 pm	<i>Panel Discussion Q &amp; A</i>	<i>Panel Discussion Q &amp; A</i>
<b>Lunch &amp; Sponsors / Exhibitors Visit</b>		
12:30 pm – 02:00 pm		
02:00 pm – 02:30 pm	Ayurveda for emotional well-being and mental health professionals	Sweta Vikram, RALC, New York, USA
02:30 pm – 03:00 pm	Ayurveda & the Mind for Sexual Health	Dr. Sudhir Bhola, BAMS, Haryana, India
03:00 pm – 03:30 pm	TBD	TBD
03:30 pm – 04:15 pm	Panel Discussion Q & A	Panel Discussion Q & A
04:15 pm – 04:30 pm	Closing Ceremony	Closing Ceremony

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

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