

28<sup>th</sup> International Conference  
**Ayurveda &  
Panchakarma**  
**December 8 & 9, 2018**

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

**Contact:**  
**Dr. Shekhar Annambhotla**  
**Email: [doctorshekhar@gmail.com](mailto:doctorshekhar@gmail.com)**

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# Tentative Conference Program Guide\*

## Saturday, December 8, 2018

Time	Topic	Presenter
08:00 am – 08:45 am	Registration	Registration
09:00 am – 09:30 am	Welcome & Vedic knowledge for mind, body, soul	Suddhatma Chaitanya, Pennsylvania
09:30 am – 10:15 am	What is Panchakarma? Bird's eye view and benefits	Shekhar Annambhotla, BAMS, MD-Ayu, LMT, Pennsylvania
10:15 am - 11:00 am	Abhyanga (oleation) & Swedana therapy & benefits	Gauri Junnarkar, BAMS, MS, RD, LDN, LMT, Texas
11:00 am – 11:30 am	Q & A	Q & A
11:30 am – 12:00 pm	Attaining Enlightenment Through a Process of Meditation	Sarada Chiruvolu, New Jersey
12:00 pm – 12:30 pm	Break & Ārati (Pūjā) Vedic Ceremony	Temple Priest
12:30 pm – 01:30 pm	Lunch	Lunch
01:30 pm – 02:15 pm	Vamana & Virechana (purgation) therapy and benefits	Shekhar Annambhotla, BAMS, MD-Ayu, LMT, Pennsylvania
02:15 pm – 02:45 pm	Basti (herbal enema) therapy and benefits	Meenakshi Gupta, BAMS, MD-Ayu, LMT, Texas
02:45 pm – 03:00 pm	Q & A	Q & A
03:00 pm – 03:30 pm	Break	Break
03:30 pm – 04:15 pm	Shirodhara and Shiro Pichu, Shiro Basti, Nasya therapy & Dhooma Paana	Anjum Nadaf, BAMS, New Jersey
04:15 pm – 04:45 pm	Cleaning the Soul through guided imagery	Abi Ripley, Virginia
04:45 pm – 05:00 pm	Q & A	Q & A
05:00 pm – 06:00 pm	Yoga	Lisa Bryan, ERYT, Pennsylvania
06:00 pm – 06:30 pm	Ārati (Pūjā) Vedic Ceremony	Temple Priest
06:30 pm - 07:30 pm	Dinner	Dinner

## Sunday, December 9, 2018

Time	Topic	Presenter
08:30 am – 09:00 am	Registration	Registration
09:00 am – 09:30 am	Kavala and Gandoosha (oil pulling) and their benefits	Michelle Costantini, CAP, AFNC, Pennsylvania
09:30 am – 10:15 am	Karna Poorana (ear therapies) & Ayurvedic eye therapies	Vandana Baranwal, BAMS, MD-Ayu, Ohio
10:15 am – 11:30 am	Janu Basti, Kati Basti, Hrud Basti, Upalepa, Pizhichil, Pottali Therapy	Priya Balamurugen, BAMS, MSc (Psychology), New Jersey
11:30 am – 12:00 pm	Q & A	Q & A
12:00 pm – 12:30 pm	Ārati (Pūjā) Vedic Ceremony	Temple Priest
12:30 pm – 01:30 pm	Lunch	Lunch
01:30 pm – 02:00 pm	Diet in Panchakarma Therapy	Sonia Tigero, AFNC, CAP, Florida,
02:00 pm – 02:45 pm	Chronic Fatigue Syndrome	Dr. Kiran Viramgama, MD, Pennsylvania
02:45 pm – 03:30 pm	Panchakarma and Addictions	Jaya Daptardar, BAMS, MHA, Connecticut
03:30 pm – 04:00 pm	Break	Break
04:00 pm – 04:45 pm	Scientific studies on Panchakarma	Parimala Mudiginty, RPh, RAP, New Jersey
04:45 pm – 05:00 pm	Q & A	Q & A
05:00 pm – 06:00 pm	Yoga	Yoga
06:00 pm – 06:30 pm	Ārati (Pūjā) Vedic Ceremony	Temple Priest
06:30 pm – 07:30 pm	Dinner	Dinner

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



**Shekhar Annambhotla**  
**BAMS, MD-Ayurved, LMT**  
**Pennsylvania, USA**  
**Featured Speaker**

**Shekhar Annambhotla, BAMS, MDAyurved, LMT, RAD, E-RYT500**, has been an Ayurvedic Doctor (Vaidya) and educator since 1988. He earned his Doctor of Medicine in Ayurveda from Gujarat Ayurved University, India. Shekhar is a Registered Ayurvedic Doctor, Registered Master Ayurvedic Specialist, Registered Yoga Teacher, Licensed Integrative Bodywork and Massage Therapist, and faculty member of various Ayurveda schools throughout the USA. He is Founding Director of the non-profit organization, AAPNA (Association of Ayurvedic Professionals of North America), and Founder & Director of Ojas Ayurveda Wellness Center, Global Ayurveda Conferences, LLC & Global Ayurveda Academy, and Dosha Botanicals, LLC, Pennsylvania, USA.



**Michelle Costantini**  
**ALC, AFNC, CAP**  
**Pennsylvania, USA**  
**Featured Speaker**

**Michelle Costantini, ALC, AFNC** received her Ayurveda Food & Nutrition Consultant certificate from the International University of Yoga & Ayurveda, Florida, USA. She studied for the Ayurveda Lifestyle Consultant certificate at the Centro Ayurveda in Genoa, Italy and at the Ayurveda & Yoga Retreat Hospital in Connor, Tamil Nadu, India. Michelle is an Ayurveda Food & Nutrition Consultant at Twin Ponds Integrative Health Center in Breinigsville, PA. She offers consultations on food choices and cooking alternatives, and suggests simple lifestyle changes that will improve your health by allowing your body to better digest the food you eat and thus assimilate its nutrients. Michelle also offers cooking demonstrations and workshops for individuals and small groups.



**Priyaa Balamurugen**  
**BAMS, MSc (Psychology)**  
**New Jersey, USA**  
**Featured Speaker**

**Priyaa Baalaa, BAMS, MSc** has been practicing Ayurveda in the US and India for the past fifteen years. She completed her (B.A.M.S) Bachelor of Ayurvedic Medicine & Surgery degree from the prestigious Dr M.G.R Medical University, Tamilnadu, India. She has a graduate degree in Psychology from the University of Madras, India and a Diploma in Yoga & Naturopathy. She also studied Acupuncture and Acupressure in CBIATC Beijing, China and trained in Dr Vora's Acupressure. Priyaa's unique approach to health integrates the ancient wisdom of Ayurveda, Marma (energy points), Acupressure, Siddha with naturopathic cleansing, healing and relaxation through yoga & meditation. She is Co-founder and Chief Practitioner at Ayurvedashram, a Holistic Wellness Center in North Brunswick, New Jersey. She is affiliated to SKY (Master - Simplified Kundalini Yoga), New Jersey chapter, AAPNA (Membership Director – Association of Ayurvedic Professionals of North America), NAMA (Professional member – Ayurvedic Doctor), WISE (Research Scientist -World Institute of Scientific Exploration), Maryland, USA and Global Ayurveda Academy, Pennsylvania, USA.



**Meenakshi Gupta, BAMS, MD-Ayurveda,**  
**LMT**  
**Texas, USA**  
**Featured Speaker**

**Meenakshi Gupta, B.A.M.S., M.D.Ayurveda, LMT** an Ayurvedic Specialist, trainer and teacher of international repute, pursued her Masters Degree in Ayurveda from The National Institute of Ayurveda, Jaipur, India. She is a gold medalist and has done intense 3 years of research in Ayurveda. She has more than 12 years of extensive international experience in design & delivery of Ayurveda courses as Ayurveda Cosmetology, Ayurveda Herbology, Yoga, Panchakarma therapy. She organizes regular workshops on various topics of Ayurveda, training workshops for hands on training in Panchakarma courses. She has authored several papers and writes regular column in several e-magazines, health magazines along with various Radio talks & newspaper articles.



**Anum Nadaf, BAMS**  
**New Jersey**  
**Featured Speaker**

**Anjum Nadaf, BAMS**, is a very highly accomplished Ayurveda Practitioner (Vaidya) for the past 12 years and is based in USA. Anjum earned her Bachelor's degree in Ayurvedic Medicine & Surgery (B.A.M.S) from the prestigious Rajiv Gandhi University, Bangalore India. She is a Certified Yoga Instructor from SVYASA. She is C.R.H (certified Reiki Healer) she incorporates everyday healing energies into her practice. She is currently registered as an Advance Ayurvedic Practitioner (R.A.A.P) from AAPNA (Association of Ayurvedic Professionals of North America) and she is registered as an Ayurvedic Doctor (AD) from NAMA (National Ayurvedic Medical Association). Anjum also Chair Volunteer Committee at the Council for Ayurveda Research (CAR), USA.

Anjum is currently focused on improving ways to take this ancient traditional practice to the world, with a vision to enhance and enrich health and wellness. She is passionate about Ayurveda and believes that the health problems in today's busy life can definitely seek healing answers in Ayurveda. Her specialization is in skin and its disorder, currently she consults at Sumitra Remedies located in Edison NJ. Anjum conducts many workshops and seminars to educate the community and share the vision to holistically nourish the mind, body, and spirit.



**Abi Ripley**  
**Virginia**  
**Featured Speaker**

**Abi Ripley** is a certified Yoga and meditation instructor. She is also a 3rd degree Reiki Master and a certified Ayurveda Consultant. While Ayurveda offers a whole host of cleansing and detoxifying methods for the body, its sister discipline, Yoga, offers meditation to detoxify and cleanse the mind and spirit. It's a step forward to achieve this purification through guided imagery, letting what doesn't serve you any longer, dissipate into thin air.





**Lisa D' Bryan**  
**MA (Spirituality), ERYT-500**  
**Pennsylvania, USA**  
**Featured Speaker**

**Lisa D. Bryan. M.A., E-RYT-500** is a Kripalu Professional Level Yoga Teacher (E-RYT 500), Spiritual Director, and Reiki Level III practitioner (master). Offering wellness practices for 18 years, her passion is to integrate holistic health & spirituality from India & the West. Her group Yoga classes and individual sessions are comprehensive, nurturing, and spiritually uplifting. They focus on combining the prana/energy of the present moment to the timeless skills of the past and are grounded in the Kripalu methodology. Lisa is currently adjunct faculty at DeSales University, teaching at area churches, and at West End Yoga and Open Heart Yoga studios. Her undergraduate degree (Bates College) is in Music and French. Currently, she is a member of the Kripalu Yoga Teachers Association, Yoga Alliance, and Spiritual Directors International. In 2013, Lisa completed her MA Holistic Spirituality and certificate in Spiritual Direction from Chestnut Hill College. As part of her studies, she experienced a 30 day silent retreat (in the Ignatian tradition of Catholic spirituality). She has also studied Ayurveda (medical science related to Yoga) at a clinic in India and avidly engages Ayurveda in daily living. In 2017, she will pilgrimage to sacred sites related to the Kripalu lineage with the dean of Kripalu Yoga.



**Sarada Chiruvolu**  
**New Jersey, USA**  
**Featured Speaker**

**Sarada Chiruvolu** left a pharmaceutical career to pursue a spiritual calling. She set out on a unique journey that has taken her toward attaining realization of Self or Enlightenment through many years of deep meditation. She subsequently wrote a book entitled "Home at Last: A Journey Toward Higher Consciousness" which details her story and how to incorporate that particular experience into ones daily life. Over the years since, she continues to lead a normal

family life integrating that profound state dedicating her time toward various philanthropic pursuits where ever she can make a difference. Her focus is always to address most of the rudimentary needs of people because if these essentials are not taken care of then a detrimental cycle ensues. She lives in Princeton, NJ working towards this mission.

This lecture will take you on a profound journey on the road toward enlightenment based on Sarada's direct experience. The talk will emphasize what the process of Self-Realization / Enlightenment actually entails. She will also cover some misconceptions about enlightenment. She gives detailed information on the important roles of diet, exercise, and training the mind in preparation for the journey of realization and how to balance that discipline with everyday life.



**Vandana Baranwal, BAMS, MD-Ayurved  
Ohio  
Featured Speaker**

**Vandana Baranwal, BAMS, MD-Ayurved** is an Ayurveda practitioner, teacher, author and international speaker. She has been classically trained in India for 8 ½ years from two accredited Ayurveda colleges. She has completed Bachelor of Ayurvedic Medicine and Surgery, a six year Ayurveda course and also holds Masters in Ayurveda from Banaras Hindu University, Varanasi. Before moving to United States of America she was Professor in SDM College of Ayurveda and Hospital, Hassan, Karnataka, India. She is a registered subject expert with Rajiv Gandhi University of Health Sciences and has guided many students for their thesis/dissertation for Masters in Ayurveda. She has been recognized by her peers and awarded Charak Award for excellence in teaching by AAPNA in 2017. She is a published author and has written a book titled “Stree Roga Vimarsha” a book about women health through Ayurveda. She has also published many papers in various scientific journals on various subjects of Ayurveda. She is on editorial board of Journal of Research and Education in Indian Medicine, an UGC recognized Journal in India being published since 1982. She is Ayurveda specialist and domain expert Women and BAMS, MD, former Professor SDM College of Ayurveda. She has been practicing Ayurveda for more than 20 years with the mission of helping people heal themselves using the ancient science of Ayurveda. An Ayurveda Wellness Consultation with Vandana Baranwal will help people understand their body constitution (Prakriti) and develop a suitable lifestyle and diet according to traditional Ayurvedic principles. She is especially knowledgeable in the role of herbs and herbal formulations in supporting health and wellbeing. She is not a licensed medical practitioner or a medical doctor in the United States of America.



**Jaya Daptardar, BAMS, MHA, RAAP  
Connecticut  
Featured Speaker**

**Jaya Daptardar B.A.M.S., M.H.A. R.A.A.P.** Jaya is an Ayurveda practitioner. For the past 20 years she has led clients to health and healing by sharing the transformative power of Ayurveda in her seminars and workshops. In addition to being the founder and CEO and founder of Active Ayurveda and Yoga, LLC and The Institute of Ayurveda and Lifestyle Management, she is a writer of Ayurveda related articles in multiple newspapers and magazines in United States. She is a writer of a book: "Aging Gracefully." As a healing practitioner, Dr. Daptardar concentrates on prevention and wellness, specializes in women's health, nutrition, weight and lifestyle management, and the treatment of such maladies as arthritis, asthma, allergies, acne, digestion issues, chronic pain, mental health, stress related illness and Ayurvedic therapies like Shirodhara, Nasya and much more. She has recently introduced Jaya's Herbal Wellness. They are available in very reasonable rates. She practices in Weston CT and at Priority Wellness, 45 Grove Street New Canaan, Connecticut.



**Dr. Kirankumar Viramgama, M.D.  
Pennsylvania, USA  
Featured Speaker**

**Viramgama, MD** is a Board Certified Pulmonologist practicing in Gettysburg since 2001. He practices in pulmonary medicine, critical care medicine, and sleep medicine. He trained under a pulmonary and critical care fellowship at the State University of New York (SUNY) at Stony Brook, Long Island, New York. He underwent a residency program at Coney Island Hospital in Brooklyn, New York. He obtained his medical degree from B.J. Medical College, Ahmedabad, India.

He has a special interest in integrative medicine and an integrative approach to optimize and maximize benefits of current modern medical science with Ayurveda (traditional Indian medicine) and Yoga. He also has a special interest in chronic fatigue syndrome and its management using the Ayurvedic herbal supplements and incorporation of Yoga-Pranayama with lifestyle modification and dietary changes.



At the Gettysburg Lung Center P.C., patients with chronic respiratory diseases, sleep disorders, chronic fatigue syndrome, and fibromyalgia are provided the options of treatment of integrative approach with Ayurveda, herbal supplements, Yoga, Pranayama, acupuncture, relaxation techniques, dietary modification, and lifestyle changes.



**Gauri Junnarkar, BAMS, RD, LDN  
Pennsylvania, USA  
Featured Speaker**

**Gauri Junnarkar** is the founder of ‘Ayurnutrition’, an integrative and Holistic wellness practice in Dallas-Fort Worth, Texas. Gauri Junnarkar is a highly accomplished Registered Licensed Dietitian Nutritionist, Certified Diabetes Educator, Ayurveda Practitioner(Vaidya), Panchakarma Specialist, and Licensed Massage Therapist. She earned her Ayurvedacharya Degree (BAMS) from the University of Mumbai. She also holds a MS (Master of Science degree in Nutrition) from Texas Woman’s University. She has completed a 500 hour Massage Certification course from Kekino Massage Academy. She is currently licensed as a Massage Therapist in the State of Texas. Gauri has more than 15 years’ experience in the field of Ayurveda. She is a dedicated nutrition professional with 12+ years’ experience as registered/licensed Dietitian and 8+ years’ experience as a certified diabetes educator. She is a highly acclaimed international keynote speaker and has presented at international and local conferences on Ayurveda.

Gauri’s expertise includes Nutrition, Diabetes education, Ayurveda, Panchakarma and Massage Therapy. She integrates Ayurveda principles with Nutrition in her daily practice. She provides Ayurveda & Nutrition consults, Ayurvedic Massage and Ayurvedic Bodywork, workshops, cooking classes, presentations, webinars, lunch and learns and grocery store healthy food tours. She teaches nutrition courses to undergraduate students at Tarrant County College and has worked as a Certified Diabetes Educator at diabetes center in Dallas Fort Worth area.

Gauri’s background in Ayurveda inspired her to do her master's thesis research on “Dietary Curcumin (phytochemical in Turmeric) and its effect in Melanoma (skin cancer)”, which was selected at the national conference on Experimental Biology under "Diet and Cancer” and also at the Texas Dietetic Association conference. She has given a number of presentations on Ayurveda to faculty and students at Texas Woman’s University and various dietitian associations in Dallas. She has presented webinars to medical faculty at University of Texas

Health Science Center, San Antonio. Gauri has provided lunch n learn presentations to various corporations and businesses. She is a motivational speaker. She is a faculty member at International University of Yoga and Ayurveda, American Institute of Ayurveda and Tarrant County College. Gauri is a committee member for AAPNA (Ayurvedic Professionals of North America). She is currently a member of American Association of Diabetes Educator and AMTA. She has been a past member of Academy of Nutrition and Dietetics. Gauri loves to write articles on Ayurveda and nutrition.



**Sonia Tigero, CAP, AFNC**  
**Vedic Chef**  
**Florida, USA**  
**Featured Speaker**

**Sonia Tigero** is a Vedic chef trained at Le Cordon Blue and with more than 30 years in food industry. She is also an Ayurveda Practitioner and Ayurveda Food and nutrition Consultant as well.. She is the founder of Doshya Ayurveda Cafe located in Hallandale, the first and only i this type, in South Florida. Also she is the founder of VITA, Vedic Institute of Traditional Ayurveda, based on Hollywood Florida dedicated to teach and train and devote students in this sacred and ancient science.



**Pari Mudiginty, RPh, MTM, DAMS, MBA**  
**New Jersey, USA**  
**Featured Speaker**

**Pari Mudiginty, Integrative Pharmacist** is a MTM (Medication therapy management) licensed pharmacist and Ayurvedic Practitioner. She is the Co-Founder at Ayurvedashram, a holistic wellness and fully equipped Panchakarma center in New Jersey, USA. She is a Research scientist at WISE (World Institute for Scientific Exploration) based in Baltimore, USA, Associate editor of Ayurveda Journal of Health and Member -Executive Committee, Council for Ayurveda Research, USA. She is an invited speaker on Integrative health at symposia's, corporate workshops and community events.

Pari earned her Bachelors and Masters degree in Pharmacy from Goa College of Pharmacy, India, MBA in Pharmaceutical Management from Fairleigh Dickinson University, NJ and a Diploma in Ayurveda Medical Science (D.A.M.S) from BSS College, Chennai, India. She is a registered pharmacist in the state of New Jersey.

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