

26th International Conference
“Ayurveda & Women’s Health”
April 6 – 8, 2018

Venue:

Best Western Hotel & Conference Center
300 Gateway Drive, Bethlehem, PA 18017, USA

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

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Tentative Conference Program Guide*

Friday, April 6, 2018

Time	Topic	Presenter
07:30 am – 08:45 am	Registration Sponsors & Exhibitors Setup	Front Desk Hall
Session 1 – Healthy Puberty		
09:00 am – 09:10 am	Inauguration	Inauguration
09:10 am – 09:15 am	Introduction of Speakers	Shekhar Annambhotla
09:15 am – 09:45 am	Empowering women’s health in 21 st century	Keynote Speaker: Pratibha Shah, BAMS, MD-Ayurved, MPH, Massachusetts, USA
09:50 am – 10:10 am	Possessed by PMS? Nutrition, Yoga and Ayurveda could be the solution	Pushpa Soundararajan, RD, ALC, AFNC, MBA, Illinois, USA
10:15 am – 10:35 am	Teenage Headaches – An Ayurvedic Approach	Kim Giitika Jaeger, ALC, CAP, AFNC, C-IAYT, MATP, Pennsylvania, USA
10:40 am – 11:00 am	Thyroid disorders management for the 21 st century women	Vidya Chakravarthy, BAMS, MS (Health Care), Georgia, USA
11:05 am – 11:25 am	Ojas: The vital nectar of life	Harpinder Bhoji, MBA, Pennsylvania, USA
11:25 am – 11:40 am	Q & A	Q & A
11:40 am – 12:00 am	Sponsors Presentation	Komal Herbals, Platinum Sponsor, Pennsylvania, USA
12:00 pm – 01:30 pm	<i>Lunch & Sponsors Visit</i>	Lunch
Session 2 – Yoga & Lifestyle for Women’s Health		
01:30 pm – 01:35 pm	Introduction of speakers	Shekhar Annambhotla
01:35 am – 02:05 pm	Type 2 Diabetes in women and Ayurveda: Emerging trends and interventions	Keynote Speaker: Gauri Junnarkar, BAMS, RD, LMT, Texas, USA
02:10 pm – 02:30 pm	Yoga Therapy for women’s health	Sandra Nicht, MS Yoga Therapy, C-IAYT, Maryland, USA
02:35 pm – 02:55 pm	Wellness for Busy Women	Sweta Vikram, New York, USA
03:00 pm – 03:20 pm	Yoga Nidra – Guided meditation for health and wellness	Michele Jain, RALC, RYT, Florida, USA
03:20 pm – 03:35 pm	Q & A	Q & A
03:35 pm – 03:45 pm	Sponsors presentation	
03:45 pm – 04:15 pm	Break	Break
Session – 3 – Yoga & Lifestyle for Women’s Health		
04:14 pm – 04:20 pm	Introduction of speakers	Shekhar Annambhotla
04:20 pm – 04:40 pm	Importance of Abhyanga in women’s health	Vasudha Rao, BAMS, Arizona, USA
04:45 pm – 05:05 pm	Understanding and caring for Transgender individuals	Anupa Mohan, AWC, New Jersey, USA
05:10 pm – 5:30 pm	Understanding preconception care through Ayurveda	Pari Mudiginty, RPh, MS (Pharm), DAMS, MBA, RAP, MTP, New Jersey, USA
06:05 pm – 06:20 pm	Q & A	Q & A
06:20 pm – 06:30 pm	Sponsors presentation	Kottakkal Ayurveda, New York, USA
06:30 pm – 08:00 pm	Dinner & Sponsors / Exhibitors Visit	

Saturday, April 7, 2018

Time	Topic	Presenter
06:30 am – 07:30 am	Yoga, Pranayama, Meditation	Lisa D’Antonio Bryan, MA, E-RYT, Pennsylvania, USA
08:00 am – 08:30 am	Day Pass Registration	Front Desk & Sponsors Visit
Session – 4 – Pregnancy Care		
09:00 am – 09:05 am	Introduction of Speakers	Krishna Annambhotla
09:05 am – 09:35 am	Role of Ayurvedic Herbal Formulations for Post Natal Care	Keynote Speaker: Vandana Baranwal, BAMS, MD-Ayurveda, New Jersey, USA
09:40 am – 10:00 am	Women’s Fertility, Ayurveda and A.R.T. (Advanced Reproductive Technology)	Pilar Chandler, LMT, CAP, HHP, California, USA
10:05 am – 10:25 am	Treatment approach to postpartum eclampsia through Sri Lankan Traditional Medical Practitioners (STMP)	Himalee De Silva, BAMS, MD-Ayurved, Colombia, Sri Lanka
10:30 am – 10:50 am	Ayurveda – Self Care for Pregnancy and Postpartum	Alexandra Steele, M.Ac., L.Ac., C.A.W.C., Maryland, USA
10:55 am – 11:15 am	Ananda Factor for Health	Vie Binga, RAAP, MA-Ayu, Florida, USA
11:15 am – 11:40 am	Q & A	Q & A
11:40 am – 12:00 pm	Sponsors presentation	
12:00 pm – 02:00 pm	Lunch & Sponsors / Exhibitors Visit	
Session – 5 - Premenopausal Care		
02:00 pm – 02:05 pm	Introduction of speakers of the session	Krishna Annambhotla
02:05 pm – 02:35 pm	Effectiveness of Kaaya Kalpa yoga in disorders of female reproductive system	Keynote Speaker: Priyaa Balamurugen, BAMS, MSc (Psychology), New Jersey, USA
02:40 pm – 03:00 pm	Premenopausal depression	Samina Ahmad, MD, ALC, CAP, AFNC, New York, USA
03:05 pm – 03:25 pm	Ayurveda Yoga Therapy for Hot Flashes	Nancy Smith, LMT, RAAP, New Jersey, USA
03:30 pm – 03:50 pm	Top 5 Herbs for Women’s Health	John Cosby, DO, BA, Florida, USA
03:50 pm – 04:05 pm	Q & A	Q & A
04:05 pm – 04:15pm	Award Ceremony & Group Photo	Award Ceremony & Group Photo
	Award Winners –	
04:15 pm – 04:30 pm	Break	Break
Session – 6 – Menopausal Care		
04:30 pm – 04:35 pm	Introduction of speakers of the session	Krishna Annambhotla
04:35 pm – 05:05 pm	Menopause and Ayurveda	Keynote Speaker: Meenakshi Gupta, BAMS, MD-Ayurveda, Texas, USA
05:10 pm – 05:30 pm	Osteoporosis – An Ayurvedic Management	Anjum Nadaf, BAMS, New Jersey, USA
05:35 pm – 05:55 pm	Diet for Menopausal Women	Divya Selvakumar, PhD, RD, Maryland, USA
06:00 pm – 06:20 pm	Common Podiatric Problems in Women	Hetal Naik, DPM, New York, USA
06:20 pm – 06:30 pm	Q & A	Q & A
06:30 pm – 08:00 pm	Dinner & Sponsors / Exhibitors Visit	

Sunday, April 8, 2018

Time	Topic	Presenter
06:30 am – 07:30 am	Yoga, Pranayama, Meditation	TBA
08:00 am – 08:30 am	Day Pass Registration	Front Desk & Sponsors Visit
Session 7 - Breast Care and Cancer		
09:00 am – 09:05 am	Introduction of speakers of the session	Krishna Annambhotla
09:05 am – 09:25 am	Understanding Breast Cancer and its management according to Ayurveda	A.S. Prashanth, BAMS, MD-Ayurved, PhD, Hubli, Karnataka, India
09:30 am – 09:50 am	Integrative approach to Breast Cancer Management	Vijay Jain, MD, Florida, USA
09:55 am – 10:15 am	A clinical study on management of fibro adenosis of breast with Kanchanara Guggulu and Varuna Kwatha	KCP Gunarathne, BAMS, MS Ayurveda, Gampaha, Western, Sri Lanka
10:20 am – 10:40 am	Ayurvedic Galactagogues (Breast milk enhancers)	Shekhar Annambhotla, BAMS, MD-Ayurved, LMT, Pennsylvania, USA
10:45 am – 11:05 am	Remedies for Breast Care	Michelle Costantini, ALC, AFNC, CAP, Pennsylvania, USA
11:05 am – 11:20 am	Q & A	Q & A
11:20 am – 11:30 am	Break	Sponsors Visit
Session 8 –		
11:30 am – 11:35 am	Introduction of speakers of the session	Krishna Annambhotla
11:40 pm – 12:00 pm	TBA	TBA
12:05 pm – 12:25 pm	TBA	TBA
12:30 pm – 12:50 pm	TBA	TBA
12:50 pm – 01:05 pm	Q & A	Q & A
01:05 pm – 01:15 pm	Closing Ceremony	Shekhar Annambhotla, Director GAC & AAPNA, USA
01:15 pm – 02:30 pm	Lunch	Lunch

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

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