



AAPNA - Association of Ayurvedic Professionals of North America, Inc
567 Thomas Street, Coopersburg, PA 18036, United States of America

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6th

World Ayurveda Day

November 2, 2021

108 Speakers

22 Waiting List Speakers

36 Countries

6th World Ayurveda Day Virtual Program
with 108 Ayurveda, allied health experts,
and participants from 36 countries –
India, USA, Canada, United Kingdom,
Ireland, Czech Republic, Hungary, Russia,
Italy, Belgium, Portugal, Poland, Spain,



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Switzerland, France, Turkey, Tunisia,
Germany, Netherlands, Argentina, Peru,
Chile, Colombia, Ecuador, Thailand,
Indonesia, Nepal, Bangladesh, Singapore,
Mauritius, Sri Lanka, Taiwan, Pakistan,
United Arab Emirates, New Zealand,
Australia

The detailed program for World Ayurveda
Day is available on our website:

<https://www.aapna.org/world-ayurveda-day.html>



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Program Schedule

Time: EST (New York Time)

08:00 am - Introduction by Dr. Shekhar Annambhotla,
Pennsylvania, USA

08:05 am - Vedic Recitation with Pandit Neil Sahil
Parmeshwar, Pennsylvania, USA

08:10 am - Peace Music by Sherjan Ahmad, Pakistan
(Singing by Dr. Samina Ahmad, New York, USA)

08:15 am - Ayurveda and Yoga: The Life Elixirs - Master
Kamal, Bangkok, Thailand

08:20 am - Balanced Nutrition and Mindful Eating - Dr.
Anjum Nadaf, New Jersey, USA

08:25 am - Ayurvedic Psychotherapy - Dr. Vishwanath
Guddadar, Florida, USA



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08:30 am - Ayurveda and Nutrition - Dr. Oleg Sorokin,
Novosibirsk, Russia

08:35 am - Daily Regimen - Dr. Rajan Patankar,
Maharashtra, India

08:40 am - Lactose Intolerance in Children and Toddlers -
Dr. Reena Pandey, Uttarakhand, India

08:45 am - Pandemic & NCD (Non Communicable Diseases)
- Dr. Shubha Sondoor, Uttar Pradesh, India

08:50 am - Pathway of Happy Mind - Dr. Jaya Daptardar,
Connecticut, USA

08:55 am - Decoding Wellness - Non Pharmaceutical
Intervention - Dr. Bishnupriya Mohanti, Goa, India

09:00 am - Importance of Daily Rituals - Dr. Narayana
Sreeramachandra Murthy - Andhra Pradesh, India



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09:05 am - Ayurveda in Menarche to Menopause - Dr. Sunitha Joshi, Telangana, India

09:10 am - Eye Care and Ayurveda - Dr. Nandini Jadhav, Delhi, India

09:15 am - Awareness of Ayurveda for present generation - Dr. Nagabhushan Moolky, Illinois, USA

09:20 am - Blending Technology with Ayurveda - Murty Chennubhotla, California, USA

09:25 am - Incompatible Foods - Dr. Deeja Radhakrishnan, Gujarat, India

09:30 am - Dangers of Ayurvedic Self Medication - Dr. Pranita Mule, Maharashtra, India

09:35 am - Ayurveda & Global Digitalization - Dr. Sushand Sud, Gujarat, India



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09:40 am - Daily Regimen in Present Pandemic Condition -
Dr. Vineetha Kurup, Gujarat, India

09:45 am - Therapeutic Use of Spices in Kitchen - Dr.
Sonesh Utkar, Maharashtra, India

09:50 am - Scientific Approach of Ayurveda - Dr. Sumedh
Wasnik, Maharashtra, India

09:55 am - Break

10:15 am - Marma Chikitsa in Pain Management - Dr.
Anthony James, Florida, USA

10:20 am - Is it possible Total Health? - Dr. Somendra
Mishra, Madhya Pradesh, India

10:25 am - Concept of Ayurveda Treatment - Dr. Sushanta
Sahu, Odisha, India



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10:30 am - Daily Regimen for Children - Dr. Sayali
Dhodapkar, Prague, Czech Republic

10:35 am - Is Ayurveda is Alternative Medicine? - Dr. V.
Nitin, Karnataka, India

10:40 am - Healing from Inside, Out. - Amandeep Annu
Gaidhu, Toronto, Canada

10:45 am - Triphala and Benefits - Dhvani Soni, Gujarat,
India

10:50 am - Covid Management through Ayurveda - Dr. Anu
Gupta, Delhi, India

10:55 am - Aroma Therapy - Dr. Jamuna Neelamegan,
Karnataka, India

11:00 am - Ayurveda for Children - Dr. Radhika Injamuri,
Karnataka, India



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11:05 am - Mass communication of Ayurveda Awareness -
Dr. Pawan Kumar Sharma, West Bengal, India

11:10 am - Seasonal Ayurveda Across the Globe - Zane
Zalite, London, United Kingdom

11:15 am - Lifestyle and Dietetic Disorders - Dr. S.D.
Sharma, Haryana, India

11:20 am - Lifestyle in combating Non Communicable
Diseases - Dr. Nitin Juneja, Punjab, India

11:25 am - Ayurveda Treatment for COVID-19 among Sri
Lankan Young adults - Manori Amarajeewa, Colombo, Sri
Lanka

11:30 am - Relevance of Ayurveda medicine in the present
era - Dr. Shripathi Acharya, Karnataka, India

11:35 am - Swarna Prashana - Immunomodulation in
Children - Dr. Amit Kataria, Haryana, India



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11:40 am - Yoga in the management of Diabetes Mellitus -
Dr. Deepak Gupta, Delhi, India

11:45 am - Day to Day Lifestyle Management - Dr. Varsha
Hanmante, Maharashtra, India

**11:50 am - AAPNA Award Ceremony - Excellence in
Ayurveda and Vedic Sciences Award Winners**

12:00 pm – Break

12:15 pm - Scope of Ayurveda in Pediatric Practice - Dr.
Suryanarayana Mudadla, Karnataka, India

12:20 pm - Body Constitution (Prakruti) - Dr. P.C. Mangal,
Rajasthan, India

12:25 pm - Prevention of harmful effects of visual display
terminals through Ayurveda - Dr. Ashu Vinaik, Haryana,
India



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12:30 pm - Wonders of Leech Therapy - Dr. Biswajit Dash,
Odisha, India

12:35 pm - Practical approach to yogic nadis - Dr. Sachin
Sharma, Rajasthan, India

12:40 pm - Ayurveda and yoga The science of integral
health, for the future of humanity - Amadio Bianchi, Pavia,
Italy

12:45 pm - Importance of Ayurveda - Dr. Arshiya Kausar
Mohamad Habib, Maharashtra, India

12:50 pm - Panchakarma in Childhood disorders - Dr. Aboli
Patil, Gujarat, India

12:55 pm - Role of Ayurveda in Emergency - Dr. Ashish
Mahajan, Jammu & Kashmir, India



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01:00 pm - Panchakarma for healthy and diseased persons
- Dr. Pooja, Punjab, India

01:05 pm - Rasayana effect of pratimarsha nasya in present
days - Dr. Shabinaz HM, Karnataka, India

01:10 pm - Ayurvedic Psychology Tips for Today's
Generation - Dr. Venkata Narayana Joshi, London, United
Kingdom

01:15 pm - Ayurveda needs to become mainstream
medicine - Dr. Neha Saini, Uttar Pradesh, India

01:20 pm - Male Infertility - Dr. Jibi Varghese, Maharashtra,
India

01:25 pm - Ayurvedic Lifestyle - Dr. Dhanya
Radhakrishnan, Kerala, India



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01:30 pm - Self Care Tips for Mental Calmness - Dr. Andhrika Kondeti, Virginia, USA

01:35 pm - Well-being through Dinacharya - Dr. Amrutha Rajeev, Ontario, Canada

01:40 pm - Ayurvedic Lifestyle - Dr. Buddhi Prasad Paudel, Nepal

01:45 pm - Obesity - Shouthlya - Dr. Rajesh Udupudi, Karnataka, India

01:50 pm - Ritual Purification - Dr. Rajesh Kumar, Uttar Pradesh, India

01:55 pm - Teaching Ayurveda to Allied Practitioners - Sonia Masocco, New Mexico, USA

02:00 pm – Break



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02:15 pm - Indonesian Herbal Plants and Benefits - Dr. Mithun Rama Raju, Indonesia

02:20 pm - Women's Wellness Through Dinacharya and Ritucharya - Dr. Arun Gupta, Jammu & Kashmir, India

02:25 pm - Lifestyle Diseases - Dr. Somesh Pal, Madhya Pradesh, India

02:30 pm - Pain Management and Hormonal Imbalance - Dr. Gagandeep Singh Nagpal, Delhi, India

02:35 pm - Instant Pain Management with Marma and Vigdha Karma - Dr. Vihar Bidwai, Maharashtra, India

02:40 pm - Perinatal Yoga - Dr. Jayasheela Goni, Gujarat, India

02:45 pm - Lifestyle disorders with Herbs - Dr. Dipti Kadam, Maharashtra, India



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02:50 pm - Pediatric Ayurvedic Practice - Dr. Sumod Khedekar, Goa, India

02:55 pm - Ayurveda Practice in Europe - Dr. Suresh Swarnapuri, Cork City, Ireland

03:00 pm - Mental Health in Women - Dr. Arpita C Raj, Uttar Pradesh, India

03:05 pm - Brachial Neuritis - Dr. Rajimunnisa Begum Shaik, Karnataka, India

03:10 pm - Ayurveda and Oligospermia - Dr. D.R. Sunil Kumar, Karnataka, India

03:15 pm - Ayurveda and Dentistry - Dr. Vibha Singh, Uttar Pradesh, India

03:20 pm - Shalya Tantra - Dr. Pradnya Kapse, Maharashtra, India



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03:25 pm - Eternal Ayurveda - Dr. Neeta Mahesekar,
Maharashtra, India

03:30 pm - Yoga for body health and mind happiness - Dr.
Sudhakar Petkar, Maharashtra, India

03:35 pm - Anorectal disorders with lifestyle management -
Dr. Sheetal Asutkar, Maharashtra, India

03:40 pm - Mental Health and Ayurveda - Dr. Vijayendra
Bhat, Karnataka, India

03:45 pm - Duties and Responsibilities of Panchakarma in
Ayurveda Sanatorium - Amey Vijay Karale, Maharashtra,
India

03:50 pm - Nutrition in Ayurveda - Dr. Rekha G, Karnataka,
India



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03:55 pm - Diet in Prameha - Dr. Konica Gera, Haryana, India

04:00 pm – Break

04:15 pm - Ayurveda Awareness at large - Dr. Vidhi Bapna Kumath, Gujarat, India

04:20 pm - Importance of Rasoushadhas - Dr. Sharadini Karambelkar, Maharashtra, India

04:25 pm - Basic Principles of Ayurveda to Today's Generation - Dr. Sanjay Batra, Maharashtra, India

04:30 pm - Awareness of cultivation of medical plants - Dr. Pramod Khobragade, Maharashtra, India

04:35 pm - Ayurvedic Herbs for COVID 19 - Dr. Warunie Buultjens, Matara, Sri Lanka



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04:40 pm - Understanding Ahara Shastra in Ayurveda - Dr. Sayali Shintre, Maharashtra, India

04:45 pm - Inner success, ayurveda and immunity - Dr. Jitendra Singh Raghuvanshi, New Delhi, India

04:50 pm - Hair and Nutrition - Dr. Lida Joseph, Dubai, United Arab Emirates

04:55 pm - Evidence-Based Ayurveda - Dr. Pulkit Baxi, Gujarat, India

05:00 pm - Ayurveda and Yoga for Healthy Life - Dr. Deepa Shankar Thamal, Maharashtra, India

05:05 pm - Need of evolutionary changes in Ayurveda - Dr. Gopal Gupta, Uttar Pradesh, India

05:10 pm - Ayurveda practice for Teens - Chris Casely, Washington, USA



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05:15 pm - Ayurveda for Present Era - Dr. Harshavardhan Appaji, Andhra Pradesh, India

05:20 pm - AYUSH National Program - Dr. Kamlesh Mahajan, Maharashtra, India

05:25 pm - Leech Therapy - Dr. Niveditha Srinivasamurthy, Karnataka, India

05:30 pm - Nutrition for Lungs - Dr. Ajit Singh, New Zealand & Australia

05:35 pm - Day light and our circadian rhythms - Aparna Patil, Virginia, USA

05:40 pm - Nutraceuticals and Rasayana Therapy - Dr. Prashanth A.S., Karnataka, India

05:45 pm - Relevance of Jal (Water) in Poshan (Nutrition) - Dr. Ruchi Gulati, Delhi, India



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05:50 pm - Ayurvedic Psychology for Corporates - Dr. Harsha Nair, Karnataka, India

05:55 pm - Ayurveda and Prevention – Pal Tamas, Szeged, Hungary

06:00 pm - Ayurveda the supreme power of life - Dr. Rashmi Gupta, Uttar Pradesh, India

06:05 pm - Ayurveda education and practice in Nepal - Dr. Nirmal Bhusal, Nepal

06:10 pm - Ojas in Immunity and Preventive Cardiology - Dr. O.P. Gupta, Assam, India

06:15 pm - Closing Ceremony and Vote of Thanks - Dr. Shekhar Annambhotla, Pennsylvania, USA



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Waiting List of Speakers –

1. Holistic Health Through Ayurveda - Dr. Anil Shukla, Madhya Pradesh, India
2. Food Is Medicine? How, Why, What - Dr. Gurubasava Hiremath, Karnataka, India
3. Cardiology in Ayurveda - Dr. Mohit Sandhu, Himachal Pradesh, India
4. Importance of Ayurvedic Poshan (Nutrition) - Dr. Parul Joshi, Gujarat, India
5. 3 R formula of vibrant health - Remove, Restore, Renew - Dr. Smita Naram, Maharashtra, India
6. Ayurveda Textiles - Thanga Kumar Thangappalam, Tamil Nadu, India
7. Ayurvedic Formulations for Nutrition and Rejuvenation – Dr. Rajeev Kurele, Uttarakhand, India
8. Ayurvedic Dietetics (Anna Paan Vignyan) in Clinical Aspect - Dr. Ekta Patel, Gujarat, India
9. Ophthalmic Care in Daily Life - Dr. Manjiri Keskar, Gujarat, India



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10. The power of mantra - Dr. Pooja Maddela, Auckland, New Zealand
11. Management of Lifestyle Disorders with Ayurveda – Dr. Zenab Damaniya, Maharashtra, India
12. How Vastu Lifestyle can support Ayurvedic Healing – Michael Mastro, California, USA
13. An Integrative approach to cancer management – Dr. Aditya Mishra, Delhi, India
14. Ayurgenomics – Dr. Trusha Abhyankar, Karnataka, India
15. Principles of Traditional Systems of Medicine - Dr. Subbaiah S Selvarasu, Tamil Nadu, India
16. Food Therapy and Music Therapy - Dr. Namrata Gautam, Delhi, India
17. Role of ahara and vihara in manifestation of disease - Yunisha Choudhari, Maharashtra, India
18. Understanding the Matra of Ahara - Dr. Preeti Borkar, Maharashtra, India



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19. Candida Therapy - Ajah-Christine Fambo,
California, USA
20. Concept of Baala Rasayana in malnutrition
children – Dr. Prakash Paltye, Karnataka, India
21. Pathya in Anorectal disorders – Dr.
Prathamesh Karpe, Goa, India
22. Month Wise Diet in Pregnancy – Dr. Vishnu
Bawane, Maharashtra, India



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World Ayurveda Day Calendar

- 1st World Ayurveda Day – Oct 28, 2016**
- 2nd World Ayurveda Day – Oct 17, 2017**
- 3rd World Ayurveda Day – Nov 5, 2018**
- 4th World Ayurveda Day – Oct 25, 2019**
- 5th World Ayurveda Day – Nov 13, 2020**
- 6th World Ayurveda Day – Nov 2, 2021**
- 7th World Ayurveda Day – Oct 23, 2022**
- 8th World Ayurveda Day – Nov 10, 2023**
- 9th World Ayurveda Day – Oct 29, 2024**
- 10th World Ayurveda Day – Oct 18, 2025**
- 11th World Ayurveda Day – Nov 6, 2026**
- 12th World Ayurveda Day – Oct 26, 2027**
- 13th World Ayurveda Day – Oct 15, 2028**
- 14th World Ayurveda Day – Nov 3, 2029**
- 15th World Ayurveda Day – Oct 24, 2030**
- 16th World Ayurveda Day – Nov 12, 2031**
- 17th World Ayurveda Day – Oct 31, 2032**
- 18th World Ayurveda Day – Oct 20, 2033**
- 19th World Ayurveda Day – Nov 7, 2034**
- 20th World Ayurveda Day – Oct 28, 2035**
- 21st World Ayurveda Day – Oct 16, 2036**
- 22nd World Ayurveda Day – Nov 4, 2037**
- 23rd World Ayurveda Day – Oct 25, 2038**
- 24th World Ayurveda Day – Nov 13, 2039**
- 25th World Ayurveda Day – Nov 1, 2040**