

# Conference Program Guide 2006

THE NATIONAL AYURVEDIC MEDICAL ASSOCIATION PRESENTS

The Fourth Annual Conference

September 22 - 24, 2006

New York, NY

# ayurveda

Ancient Wisdom **New Horizons**

Fundamentals, Research, Therapies, and Treatments

Conference Location New York Conference and Seminar Center The Masonic Hall and Home 71 West 23rd Street New York, NY 10010.  
For more information contact Dr. Aparna Bapat at 718.878.2070 or email [nama2006@gmail.com](mailto:nama2006@gmail.com) or visit [www.ayurveda-nama.org](http://www.ayurveda-nama.org)

# Welcome to NAMA 2006 New York



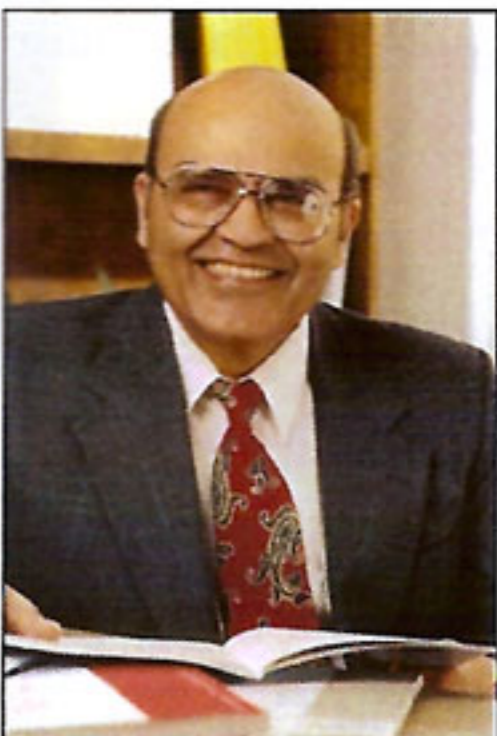
# Keynote Speakers



**Bhaswati Bhattacharya, M.P.H., M.D., M.A.**, is a public health specialist and clinician practicing holistic primary care medicine in New York City. She received the 1998 National Award by the American Holistic Medical Association and was appointed to the NIH Advisory Panel on Medical & Nursing Education in Complementary Medicine in 1996. Currently, she directs the Division of Complementary and Alternative Medicines and also serves as the Director of Research in the Department of Medicine at Wyckoff Heights Medical Center, one of the Cornell Medical College community hospitals.



**John Douillard, DC, PhD**, is the author of four books on Ayurveda, Body, Mind and Sport. He received his Ayurvedic training in India and his PhD from Open International University (Sri Lanka). John co-directed Deepak Chopra's Center for eight years and is the former Director of Player Development for the New Jersey Nets NBA basketball team. He currently runs an Ayurvedic/Chiropractic Health Center and Ayurvedic School in Boulder, Colorado where he lives with his wife and six children. Dr. Douillard has been teaching Ayurveda for 17 years.



## **HARI SHARMA, MD, DABP, FRCPC, DABHM**

Dr. Sharma is Professor Emeritus and former Director of the Division of Cancer Prevention and Natural Products Research in the Department of Pathology, College of Medicine, at The Ohio State University in Columbus, Ohio. He is also Chairperson of the Integrated Medicine Committee of National AAPI (American Association of Physicians of Indian Origin). Dr. Sharma has been given the prestigious honor of being named Fellow of the National Academy of Ayurveda by the Ministry of Health and Family Welfare, Government of India. He has extensively studied, practiced, and researched both the conventional and the Vedic systems of health care.

Dr. Sharma is a frequent lecturer at conferences worldwide, and has presented his research findings to the National Institutes of Health (USA), the Food and Drug Administration (USA), and the World Health Organization. He has published over 130 research articles and authored four books: 1) Freedom from Disease; 2) Contemporary Ayurveda; 3) Awakening Nature's Healing Intelligence; and 4) The Answer to Cancer.



## **David Simon, M.D., Medical Director/Co-Founder**

In his role as Medical Director, Dr. Simon is the driving force behind The Chopra Center's development, training and implementation of programs and seminars in mind body medicine, emotional healing, and spirituality. He directs a comprehensive curriculum that includes on-site seminars and workshops, in addition to a worldwide educational outreach program. His far-reaching endeavors have resulted in the training of thousands of physicians, nurses, health care providers and educators in holistic healing approaches throughout the world. David Simon laid the foundation for his influence in the medical community through his practice in neurology, and his roles as Chief of Staff and Medical Director of the Neurological Services at Sharp Cabrillo Hospital, an affiliate of the Sharp HealthCare system, the largest in Southern California. As a Clinical Assistant Professor in the Department of Neurosciences at the University of California San Diego, Dr. Simon supervises medical students rotating through The Chopra Center. Dr. Simon is a popular author of wellness books and a sought after media expert and keynote speaker for organizations such as the March of Dimes, the American Cancer Society, the California Medical Association and academic institutions such as Tufts University, Tulane University, and Harvard Medical School.

# Welcome to NAMA 2006

# Our Conference Featured Presenters



**Alakananda Ma, MB, BS**, is a British trained physician who graduated from St. Bartholomew's Hospital medical college in England in 1975. After working in a rural hospital in England, she traveled to India in 1980 to study with Father Bede Griffiths at Shantivanam. In India she met her guru, Raghudas Maharaj and Dr. Vasant Lad, her first teacher of Ayurveda. Among the first western physicians to take up Ayurveda, she has been studying Ayurveda for 24 years and practicing and teaching for 16 years. She is principal of Alandi School of Ayurveda, a traditional Gurukula, and is known for her insightful articles on Ayurveda.



**Dr. Shekhar Annambhotla, B.A.M.S., M.D.** (Ayurveda - India), RYT, has been a dedicated Ayurvedic practitioner, educator since 1988. He traveled extensively throughout Europe, West Indies and North America for 7 years, practicing and teaching Ayurveda. He is the Founder and Director of Ojas Ayurveda Yoga Wellness Center in Lehigh Valley, Pennsylvania. Website: [www.ojas.us](http://www.ojas.us) <<http://www.ojas.us/>



**Jay Apte, BAMS** is an Ayurvedic Doctor from India with an integrated degree in Ayurvedic and Conventional medicine. She also has an MS in Pharmacology from University of North Texas. Currently, Dr. Apte is on the Board of Directors of California Association of Ayurvedic Medicine. She is a director and founder of Ayurveda Institute of America with branches in San Francisco, Los Angeles, Houston, Detroit, and in Kauai. From her clinic in Foster City, CA she does Ayurvedic Health counseling, Panchakarma, and many other Ayurvedic therapies. She offers seminars and lecture series in many hospitals, business places, and conferences.



**Kumar Batra, PhD**, author of several scientific and research publications, is a licensed Clinical Laboratory Toxicologist in California. He has served as the Director of Toxicology and Drug Analysis Laboratory and as Adjunct Assistant Professor in the Department of Pathology at the University of California Davis Medical Center. He is a founding director and the recent past President of NAMA. Dr. Batra has a passionate desire to integrate Ayurveda with western medicine.



**Bhaswati Bhattacharya, M.P.H., M.D., M.A.**, is a public health specialist and clinician practicing holistic primary care medicine in New York City. She received the 1998 National Award by the American Holistic Medical Association and was appointed to the NIH Advisory Panel on Medical & Nursing Education in Complementary Medicine in 1996. Currently, she directs the Division of Complementary and Alternative Medicines and also serves as the Director of Research in the Department of Medicine at Wyckoff Heights Medical Center, one of the Cornell Medical College community hospitals.

**Dr. Richard P. Brown** is Associate Clinical Professor of Psychiatry at Columbia University. After receiving his M.D. in 1977 from Columbia University College of Physicians and Surgeons, Dr. Brown completed his Residency in Psychiatry and a Fellowship in Psychobiology and Psychopharmacology at New York Hospital.

Dr. Brown is the recipient of numerous awards and has authored over 80 articles and book chapters on pharmacological and clinical studies in psychiatry.



**Karyn Chabot, D.Ay., LMT** is the founder of The Sacred Stone School of Mystical Healing Arts in Rhode Island. She pioneered /Sacred Stone Therapy /(Shila Abyhanga) and is a 1997 graduate from The Ayurvedic Institute & Ayurveda-Yoga Institute in NYC 2000. She has her BS in Alternative Health & Fitness & is nationally certified as a Bodyworker, Yoga Teacher, Fitness Trainer, Master Crystologist, Reiki Practitioner, Quantum Touch Therapist, and Medical Thai Therapist. Karyn is also the mother of a 17-year-old princess, the sunshine of her life. Sacred Stone



**Cynthia Copple**, an Ayurvedic Practitioner since 1983, is one of the first American practitioners of Ayurveda and a founding Board Member of NAMA. She is the current President of the NAMA Board. Her Ayurvedic training of over 2,000 hours and internship were with Dr. R. P. Trivedi. She also studied with Dr. Vasant Lad, Dr. Sunil Joshi, and Dr. Pankaj Naram. She is the Director of Lotus Holistic Health Institute in Capitola, CA. A former war correspondent, she has published articles on Ayurveda for over 20 years. She teaches at Twin Lakes College of the Healing Arts and Mt. Madonna Center.



**William ("Bill") Courson** is administrative director of the Starseed Center for Yoga & Wellness and its associated New Jersey Institute of Ayurveda. Bill has been a lifelong student of and writer on the themes of ayurveda and other forms of traditional healing, alternative medicine, spirituality and eastern and western alchemy. He is a certified herbalist with special interests in the fields of Ayurveda and Traditional Western Medicine (humoral medicine) and energetic healing through 'subtle therapies' including chakra, color and crystal therapies. Additionally, Bill is a Reiki Master/Teacher in the traditional Usui lineage. He makes his home in Montclair, New Jersey where he is active in a number of civic and charitable organizations.

Bill's presentation at the NAMA conference will focus on health issues and concerns attendant on the widening use of Soy-based foods and their contribution to an array of disorders including obesity.

# Our Conference Featured Presenters

**Tirun Gopal MD** is an allopathic physician who studied Ayurveda in India and in the US and has been practicing it for the past 15 years. He is also an Acupuncture practitioner, having completed the course in acupuncture through the University of CA, Berkeley. He lectures widely on Ayurveda, Acupuncture, Yoga and Meditation.



**Bri. Joan Shivarpita Harrigan, Ph.D.**

Joan is a brahmacharini and psychologist who has taught Yoga and Vedanta for almost thirty years. The designated successor of a lineage of Kundalini specialists, she is the author of /Kundalini Vidya: The Kundalini Model of Spiritual Transformation/ and offers spiritual assessments, retreats, and consultations through Patanjali Kundalini Yoga Care ( [www.kundalinicare.com](http://www.kundalinicare.com) ) <<http://www.kundalinicare.com/>



**John Kepner, MA, MBA.**

John is the Executive Director of the International Association of Yoga Therapists (IAYT). He is a practicing Yoga teacher and therapist with a professional background in economics and finance.

Presentation: "Using Health Savings Accounts to Pay for Yoga Therapy and Ayurvedic Treatments"

Using Health Savings Accounts to Pay for Yoga Therapy and Ayurvedic Treatments /Tax sheltered health care accounts are an important and growing vehicle to support complementary and alternative therapies not covered by traditional health care insurance. Still, they must be used carefully and in a manner consistent with tax law and, in some cases, individual company policies.



**Abha Lokhande**

I have my first degree BAMS from India. I practised Ayurved for 5 yrs in Bombay. I immigrated to USA in 97. I did my research at Connecticut State University in molecular biology, more specifically in cancer therapeutics. I have MD in allopathic medicine. Currently I am at Montefiore Medical Center, University Hospital of the Albert Einstein College of Medicine.



**Dr. Manisha Madhavi, BAMS**, is an Ayurvedic Physician, graduated from the prestigious Pune University. She specialises in Panchakarma Therapies, Lifestyle-Diet Consultations, Herbal Remedies, Ayurvedic cooking, Ayurvedic Beauty Therapies Pranayama and Meditation. She has an experience of over 10 years & is honored to be a part of NAMA . She is a Devotee of Ayurveda and offers her humble contribution at the alter of Ayurvedic Healing



**Dr. Naina Marballi**, Ayurvedacharya from Mumbai University in 1977. Studied Advanced Cosmetology from USA in 1985. Established Ayurveda's Beauty Care a Day Spa in Manhattan and for the past 5 years successfully conducting a nation-wide accredited 150 hours NUTRITION PROGRAM. Today she proudly owns a New York Education Dept. approved School which will offer a 600 hours ESTHETICS program from February 2007. Beauty and wellness through Ayurveda and extending its knowledge is the mission of her life.



**Rama Kant Mishra (GAMS, DSc)** is an ayurvedic practitioner, dermatologist, product formulator, researcher and educator. He was born into a family of Raj Vaidyas that have a millennial history of healing. A graduate of Ayurvedic Medicine from the University of Bihar, India, 1974, he underwent additional intensive training for 7 years his father, reputed Vaidya Kameshwar Mishra, receiving the familial legacy. Vaidya Mishra currently has designed a series of workshops for healers wishing to master the 'Transdermal Marma System', the result of more than two decades of research on transdermal applications in India, Europe, and the United States. He was recently invited to give a key-note address as well as present his latest findings in this field at the annual Symposium on Health, Healing, and Intelligent Medicine held in Baden-Baden, Germany. He is the author of numerous publications



**Narender Pati, R.Ph., DAyS, CAS, YICT**

Registered Pharmacist: 20 years. Board of Director, & Treasurer: CAAM. Practitioner, & Life Member: NAMA. Founder: International Wellness Foundation

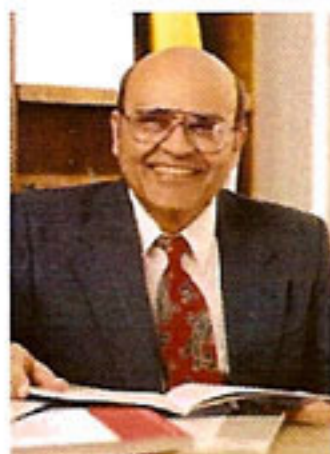
"Dedicated to Positive Health Outcome through education and research in evidence based expertise from Global Health Practices"



**Vivek Shanbhag, ND, MD (Ayu), BAMS**, Ayurvedic Physician, educator, researcher and author is the Medical Director of Ayurvedic Academy, Clinic & Spa in Seattle and a faculty member of the Bastyr University in Seattle. His clinical, teaching and research experience spans over 25 years. From 1991-96, he was the Chairman of the Ayur-Vedic Medicine Department at Bastyr University. During 1985-88 he was the Head of the Institute of Research in Ayur-Vedic Medicine, Poona, India. He is a member of the Board of Directors of the National Ayurvedic Medicine Association, Light on Ayurveda Journal, and Washington Association of Ayurvedic Medicine.

# Our Conference Featured Presenters

## **HARI SHARMA, MD, DABP, FRCPC, DABHM**



Dr. Sharma is Professor Emeritus and former Director of the Division of Cancer Prevention and Natural Products Research in the Department of Pathology, College of Medicine, at The Ohio State University in Columbus, Ohio. He is also Chairperson of the Integrated Medicine Committee of National AAPI (American Association of Physicians of Indian Origin). Dr. Sharma has been given the prestigious honor of being named Fellow of the National Academy of Ayurveda by the Ministry of Health and Family Welfare, Government of India. He has extensively studied, practiced, and researched both the conventional and the Vedic systems of health care.

r. Sharma is a frequent lecturer at conferences worldwide, and has presented his research findings to the National Institutes of Health (USA), the Food and Drug Administration (USA), and the World Health Organization. He has published over 130 research articles and authored four books: 1) Freedom from Disease; 2) Contemporary Ayurveda; 3) Awakening Nature's Healing Intelligence; and 4) The Answer to Cancer.



**Dr. Marianne Teitelbaum** graduated Summa Cum Laude from Palmer College of Chiropractic in 1984.

She has been studying Ayurveda ever since, first with Maharishi Ayurved and for the past 6 years one-on-one with Vaidya Rama Kant Mishra. She has a highly successful large Ayurvedic practice in Cinnaminson, NJ -- 15 minutes from Philadelphia and 1 1/2 hours from New York City.



**Jennifer Workman, M.S., R.D.** is the owner of The Balanced Approach®, a National Nutrition/Weight Management Education Company and author of Stop Your Cravings, (Free Press/Simon & Schuster). Jennifer is a graduate of New York University with a Masters Degree in Exercise Physiology and Sports Nutrition. She helps her clients create individualized lifestyle approaches to food and exercise, maximize health, energy, and digestion, lose body fat and has achieved tremendous long term success and compliance by balancing cravings, and satisfying taste without sacrificing health. The Balanced Approach also supports and educates both consumers and health professionals about benefits of organic, sustainable, and globally conscious who emphasize humane treatment to animals and the planet. The Balanced Approach is committed to re-allocating a portion of the \$\$ spent on weight loss to children's hunger and education programs.

**Dr. Swaroopa Nishar, BAMS   Dr Pratima Raichur, ND   Dr. Eric Scheinbart, MD**

**Dr. Akhilesh Sharma, BAMS   Dr. Lynnea Villanova, MD**

# NAMA 2006 - CONFERENCE SCHEDULE

**Day: Thursday Date: September 21st**

## Consulate Reception

We graciously invite you all to grace us with your presence at  
**The Inaugural Reception on Thursday 21 September 2006 at 6-9 pm**  
 Venue: Consulate General of India NY  
 Address: 3 East, 64th Street, Bet Madison & Fifth Avenue, NY

### AGENDA

- Welcome note by *Dr. Aparna Bapat* BAMS Conference Chair - 5mins
- Introduction of Chief Guest by *Dr Aparna Bapat*
- Inauguration of the NAMA 2006 Conference by *Hon Neelam Deoji (Consul General of India NY) with Samai Prajawalan*
- Publication of Conference Guide
- Speech by *Hon Neelam Deoji (Consul General of India NY)* - 10-15mins
- Intro of *Dr. Kumar Batra* Phd by *Dr. Aparna* - 1mins
- Speech by *Dr. Kumar Batra Phd* (Future of Ayurveda in US) & Intro of *Cynthia Copple* President - 8mins
- Welcome Message by *Cynthia Copple* President NAMA - 5mins
- Felicitation of the Chief Guest by *Cynthia Copple*
- Vote of Thanks by *Dr. Manisha Madhavi* BAMS - 2mins
- Details of the Evening Agenda & Conference Agenda & Registration Info - 2mins
- Introduction of *Dr. Richard Brown MD* by *Dr. Aparna*
- Work shop & Lecture by *Dr. Richard Brown, MD* (Breathing Techniques & Meditation)
- Art of Living Foundation - 30mins
- Intro of *Dr. Narendra Pati, R Ph* by *Dr Aparna* - 1min
- Lecture by *Dr. Narendra Pati, R Ph* (Iatrogenesis & Ayurveda) - 10mins
- Announcement of Snack Break (*Dr. Manisha*)
- Snack Break & Arrangement of Film Set up. - 10mins
- Intro to the Film by *Dr Bhaswati Bhattacharya, MD* - 3mins
- Actual Film Presentation
- Title: An Exploration into Healing
- Q & A Session *Dr. Bhaswati Bhattacharya MD*
- Networking & Snacks
- Closing Announcement (*Dr. Manisha*)VV

**Day: Friday Date: September 22rd**

- 3:00 – 5:30 pm** Conference Registration
- 5:30 – 6:00 pm** Opening Ceremony  
 Ganesh Puja and chanting (5 mins)  
 1. Welcome by the Chairperson - *Dr Aparna Bapat* (3 mins)\*  
 2. Welcome by The NAMA President *Cynthia Copple* (10 mins) \*  
 3. Brief Intro of the Hon Board Members (7mins)  
 4. Thank you note & Introduction of the Keynote Speaker by *Dr. Manisha* (2 mins)\*
- 6:00 – 7:00 pm** Keynote Speaker:  
*Dr. Bhaswati Bhattacharya MD*, Ayurveda - Yesterday, Today, Tomorrow and Forever

- 7:00 – 8:00 pm** Dinner
  - 8:00 – 8:30 pm** Kirtan & Satsang  
 by Art of Living Foundation NY
  - 8:30 – 9:30 pm** Annual NAMA Membership Meeting  
 Presided over by NAMA President
- Agenda: As per NAMA Regular Annual Meeting.

**Day: Saturday Date: September 23rd**

- TIME KEEPER:** *Dr. Kumar Batra Phd.*
- 8:00 – 8:15 am** *Dr. Aparna Bapat's* Announcement  
 Pranayama & Meditation Alakananda Ma
- 8:15 – 8:30 am** Ganesh and Durga Puja - first day of Navratri  
 by *Vasant Madhavi Atharvashirsha*
- 8.30 – 9:00 am** Tea and Breakfast at the Banquet Area 2nd Floor.  
 Set up of Power point and Stage & mics & CD (13 mins)  
 Introduction of Key Note by *Dr. Shekhar Annambhotla, BAMS, MD* (2mins)
- 9:15 – 10:15 am** **Keynote Speaker:**  
*Dr. Hari Sharma, Professor, Ohio State University*  
 Spiritual Roots of Ayurveda
- 10.15 – 10.30 am** Set up of stage for Panel Presentations.
- 10:30 – 12:30 pm** Panel discussion I – Pathology of Vata Diseases  
 Self intro & Intro of all Speakers by Moderator (5mins)  
**Presentation** by Moderator *Dr. Lynnea Villanova, MD* (15 mins)  
 1. *Dr. Shekhar Annambhotla, BAMS, MD* - GIT problems leading to Vata diseases (20 mins)  
 2. *Dr. Jay Apte, BAMS* - Pathology of Vata diseases (20 mins)  
 3. *Dr. Marianne Teitelbaum, DC* - Management of MS (20 mins)  
 4. Q&A Sessions (30 mins)
- 12:30 – 2:00 pm** Lunch At Buffet Area on 2nd Floor  
 Vendor Fair at Lower Level
- 2:00 – 3:30 pm** Panel Discussion II – Skin Care, Body Care  
 Moderator - *Dr. Vivek Shanbhag, N.D, M.D (Ayu)*  
 Self intro & Intro of all Speakers by Moderator (5mins)  
 Presentation (15 mins)  
 1. *Dr Pratima Raichur, ND* - Treatment of psoriasis and eczema (20mins)  
 2. *Dr. Naina Miraballi, BSAM, D.Ac* - Ayurveda for Healthy Skin and body (20 mins)  
 3. *Vaidya R.K. Mishra GAMS DSc* Skin pathology and Bhrajak pitta (20 mins)  
 4. Q&A Sessions (30 mins)

## Panel 3 Ayurveda & Cancer

- 3:45 – 5:30 pm** Moderator *Alakananda Ma, MB,BS*  
 Self intro & Intro of all Speakers by Moderator (5 mins)  
 Presentation (15mins)  
 1. *Dr. Hari Sharma, MD* - Ayurvedic pathology of cancer (20 mins)  
 2. *Dr. Eric Scheinbart, MD* - Case studies - Treating Cancer with Ayurveda (20 mins)  
 3. *Dr. Tirun Gopal, MD* - Gynaecological cancer treatments with Ayurveda (20 mins)

<p><b>5:30 - 6:00 pm</b> Chai &amp; Chaat at Vendor Fair (Lower Level)  <b>Poster Display of Research Paper Presentations</b>  1. <i>Dr. Duru Paul MD</i>  (Curcummin for Cancer Treatment)  2. <i>Dr. Sivarama Vinjamury</i>  (Chronic Fatigue Syndrome)  3. <i>Dr. Marianne Teitelbaum DC</i>  (Case study of MS)  Introduction of Keynote Speaker  by <i>Felicia Tomasko</i> (2min)</p> <p><b>6:00 - 7:00 pm</b> Keynote Speaker  <i>Dr. John Doulliard</i>, Owner - LifeSpa  Ayurveda for the Whole Family</p> <p><b>7:15 - 8:00 pm</b> Dinner at Buffet Area on 2nd Floor  &amp; Stage set up for Dance Performance</p> <p><b>8:00 - 8:30 pm</b> Entertainment Program  Introduction of East West School of Dance &amp;  Shri Satyanarayana Charakaji by <i>Ms Kanta</i>  (5mins)  Kathak Dance Performance  by <i>Shri Satyanarayana Charakaji &amp; Students</i></p> <p><b>8.30 - 9.15 pm</b> Dandiya Dance for All DelegatesDay:</p>	<p><b>12:50 - 2:00 pm</b> Lunch at Buffet Area 2nd Floor</p> <p><b>Panel 5</b> "Mind, Stress, Psychology"  <b>Day: Sunday Date: September 24th</b></p> <p><b>2:00 - 3:15 pm</b> Mind, Stress, Psychology  Moderator- <i>Cynthia Copple</i>, <i>Outgoing President, NAMA Board of Directors</i></p> <p>Self intro &amp; Intro of all Speakers  by Moderator Presentation (15 mins)  1. <i>Narender Pati R Ph D</i>AYS CAS -  Placebo effect and Ayurveda (15 mins)  2. <i>Dr. Richard Brown, MD</i> -  Stress management (15 mins)  3. <i>Dr. Joan Harrigan, PhD</i> - Psychology and  Kundalini energy (15 mins)  4. Q&amp;A Sessions (15mins)</p> <p>Introduction of Speaker  by <i>Dr. Aparna Bapat</i>. (2 mins)</p> <p><b>3:20 - 3:40 pm</b> Lecture: <i>Dr. Gopal Basisht MD</i>  Integration of Ayurveda &amp; Allopathy</p> <p><b>3:45 - 4:30 pm</b> Discussion: Integrated Ayurvedic Medicine  - Practice</p> <p>Moderator - <i>Dr. Bhaswati Bhattacharya, MD</i>  Self intro &amp; Intro of all Speakers by Moderator  (5mins)</p>
<p><b>Day: Sunday Date: September 24th</b></p>	
<p><b>8:00 - 8:15 am</b> <i>Dr. Aparna Bapat's</i> Announcement  <i>Pranayama &amp; Meditation Alakananda Ma</i></p> <p><b>8:15 - 8:30 am</b> Ganesh and Durga Puja  By <i>Vasant Madhavi</i>  <i>Atharvashirsha</i></p> <p><b>8:30 - 9:00 am</b> Tea and Breakfast at the Buffet Area  2nd Floor</p> <p><b>9:15 - 10:15 am</b> Introduction of Keynote  by <i>Cynthia Copple</i> (2mins)</p> <p><b>Keynote Speaker</b> <i>Dr. David Simon</i>, Director -  <i>The Chopra Center</i></p> <p>Thank you note &amp; felicitation of  <i>Dr. David Simon</i> by <i>Wynn Werner</i>  <i>New NAMA President</i> (5mins)</p> <p><b>10:20-10:30 am</b> Set up of stage for Panel Presentations.</p>	<p><b>Presentation</b></p> <p>Participants:  1. <i>Dr. Akhilesh Sharma, BAMS</i> (10 mins )  2. <i>Dr. Naina Miraballi, BSAM</i> (10 mins)  3. <i>Dr. Abha Lokhande, BAMS</i> (10 mins )  4. <i>Dr. Swaroopa Nishar, BAMS</i> (10 mins)</p> <p><b>4:30 - 5:30 pm</b> Closing Ceremony of the  NAMA 2006 Conference</p> <p>Introduction of <i>Dr. Vivek Shanbhag ND MD</i>  (Ayu) by <i>Dr Aparna Bapat BAMS</i> (2mins)</p> <p>Speaker - <i>Vivek Shanbhag ND, MD (Ayu)</i>  (20-25 mins)</p> <p>Director - AYU Academy &amp; Clinic</p> <p>Vote of Thanks by Conference Chair  <i>Dr. Aparna Bapat</i> (10 mins)</p> <p>Includes Felicitation of All Volunteers, Sponsors,  Ex-Board Members, Officials  by <i>Wynn Werner &amp; Cynthia Copple</i>.</p> <p>Invitation for NAMA 2007 Conference by  <i>New President Wynn Werner</i>. (5 mins)</p> <p>Closing of Silent Auction  <i>Mrs Manju Batra</i> (10 mins)</p> <p>Official Closing and NAMASTE  by <i>Drs Aparna, Bhaswati, Manisha</i></p>
<p><b>Panel 4</b> "Diet, Weight loss and Obesity"</p>	
<p><b>Day: Sunday Date: September 24th</b></p>	
<p><b>10:30 am to 12:30 pm</b>  Moderator: <i>Dr. Manisha Madhavi, BAMS</i>  1. <i>Dr Jennifer Workman MS, RD</i> -  Balance your Cravings  2. <i>William Courson</i> - Processed soy  products and Health foods  3. <i>Karen Chabot D Ay LMT</i> -  Stone massage and Obesity</p> <p>Introduction of Speaker  by <i>Hilary Garivaltis</i> (2 mins)</p> <p><b>12:30 - 12:50 pm</b> Speaker: <i>John Kepner IAYT President</i>  Topic: Using Tax Sheltered Health Accounts  for Yoga &amp; Ayurveda.</p>	