



INTEGRATED WELLNESS CONFERENCE

How To Get Back Your Life Post Pandemic

Online on Zoom
January 15 – 17, 2021

Register : <https://ampsnysconference.org/amwellness2021/>

COST: FREE
Donations are welcome



Organized by

Ananda Marga New York Sector

Doctors, Scientists, Nutritionist, Yoga Experts.

Program Details

Friday, January 15th (6 – 9 pm EST):

“Naturopathically Curing Disease when They First Appear” – Acarya Dharmavedananda Avadhuta

“Brain and Body Changes During Stress” – Dr. Tapsi Dayanand

“Plants in Yogic Cikitsa for Diabetes, Blood Pressure and Heart Disease” – Dr. Vartika Jain Ph.D., FES, FAPT, FSMRIM, FSLs

Saturday, January 16th (6 – 9 pm EST):

“Microvita and Immune System” – Acarya Gunatmananda Avadhuta

“Fasting and Immune System” – Kripa Nidhan Nand, Ph.D.

“Interaction between Food and Medicine” – Satyendra Suryawanshi, Ph.D.

“Allergy and Ayurvedic Perspective” – Dr. Sachin Deshmukh

Sunday, January 17th (6 – 9 pm EST):

“Emotional – Self Care Activities” – Acarya Shiilabhadrananda Avadhuta

“The Role of Lymph for Physical and Mental Health” – Acarya Satyamitrananda Avadhuta

“Food and Lymphatic System” – Shefali Prabhakar, MS

“Conscious Eating” – Erika Deshmukh, MS, RDN, CDCES

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