



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

To

Shri Narendra Modi Ji
Honorable Prime Minister of India
New Delhi, India

From

Prof. Dr. Shekhar Annambhotla
President

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

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Reg: World Ayurveda Day 2021

Date: October 20, 2021

RE: Celebration of World Ayurveda Day on November 2, 2021, on
the eve of Dhanwantari Day.

Respected Shri Modi Ji,

We, founded AAPNA (Association of Ayurveda Professionals of North America, Inc., United States of America) in 2002 as a non-profit organization to promote awareness of Ayurveda throughout the world. To date, we have more than 172,281 supporting members from 134 countries.



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Our website provides details of the organization and its activities:
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It is a great pleasure to organize the 6th World Ayurveda Day Virtual Program with 108 Ayurveda, allied health experts, and participants from 28 countries – India, USA, Canada, United Kingdom, Ireland, Czech Republic, Hungary, Russia, Italy, Belgium, Portugal, Poland, Spain, Switzerland, Turkey, Netherlands, Argentina, Peru, Ecuador, Thailand, Indonesia, Nepal, Bangladesh, Sri Lanka, 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>

Signed
Dr. Shekhar Annambhotla
President
AAPNA

Signed
Michelle Costantini
Secretary
AAPNA



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Copy to:

1. Shri Taranjit Singh Sandhu, Honorable Ambassador, Embassy of India, Washington DC, USA
2. Shri. Randhir Jaiswal, Consul General of India, New York, USA
3. Shri Sarbananda Sonowal, Honorable Cabinet Minister, Ministry of AYUSH, New Delhi, India
4. Shri Munjapara Mahendrabhai Kalubhai, Honorable Minister of State, Ministry of AYUSH & Ministry of Women and Child, Government of India, New Delhi, India
5. Shri Vaidya. Rajesh Kotecha, Secretary, AYUSH, Ministry of Health, Government of India, New Delhi, India
6. Shri Vaidya. Manoj Nesari, Advisor, AYUSH, Ministry of Health, Government of India, New Delhi, India
7. Smt. Vaidya. Tanuja Nesari, Director, All India Institute of Ayurveda (AIIA), New Delhi, India

The Tentative Program for the event:

- 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



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- 08:20 am - Balanced Nutrition and Mindful Eating - Dr. Anjum Nadaf, New Jersey, USA
08:30 am - Ayurvedic Psychotherapy - Dr. Vishwanath Guddadar, Florida, USA
08:35 am - Ayurveda and Nutrition - Dr. Oleg Sorokin, Novosibirsk, Russia
08:40 am - Daily Regimen - Dr. Rajan Patankar, Maharashtra, India
08:45 am - Lactose Intolerance in Children and Toddlers - Dr. Reena Pandey, Uttarakhand, India
08:50 am - Pandemic & NCD (Non Communicable Diseases) - Dr. Shubha Sondoor, Uttar Pradesh, India
08:55 am - Pathway of Happy Mind - Dr. Jaya Daptardar, Connecticut, USA
09:00 am - Decoding Wellness - Non Pharmaceutical Intervention - Dr. Bishnupriya Mohanti, Goa, India
09:05 am - Importance of Daily Rituals - Dr. Narayana Sreeramachandra Murthy - Andhra Pradesh, India
09:10 am - Ayurveda in Menarche to Menopause - Dr. Sunitha Joshi, Telangana, India
09:15 am - Eye Care and Ayurveda - Dr. Nandini Jadhav, Delhi, India
09:20 am - Awareness of Ayurveda for present generation - Dr. Nagabhushan Moolky, Illinois, USA
09:25 am - Blending Technology with Ayurveda - Murty Chennubhotla, California, USA
09:30 am - Incompatible Foods - Dr. Deeja Radhakrishnan, Gujarat, India
09:35 am - Dangers of Ayurvedic Self Medication - Dr. Pranita Mule, Maharashtra, India



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- 09:40 am - Ayurveda & Global Digitalization - Dr. Sushand Sud,
Gujarat, India
- 09:45 am - Daily Regimen in Present Pandemic Condition - Dr.
Vineetha Kurup, Gujarat, India
- 09:50 am - Therapeutic Use of Spices in Kitchen - Dr. Sonesh Utkar,
Maharashtra, India
- 09:55 am - Scientific Approach of Ayurveda - Dr. Sumedh Wasnik,
Maharashtra, India
- 10:00 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
- 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



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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

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

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



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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

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,



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Jammu & Kashmir, India

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

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



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02:00 pm - Break

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

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



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- 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
- 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
- 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



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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

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

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

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



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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

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

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

01. Holistic Health Through Ayurveda - Dr. Anil Shukla, Madhya Pradesh, India
02. Food Is Medicine? How, Why, What - Dr. Gurubasava Hiremath, Karnataka, India
03. Cardiology in Ayurveda - Dr. Mohit Sandhu, Himachal Pradesh, India
04. Importance of Ayurvedic Poshan (Nutrition) - Dr. Parul Joshi, Gujarat, India
05. 3 R formula of vibrant health - Remove, Restore, Renew - Dr. Smita Naram, Maharashtra, India
06. Ayurveda Textiles - Thanga Kumar Thangappalam, Tamil Nadu, India
07. 07. Ayurvedic Formulations for Nutrition and Rejuvenation – Dr. Rajeev Kurele, Uttarakhand, India
08. Ayurvedic Dietetics (Anna Paan Vignyan) in Clinical Aspect - Dr. Ekta Patel, Gujarat, India