

**International Conference on Integrated Mental Health, Ayurveda & Digital Well-Being 2026  
(ICIMHAD 2026)**

**Saturday 7 March 2026**

**SCHEDULE**

**Note: We kindly request all participants to adhere to the given schedule so that the conference proceeds smoothly and is completed successfully within the planned time.**

**INAUGURAL AND KEYNOTE SESSION (9:00 AM- 11:30 AM)**

**HALL - A**

**Session Chair: Dr R.K. Yadava**

MD (Ayu), Ph.D.

Additional Professor, Dept of Kayachikitsa, All India Institute of Ayurveda, New Delhi

<b>Time Slot</b>	<b>NAME</b>	<b>TITLE OF TALK</b>
<b>09:00-09:10</b>	<b>Inaugural Speech by Dr A.R.V. Murthy</b>	
<b>09:11-09:30</b>	<b>Prof. Mala Kapadia</b> Director Anaadi Centre for Indigenous Knowledge Systems Anaadi Foundation	<b>Positive Psychology and Ayurveda</b>
<b>09:31-09:50</b>	<b>Prof. (Dr.) Warungase Hiranman Nivrutti</b> M.D. (Ayurveda) - Psychiatry SMBT Ayurved College, Nashik Consultant Psychiatrist, Psychotherapist & Counselor Disha Institute of Holistic Healing, Nashik (Psychological Health and Neuro Sciences)	<b>Evidence Based Practices in Ayurveda for Stress Management</b>
<b>09:51-10:10</b>	<b>Dr Divyarani</b> Associate Professor Department of Samhita, Siddhanta and Sanskrit, Yenepoya Ayurveda Medical College and Hospital, Naringana, Mangaluru	<b>Mental Hygiene in Ayurveda: Ancient Tools for Modern Minds</b>

<p><b>10:11-10:30</b></p>	<p><b>Dr. Shivani Omprakash Gupta</b> Associate Professor YMT Ayurvedic Medical College and Hospital, Dr. G. D. Pol foundation, Kharghar, Navi Mumbai</p>	<p><b>The Digital Natives And Their Mental Health Spectrum With Ayurveda</b></p>
<p><b>10:31-10:50</b></p>	<p><b>DR. A R V MURTHY</b> Professor Emeritus, MD, Ph.D (BHU), DIRECTOR (Academics Research and Hospital Promotion), Sri Balahanuman Ayurveda College and Hospital, Lodra Gandhinagar Gujarat</p>	<p><b>Rasyana - Medhyarasayana – Ayurvedic Concept of Nootropic and Psychotropic Drugs</b></p>
<p><b>10:51-11:10</b></p>	<p><b>Dr Suhas Kumar Shetty</b> Principal and Medical Director KLE Academy of Higher Education and Research (KAHER) Shri B M Kankanawadi Ayurveda Mahavidyalaya Shahapur, Belagavi, Karnataka, India</p>	<p><b>Potentials of Ayurveda in Mental Health: Current Status &amp; Futuristic Strategies</b></p>
<p><b>11:11-11:30</b></p>	<p><b>Dr P. Gourisankar</b> Dean - Research Glocal University of Ayurvedic Medical Sciences and Research Centre, Saharanpur, Uttar Pradesh</p>	<p><b>Treatment Protocol for Epilepsy</b></p>

**ORAL PAPER PRESENTATION**  
**HALL - A**

**SESSION -I (Ayurvedic Psychology & Sattvavajaya)**

**Chair: Vijayendra G. Bhat**

Prof., HOD, Department of P.G studies in Manovijnana Evum  
Manasaroga, Shri Dharmasthala Manjunatheshwara College of Ayurveda,  
Hospital, Kuthpady, Udupi

Time Slot	NAME	TITLE OF LECTURE/PRESENTATION
11:41 - 11:46 AM	<b>Dr. Nikita Gunvant Khandekar</b> Asst Prof, Kriya Sharir Dept, Shreeyash Ayurvedic College Hospital and Research Centre Chhatrapati Sambhajnagar, Maharashtra	Ayurvedic Psychology and Lifestyle Management: A Holistic Approach to Mental Well-Being
11:47 - 11:52 AM	<b>Dr Aditi Bhagat</b> M.D. Scholar, Dept of Kriyā Śarīra D. Y. Patil Deemed to be University, School of Ayurveda, Navi Mumbai	Mind–Body Axis in Ayurveda: Integrating Satvavajaya Cikitsā and Modern Psychology
11:53 - 11:58 AM	<b>Dr. Nivedita Arora</b> PG Scholar, Dept of Manasaroga Evam Manovigyana, Shri BM Kankanawadi Ayurveda Mahavidyalaya, KLE Academy of Higher Education and Research, (Deemed- to- be- University) Belagavi, Karnataka, India	Role of Sattvavajaya Chikitsa in the Management of Manoavsada– A Case Review
11:59 - 12:04 PM	<b>Dr. Devaraju Padmaja Sree Pranavi</b> PG Scholar, Dept Of Manasaroga Evam Manovigyana, Shri BM Kankanawadi Ayurveda Mahavidyalaya, Kle Academy of Higher Education and Research, (Deemed- To- Be- University) Belagavi, Karnataka, India	Role of Yukti Vyapashraya and Sattvavajaya Chikitsa in the Management of Chittodwega – A Case Study
12:05 - 12:10 PM	<b>Dr. Prajakta Gokul Mutadak</b> MD Scholar, 2nd Year, SMBT Ayurved College, Dhamangaon, Nashik, Maharashtra	Satvavajaya Chikitsa: An Ayurvedic Psychotherapeutic Approach for Mind–Body Integration
12:11 - 12:16 PM	<b>Dr. Ashwini S G</b> , Associate Professor, Dept of Kayachikitsa, Aroor Laxminarayan Rao Memorial Ayurvedic Medical College, Koppa, Karnataka.	Satvavajaya in PTSD: A Structured Counselling Protocol

12:17 - 12:22 PM	<b>Dr.Jainam Gosalia</b> PG Scholar, Dept Of Manasaroga Evam Manovigyana, Shri BM Kankanawadi Ayurveda Mahavidyalaya, Kle Academy of Higher Education and Research, (Deemed- To- Be- University) Belagavi, Karnataka, India	Role of Sattvavajaya Chikitsa in the Management of Anidra (Insomnia) – A Case Review
12:23 - 12:28 PM	<b>Dr. Mahesh Kashiram Talekar</b> Asst Prof, Ayurved Samhita Siddhant Dept, Y.M.T. Ayurvedic medical college & Hospital, Kharghar, Navi Mumbai	Satvavajaya Chikitsa as a Mind–Body Intervention: Evidence from a Single Case Study
12:29 - 12:34 PM	<b>Dr. Amisha L. Dabhi, MD (Ayu)</b> Asst Prof., Dept of Samhita Siddhanta & Sanskrit, G.J. Patel Institute of Ayurvedic Studies and Research, Anand, Gujarat, India	Preventive and Therapeutic Dimensions of Mental Health in Ayurveda: A Psychological and Lifestyle Perspective
12:35 - 12:40 PM	<b>Dr.Ayesha Afnan,</b> 2nd year PG Scholar, Dept of P.G studies in Manovijnana Evum Manasaroga, Shri Dharmasthala Manjunatheshwara College of Ayurveda, Hospital, Kuthpady, Udupi	Guided Imagery for Emotional Resilience in Adjustment Disorder: A Harshana Chikitsa Approach
12:41 - 12:46 PM	<b>Dr Govind Madane</b> PG Scholar, PG Scholar, YMT Ayurvedic College, Kharghar, Navi Mumbai.	Ayurveda and Mind–Body Health: Ayurvedic Psychology and Lifestyle Management
12:47 - 12:52 PM	<b>Dr. Harshitha V</b> 3rd year PG scholar, Department of Swasthavritta and Yoga, SDM college of Ayurveda Hospital and Research Centre, Kuthpady, Udupi	Beyond Therapy: Preventive Dimensions of Sattvavajaya Chikitsa
12:53 - 12:58 PM	<b>Dr.Gudhka Minal Hasmukh</b> MD Scholar, Department of Samhita Samskrita and Siddhanta, Government Ayurveda College, Thiruvananthapuram.	Applying Padapadanshika Krama to Facilitate Sadvritta and Achara Rasayana Adoption Through a Micro-Habit Approach for Preventive Mental Well-Being
12:59 - 01:04 PM	<b>Dr Shilpi Gangwani</b> MD Scholar, MD Scholar, Shri NPA Govt Ayurved College, Raipur, Chhattisgarh	Psychology, Counselling and Behavioural Science
01:05 - 01:10 PM	<b>Dr Diksha Dhiraj</b> MD Scholar, Shri NPA Govt Ayurved College, Raipur, Chhattisgarh	Mental Health Sciences

## SESSION -II (Shirodhara & Anxiety Management)

**Chair: Dr Geeta Patki**

Professor HOD SRPT, Gomantaka Ayurveda Mahavidyalaya and Research Centre, Shiroda, Goa

Time Slot	NAME	TITLE OF LECTURE/PRESENTATION
01:15 - 01:20 PM	<b>Dr. Shakshi Kangotra</b> Associate Professor Department of Panchkarma, Jammu Institute of Ayurveda & Research	Clinical Evaluation of Shirodhara with Brahmi Taila in the Management of Generalized Anxiety Disorder: A Case Study
01:21 - 01:26 PM	<b>Dr. Parth Kumar</b> PG Scholar, Department of Panchkarma, Institute for Ayurved Studies and Research, Kurukshetra	Role of Shirodhara in the Management of Anxiety -A Case Study
01:27 - 01:32 PM	<b>Dr. Nikita</b> PG Scholar 2nd year, Department of Rasashastra Evum Bhaisjaya Kalpana, Institute for Ayurved Study & Research, Kurukshetra	Role of Rasaushdhis in the Management of Anxiety
01:33 - 01:38 PM	<b>Dr Mallika</b> 2nd year PG Scholar, Dept of Ayurveda Samhita and Siddhanta Government Ayurveda Medical College, Mysuru	A Conceptual Review of the Therapeutic Significance of Ghritha in the Management of Generalized Anxiety Disorder
01:39 - 01:44 PM	<b>Dr. Nainika J. Chouta</b> PG Scholar, Department of Panchakarma, SDM College of Ayurveda and Research Centre, Udupi	Effect of Shirodhara on Mental Health Disorders: A Review of Classical and Contemporary Evidence
01:45 - 01:50 PM	<b>Dr. Damodar Dukle</b> Asst. Prof (Panchakarma Dept.) Dr. G. D Pol Foundations, YMT Ayurvedic Medical College, Kharghar.	Comparative Clinical Study of Chaitasa Ghritha Nasya and Panchagavya Ghritha Nasya in Chittodvega with Special Reference to Generalized Anxiety Disorder
01:51 - 01:56 PM	<b>Dr. Sowmya</b> Final Year PG Scholar, Department Of Panchakarma, Government Ayurveda Medical College and Hospital, Mysuru, Karnataka	A Conceptual Review of Ayurveda Chikitsa Principles in the Management of Stress, Anxiety and Depression
01:57 - 02:02 PM	<b>Dr. Pinki</b> PG Scholar (Final year), Department of Stree Roga-Prasuti Tantra Institute for Ayurved Studies & Research, Kurukshetra (Haryana)	Breathing Ease into Menopause: The Power of Nasya and Shamana

## SESSION -III (Digital Wellness & AI)

**Chair: Dr. Rama Prasad**

BAMS CACH

Coach for Practitioners

Sydney, Australia

Dir Ed Train, Vaidyagrama

Time Slot	NAME	TITLE OF LECTURE/PRESENTATION
02:11 - 02:16 PM	<b>Dr. Ajitsinh K Gohil</b> Assistant Professor, Government Akhandanand Ayurved College, Ahmedabad	AI and Digital Innovations for Self-Empowered Psychological Wellness: An Ayurveda-Integrative Perspective
02:17 - 02:22 PM	<b>Dr. Harsh N. Pandya</b> PG Scholar, Department Samhita Siddhant, Govt. Akhandanand Ayu. College, Ahmedabad	Integrative Perspectives on Adolescent Mental Health: An Actionable Roadmap for Bridging Ayurveda, Psychology, and Digital Innovations to Enhance Holistic Well-Being
02:23- 02:28 PM	<b>Dr Sushmitha M</b> 2nd year PG Scholar, Department of Swasthavritta and Yoga, Government Ayurveda Medical College and Hospital, Mysuru, Karnataka.	Management of Digital Addiction Through Padamshika Krama: A Conceptual Study
02:29 - 02:34 PM	<b>Dr. Raghunandan M. N</b> 1st Year PG Scholar, Department Of Shalya Tantra, Rajiv Gandhi Education Societies Ayurvedic Medical College, Hospital and PG Research Centre, Ron Gadag District, Karnataka State, India.	Digital Well-Being AI & Emerging Technologies
02:35 - 02:40 PM	<b>Vd. Pankaj Kumar Singh</b> M.D. (Ay.) Kaumarabhritya - Bal Rog & P.G.D.Y., Assistant Professor, Dept. of Kaumarabhritya- Bal Rog, North Eastern Institute of Ayurveda and Homoeopathy (NEIAH), Shillong, Meghalaya	Cyberpsychology and Its Significance in the Digital Era

# KEYNOTE SPEAKER

02:41 - 03:00 PM	<p><b>Prof Dr. Sureshswarnapuri M.D</b> Founder &amp; President, Europe Ayurveda Academy - France Executive Director-Association of Ayurveda Academy - London- U.K President-Hrvatski Ayurveda Institut-Croatia Director- Center OM Ayurveda - Ukraine Director - Europe Ayurveda Pharmacy Committee member-Rashtriya Ayurveda Vidyapeeth - Govt of India. International Advisor Committee Member-NCISM [National Commission for Indian System of Medicine} - New Delhi.</p>	<p><b>The Power of Mind</b></p>
03:01 - 03:06 PM	<p><b>Dr Nirmalya Ganguly</b> Faculty, Aryavart School of Pharmacy Aryavart International University, Dharmanagar, Tripura</p>	<p>A Detailed Topic on Schizophrenia &amp; Anxiety Disorder in Perspective to Mental Health Awareness</p>
03:07 - 03:12 PM	<p><b>Dr. Athira A B</b> PG Scholar, Department of Shalya Tantra, Amrita School of Ayurveda, Amrita Vishwa Vidyapeetham, Kollam, Kerala</p>	<p>Artificial Intelligence in Vrana Chikitsa: Scope And Future Directions</p>

03:13 - 03:18 PM	<b>Dr. G.N. Govinda</b> PhD Scholar and Assistant Professor, Department of Panchakarma, Dr D Y Patil College of Ayurved and Research Centre, Pune	Artificial Intelligence: A New Frontier in Treating Epilepsy, Stroke, and Alzheimer's Disease
<b>SESSION -IV (Panchakarma &amp; Rasayana)</b>		
<b>Chair: Dr Pranali Dandekar</b> Associate Professor, PTSR Dept. MD OBGY (Ayu)YMTAMC, Kharghar, Navi Mumbai		
<b>Time Slot</b>	<b>NAME</b>	<b>TITLE OF LECTURE/PRESENTATION</b>
03:25 - 03:30 PM	<b>Dr. Brikesh Kumar Verma</b> MD Scholar, Shri NPA Govt Ayurved College, Raipur, Chhattisgarh	Artificial Intelligence , Machine Learning And Digital Health
03:31 - 03:36 PM	<b>Dr Priyadarshini</b> MD Scholar, SDM College of Ayurveda Hospital and Research Centre, Udupi	Digital Satvavajaya: Can Artificial Intelligence Support Ayurvedic Psychotherapy? - An Exploratory Inquiry
03:37 - 03:42 PM	<b>Dr. Subhendu Mohanty</b> Dept. of Kayachikitsa, Shri NPA Govt. Ayurveda college, Raipur, Chhattisgarh	Revitalizing the Digital Mind through Medhya Rasayana-A Clinical Review
03:43 - 03:48 PM	<b>Dr. Sharma Sanjana Sanjay</b> 1st year PG Scholar Department of PG studies in Panchakarma, SSCASR, Bengaluru	Panchakarma for Stress, Anxiety and Depression
03:49 - 03:54 PM	<b>Dr. Shubhi Mishra</b> PG Scholar, Sri Krishna Ayush University, Kurukshetra, Haryana	Rasayana and Herbal Interventions
03:55 - 04:00 PM	<b>Dr. Dipti</b> PG Scholar, Sri Krishna Ayush University, Kurukshetra, Haryana	Role of Panchakarma in the Management of Stress, Anxiety, and Depression: A Review
04:01 - 04:06 PM	<b>Dr. Krishna Thummar</b> MS 2nd year PG Scholar, PTSR Dept., ITRA Jamnagar	Rasayana Chikitsa in Cognitive, Psychological, and Vasomotor Symptoms of Postmenopausal Woman: A Case Report
04:07 - 04:12 PM	<b>Dr. Prajna K</b> 3rd Year PG Scholar, Department of PG Studies in Swasthavritta, SDMCAHRC, Udupi	Rejuvenating Adolescent Mind Through Achara Rasayana
04:13 - 04:18 PM	<b>Dr. Shilpa</b> 3rd Year PG Scholar, SDM College of Ayurveda and Hospital, Kuthpady, Udupi	Mind through Detox: Exploring the Psychotherapeutic Potential of Virechana Karma
04:19- 04:24 PM	<b>Dr Manjunatha N</b> 3rd Year PG Scholar, Department of Panchakarma. Sridharmasthala Manjunatheshwara Ayurveda College, Hospital and Research Center, Udupi.	Manasopachara: An Integral Measure in Shodhana Chikitsa

04:25 - 04:30 PM	<b>Dr. Sunita</b> PG Scholar, Department of Panchkarma, Institute for Ayurved Studies and Research, SKAU, Kurukshetra (Haryana)	An Ayurvedic Approach to the Management of Ankylosing Spondylitis (Gambhir Vatarakta)
04:31 - 04:36 PM	<b>Dr. Narender Kumar</b> PG Scholar, PG Department of Panchkarma, Institute For Ayurved Studies And Research, SKAU, Kurukshetra (Haryana)	Management of Psoriasis Using Ayurvedic Principles: A Case Report
04:37 - 04:42 PM	<b>Dr Shubhi Sharma</b> P.G Scholar, P.G Department of Panchkarma. (Institute For Ayurved Studies And Research, Kurukshetra (Haryana)	Role of Patolaadi Matra Basti in SLE W.S.R. to Uttan Vatarakta
04:43 - 04:48 PM	<b>Dr. Aishwarya Ajay Patil</b> PG Scholar, Rasashastra and Bhaishajya Kalpana Department, YMT Ayurvedic Medical College and Hospital	Ayurvedic Rasakalpas for Mental Health : A Review
04:49 - 04:54 PM	<b>Dr. Amziya Bashir Mujawar</b> PG Scholar, Rasashastra and Bhaishajya Kalpana Department, YMT Ayurvedic Medical College and Hospital	A Critical Review on Role of Lipid Based Ayurvedic Formulations (Ghrita) in Mental Health

## KEYNOTE SPEAKER

05:00 - 05:20 PM	<b>Dr. Shekhar Annambhotla</b> BAMS, MD (Ayu), ERYT-500, LMT. Founder and President of the Association of Ayurvedic Professionals of North America (AAPNA), Inc. Director, Global Ayurveda Conferences, LLC. Founder, Ojas Ayurveda Wellness Center in Pennsylvania, USA	<b>Panchakarma for Stress, Anxiety, and Depression</b>
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## SESSION -V (Neurological & Psychiatric Conditions)

**Chair: Dr Kajal Raskotra**  
MD Kayachikitsa, JIAR, Jammu

Time Slot	NAME	TITLE OF LECTURE/PRESENTATION
05:21- 05:26 PM	<b>Dr. Kirti</b> PG Scholar, PG Department of Panchkarma, Institute for Ayurved Studies and Research, SKAU, Kurukshetra (Haryana)	Management of Cauda Equina Syndrome Through Ayurvedic Management

05:27 - 05:32 PM	<b>Dr. Mohan HS</b> PG Scholar, Department of Panchakarma, SDM college of Ayurveda Hospital and Research Center, Udupi	Role of Brihmana Snehapana in the Management of Unmada and Apasmara
05:33 - 05:38 PM	<b>Dr Sakshi Anilrao Sable</b> PG Scholar, PG Scholar, College of Ayurvedic and Research Center, Nigdi, Pune	Nidan Panchak of Apasmar Vyadhi: A Literature Review
05:39 - 05:44 PM	<b>Dr. Kalpana Gholap</b> Professor & Head of Department - Panchakarma, YMT Ayurvedic Medical College and Charitable Hospital, Kharghar.	Clinical Evaluation of Dugdha Dhara in Alcohol Withdrawal Syndrome: An Ayurvedic–Neuropsychiatric Correlative Case Study
05:45 - 05:50 PM	<b>Dr. Anjali Sahebrao More</b> PG Scholar Final Year, Rachana Sharir Department Bhausahab Mulak Ayurved College & Hospital, Nandanwan Nagpur	Understanding Manasika Roga through Ayurveda: A Review of Classical and Modern Perspectives
05:51 - 05:56 PM	<b>Dr. Shubhi Gupta</b> MD Scholar, Department of Kayachikitsa, Ch. Brahm Prakash Ayurved Charak Sansthan, Delhi	Manas Vikara : Exploring Mental Health in the Modern Era with Ayurveda
05:57 - 06:02 PM	<b>Dr. Gadiraju Srikala</b> PG Scholar, SDM College of Ayurveda Hospital And Research Centre, Udupi	Abhyanga in Manasaroga: An Ayurvedic and Contemporary Perspective

**ORAL PAPER PRESENTATION**  
**HALL - B**

**SESSION -I (Yoga & Lifestyle Interventions)**

**Chair: Prof. (Dr) Shital. S. Mahadik**

Professor, PG Department of Swasthviritta, Institute for Ayurved Studies and Research, SKAU, Kurukshetra  
(Haryana)

<b>Time Slot</b>	<b>NAME</b>	<b>TITLE OF LECTURE/PRESENTATION</b>
11:41 -11:46 AM	<b>Dr Bhumi Barad</b> BAMS PG Scholar of Prasuti Tantra Evam Stri Roga Swaminarayan Ayurvedic College, Kalol, Gandhinagar	Role of Yoga and Mind–Body Practices in the Management of Menopausal Syndrome
11:47 - 11:52 AM	<b>Dr. Gursimran Kaur</b> Associate Professor, Dept of Kriya Sharir, Jammu Institute of Ayurveda & Research, Jammu	A Randomized, Controlled, Integrative Clinical Pilot Study Evaluating the Effect of Yoga Therapy on Stress-Related Insomnia (Anidra)
11:53 - 11:58 AM	<b>Dr. Pavana Bhat K</b> Final year PG Scholar, Dept of Swathavritta & Yoga, GAMC & Mysuru	Mental Wellbeing Through Yoga: The Preventive Role of Niyama in Mental Disorders
11:59 - 12:04 PM	<b>Dr. Pooja Shivashimpar</b> Asst Prof.,Rajiv Gandhi Education Society's Ayurvedic Medical College, Hospital and PG Research Centre, Ron	Role of Trayopastambha in Mental Health
12:05 - 12:10 PM	<b>Dr. Aklesh Verma,</b> PG Scholar, Kayachikitsa, Govt Ayurved College and Hospital Raipur C.G.	Mind-Body Integration for Stress Relief
12:11 - 12:16 PM	<b>Dr. Swarnima Koshle</b> PG Scholar, Dept of Agadtantra, Govt Ayurved College and Hospital Raipur C.G.	Ayurvedic Psychology and Lifestyle Management
12:17 - 12:22 PM	<b>Samay Sancheti</b> UG Student, YMT Ayurvedic Medical College, Navi Mumbai, Maharashtra	A Study on Effect of Chaumasik Aahar on Mental Health
12:23 - 12:28 PM	<b>Dr. Aishwarya Dukle</b> Asst. Prof (Swasthviritta Dept.) Dr. D. Y .Patil Ayurvedic Medical College, Nerul, Navi Mumbai.	Comparative Clinical Study to Evaluate the Efficacy of Specific Yogasanas and Dashmoola Ksheerpaka in Udavartini Yoni Vyapada w.s.r. to Primary Spasmodic Dysmenorrhea
12:29 - 12:34 PM	<b>Dr. Sonia</b> PG Scholar, Institute for Ayurved Studies & Research, Faculty of Ayurved, Shri Krishna Ayush University, Kurukshetra	Lifestyle Interventions for Holistic Health
12:35 - 12:40 PM	<b>Dr. Sunita Chaudhari</b> PG Scholar, Savitribai Phule Pune University, India	Effect of 6 Week Shanti Yoga Program on Mental Health of Healthcare Professionals From Pune City in COVID 19 Pandemic
12:41 - 12:46 PM	<b>Dr. Ruchi Tirkey</b> PG Scholar, Govt Ayurvedic College, Raipur	Mental Health Management Through Yoga And Mind Body Practice

12:47 - 12:52 PM	<b>Dr. Archana</b> MD Scholar, 1st Year Kayachikitsa, Shri NPA Govt. Ayurved College, Raipur	Combined Effect of Padabhyanga and Pranayama in Nidranasha (Primary Insomnia)
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## SESSION -II (Workplace Wellness)

**Chair: Dr Yagyik Mishra**

BAMS, MD (Swasthavritta & Yoga)

Currently working as Associate Professor at BDM Institute of Ayurveda Jhajjar Haryana.

Time Slot	NAME	TITLE OF LECTURE/PRESENTATION
12:55 - 01:00 PM	<b>Dr. Rutva Maniyar</b> 3rd year BAMS UG, J.S. Ayurveda Mahavidyalay, Nadiad	Prevention and Cognitive Resilience
01:01 - 01:06 PM	<b>Dr. Vinay Vardhan V</b> MD Manasa Roga Scholar, SDM College of Ayurveda and Hospital, Udupi, Karnataka, India	Psychological Safety at Work: Role of Sattvavajaya in Emotional Regulation
01:07 - 01:12 PM	<b>Sanu Debnath</b> Department of Commerce & Management, Aryavart International University	A Comprehensive Analysis of Styles of Leadership and Workplace Wellness
01:13 - 01:18 PM	<b>Melody Lalruatfeli Kaipeng</b> Faculty of Commerce & Management. Aryavart International University, Dharmanagar, North Tripura	An Analysis of Workplace Stress, Burnout, and Employee Productivity Through Mediation
01:19 - 01:24 PM	<b>Bikram Nath</b> Faculty of Management Aryavart International University, Dharmanagar, Tripura	A Detailed Topic on Relationship Between Emotional Intelligence and Job Satisfaction
01:25 - 01:30 PM	<b>Dr Ajay K.R</b> MD Scholar, SDM College of Ayurveda Hospital and Research Centre, Udyavara Kuthpady Udupi	Incidence of Hypertension in Type A Personality Trait: A Modern and Ayurvedic Perspective with Preventive Implications

## SESSION -III (Adolescent & Child Mental Health)

**Chair: Prof Dr Rajendra Prasad**

Professor & Head, Department of Kayachikitsa, Faculty of Ayurveda, Institute of Medical Sciences,  
BHU, Varanasi, India

Time Slot	NAME	TITLE OF LECTURE/PRESENTATION
01:35 - 01:40 PM	<b>Dr. Smitha K</b> Ph.D. Scholar, Associate Professor, Department Of Manasaroga Evam Manovijnana Alva's Ayurveda Medical College and Hospital, Moodubidire, Karnataka, India	A Comparative Clinical Study on the Efficacy of Saraswatha Choorna and Dhyana on Adolescence Stress
01:41 - 01:46 PM	<b>Dr. Rushikesh Jaysing Gund</b> PG 2nd Year Scholar, MD Panchakarma, SMBT Ayurved college Nashik, MUHS, Nashik	Digital Overstimulation and Mental Health: An Ayurvedic Perspective on Screen Exposure in Adolescents

01:47 - 01:52 PM	<b>Dr. Umanka Ray</b> Assistant Professor, Panchakarma Department, YMT Ayurvedic Medical College and Hospital, Kharghar, Navi Mumbai, Maharashtra	Clinical Evaluation of Mahapaisachika Ghrita as Sodhananga Snehapana Followed by Virechana in Vataja Unmada w.s.r. to ADHD: A Single Case Report
01:53 - 01:58 PM	<b>Dr. Ketaki Phadtare</b> 3rd Year PG Scholar, Department of PG Studies in Kaumarabhritya SDMCAHU	Ayurvedic Management of Attention Deficit Hyperactivity in Children: A Case Study
01:59 - 02:04 PM	<b>Dr. Amarnath Dunage</b> 3rd year PG Scholar, Department of PG Studies in Kaumarabhritya, SDMAHU	Digital Well-Being AI & Emerging Technologies
02:05 - 02:10 PM	<b>Dr. Shwetha Padiyar N</b> 2nd Yr PG Scholar, Department of PG Studies in Swastavritta and Yoga SDMCAHU	Mind–Body Resonance in Autism: Theory and Clinical Illustration

### **SESSION -IV (Conceptual Reviews)**

**Chair: Dr Richa Tripathi**

Associate Professor Dept of Panchkarma

SAS Ayurvedic Medical College and Hospital, Varanasi  
and

Founder Reviving Rituals Ayurveda and Panchakarma Centre Varanasi

<b>Time Slot</b>	<b>NAME</b>	<b>TITLE OF LECTURE/PRESENTATION</b>
02:15-02:20 PM	<b>Dr. Rajimunnisa Begam Shaik</b> Associate Professor, Department of Manovijnana Evum Manasa Roga, Shri B M K Ayurveda Mahavidyalaya, A Constituent unit of KLE Academy of Higher Education and Research, Belagavi. PhD Scholar, Mahatma Gandhi Ayurveda Medical College, DMIHER, Salod, Wardha, MS.	Focal Epilepsy and Psychosis Symptoms: A Case Report
02:21 - 02:26 PM	<b>Dr. Shilpa Chaudhary</b> PG Scholar, Shree Swaminarayan Ayurveda College, Kalol Gandhinagar	Psychological Stress and Its Role in Disease Activity of Ulcerative Colitis
02:27 - 02:32 PM	<b>Dr. Nidhi Pandit</b> PG Scholar, Department Of Manasaroga Evam Manovigyana Shri BM Kankanawadi Ayurveda Mahavidyalaya, KLE Academy of Higher Education and Research, (Deemed- To- Be- University) Belagavi, Karnataka, India	Integrative Ayurvedic Approach to Perinatal Anxiety and Depression with Improved Breastfeeding Practices: A Case Report
02:33 - 02:38 PM	<b>Dr. Patel Kripalkumari Pratulchandra</b> PG Scholar, Sri Swaminarayan Ayurvedic College, Gandhinagar, Gujarat	Integrative Ayurvedic Management of Rajonivritti Janya Anxiety and Insomnia – A Case Study

## Session Paused.....

### KEYNOTE SPEAKER (in Hall A)

02:41 - 03:00 PM	<p><b>Prof Dr. Suresh Swarnapuri M.D</b> Founder &amp; President, Europe Ayurveda Academy - France Executive Director-Association of Ayurveda Academy - London-U.K President-Hrvatski Ayurveda Institut-Croatia Director- Center OM Ayurveda - Ukraine Director - Europe Ayurveda Pharmacy Committee member-Rashtriya Ayurveda Vidyapeeth - Govt of India. International Advisor Committee Member-NCISM [National Commission for Indian System of Medicine} - New Delhi.</p>	<p><b>The Power of Mind</b></p>
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### .....Session Resumed

03:01 - 03:06 PM	<p><b>Dr. Vaibhavi Narsaiah Shripati</b> PG Scholar, Shree Swaminarayan Ayurvedic College, Kalol, Gandhinagar, Gujarat</p>	Management of Postpartum Emotional Disturbances through Sattvavajaya Chikitsa and Yoga Nidra: A Clinical Case Study
03:07 - 03:12 PM	<p><b>Dr. Sweta Raiyani</b> MS 2nd year PG Scholar, PTSR Dept., ITRA Jamnagar</p>	Lifestyle Modification and An Ayurvedic Approach to Female Infertility Associated with PCOS - A Case Study
03:13 - 03:18 PM	<p><b>Dr. Jayesh Magar</b> PG Scholar, Department of Manasaroga Evam Manovigyana Shri BM Kankanawadi Ayurveda Mahavidyalaya KLE Academy of Higher Education and Research, (Deemed- to- be- University) Belagavi, Karnataka, India</p>	Integrated Ayurvedic Approach in the Management of Madatyaya (Alcoholism): A Case Report
03:19 - 03:24 PM	<p><b>Nirupam Nath</b> Faculty, Aryavart International University, Tripura</p>	Reel to Real: Bollywood's Role in Shaping Menstrual Hygiene Discourse in India
03:25 - 03:30 PM	<p><b>Dr. Varsha Paikra</b> PG Scholar, Shri NPA Govt. Ayurved College Raipur</p>	Ayurvedic Principles and Therapies

## SESSION -V (Marma, Nasya & Musculoskeletal)

**Chair: Dr. Gaurav Sawarkar**

Vice-Dean, Mahatma Gandhi Ayurved College, Hospital and Research Centre, Salod (H), Wardha, Maharashtra

Time Slot	NAME	TITLE OF LECTURE/PRESENTATION
03:31 - 03:36 PM	<b>Dr. Kirti Choudhary</b> PG Scholar, PG Department of Shalya Tantra, Institute For Ayurved Studies And Research, SKAU, Kurukshetra (Haryana) Ayurvedic Medical Officer, Haryana Govt., Panipat, Haryana	Marma Therapy as an Integrative Healing Modality: A Review of the Literature
03:37 - 03:42 PM	<b>Dr. Pouse Poulouse, MS (Ay)</b> Associate Professor, Department of Shalakya Tantra, Netra Chikitsa Ayurveda College	A Clinical Case Series on the Effect of Shadbindu Tailam Nasya in the Management of Sinusitis (Pratishyāya)
03:43 - 03:48 PM	<b>Dr. Gopika Ramachandran</b> PG Scholar, SDMCAH, Udupi, Karnataka	Mind at the Vital Points: Clinical Insights into Marma Therapy for Mental Health
03:49 - 03:54 PM	<b>Dr Naveen Kumar</b> M.D. Panchkarma 2nd year, Shri Krishna Ayurvedic University, Institute for Ayurved Studies & Research, Kurukshetra	Role of Agnikarma in the Management of Coccydynia: A Case Report
03:55 - 04:00 PM	<b>Dr. Anjali</b> PG Ist year, SKAU, Kurukshetra	An Ayurvedic Management of Katigat Vata-A Case Study
04:01 - 04:06 PM	<b>Dr. Sunita</b> PG Scholar, Dept of Shalakya Tantra, IASR, Kurukshetra	Ayurvedic Management Of Allergic Rhinitis- Vataj Pratishyaya: A Case Series
04:07 - 04:12 PM	<b>Dr. Vaishali Gupta</b> 2nd year PG Scholar, Department of Panchakarma, Dr. D. Y. Patil College of Ayurved and Research Centre, Pimpri, Pune	Beyond the Blood-Brain Barrier: A Clinical Appraisal of Nasya Karma as a Targeted Therapy for Stress, Anxiety, and Depression
04:13 - 04:18 PM	<b>Dr. Swati Raheja</b> PG scholar 3rd year, Shalya Department, Institute for Ayurved Studies & Research, Kurukshetra	Therapeutic Potential of Marma Chikitsa in Musculoskeletal Pain, Neuropathic, Psychosomatic Pain
04:19 - 04:24 PM	<b>Dr Aarti Kumari</b> PG Scholar, Institute for Ayurved Study & Research, Kurukshetra	Management of Tinnitus

## SESSION -VI (Special Clinical Cases)

**Chair: Dr. Arpita C Raj M.D (Ay.)**

Ayurveda Specialist/ Columnist/ Author State Ayurveda Hospital, Prayagraj

Time Slot	NAME	TITLE OF LECTURE/PRESENTATION
04:25 - 04:30 PM	<b>Dr. Shraddha Ramesh Mauskar</b> Post Graduate Scholar (III Year), Post Graduate Dept of Rognidan Evum Vikriti Vigyan, Shree Swaminarayan Ayurvedic College, Kalol, Gandhinagar	Ayurveda and the Growing Burden of Mental Health in Urban India
04:31 - 04:36 PM	<b>Dr. Sushma Rani</b> PG Scholar 2nd year, Dept of Rasashastra Evum Bhaisjaya Kalpana, Sri Krishna Ayush University, Kurukshetra	Manasa Prakriti : A Study on the Triguna (Satva, Rajas and Tamas) Profiles in the Sushruta Samhita and Their Relevance in Modern Vocational Psychology and Emotional Intelligence
04:37 - 04:42 PM	<b>Dr. Devika S</b> BAMS, PG Scholar, BAMS, PG Scholar, Shree Swaminarayan Ayurvedic College, Kalol (Gujarat)	Role of Manasikabhavas in the Manifestation of Grahaidosha- A Literary Review
04:43 - 04:48 PM	<b>Dr. Sagar</b> MS Scholar, Dept Of Shalya Tantra, Institute for Ayurved Studies & Research, Kurukshetra	The Silent Surgery: Exploring Non-Invasive Shalya Tantra through the Concept of Anuśastra
04:49- 04:54 PM	<b>Dr. Snehal Vishwas Shinde</b> PG Scholar, Dept of Rognidan CARC PDEA'S Nigdi, Pune	Nidan Panchak of Amlapitta Vyadhi: A Literature Review

**Session Paused.....**

### KEYNOTE SPEAKER (in Hall A)

05:00 - 05:20 PM	<b>Dr. Shekhar Annambhotla</b> BAMS, MD (Ayu), ERYT-500, LMT. Founder and President of the Association of Ayurvedic Professionals of North America (AAPNA), Inc. Director, Global Ayurveda Conferences, LLC. Founder, Ojas Ayurveda Wellness Center in Pennsylvania, USA	<b>Panchakarma for Stress, Anxiety, and Depression</b>
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**.....Session Resumed**

05:21 - 05:26 PM	<b>Dr. Asawari S. Athalekar</b> PG Scholar, MUHS, SMBT, Nashik	Exploring Rasa Dhatu as a Link between Mind and Body in Psychosomatic Disorders
05:26 - 05:32 PM	<b>Dr. Ramya Radhakrishnan</b> PG Scholar, Dept of Shalya Tantra, Amrita School of Ayurveda, Amrita Vishwa Vidyapeetham, Kollam, Kerala.	Revisiting Ashmari: A Pathogenesis- Oriented Ayurvedic Review of Renal Calculi
05:33 - 05:38 PM	<b>Dr. Sailaja Ratna</b> PG Scholar, Karnataka Ayurveda Medical College, Mangalore	An Experimental Evaluation of Wound Healing Property of Rhabdiphora Pertusa (Roxb.)Schott in Wistar Albino Rats

**VALEDICTORY AND AWARD CEREMONY (in Hall A)**