

PROGRAMME

Day 1 | November 27

- 7:30 - 8:30 AM Registration
- 8:30 - 9:15 AM Opening Ceremonies
- 9:15 - 12:30 NN Plenary Sessions
1. Introduction to Ayurveda
 2. Stress : Its Causes and Treatment
 3. Ayurvedic Way of Stress Management
 4. Panel Discussion
- 12:30 - 1:30 PM Lunch - Ayurvedic Healthy Food and Cultural presentation
- 1:30 - 5:00 PM Lecture Presentation with Demonstration
1. Ayurveda Management for Stress
 2. Different Alternative Modalities for Stress Management
 3. Stress Management in Naturopathy
 4. Philippine *Hilot* for Stress Management

SPEAKERS

- Rev. Dr. Jacob Gnalian, PhD
- Ms. Cory Quirino
- Dr. Mahesh, MD (Ayurveda), India
- Dr. Jaime Galvez - Tan, MD
- Dr. Binoy Kumar, MD (Ayurveda), India
- Dr. Randy Delloso, MD
- Dr. Tam Mateo, MD
- Dr. Bernardino A. Vicente, MD
- Dr. Marlyn Martinez, MD
- Dr. Isidro Sia, MD

GUESTS

- Hon. Mayor Benhur Abalos
- His Excellency Ambassador L.D. Ralte of India
- His Excellency Ambassador Maj. John Gomes of Bangladesh
- Asst. Sec. of UNIO
- Mrs. Carmencita Abalos



Day 2 | November 28

- 7:30 - 8:30 AM Registration
- 8:30 - 12:00 NN Plenary Sessions
1. Common Mental Disorders: Its Causes and Treatment
 2. Treatment in Ayurveda for Common Mental Disorders
 3. Depression and Panic Attacks
 4. Panel Discussion
- 12:00 - 1:00 PM Lunch - Ayurvedic Healthy Food
- 1:00 - 5:00 PM Presentation: Testimonials in Ayurvedic Treatment
- Lecture Presentation with Demonstration
1. Ayurvedic Medicine Preparations
 2. Food Management and Ayurvedic Food Preparations
 3. Yoga: Philosophy and Practice
- 5:00 PM Closing Program

REGISTRATION FEE

Early Bird Rate (until Oct. 31, 2015)		Student
2 days	Php 2,000	Php 1,000
1 day	Php 1,200	Php 600
Regular Rate		
2 days	Php 3,000	Php 1,500
1 day	Php 1,600	Php 850

Inclusions: Lunch, Snacks, Handouts, Certificate of Attendance

Payment Details:

On-Site: Missionaries of the East 628 Sto. Niño St., Mandaluyong City
 Bank Deposit: Missionaries of the East, BDO Acct No. 4570072405
 BDO 457 Plaza Sta. Cruz, Dasma 1

To Register, please call the Secretariat:

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 Website: www.ayurvedamanila.com/ www.ayurvedaphilippines.com



Stress Management and Mental Health in



AYURVEDA

November 27 to 28, 2015
 7AM - 5PM
 Shaw Center Mall, Mandaluyong City

Organized by:



Presented by:

Ayurveda Clinic and Research Institute
 and Mandaluyong City Health Office

Endorsed by:



www.sandhiayurveda.com/ayurvedaconventionphilippines