

Prof. Vaidya. Dr. Shekhar V. Annambhotla

BAMS, MD-Ayurved, LMT, RAD, AD, RDAM, ERYT, BCIM, CPH, CRH

Registered Ayurvedic Doctor - # RAD1001-03

Licensed Massage Therapist, PA Lic. # MSG000392

NCBTMB – CE Provider for Ojas, LLC # 451878-12

NCBTMB CE Provider GAC, LLC # 600

Experienced Registered Yoga Teacher(eRYT500) - # 13423

Board Certified Integrative Medicine # 1245

Certified Panchakarma Therapist

Certified Pranic Healer

Certified Reiki Healer

Certified Energy Healer



Ayurveda Wellness Center – Ojas LLC

567 Thomas Street, Coopersburg, PA 18036, USA

Phones: 484.347.6110 (Mobile)

E-mails:

doctorshekhar@gmail.com

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gacllc2014@gmail.com

Websites:

Ayurveda Wellness Center, USA - www.ojas.us

Association of Ayurvedic Professionals of North America, USA

www.aapna.org

Global Ayurveda Conferences, LLC, USA

www.globalayurvedaconferences.com

Global Ayurveda Academy, USA – www.studyayurveda.com

Dosha Botanicals, LLC, USA – www.doshabotanicals.com

Professional Summary

- Ayurvedic & Panchakarma Specialist
- Licensed Integrative Massage Therapist
- Therapeutic Yoga Instructor
- Pranic Healer
- Reiki Healer
- Energy Healer
- Classically Trained in India from two accredited universities

- Practicing and teaching Ayurveda Worldwide since 1988
- Travelled 30 countries
- Consulted more than 45,000 clients
- Performed 28,460 Abhyangas (Ayurvedic Warm Oil Massage)
- Performed 1,900 Panchakarma Therapies
- Performed 5,600 Shirodharas
- Performed 920 Kati Basti
- Performed 650 cooking classes
- Delivered 192 Webinars
- Taught 110 times Ayurvedic Pulse Technique Course
- Taught 89 times Marma Therapy Course
- Organized 42 International Conferences
- Organized 5 free medical camps for needy, offered about 12,000 patients free medicines
- **Taught introductory lectures on Ayurveda at**
 - *University of Pennsylvania Medical School (UPenn), Philadelphia, PA*
 - *Jefferson Medical College, Philadelphia, Pennsylvania*
 - *Hershey Medical College, Hershey, Pennsylvania*
 - *University of Pennsylvania Nursing School (UPenn), Philadelphia, PA*
 - *University of Medicine and Dentistry New Jersey (UMDNJ), New Jersey*
 - *Daughin Medical Society, Hershey, Pennsylvania*
 - *Saint Luke School of Nursing, Bethlehem, Pennsylvania*
 - *Penn State College, Kutztown, Pennsylvania*
 - *Lehigh Carbon Community College (LCCC), Pennsylvania*
 - *Phoebe Institute on Aging, Allenton, Pennsylvania*

FOUNDING DIRECTOR & PRESIDENT

- Association of Ayurvedic Professionals of North America (AAPNA), Pennsylvania, USA
- Ojas, LLC – Ayurveda Wellness Center, Pennsylvania, USA
- GAC, LLC – Global Ayurveda Conferences, LLC, Pennsylvania, USA
- Dosh Botanicals, LLC , Pennsylvania, USA
- International University of Yoga and Ayurveda, Inc. (Founding Co-Director), Florida, USA
- International Institute of Integrative Medicine (IIIM), Tangutur, Andhra Pradesh, India
- Vice President, American Hindu World Services, Inc. (AHWS), Maryland, USA

- Vice President, International Association of Integrative Medicine (IAIM), Lucknow, India

FORMER BOARD OF DIRECTOR

National Ayurvedic Medical Association (NAMA), CA, USA (August 2005-April 2010) - Former *Board of Director* & Election Committee Chair & Membership & Standards Committee Member

International University of Yoga and Ayurveda, Inc. FL, USA (June 2014 – Jan 2018) – Former Board of Director and Ayurveda Director

FACULTY MEMBER

- Amrit Yoga Institute, Florida, USA
- Mount Madonna College of Ayurveda, California, USA
- Canyon Ranch, Lenox, Massachusetts, USA
- Seva Dharma Institute of Ayurveda, Miami, Florida, USA
- Kerala Ayurveda Academy, Seattle, Washington, USA
- Kripalu School of Ayurveda, Lenox, MA, USA
- New World Ayurveda, ME, USA
- Jiwaji University, Health Center, Gwalior, Madhya Pradesh, India
- Apex Professional University, Arunachal Pradesh, India
- Greens Ayur Center, Azhiyur, Kerala, India

ADVISOR

- Institute of Indian Knowledge of Apex Professional University, Arunachal Pradesh, India
- International Advisory Board Member, Health Center, Jiwaji University, Gwalior, Madhya Pradesh, India
- Yoga Alliance International, Pune, India
- AYU, International Journal, Gujarat Ayurved University, India
- International Wellness Professionals Association, FL, USA
- International Research Journal of Ayurveda & Yoga, India

VISITING & ADJUNCT PROFESSOR

- Professor Emiratus – Jayoti Vidyapeeth Women’s University, Jaipur Rajasthan, India
- Visiting Professor - Jiwaji University, Gwalior, Madhya Pradesh, India
- Adjunct Professor - Vd. P.G. Nanal Department of Ayurved & Yoga, Tilak Ayurved Mahavidyalaya, Pune, Maharashtra, India
- Adjunct Professor - Grameena Ayurveda Medical College, Terdal, Bagalkot District, Karnataka, India
- Adjunct Professor - Vaidya Yagya Dutt Sharma Ayurved Mahavidyalaya, Khurja, Bulandshahr, Uttar Pradesh, India
- Adjunct Professor - GS Ayurveda Medical College and Hospital, NH24, Pilkhuwa District, Hapur, Uttar Pradesh, India
- Adjunct Professor - Apex Professional University, Arunachal Pradesh, India

EXTERNAL MODERATOR

- Australasian Institute of Ayurvedic Studies, Auckland, New Zealand

EDITORIAL BOARD

- Editor-in-Chief, Journal of Homeopathy & Ayurvedic Medicine, Lifesciences Journals: OMICS Group, CA, USA - <https://www.omicsonline.org/editorinchief-homeopathy-ayurvedic-medicine-open-access.php>
- Ayurveda Journal of Health, MA, USA
- AYU – International Journal, Gujarat Ayurved University, Jamnagar, India
- Ayushdhara (online journal), Hyderabad, Telangana, India

MoU – MEMORANDA OF UNDERSTANDING

- Apex Professional University, Arunachal Pradesh, India
- BMK Ayurveda Mahavidyalaya of KLE University, Belagavi, Karnataka, India
- Sridhareeyam Eye Hospital, Kerala, India
- Atreya Ayurveda Medical College, Bengaluru, Karnataka, India
- Jiwaji University, Gwalior, Madhya Pradesh, India
- Jiva Institute, Faridabad, New Delhi, India
- Bliss Ayurveda Health Center, New Delhi, India
- Greens Ayurveda Center, Aziyoor, Mahe, Kerala, India

REGISTRATIONS

- Experienced Registered Yoga Teacher – 500 Level, Yoga Alliance, Virginia, USA
- Doctor of Ayurvedic Medicine (DAM) from Association of Ayurvedic Professionals of North America, Inc. USA
- Registered Ayurvedic Doctor (RAD) Association of Ayurvedic Professionals of North America (AAPNA), Pennsylvania, USA
- Member, International Association of Yoga Therapists, USA

PROFESSIONAL MEMBER

- Association of Ayurvedic Professionals of North America (AAPNA), Pennsylvania, USA
- National Ayurvedic Medical Association (NAMA), California, USA
- American Massage Therapists Association (AMTA), Illinois, USA
- American Association of Integrative Medicine, MO, USA
- American Alternative Medical Association (AAMA), Texas, USA
- American Association of Drugless Practitioners (AADP) Texas, USA
- American Holistic Health Association (AHHA), California, USA

Lions Club International Member

PROFESSIONAL SUMMARY

- 7/2002 - Present - Ojas, LLC (Ojas Ayurveda Yoga Wellness Center), Coopersburg, PA, USA - *Founder & Director*
- 5/2003 – Present - Association of Ayurvedic Professionals of North America (AAPNA), USA - *Founding Director & President*
- 1/2014 – Present - Global Ayurveda Conferences, LLC, Pennsylvania, USA - *Founder & Director*
- 1/2016 – Present - Dosha Botanicals, LLC, Pennsylvania, USA - *Founder & Director*
- 6/2008 - Present - International Institute of Integrative Medicine (I3M), Tangutur, Prakasam District, Andhra Pradesh, India - *Founder & Medical director*
- 10/2007- Present - Ayurveda Health Journal. *Editorial Board*, MA, USA

- 1/2007 – Present Mount Madonna Institute: College of Ayurveda, Watsonville, CA, USA - *Faculty Member*
- 8/2014 – 1/2018 - International University of Yoga and Ayurveda, Florida, USA - Co-Founder & Ayurveda Director
- 1/2005 – 1/2010 - Kripalu School of Ayurveda, Lenox, MA, USA - *Faculty Member*
- 8/2005 – 4/2010 - National Ayurvedic Medical Association (NAMA), CA, USA - *Board of Director*
- 4/2007 – 7/2008 Dosh Botanicals, Riverdale, NJ, USA - *Co-director & Principal Formula Developer* of the Three day cleanse for Optimum Health, a complete cleansing kit
- 8/2007 – 7/2008 – Ayur Video Productions, LLC, Riverdale, NJ, USA *Co-director*
- 8/2007 – 4/2009 - Sai Ayurvedic School of Miami, FL, USA - *Faculty Member*
- 7/2003 – 5/2006 - Ayurvedic Academy, Seattle, WA. USA - *Adjunct Faculty Member*

PROFESSIONAL EXPERIENCE

- 33 years teaching, consulting, and research in the field of Ayurvedic Medicine
- 5 years study B.A.M.S. degree (Bachelor of Ayurvedic Medicine & Surgery), Nagarjuna University, India
- 3 years post-graduation training (M.D., Ayurved), Gujarat Ayurved University, India

AYURVEDA EDUCATION

- MD (Ayu) 1988 - 1991
 - Gujarat Ayurved University, Jamnagar, Gujarat, India
 - *Specialization: Kayachikitsa (Internal Medicine)*
 - *Dissertation: Clinical study of Devadaru Compound (herbal supplement) in Tamak Swasa (Bronchial Asthma)*
- BAMS (Bachelor of Ayurvedic Medicine & Surgery), 1982 - 1988
 - Nagarjuna University, Andhra Pradesh, India

COMPLEMENTARY TRAINING

- 5/2021 – 21 days Living Healthy Yoga Training (Online) from The Yoga Institute, Mumbai, India
- 1/2019 Clinical and Panchakarma Training Course 100 hours at SDM College of Ayurveda and Hospital, Hassan, Karnataka, India
- 11/2015 Continuing Education - Panchakarma Therapist Training – Greens Ayur Hospital, Azhiyoor, Kozhikode District, Kerala State, India
- 2/2013 Continuing Education - Panchakarma Therapist Training – Greens Ayur Hospital, Azhiyoor, Kozhikode District, Kerala State, India
- 7/2013 Usui Shiki Ryoho – Reiki Method of Natural Healing Level 1 Certification, Ayurveda Wellness Center, Coopersburg, PA, USA
- 3/2007 Panchakarma Therapist Training – Greens Ayur Hospital, Azhiyoor, Kozhikode District, Kerala State, India
- 12/2006 Integrative bodywork and massage training Phase I (100 hours) Lehigh Valley Healing Arts Academy, Emmaus, PA
- 10/2006 Integrative bodywork and massage training Phase II (100 hours) Lehigh Valley Healing Arts Academy, Emmaus, PA, USA
- 8/2006 *Phoenix Rising Yoga Therapy* – Stress to Bliss training, Allentown, PA, USA
- 3/2004 *Registered Yoga Teacher (RYT – 500)*
Yoga Alliance, 122 W. Lancaster Ave. Suite 204, Reading, PA 19607, USA
- 6/2003 *Art of Living Course 1*
Art of Living Foundation, founded by Sri Sri Ravi Shankar
- 8/2001 *Yoga Instructors' Certificate Course (YICC)*
Swami Vivekananda Yoga Anusandhana Samsthana, Indian Institute of Yoga, Bangalore, India
- 3/2001 *Advanced Pranic Healing & Pranic Psychotherapy* Course, All India Pranic Healing Foundations Trust, Chennai, India
- 12/1994 *Advanced Training Course Maharishi's Vedic Science and Approach to Health* Maharishi Vedic University, Vlodrop, The Netherlands

CERTIFICATIONS

- Ayurvedic Doctor (AD) with National Ayurvedic Medical Association (NAMA), CA, USA – Membership # 18367347

- Doctor of Ayurvedic Medicine (DAM) with Association of Ayurvedic Professionals of North America (AAPNA) – Registration # DAM 1001-03, PA, USA
- Continuing Education Provider – Association of Ayurvedic Professionals of North America (AAPNA) Registration # PAE 1001-03, PA, USA
- Continuing Education Provider – Ojas, LLC – Ayurveda Wellness Center – National Council of Bodywork and Therapeutic Massage Board (NCBTMB) – Registration # 451878-12, IL, USA
- Board Certified in Integrative Medicine (BCIM) from The American Association of Integrative Medicine (AAIM), Identification # 1245, MO, USA
- Experienced Registered Yoga Teacher (ERYT) – 500 hours, Registration # 13423, Yoga Alliance, Clinton, MD, USA
- Kripalu Yoga Teachers Association (KYTA), Registration # 5757, Lenox, MA, USA
- AADP (American Association of Drugless Practitioners), Certificate # 66032409, USA
- AAMA (American Alternative Medical Association), Certificate # 37572409, USA, 2004
- The Andhra Board of Ayurveda, Certificate # 19898, India, 1988
- The Gujarat Board of Ayurvedic and Unani Systems of Medicine, Certificate # G.B. I-10993, India, 1991

PROFESSIONAL MEMBERSHIPS

- **AAIM** (American Association of Integrative Medicine), # 1245, MO, USA 2010
- **AMTA** (American Massage Therapy Association) # 196173, IL, USA 2006
- **NAMA** (National Ayurvedic Medical Association), # 18367347, CA, USA, 2002
- **AAPNA** (Association of Ayurvedic Professionals of North America), # RDAM 1001-03, PA, USA, 2003
- **AHHA** (American Holistic Health Association), CA, USA, 2003
- **YA** (Yoga Alliance), Experienced Registered Yoga Teacher (ERYT) – 500 hours, Registration # 13423, Clinton, MD, USA

CONTINUING EDUCATION

- October 23 & 24, 2021 – 44th International Conference (Online) “Ayurveda and Heart Care” 15.0 PACE / CE Credits organized by Global Ayurveda Conferences, LLC, Pennsylvania, USA

- August 21 & 22, 2021 – 43rd International Conference (Online) – “Ayurveda and Gut Health” 20.0 PACE CE Credits organized by Global Ayurveda Conferences, LLC, Pennsylvania, USA
- June 19 & 20, 2021 – 42nd International Conference (Online) – “Ayurveda and Liver Care” 18.0 PACE Credits organized by Global Ayurveda Conferences, LLC, Pennsylvania, USA
- April 17 & 18, 2021 – 41st International Conference (Online) – “Ayurveda and Lung Care” 18.0 PACE Credits, organized by Global Ayurveda Conferences, LLC, Pennsylvania, USA
- February 6 & 7, 2021 – 40th International Conference (Online) – “Ayurveda & Skin Care” 18.0 PACE Credits, organized by Global Ayurveda Conferences, LLC, Pennsylvania, USA
- December 12 & 13, 2020 – 39th International Conference (Online) – “Ayurveda & Pain Management” organized by Global Ayurveda Conferences, LLC, Pennsylvania, USA
- November 23, 2020 – CPR Training Online (ProCPR) from American Heart Association
- October 10 – 11, 2020 – 38th International Conference (Online) – “Clinical Ayurveda” organized by Global Ayurveda Conferences, LLC, Pennsylvania, USA
- September 28, 2020 – Completed online 24 hours Pennsylvania Massage Therapy CE Correspondence Package (Approval Number #ELITE32615) consisting of: Program number CAPR000022: 2CE Hours of Child Abuse Recognition and Reporting Pennsylvania (Course No: ELITE32615). This course meets the Act 31 requirements in the state of Pennsylvania. Elite is approved by the Pennsylvania Department of State Provider No. CACE000025. Has also successfully completed a Home Study Course: Ethics and Standard V – Roles and Boundaries in Massage Therapy – 6 CE hours; Human Trafficking in the United States: Foreign and Domestic Victims – 4 CE hours; Massage Therapy for Sport Injuries – 4 CE hours; Medications and Massage Therapy Part 1: Introduction to Pharmacology – 4 CE hours: and Medications and Massage Therapy Part II: Common Gastrointestinal and Pain Medications – 4 CE hours.
- August 21 – 23, 2020 – Participated 37th International Conference (Online) – “Ayurveda and the Mind” 20.0 PACE Hours organized by Global Ayurveda Conferences, LLC, Pennsylvania, USA
- May 15 – 17, 2020 – Participated 36th International Conference (Online) – “Ashtanga Ayurveda” 20.0 PACE Hours organized by Global Ayurveda Conferences, LLC, Pennsylvania, USA

- February 8 & 9, 2020 – Participated 35th International Conference (Online) – “Ayurveda & Epigenetics” 10.0 PACE Hours organized by Global Ayurveda Conferences, LLC, Pennsylvania, USA
- December 20 -22, 2019 – Participated 34rd International Conference “Evidence Based Ayurveda” (Anveshana) 10.0 PACE Hours at Jiwaji University, Gwalior, Madhya Pradesh, India
- December 8 – 16, 2019 – Participated Experiential Panchakarma Therapy Training 50.0 PACE Hours at BMK Ayurveda Mahavidyalaya, Belagavi, Karnataka, India
- December 4 – 7, 2019 – Participated 33rd International Conference “Ayurveda and Pediatrics” (Pallava) 20.0 PACE Hours at KLE AyurWorld’s KLE University, Belagavi, Karnataka, India
- September 6 – 8, 2019 – Participated 32nd International Conference “Ayurveda: Autoimmune and Metabolic Disorders” September 6 – 8, 2019. 20.0 CE / PACE Hours, Arsha Vidya Gurukulam, Saylorsburg, Pennsylvania, USA
- June 22 – 27, 2019 - Participated 31st International Conference “Ayurveda for Radiant Health” June 22 – 27, 2019, 14.0 CE / PACE Hours, Royal Caribbean Cruise, Bermuda
- Mar 1 – 3, 2019 - Participated 30th International Conference “Ayurveda, Yoga, Spirituality” March 1 – 3, 2019, 14.0 CE / PACE Hours, at Hotel Athena, Aegina, Greece
- Feb 1-3, 2019 - Participated 29th International Conference “Mother and Child Health Care Through Ayurveda” Feb 1 – 3, 2019, 20.0 CE / PACE Hours, at Rajasthan Ayurved University, Jodhpur, India
- Dec 8 & 9, 2018 - Participated 28th International Conference Ayurveda & Panchakarma 12.0 CE / PACE Hours organized by Global Ayurveda Conferences, LLC, Pennsylvania, USA at Arsha Vidya Gurukulam, Saylorsburg, PA
- Nov 30, 2018 - CPR – 4 CE / PACE Hours - Adult and Child Certification, Pennsylvania Institute of Massage Therapy, Quakertown, Pennsylvania, USA
- Nov 1, 2018 - Reasoning with unreasonable people, 6.0 CE / PACE Hours, Institute for Brain Potential, California, USA
- Oct 9, 2018 Child Abuse Certificate 2.0 CE / PACE Hours - Online from Elite Continuing Education, Florida, USA
- Oct 9. 2018 Ethics and Client Assessment 6.0 CE / PACE Online from Elite Continuing Education, Florida, USA
- Aug 25-26, 2018 Participated 27th International Conference 12.0 CE / PACE Hours “Ayurveda for All” Arsha Vidya Gurukulam, Saylorsburg, Pennsylvania, USA

- Apr 6 – 8, 2018 - Participated 26th International Conference 16.0 CE / PACE Hours “Ayurveda & Women’s Health” Best Western Hotel, Bethlehem, Pennsylvania, USA
- Jan 18, 2018 - NAMA PACE CE 2.0 Hours on Ethics - Online
- Jan 5 & 6, 2018- Participated International Conference 14.0 CE / PACE hours “Factors Affecting Efficacy of Ayurvedic Medicine” Banaras Hindu University, Varanasi, India
- Nov 23 & 24, 17- Participated International Conference 10 CE / PACE Hours “Kayachikitsa & Panchakarma” Belagavi, Karnataka, India
- Nov 11 & 12, 17 - Ayurveda for Health & Wellness, YMCA Students Hostel, London, UK – 15.0 CE / PACE hours
- Aug 4 – 6, 2017 - Ayurvedic Home Remedies Conference, Hindu Temple of Georgia, Atlanta, GA, USA – 15.0 CE hours
- Apr 28 – 30, 2017 - Ayurveda & Psychology Conference, Maharishi University of Management, Iowa, USA – 20.0 CE / PACE hours
- Mar 10-12, 2017 - Panchanga Veda Conference, Mount Madonna Center, California, USA – 16.0 CE / PACE hours
- Dec 8, 2016 CPR – Adult and Child Certification – Pennsylvania Institute of Massage Therapy, Quakertown, Pennsylvania, USA
- Sep 19, 2016 - Ethics and Standards V – Roles and Boundaries in Massage Therapy 6 CE Hours and Pathology of Chronic Conditions for Massage Therapists – 2 CE Hours with Elite Continuing Education, (online), Ormond Beach, Florida
- Sep 19, 2016 - Massage Therapy for Sports Injuries 2 CE / PACE Hours with Elite Continuing Education, (online), Ormond Beach, Florida
- Sep 19, 2016 - Ethics 4 CE / PACE Hours with Elite Continuing Education, (online), Ormond Beach, Florida
- Sep 19, 2016 - Child Abuse Recognition and Reporting Pennsylvania, 2 CE / PACE Hours with Elite Continuing Education, (online), Ormond Beach, Florida
- Sep 9-11, 2016 - 18th International Conference on “Ayurveda: Herbs & Minerals” 16.0 CE / PACE Hours, September 9 – 11, 2016, Bastyr University, Seattle, WA, USA
- May 17, 2016 - Integrated Energy Healing Workshop. 8 CE / PACE Hours, Coopersburg, PA, USA
- May 13 – 15, 16 - Ayurveda: Food & Nutrition, 22.5 CE / PACE Hours, Indian Community Center, Pittsburgh, PA, USA
- Oct 9 – 11, 2015 - Ayurveda & Autoimmune Disorders, 16.5 CE / PACE Hours, San Jose, CA, USA
- Jan 31 & Feb 1, 2015 - Ayurveda Psychology 16 CE / PACE Hours for Massage Therapy, Orlando, FL, USA

- Dec 10, 2014 - Ethics & Standards 6.0 CE / PACE Hours and Pathology and Care for Special Population Massage Therapists – 2.0 CE / PACE hours from Elite Continuing Education (Online Course)
- Dec 3, 2014 Adult & Pediatric First Aid/CPR/AED – 4 CE / PACE Hours – PA Institute of Massage Therapy, The American Red Cross Recognizes valid until December 2, 2016, Quakertown, PA, USA
- Oct 1, 2014 Energy Healing Science – BeWell Science Basic Course – 8 CE / PACE Hours, Ayurveda Wellness Center, Pennsylvania, USA
- Apr 29, 2014 - The Habits of Happy People – 6.0 CE / PACE Hours– Pennsylvania, USA
- Jul 13, 2013 Reiki Method of Natural Healing Level 1 Certification (8 CE hours) provided by Neeraj Lal, Coopersburg, PA, USA
- Dec 5, 2012 Ethics & Standards 6 CE hours and Pathology and Chronic Conditions for Massage Therapists – 2 CE hours from Elite Continuing Education (Online Course)
- Nov 20, 2012 - Adult CPR completed from PA Institute of Massage Therapy approved American Red Cross on 11/20/2012 and valid until 11/20/2014
- May 21, 2012 How The Brain Forms New Habits: Why Will power Is Not Enough – Brian E. King, PhD, Allentown, PA, USA
- Mar 23 & 24, 2012 Fibromyalgia – “Demystifying the Unexplained Disorder” – 12 continuing education hours provided by Nancy M. Porambo, MS, CNMT, LMT (PA1), NCBTMB approved provider, Jim Thorpe, PA, USA
- Nov 20, 2012 Adult CPR – PA Institute of Massage Therapy, The American Red Cross Recognizes valid until Nov 20, 2014, Quakertown, PA, USA
- Nov 20, 2011 Marma Therapy – 12 continuing education hours provided by Vijay Jain, MD, Medical Director, Amrit Yoga, FL, USA

INTERNATIONAL & NATIONAL CONFERENCES

- June 19 & 20, 2021 – 42nd International Conference (Online) – “Ayurveda and Liver Care” organized by Global Ayurveda Conferences, LLC, Pennsylvania, USA
- April 17 & 18, 2021 – 41st International Conference (Online) – “Ayurveda and Lung Care” organized by Global Ayurveda Conferences, LLC, Pennsylvania, USA
- February 6 & 7, 2021 – 40th International Conference (Online) – “Ayurveda & Skin Care” organized by Global Ayurveda Conferences, LLC, Pennsylvania, USA
- December 12 & 13, 2020 – 39th International Conference (Online) – “Ayurveda & Pain Management” organized by Global Ayurveda Conferences, LLC, Pennsylvania, USA

- October 10 – 11, 20220 – 38th International Conference (Online) – “Clinical Ayurveda” organized by Global Ayurveda Conferences, LLC, Pennsylvania, USA
- August 21 – 23, 2020 – Participated 37th International Conference (Online) – “Ayurveda and the Mind” organized by Global Ayurveda Conferences, LLC, Pennsylvania, USA
- May 15 – 17, 2020 – Participated 36th International Conference (Online) – “Ashtanga Ayurveda” organized by Global Ayurveda Conferences, LLC, Pennsylvania, USA
- February 8 & 9, 2020 – Participated 35th International Conference (Online) – “Ayurveda & Epigenetics” Hours organized by Global Ayurveda Conferences, LLC, Pennsylvania, USA
- December 20 -22, 2019 – Participated 34th International Conference “Evidence Based Ayurveda” (Anveshana) – Presented on Panchakarma Therapies at Jiwaji University, Gwalior, Madhya Pradesh, India
- December 4 – 7, 2019 – Participated 33rd International Conference “Ayurveda and Pediatrics” (Pallava) and Presented “The scope of Ayurvedic Pediatrics in Abroad” at KLE AyurWorld’s KLE University, Belagavi, Karnataka, India
- April 6 – 8, 2019 – Presented “Autoimmune and Metabolic Disorders & Panchakarma” 32nd International Conference “Ayurveda: Autoimmune and Metabolic Disorders” April 6 – 8, 2019. Arsha Vidya Gurukulam, Saylorsburg, Pennsylvania, USA
- June 22 – 27, 2019 - Participated 31st International Conference “Ayurveda for Radiant Health” June 22 – 27, 2019, 14.0 CE / PACE Hours, Royal Caribbean Cruise, Bermuda
- Mar 1 – 3, 2019 - Participated 30th International Conference “Ayurveda, Yoga, Spirituality” March 1 – 3, 2019, 14.0 CE / PACE Hours, at Hotel Athena, Aegina, Greece
- Feb 1-3, 2019 - Participated 29th International Conference “Mother and Child Health Care Through Ayurveda” Feb 1 – 3, 2019, 20.0 CE / PACE Hours, at Rajasthan Ayurved University, Jodhpur, India
- Dec 8 & 9, 2018 - Participated 28th International Conference Ayurveda & Panchakarma 12.0 CE / PACE Hours organized by Global Ayurveda Conferences, LLC, Pennsylvania, USA at Arsha Vidya Gurukulam, Saylorsburg, PA
- Aug 25 & 26, 2018 - Participated 27th International Conference 12.0 CE / PACE Hours “Ayurveda for All” Arsha Vidya Gurukulam, Saylorsburg, Pennsylvania, U
- Aug 25 & 26, 2018 - Featured Speaker – 27th International Conference “Ayurveda for All” presented on “Daily and Seasonal Routine” and “Ayurvedic Home Remedies” Arsha Vidya Gurukulam, Saylorsburg, Pennsylvania, USA

- Apr 21, 2018 - Featured Speaker – 2018 NAMA Conference in Dallas, Texas, USA on “Autism Spectrum Disorders”
- Apr 6-8, 2018 - Featured Speaker – 26th International Conference on Ayurveda & Women’s Health presented “Ayurvedic Galactagogues”, Best Western Hotel, Bethlehem, Pennsylvania, USA
- Feb 4, 2018 Expert Lecture - International Online Congress, Russia – “Development and growth of Ayurveda in USA”
- Jan 5, 2018 Chief Guest – International Conference on Factors affecting efficacy of Ayurvedic Medicines, Banaras Hindu University, Varanasi, India
- Dec 23, 2017 - Keynote Speaker – Pragati 2017 – Kayachikitsa and Panchakarma, KLE AyurWorld, Belagavi, Karnataka, India
- Nov 11, 2017 - Presentation on “Ayurveda: The emerging healing science in the West” YMCA Hostel, London, UK
- Aug 6, 2017 - Presentation on “Ayurvedic Dental Care and Home Remedies” Hindu Temple of Atlanta, GA, USA
- Apr 30, 2017 - Presented on “Autism Spectrum Disorders and Ayurvedic Management” at Maharishi University of Management, Fairfield, Iowa, USA
- Mar 12, 2017 - Presented on “Panchakarma Therapies” at Panchanga Veda” Conference at Mount Madonna College of Ayurveda, CA, USA
- Sep 10, 2016 - Presented on “Anti-inflammatory herbs in ayurvedic clinical practice” at 18th International Conference on “Ayurveda: Herbs & Minerals” September 9 – 11, 2016, Bastyr University, Seattle, WA, USA
- May 15, 2016 - Presented on “Importance of Pathya (Suitability) and Apathya (Unsuitability) of foods at 17th International Conference on “Ayurveda: Food & Nutrition, May 13-15, 2016, Indian Community Center, Pittsburgh, Pennsylvania, USA
- Nov 27-29, 2015 - presented on “Shalakyia practice in North America” at 1st International and 9th National Conference on “Shalakyia Manthan” Belagavi, Karnataka, India
- Oct 9 – 11, 2015 presented on “Panchakarma in Autoimmune Disorders” at 15th International Conference on “Ayurveda & Autoimmune Disorders” Biltmore Hotel and Suites, Santa Clara, CA, USA
- Nov 9 – 11, 2013 presented on “Nutrition in Ayurveda” 2nd International Congress on Complementary and Alternative Medicine, Medellin, Colombia, South America.
- Jan 7 & 8, 2012 Presented “Importance of Music Therapy in Healing: at IIIrd National Seminar on Music Therapy, Mumbai, India
- Jan 5-8, 2012 - presented on “Ayurveda in the West” at World Ayurveda Congress, Pune, Maharashtra, India

- Sep 21-24, 2006 presented on “Vata Disorders: at 4th National Ayurvedic Medical Association (NAMA) conference in New York, USA
- March 8-19, 1991 presented on “Clinical study of Devadaru Compound in Tamak Shwas” at Golden Jubilee Celebrations of Podar Ayurvedic Medical College, Mumbai, India
- Mar 5 – 7, 1991 Participated in Platinum Jubilee Celebrations on Recent Developments in Kaya Chikitsa at Banaras Hindu University, Banaras, India
- Mar 24 – 27, 1989 Workshop on Research Methods of PG students of Indian Medicine, Pune, Maharashtra, India

ACADEMIC APPOINTMENTS & CLINICAL PRACTICE

Ojas, LLC (www.ojas.us) (www.ayurvedapa.com)

Coopersburg, Pennsylvania

7/2002 – Present

Director

Founded Ojas, LLC to share the wisdom of Ayurvedic healing in North America. Activities include educating clients through classes, workshops and one-on-one personal consultations in various aspects of Ayurveda, such as Ayurvedic diet, nutrition and cooking, Ayurvedic dietary supplementation, pulse technique, breathing exercises, meditation, yoga exercises, and gentle home detoxification procedures.

Global Ayurveda Conferences, LLC (www.GlobalAyurvedaConferences.com)

www.studyayurveda.com

Pennsylvania, USA

1/2014 – Present

Director

Founded Ojas, LLC to share the wisdom of Ayurvedic healing in North America. Activities include educating clients through classes, workshops and one-on-one personal consultations in various aspects of Ayurveda, such as Ayurvedic diet, nutrition and cooking, Ayurvedic dietary supplementation, pulse technique, breathing exercises, meditation, yoga exercises, and gentle home detoxification procedures.

Dosha Botanicals, LLC

www.doshabotanicals.com

Pennsylvania, USA

1/2018 - Present

Managing Director

Offers various products based on doshas, dhatus, malas, srotas, agni, ama conditions

Kripalu Healing Arts, Lenox, MA

4/2004 –3/2006

Panchakarma Advisor & Consultant

Oversee the Panchakarma program, including client intake evaluations and follow-up consultations, determining and planning each client's Panchakarma requirements, educational lectures for clients, cooking demonstrations, menu planning for individual clients' needs, on-site client support 24 hours/day.

Kripalu School of Ayurveda, Lenox, MA

1/2005 – 3/2006

Faculty Member

Courses taught to date include: Ayurvedic Anatomy & Physiology, Ayurvedic Disease Etiology & Pathology, Digestion & Nutrition, and Ayurvedic Herbology.

Maharishi Vedic University, Vlodrop, Netherlands

11/1994 – 12/2000

International Ayurveda Consultant

Traveled extensively worldwide to teach classes, deliver lectures and offer consultations on Ayurveda and Yoga for health professionals and for the general public. Gave several news, radio and television interviews.

NKJ Ayurveda Medical College, Bidar, Karnataka, India

1/1992 – 9/1994

Lecturer

Taught History of Ayurvedic Medicine, Ayurvedic Pharmacology & Herbology to B.A.M.S. students

Private Practice, Bidar, Karnataka, India

1/1992 – 9/1994

Ayurvedic Physician

Offered Ayurvedic wellness consultations, Panchakarma, and Rejuvenation programs.

PUBLICATIONS

- “*Panchakarma Diet and Regimen*,” Shekhar Annambhotla. Light on Ayurveda Journal of Health: Vol. III, Issue 1, Fall 2004
- “*Insights on Guggulu*,” Dr. Shekhar Annambhotla. National Ayurvedic Medical Association (NAMA) Vol. 1, Issue No. 4, Fall 2003
- *An experimental and clinical evaluation of anti-asthmatic potentialities of Devadaru compound (DC)*. Sekhar AV, Gandhi DN, Rao NM, Rawal UD. Ayurvedic Medical College, Bidar-585 403. Indian J Physiol Pharmacol. 2003 Jan; 47(1):101-7

BOOK REVIEWS

- Hari Sharma and Christopher Clark: *Contemporary Ayurveda: Medicine and Research in Maharishi Ayur-Veda*. (Reviewed in November 2003). Churchill Livingstone publication.
- Todd Caldecott / *Ayurveda: The Divine Secrets of Life*. (Reviewed in June 2003). Elsevier Publication.

CHAPTER CONTRIBUTION

- *An Introduction to Ayurveda: Marma Therapy* Chapter 13: Nutrition and Integrative Medicine: A Primer for Clinicians, CRC Publication – Aruna Bakhru, MD

ARTICLE REVIEWS

- Rationality behind Ayurvedic formulations & importance of the processing (July 2011) Light on Ayurveda Journal
- Naturopathic and Yogic intervention in the Management of Coronary Artery Disease (June 2011). Light on Ayurveda Journal
- Honey: An Ancient Functional Food (March 2011) Light on Ayurveda Journal
- A Case of Severe Xerosis and Pruritus of the Legs (June 2010) Light on Ayurveda Journal
- Dreaming, Ayurveda and Consciousness (Jan 2010) Light on Ayurveda Journal
- Allergic to the Modern World—Multiple Chemical Sensitivities: A Case History (September 2009) Light on Ayurveda Journal
- Ghee- Ayurvedic Nectar (April 2009) Light on Ayurveda Journal
- Foot Massage (January 2009) Light on Ayurveda Journal
- Essentials of an Authentic Ayurvedic Spa (January 2009) Light on Ayurveda Journal
- Interstitial Cystitis (June 2008) Light on Ayurveda Journal
- Ancient Ayurveda (January 2008) Light on Ayurveda Journal
- It's a Miracle!": Ayurveda in Incurable Malignant Brain Tumour (November 2007) Light on Ayurveda Journal
- Ayurveda and Spa Industry (September 2007) Light on Ayurveda Journal

MEDIA INTERVIEWS

- “Ayurvedic Expert Connects Minds, Body, Spirit” *The News Press Cape Life South, Florida*, Sunday, September 23, 2007
- “Ayurveda for Natural Weight Loss” *The Daily Observer*, Kingston, Jamaica, March 30, 2005
- “Live healthy with Ayurveda”, *The Daily Observer*, Kingston, Jamaica, March 23, 2005
- “Finding a healthy balance”, *The Express-Times*, Pennsylvania, USA, October 9, 2003
- “Finger on the pulse”, *Evening Gazette*, United Kingdom, November 26, 1999
- “Fingers on the pulse”, *The Journal*, United Kingdom, November 25, 1999
- Television interview, *BBC Breakfast Television*, Great Britain, November 16, 1999
- “Mieux s’alimenter pour mieux se porter”, *France Antilles-Le Quotidien D’information De La Guadeloupe*, Guadeloupe, August 1, 1996
- “Treating illness the Maharishi way”, *Newsday*, Trinidad, July 15, 1996
- “Ministers must learn yogic flying”, *Sunday Punch*, Trinidad, July 14, 1996
- “Helping the body heal itself”, *Independent*, Trinidad, July 12, 1996
- “Finding a balance: Indian healers comes west on lecture tour”, *Express*, Trinidad, July 8, 1996
- “Perfect health is possible”, *Trinidad Guardian*, Trinidad, July 4, 1996
- “Indiai doktorunk”, *Kurir*, Hungary, April 26, 1995

AWARDS & HONORS

- ***Prasashti Patra*** from Ayush Samridhi Webinar Series, Zandu, Kolkatta, India – April 2021
- ***Certificate of Honor*** from Shi Dharmasthala Manjunath Ayurvedic College and Hospital, Hassan, Karnataka, India, January 2019
- ***Ayurveda Vishwa Karma Award*** from Europe Ayurveda Academy, Ireland, November 2017
- ***Bharadwaj Award*** from Telengana Ayurvedic Doctors Association, Hyderabad, India November 2016
- ***Dhanwantari Award*** for Suraksha, Vijayawada, Andhra Pradesh, India 2016
- ***Global Ambassador of Ayurveda*** from Bharat Seva Sansthan, Lucknow, India 2016
- ***MTC Global Award Excellence – 2015 – Outstanding Corporate Award: Healthcare and Community Service, Bangalore, India***

- *Ayurveda Wellness Center, Coopersburg Award 2015, Pennsylvania, USA*
- *Appreciation – Arth – Group of Companies, Bangalore, India awarded in the hands of Sri Sri Ravishankar, Boone, North Carolina, USA July, 2014*
- *Vishwa Ayurveda Ratna, Feb 15, 2014, Bharat Seva Sansthan, Lucknow, India*
- *Ayurveda Khandantara Sthapanacharya Award by I-SERVE, Hyderabad, India on Feb 15, 2013*
- *International Ayurveda Pragati Award by Pragati Resorts, Hyderabad, India on Feb 16, 2013*
- *Sursanjeevan Music Therapy Forum Award on IIRD National Seminar On Music Therapy on January 7 & 8, 2012 in Mumbai, India*
- *Tathagat International Excellence Award 2011 at 5th International Conference on Ayurved & Complementary Systems of Medicine, Dubai, Sep 22 & 23, 2011.*

COURSES, LECTURES, WEBINARS, PRESENTATIONS & CONSULTATIONS

2022

- Jan 1, 2022 – 256 Webinar – Developmental Disabilities – ADD, ADHD etc
- Jan 2 - 4, 2022 – Ayurveda Wellness Consultations, Coopersburg, PA
- Jan 5, 2022 – 257 Webinar – Child Immunity Enhancement Methods
- Jan 6 – 7, 2022 - Ayurveda Wellness Consultations, Coopersburg, PA
- Jan 8, 2022 – 258 Webinar – The Missing Knowledge of Ayurveda – Mantra Therapy
- Jan 8, 2022 – 259 Webinar – Behavioral disorders in children
- Jan 9, 2022 – 260 Webinar – Pravasa Bharateeya Divas
- Jan 9, 2022 – Ayurvedic Wellness Consultations, Coopersburg, PA
- Jan 10 – 13, 2022 – Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA
- Jan 12, 2022 – 261 Webinar – Lifestyle disorders in children
- Jan 14 – 15, 2022 – Ayurveda Wellness Consultations, Coopersburg, PA
- Jan 16, 2022 – 262 Webinar – Introduction to Vedic Tradition
- Jan 17, 2022 - Ayurveda Wellness Consultations, Coopersburg, PA
- Jan 18, 2022 – 263 Webinar – 20th Anniversary of AAPNA
- Jan 19 – 22, 2022 – Ayurveda Wellness Consultations, Coopersburg, PA
- Jan 23, 2022 – 264 Webinar – Fundamentals of Healing – Yamas

- Jan 24 – 28, 2022 – Ayurveda Wellness Consultations, Coopersburg, PA
- Jan 29 – Feb 4, 2022 – Panchakarma Therapies, Coopersburg, PA
- Jan 30, 2022 – 265 Webinar – Ayurvedic Nutraceuticals in Marma Therapy – Ayurveda Congress, Russia
- Jan 30, 2022 – 266 Webinar – Fundamentals of Healing – Niyamas
- Feb 4, 2022 – 267 Webinar – Supporting Marma Therapy after Chemo Therapy – Banaras Hindu University, Varanasi, India
- Feb 5 – 6, 2022 – 46th International Conference (Online) – Ayurveda and Thyroid Care, organized by Global Ayurveda Conferences, LLC, USA
- Feb 7 – 12, 2022 – Ayurveda Wellness Consultations, Coopersburg, PA

2021

- Jan 1, 2021 – 123rd Webinar on Ayurveda & Skin care Conference Speakers & Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- Jan 2, 2021 – 124th Webinar – Marma Therapy – Head & Neck
- Jan 3, 2021 – 125th Webinar – Manual Lymph Drainage (MLD) Institute International “Immunity Boosting Through Ayurveda” – Board Members, Michigan, USA
- Jan 4 – 5, 2021 - Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- Jan 6, 2021 – 126th Webinar – Marma Therapy – Upper Extremities
- Jan 7 – 9, 2021 - Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- Jan 10, 2021 – 127th Webinar – World Institute for Incurable Diseases – Speaking on “The Science & Art of Ayurvedic Medicine” & 128th Webinar - Marma Therapy – Lower Extremities
- Jan 11 - 12, 2021- Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- Jan 13, 2021 – 129th Marma Therapy - Abdomen and Thorax
- Jan 14 – 15, 2021 - Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- Jan 16, 2021 – 130th Webinar - Marma Therapy – Back and Aroma Therapy
- Jan 17, 2021 – 131st Webinar – IPGTRA alumni group
- Jan 18 – 19, 2021 – Ayurvedic Wellness Consultations, Coopersburg, PA
- Jan 20, 2021 – 132nd Webinar – Ayurvedic Pulse Technique Level 1
- Jan 21 – 22, 2021 - Ayurvedic Wellness Consultations, Coopersburg, PA
- Jan 23, 2021 – 133rd Webinar – Ayurvedic Pulse Technique Level 2

- Jan 24, 2021 – 134th Webinar – 9th threads Texas Telugu Association
- Jan 25 – 26, 2021 - Ayurvedic Wellness Consultations, Coopersburg, PA
- Jan 27, 2021 – 135th Webinar – Ayurvedic Pulse Technique Level 3
- Jan 28 – 29, 2021 - Ayurvedic Wellness Consultations, Coopersburg, PA
- Jan 30, 2021 – 136th Webinar – Ayurvedic Pulse Technique Level 4
- Jan 31 – Feb 3, 2021 - Ayurvedic Wellness Consultations, Coopersburg, PA
- Feb 4, 2021 – 137th Webinar – Ayurvedic Pulse Technique Level 5
- Feb 5, 2021 - Ayurvedic Wellness Consultations, Coopersburg, PA
- Feb 6 – 7, 2021 – 40th International Online Conference – Ayurveda & Skin Care
- Feb 8, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Feb 9 & 10, 2021 – Pittsburgh, PA
- Feb 11, 2021 – 138th Webinar – Ayurvedic Pulse Technique Level 6
- Feb 12, 2021 – Ayurvedic Wellness Consultations, Coopersburg, PA
- Feb 13, 2021 – 139th Webinar – Ayurvedic Pulse Technique Level 7
- Feb 14 – 16, 2021 - Ayurvedic Wellness Consultations, Coopersburg, PA
- Feb 17, 2021 – 140th Webinar – Panchakarma Therapy – Aama Pachana
- Feb 18 – 19, 2021 - Ayurvedic Wellness Consultations, Coopersburg, PA
- Feb 20, 2021 – 141st Webinar – Panchakarma Therapy – Snehana (Oleation)
- Feb 21 – 23, 2021 - Ayurvedic Wellness Consultations, Coopersburg, PA
- Feb 24, 2021 – 142nd Webinar – Panchakarma Therapy – Abhyanga (Massage)
- Feb 25 – 26, 2021 - Ayurvedic Wellness Consultations, Coopersburg, PA
- Feb 27, 2021 – 143rd Webinar – Panchakarma Therapy – Swedana (Sudation)
- Feb 28 – Mar 2, 2021 - Ayurvedic Wellness Consultations, Coopersburg, PA
- Mar 3, 2021 – 144th Webinar – Panchakarma Therapy – Vamana Chikitsa
- Mar 4 – 5, 2021 - Ayurvedic Wellness Consultations, Coopersburg, PA
- Mar 6, 2021 – 145th Webinar – Panchakarma Therapy - Virechana Chikitsa
- Mar 7-9, 2021 - Ayurvedic Wellness Consultations, Coopersburg, PA
- Mar 10, 2021 – 146th Webinar – Panchakarma Therapy – Basti Chikitsa
- Mar 11- 12, 2021 - Ayurvedic Wellness Consultations, Coopersburg, PA
- Mar 13, 2021 – 147th Webinar – Panchakarma Therapy – Nasya Chikitsa
- Mar 14 – 16, 2021 - Ayurvedic Wellness Consultations, Coopersburg, PA
- Mar 17, 2021 – 148th Webinar – Panchakarma Therapy – Rakta Mokshana Chikitsa
- Mar 18 – 19, 2021 - Ayurvedic Wellness Consultations, Coopersburg, PA
- Mar 20, 2021 – 149th Webinar on “Panchakarma for Immunity”
- Mar 20, 2021 – 150th Webinar on Panchakarma Therapy – Diet
- Mar 21 – 23, 2021 - Ayurvedic Wellness Consultations, Coopersburg, PA

- Mar 24, 2021 – 151st Webinar on Panchakarma Therapy – Indications and Contraindications
- Mar 25 – 26, 2021 - Ayurvedic Wellness Consultations, Coopersburg, PA
- March 26 – Apr 4, 2021 – Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA
- Mar 27, 2021 – 152nd Webinar on Holi Celebration and Ayurveda – Emami Group, India
- Mar 27, 2021 – 153rd Webinar on Panchakarma Therapy – Shirodhara Therapy
- Mar 28 -30, 2021 - Ayurvedic Wellness Consultations, Coopersburg, PA
- Mar 31, 2021 – 154th Webinar – Addressing Students and faculty of SV Ayurvedic Medical College, Tirupathi, Andhra Pradesh, India
- Mar 31, 2021 – 155th Webinar on Panchakarma Therapy – Shiro Basti Therapy
- Apr 2, 2021 – 156th Webinar – Autism and Ayurveda – Emami Group, India
- Apr 3, 2021 – 157th Webinar on Panchakarma Therapy – Shiro Pichu and Lepa
- Apr 4 – 6, 2021 - Ayurvedic Wellness Consultations, Coopersburg, PA
- Apr 7, 2021 – 158th Webinar on Panchakarma Therapy – External Basti Therapies
- Apr 8 – 12, 2021 – Panchakarma Therapies, Coopersburg, PA
- Apr 8 – 9, 2021 – Ayurvedic Wellness Consultations, Coopersburg, PA
- Apr 10, 2021 – 159th Webinar on Panchakarma Therapy – Dhooma Paana Therapy
- Apr 11, 2021 -160th Webinar on Scope of Ayurvedic Practice for Various levels of training at different countries
- Apr 12 – 13, 2021 – Ayurvedic Wellness Consultations, Coopersburg, PA
- Apr 14, 2021 – 161st Webinar on Ayurvedic Tongue Analysis – Part 1
- Apr 15 – 16, 2021 – Ayurvedic Wellness Consultations, Coopersburg, PA
- Apr 17 – 18, 2021 – 41st International Conference “Ayurveda & Lung Care” organized by Global Ayurveda Conferences, LLC and hosted by AAPNA – Association of Ayurvedic Professionals of North America, Inc. USA
- Apr 19 – 28, 2021 – Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA
- Apr 19 – 20, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Apr 21, 2021 – 162st Webinar on Ayurvedic Tongue Analysis – Part 2
- Apr 22 – 23, 2021 – Ayurveda Wellness Consultation, Coopersburg, PA
- Apr 24, 2021 – 163nd Webinar on 8 Fold Examination Technique (Astha Vidha Pariksha)
- Apr 25 -27, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Apr 28, 2021 – 164th Webinar – Know Ayurveda Quiz – Metabolic Yoga – Goal Setting
- Apr 29, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA

- Apr 30 - May 1, 2021 – Pittsburgh, PA
- May 2, 2021 – 165th Webinar - Know your Body Type
- May 3 – 4, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- May 5, 2021 – 166th Webinar - Eat right to body type
- May 6 – 7, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- May 8, 2021 – 167th Webinar - Metabolic Breathing Techniques
- May 9, 2021 – 168th Webinar – Enhance Your Immunity Through Ayurveda – The Healing World Organization, United Kingdom
- May 10 – 11, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- May 12, 2021 – 169th Webinar – Metabolic Yoga Techniques
- May 13 – 14, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- May 15. 2021 – 170th Webinar – Shred Fats Fast
- May 16 – 18, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- May 19, 2021 – 171st Webinar – Secrets to Anti-Aging Skin
- May 20 – 21, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- May 22, 2021 – 172nd Webinar – Get Rid of Toxins
- May 23, 2021 – 173rd Webinar – Alternative Healing Summit
- May 23, 2021 – 174th Webinar – Discussion with Ayurveda and Liver Care Speakers
- May 24 – 25, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- May 26, 2021 – 175th Webinar – Ayurvedic Diet for Weight Management
- May 27 – 28, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- May 29, 2021 – 176th Webinar – Rejuvenation Therapies for Weight Management
- May 30 – Jun 1, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- May 31 – Jun 6, 2021 – Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA
- Jun 2, 2021 – 177th Webinar – Ayurvedic Herbs for Weight Management
- Jun 3 – 4, 2021 – Ayurveda Wellness Center, Coopersburg, PA
- Jun 5, 2021 – 178th Webinar - Ayurvedic Detoxification Procedures for Optimum Weight Management
- Jun 7 – 8, 2021 – Ayurvedic Wellness Consultations, Coopersburg, PA
- Jun 9, 2021 – 179th Webinar – Concept of Food and importance
- Jun 9 – 18, 2021 – Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA
- Jun 11, 2021 – 180th Webinar - Research Updates on Herbal and Traditional Indian Medicine - Future Scope for Drug Target Identification – Vigyan Pharmacy College, Guntur, Andhra Pradesh, India
- Jun 12, 2021 – 181st Webinar – Life Enhancing and Vitalizing Foods

- Jun 16, 2021 – 182nd Webinar – Properties and classification of various foods
- Jun 17 – 18, 2021 – Wellness Consultations, Ayurveda Wellness Center, PA
- Jun 19 – 20, 2021 – 42nd International Conference (Online) – Ayurveda and Liver Care, hosted by Global Ayurveda Conferences, LLC.
- Jun 21, 2021 – 183rd Webinar – International Yoga Day Celebration with Master Kamal
- Jun 21 – 22, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Jun 23, 2021 – 184th Webinar – Food and its influence on Digestive Fire (Jatharagni)
- Jun 24 – 25, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Jun 26, 2021 – 185th Webinar – Importance of food in health and disorders
- Jun 27, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Jun 28 – 30, 2021 – Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA
- Jun 30, 2021 – 186th Webinar - Anupana (Vehicle) according to dosha combination, compatible and incompatible
- Jul 1 – 2, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Jul 3, 2021 – 187th Webinar – Healthy and Unhealthy Foods for Constitution
- Jul 4 – 6, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Jul 7, 2021 – 188th Webinar - Seasonal routine and foods, daily routine and foods, best foods and their action
- Jul 8 – 9, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- Jul 10, 2021 – 189th Webinar - Use of six tastes of foods for health
- Jul 11 – 13, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- Jul 14, 2021 – 190th Webinar - Importance of Spices, Condiments for health and healing
- Jul 15 - 16, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- Jul 17, 2021 – 191 Webinar - Various types of foods and drinks
- Jul 18 – 20, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- Jul 19 – 25, 2021 – Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA
- Jul 21, 2021 – 192 Webinar - Cereals and pulses and lentils and their properties
- Jul 22 – 23, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- Jul 24, 2021 – 193 Webinar - Vegetables, fruits, and salads and their properties
- Jul 25 – 27, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- Jul 28, 2021 – 194 Webinar - Edible fats and oils
- Jul 29, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA

- Jul 29, 2021 – 195 Webinar – Scope and Practice of Ayurveda in USA – Organized by Independent Ethical Committee, Kolkatta, India
- July 30, 2021 – 196 Webinar – Influence of circadian rhythm on health according to Ayurvedic Medicine, Department of Physiology, Sri Devraj Urs Medical College, Kolar, Karnataka, India
- Jul 30, 2021 - 197 Webinar - Fermented substances and foods
- Jul 31 – Aug 11, 2021 – Saginaw, Michigan
- Aug 4, 2021 – 198 Webinar - Types of water and their importance in food
- Aug 9, 2021 – 199 Webinar - Milk and milk products in health and disease
- Aug 12, 2021 – 200 Webinar - Animal products, including meat, fish and poultry
- Aug 13 – 19, 2021 – Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA
- Aug 14, 2021 – 201 Webinar - Incompatible foods and suitable and suitable foods
- Aug 15, 2021 – 202 Webinar – Instagram Interview with Ayurmegha, California, USA
- Aug 15 – 17, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Aug 18, 2021 – 203 Webinar - Favorable and unfavorable foods according to various disorders & importance of foods in yogic practices
- Aug 19 – 20, 2021 – Ayurvedic Wellness Consultations, Coopersburg, PA
- Aug 21 – 22, 2021 – 43rd International Conference (Online) – Ayurveda and Gut Health, organized by Global Ayurveda Conferences and hosted by AAPNA – Association of Ayurvedic Professionals of North America, Inc. USA
- Aug 22, 2021 – Webinar 204 – Ayurveda - Sanskrita – Mother Language for Recitation – International Webinar – World Sanskrita Day – Independent Research Ethics Society in association with Zandhu, Ayush Darpan Foundation and Vishwa Ayurveda Parishad, India
- Aug 23 – 24, 2021 – Pittsburgh, PA
- Aug 25, 2021 – 205 Webinar - Types of honey and medicinal uses, including various dietary forms, including recipes
- Aug 26 – 27, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Aug 28 – Sep 7, 2021 – Panchakarma Therapy – Ayurveda Wellness Center, Coopersburg, PA
- Aug 28, 2021 – 206 Webinar – Anatomy of the Female Reproductive System
- Aug 29 – 31, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Sep 1, 2021 – 207 Webinar – Physiology of Menstruation
- Sep 2 – 3, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Sep 2, 2021 – 208 Webinar – AyurMegha
- Sep 2, 2021 – 209 Webinar – Urban Ayurveda – Development of Ayurveda

- Sep 4, 2021 – 210 Webinar - Month wise diet for pregnant women
- Sep 5 – 7, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Sep 7 - 9, 2021 – Panchakarma Therapies, Coopersburg, PA
- Sep 8, 2021 – 211 Webinar – Month wise development of fetus
- Sep 9, 2021 – 212 Webinar - AyurMegha
- Sep 9 – 10, 2021 – Ayurvedic Wellness Consultations, Coopersburg, PA
- Sep 11, 2021 – 213 Webinar – Importance of Pachakarma before pregnancy
- Sep 12 – 14, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Sep 15, 2021 – 214 Webinar – Women Care during pregnancy
- Sep 16 – 25, 2021 – Panchakarma Therapies, Coopersburg, PA
- Sep 16, 2021 – Ayurveda Wellness Consultations
- Sep 17, 2021 – 215 Webinar - AyurMegha
- Sep 18, 2021 – 216 Webinar – Preconception Care of Pregnant Women
- Sep 19, 2021 – 217 Webinar – Healing the mind-body through vedic recitation (Mantras) with Neil Parmeswar
- Sep 19 – 21, 2021 – Ayurveda Wellness Consultations
- Sep 22, 2021 – Webinar 218 Prenatal, natal, postnatal care
- Sep 23, 2021 - Webinar 219 – AyurMegha
- Sep 23 – 24, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Sep 25, 2021 – Webinar 220 – Puerperal Care – Postpartum Care
- Sep 26 - 28, 2021 – Panchakarma Therapies
- Sep 26 – 28, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Sep 29, 2021 – Webinar 221 – Yoni Diseases - Rogas
- Sep 30 – Oct 1, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Sep 30 – Oct 6, 2021 – Panchakarma Therapies, Coopersburg, PA
- Oct 2, 2021 – Webinar 222 – Common Herbs in Gynecological Disorders
- Oct 3, 2021 – Webinar 223 – Global Consultations with Ayurmegha
- Oct 3 – 5, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Oct 6, 2021 – 224 Webinar – Panchakarma in Gynecological Disorders
- Oct 7 – 8, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Oct 9, 2021 – 225 Webinar – Breast Care and Concept of Galactagogue
- Oct 10, 2021 – 226 Webinar – Ayurvedic Pulse Technique
- Oct 10 – 12, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- Oct 13, 2021 – 227 Webinar – High Risk Pregnancy and its management
- Oct 14 – 16, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- Oct 15, 2021 – 228 Webinar – Marma Therapy
- Oct 16, 2021 – 229 Webinar – Recipes of Adolescents

- Oct 16 – 22, 2021 – Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA
- Oct 17 – 19, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- Oct 20, 2021 – 230 Webinar – Recipes for Pregnancy
- Oct 21 – 22, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- Oct 22, 2021 – 231 Webinar - International Conference on Shalya Chikitsa in Geriatric Care –Guest of Honor, Parul University, Vadodara, India
- Oct 22, 2021 – 232 Webinar – Mantra Therapy (Chikitsa) with Pandit Neil Parmeswar
- Oct 23 - 24, 2021 – 44th International (Online) Conference “Ayurveda and Heart Care” Organized by Global Ayurveda Conferences, LLC, USA
- Oct 25, 2021 – Ayurveda for Women’s health Lecture at University of Pennsylvania Nursing School, Philadelphia, USA
- Oct 26, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- Oct 27, 2021 – 233 Webinar – Recipes for Puerperal Women (Postpartum)
- Oct 28 - 29, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- Oct 28 – Nov 1, 2021 – Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA
- Oct 30, 2021 – 234 Webinar – Food and Nutrition for Women
- Oct 31 – Nov 1, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- Nov 2, 2021 – 235 – Webinar – Ayurvedic Herbs for Nutrition, Vignyan Pharmacy College, Guntur, Andhra Pradesh, India
- Nov 2, 2021 – 236 Webinar – World Ayurveda Day
- Nov 3, 2021 – 237 Webinar - Vaginal Douche, Yoni Pichu etc.
- Nov 4 – 5, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- Nov 6, 2021 – 238 Webinar – Uttara Basti (Scientific Explanation)
- Nov 7 – 9, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- Nov 8 – 12, 2021 – Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA
- Nov 10, 2021 – 239 Webinar – Growth and development and assessment in children
- Nov 11 – 12, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- Nov 13, 2021 – 240 Webinar – Sixteen Samskaras (Ceremonies) in children
- Nov 14 - 16, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Nov 15 – 19, 2021 – Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA
- Nov 17, 2021 – 241 Webinar – Child Psychology
- Nov 18 – 19, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA

- Nov 19, 2021 – 242 Webinar – Integrating Ayurveda in Geriatric Care, Parul University, Gujarat, India
- Nov 20, 2021 – 243 Webinar – Global Ayurveda Network, Germany
- Nov 20, 2021 – 244 Webinar – Care of New Born and Infants
- Nov 21 – 23, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Nov 24, 2021 – 245 Webinar – Importance of Breast Milk, Breast Feeding, and Breast Pump
- Nov 25 – 26, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- Nov 27, 2021 –246 Webinar - Dentition and Dental Problems in Children
- Nov 28 – 29, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA
- Nov 30, 2021 –247 Webinar- Baby Massage and Bath
- Dec 1- 2, 2021 - 45th International Conference – Ayurveda and Kidney Care
- Dec 3 – 10. 2021 – Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA
- Dec 4, 2021 – 248 Webinar – Children Rasayanas and Swarna Prashana
- Dec 8, 2021 – 249 Webinar – Nutrition in Children
- Dec 11 – 17, 2021 – Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA
- Dec 11, 2021 – 250 Webinar – Common Respiratory Disorders in Children and Management
- Dec 15, 2021 – 251 Webinar – Common Gastro Intestinal Disorders in Children and Management
- Dec 18, 2021 – 252 Webinar – Management of day to day children health problems
- Dec 19, 2021 – 253 Webinar – Ayurveda Samruddhi
- Dec 20, 2021 - Ayurveda Wellness Consultations, Coopersburg, PA
- Dec 21, 2021 – 254 Webinar – Vaccinations and Ayurveda
- Dec 22, 2021 – 255 Webinar – Panchakarma Practice in USA – NKJ Ayurvedic Medical College, Bidar, Karnataka, India
- Dec 23 – 31, 2021 – Ayurveda Wellness Consultations, Coopersburg, PA

2020

- Jan 1 – 11, 2020 - Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- Jan 12 – Feb 1, 2020 – Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, Pennsylvania, USA
- Feb 1, 2020 – Lecture on Ayurvedic Herbs and Therapy Healthy Aging at 3rd International Congress (Online), Veda Education, Russia

- Feb 2, 2020 – Lecture and consultations at Ayurveda 101, Bhakti Yoga Center South Jersey, Hainsport, New Jersey, USA
- Feb 3 – 7, 2020 – Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Feb 8 & 9, 2020 – 35th International Online Conference – Ayurveda & Epigenetics, organized by Global Ayurveda Conferences, LLC and hosted AAPNA (Association of Ayurvedic Professionals of North America), Inc. USA
- Feb 10 – 20, 2020 – Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Feb 21, 2020 – Taught Ayurvedic Pulse Technique, Coopersburg, PA, USA
- Feb 22, 2020 – Taught Ayurvedic Tongue Analysis, Coopersburg, PA, USA
- Feb 23, 2020 – Taught Marma Therapy and Marma Yoga, Coopersburg, PA, USA
- Feb 24 – 28, 2020 - Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Feb 29 – March 1, 2020 – 3-day Panchakarma at Ayurveda Wellness Center, Coopersburg, PA, USA
- Mar 2 – 8, 2020 – 7-day Panchakarma at Ayurveda Wellness Center, Coopersburg, PA, USA
- Mar 9 – 15, 2020 – Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Mar 16 - 18, 2020 - Panchakarma therapy - Ayurveda wellness Center, Coopersburg, PA, USA
- Mar 19 – Apr 3, 2020 - Closed due to Coronavirus (COVID-19)
- Apr 4, 2020 – Webinar on Chakra Balancing Through Ayurveda
- Apr 5, 2020 – Webinar - Veda Pulse Lecture
- Apr 6 – 10, 2020 – Phone Consultations
- Apr 11, 2020 – Webinar on Immune Support Through Ayurveda
- Apr 12 – 17, 2020 – Phone Consultations
- Apr 18, 2020 – Webinar on Chakra Balancing Through Ayurveda
- Apr 19 – 24, 2020 – Phone Consultations
- Apr 25, 2020 – Webinar – At Home Detoxification and Rejuvenation
- Apr 26 – 28, 2020 – Phone Consultations
- Apr 29, 2020 – Webinar – Ayurveda and Yoga for mental wellness during isolation
- Apr 30 – May 1, 2020 – Phone Consultations
- May 2, 2020 – Webinar – Chakra Balancing Through Ayurveda
- May 3 – 5, 2020 – Phone Consultations
- May 6 , 2020 – Webinar – Ayurveda for Women’s Health
- May 7 – 8, 2020 – Phone Consultations
- May 9, 2020 – Webinar – Ayurveda and Dental Care
- May 10 – 12, 2020 – Phone Consultations
- May 13, 2020 – Ayurveda for Respiratory Disorders
- May 14, 2020 – Phone Consultations

- May 15 – 17, 2020 – 36th International Conference on “Ashtanga Ayurveda” online
- May 18 – 19, 2020 – Phone Consultations
- May 20, 2020 – Webinar – Ayurveda and Skin Care
- May 21 – 22, 2020 – Phone Consultations
- May 23, 2020 – Webinar – Ayurveda and Weight Management
- May 24, 2020 – Webinar – Scope and opportunities of Ayurveda in Abroad
- May 25 – 26, 2020 – Phone Consultations
- May 27, 2020 – Webinar Practical Application of Marma therapy in ASD
- May 28, 2020 – Phone Consultation
- May 29, 2020 – Webinar – Scope of Ayurveda in Abroad
- May 30, 2020 – Webinar – Chakra Balancing Through Ayurveda
- May 31 – Jun 2, 2020 – Phone Consultations
- May 2, 2020 – Webinar – Home Detoxification and Rejuvenation through Ayurveda
- May 4 – 5, 2020 – Phone Consultations
- May 6, 2020 – Webinar – Ayurvedic Women’s Health
- May 7 – 8, 2020 – Phone Consultations
- May 9, 2020 – Webinar – Dental Care in Ayurveda
- May 10 - 12, 2020 – Phone Consultations
- May 13, 2020 – Webinar – Ayurvedic Management of Respiratory Disorders
- May 15 – 17, 2020 – Participated and Organized 36th International Conference (Online)
- May 18 – 19, 2020 – Ayurveda Wellness Consultations, Coopersburg, PA, USA
- May 20, 2020 – Webinar – Ayurvedic Skin Care
- May 21 – 22, 2020 - Ayurveda Wellness Consultations, Coopersburg, PA, USA
- May 23, 2020 – Webinar – Ayurvedic Management of Weight
- May 24, 2020 – Webinar – Capacity building, scope, and opportunities for Ayurveda students to work abroad, organized by Arogya Bharati, Manasarovar Ayurvedic Medical College and Hospital, Bhopal, Madhya Pradesh, India
- May 24, 2020 – Webinar – Immunity Development Through Ayurveda
- May 25 – 26, 2020 - Ayurveda Wellness Consultations, Coopersburg, PA, USA
- May 27, 2020 – Webinar – Practical application of Marma therapy in ASD (Autism Spectrum Disorders)
- May 28, 2020 - Ayurveda Wellness Consultations, Coopersburg, PA, USA
- May 29, 2020 – Webinar – Scope of Ayurveda practice in Abroad organized Ayush Darpan, Dehradun, India
- May 30, 2020 - Webinar – Chakra Balancing Through Ayurveda
- May 31 – Jun 2, 2020 - Ayurveda Wellness Consultations, Coopersburg, PA, USA

- Jun 3, 2020 – Webinar – Ayurveda for Children
- Jun 4 – 5, 2020 - Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jun 6, 2020 – Webinar – Ayurvedic Home Remedies
- Jun 7, 2020 – Webinar – Ayurvedic Strategies for COVID-19 Crisis – organized by Ayush Darpan, Dehradun, India
- Jun 7, 2020 – Webinar – Opportunities, Challenges, and scope of Ayurvedic students in abroad, organized by VYDS Ayurveda Mahavidyalaya, Khurja, Uttar Pradesh, India
- Jun 8 – 9, 2020 - Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jun 10, 2020 – Webinar – Spices and Herbs for Optimum Health
- Jun 11 – 12, 2020 - Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jun 13, 2020 – Webinar – Ayurvedic Management of Pain
- Jun 14, 2020 – Webinar – Discussion of Ayurveda Day 2020 by Soft Center, Bangalore, India
- Jun 15, 2020 – Webinar – Scope of practice of Ayurveda for GS Patel Ayurvedic Mahavidyalaya, (Rasa Shastra Department), Anand, Gujarat, India
- Jun 16, 2020 - Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jun 17, 2020 – Webinar – Management of Diabetes Mellitus during COVID-19, organized by Grameena Ayurveda Mahavidyalaya, Terdal, Bagalkot District, Karnataka, India
- Jun 17, 2020 – Webinar – Ayurveda & Insomnia
- Jun 18 – 19, 2020 - Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jun 20, 2020 – Webinar – Gut Health and Ayurvedic Management
- Jun 21, 2020 – Webinar – Importance of Yoga in your daily practice – International Yoga Day
- Jun 22, 2020 – Webinar - Practical Application of Marma therapy in ASD organized NAMA – National Ayurvedic Medical Association
- Jun 23, 2020 – Ayurvedic Wellness Consultation, Coopersburg, PA, USA
- Jun 24, 2020 – Webinar – Ayurveda for Men’s Health
- Jun 25 – 26, 2020 - Ayurvedic Wellness Consultation, Coopersburg, PA, USA
- Jun 27, 2020 – Webinar – Ayurvedic Hair Care
- Jun 28 - 30, 2020 - Ayurvedic Wellness Consultation, Coopersburg, PA, USA
- Jul 1, 2020 – Webinar – Ayurvedic Heart Care
- Jul 2 – 3, 2020 - Ayurvedic Wellness Consultation, Coopersburg, PA, USA
- Jul 4, 2020 – Webinar – Ayurveda for Old Age (Senior Citizens)
- Jul 5 - 7, 2020 – 7, 2020 - Ayurvedic Wellness Consultation, Coopersburg, PA, USA
- Jul 8, 2020 – Webinar – Ayurveda for Bones

- July 9 – 10, 2020 - Ayurvedic Wellness Consultation, Coopersburg, PA, USA
- Jul 11, 2020 – Webinar – Ayurvedic for Winter Season
- July 11 – 15, 2020 – Panchakarma Therapies, Ayurvedic Wellness Center, Coopersburg, PA, USA
- Jul 15, 2020 – Webinar – Ayurveda for Spring Season
- Jul 16 – 17, 2020 - Ayurvedic Wellness Consultation, Coopersburg, PA, USA
- Jul 17 – 19, 2020 – Panchakarma Therapy – Ayurveda Wellness Center, Coopersburg, PA, USA
- Jul 18, 2020 – Webinar – Ayurveda for Summer Season
- Jul 20 – 29, 2020 – Panchakarma Therapies – Ayurveda Wellness Center, Coopersburg, PA, USA
- Jul 25, 2020 – Webinar – Ayurveda for Thyroid Care
- Jul 29, 2020 – Webinar – Ayurvedic Care for Fatigue
- Jul 30 – 31, 2020 - Ayurvedic Wellness Consultation, Coopersburg, PA, USA
- Aug 1, 2020 – Webinar – Ayurvedic Herbs for Mind
- Aug 3 – 9, 2020 – Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Aug 9, 2020 – Webinar – Ayurveda in India and Beyond: Bridging the Gap – Ayurveda Thinkathon 2020 with Dr. Chetali Samanat, Bangalore, India
- Aug 10 – 12, 2020 – Visit - Pittsburgh, PA, USA
- Aug 13 – 18, 2020 - Ayurvedic Wellness Consultation, Coopersburg, PA, USA
- Aug 19, 2020 – Webinar – Ayurvedic Herbs for Women
- Aug 20, 2020 - Ayurvedic Wellness Consultation, Coopersburg, PA, USA
- Aug 21 – 23, 2020 – Participated and Organized – 37th International Conference (Online) “Ayurveda and the Mind” organized by Global Ayurveda Conferences, LLC, Pennsylvania, USA
- Aug 24 - 25, 2020 - Ayurvedic Wellness Consultation, Coopersburg, PA, USA
- Aug 26, 2020 – Webinar – Ayurvedic Herbs for Men
- Aug 27 – 28, 2020 - Ayurvedic Wellness Consultation, Coopersburg, PA, USA
- Aug 29, 2020 – Webinar – Ayurvedic Herbs for Teens
- Aug 30 – Sep 1, 2020 - Ayurvedic Wellness Consultation, Coopersburg, PA, USA
- Sep 2, 2020 – Webinar – Ayurvedic Herbs for Skin
- Sep 3 – 4, 2020 - Ayurvedic Wellness Consultation, Coopersburg, PA, USA
- Sep 5, 2020 – Webinar – Ayurvedic Herbs for Skin
- Sep 6, 2020 - Ayurvedic Wellness Consultation, Coopersburg, PA, USA
- Sep 7 – 13, 2020 – Panchakarma Therapies – Ayurveda Wellness Center, Coopersburg, PA, USA
- Sep 12, 2020 – Webinar – Ayurvedic Herbs for Gallbladder
- Sep 14 – 15, 2020 - Ayurvedic Wellness Consultation, Coopersburg, PA, USA

- Sep 16, 2020 – Webinar – Ayurvedic Herbs for Pancreas
- Sep 17, 2020 - Ayurvedic Wellness Consultation, Coopersburg, PA, USA
- Sep 18, 2020 – Webinar – Ayurvedic Herbs for Eyes
- Sep 19 – 20, 2020 – Visit – Pittsburgh, Pennsylvania, USA
- Sep 21 – 27, 2020 – Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Sep 23, 2020 – Webinar – Ayurvedic Herbs for Heart
- Sep 26, 2020 – Webinar – Ayurvedic Herbs for Kidney & Adrenals
- Sep 27 – 29, 2020 – Ayurvedic Consultations, Coopersburg, PA, USA
- Sep 30, 2020 – Webinar – Ayurvedic Herbs for Parasites
- Oct 1 – 2, 2020 – Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Oct 3, 2020 – Webinar – Ayurvedic Herbs for Viruses
- Oct 4 – 6, 2020 – Ayurveda Wellness Consultation, Coopersburg, PA, USA
- Oct 7, 2020 – Webinar – Ayurvedic Herbs for IBS – Irritable Bowel Syndrome
- Oct 8, 2020 - Ayurveda Wellness Consultation, Coopersburg, PA, USA
- Oct 9, 2020 – Webinar – Precursor for Vaibhav Summit – Community Medicine and Preventive Care initiated by Atma Nirbhar Program – Prime Minister Shri Narendra Modi
- Oct 10 & 11, 2020 – 38th International Online Conference – “Clinical Ayurveda” Organized by Global Ayurveda Conferences, LLC and hosted by AAPNA – Association of Ayurvedic Professionals of North America, Inc. USA
- Oct 12 – 13, 2020 - Ayurveda Wellness Consultation, Coopersburg, PA, USA
- Oct 14, 2020 – Webinar – Ayurvedic herbs for Obesity
- Oct 15, 2020 - Ayurveda Wellness Consultation, Coopersburg, PA, USA
- Oct 16, 2020 – Webinar – Ayurvedic Herbs for Immunity
- Oct 17, 2020 – Webinar – Ayurvedic Herbs for Inflammation
- Oct 18 – 20, 2020 – Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Oct 21, 2020 – 86th Webinar – Participated in Inauguration of AyurvedaDay World website by Honorable AYUSH Minister Shri Shripaada Nayak
- Oct 21, 2020 – 87th Webinar – Ayurvedic Herbs for Teens
- Oct 19 – 23, 2020 – Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Oct 24, 2020 – 88th Webinar – Participation of Vaibhav Summit – Panel of Experts - Yoga and AYUSH Adaptation for Preventive Care
- Oct 24, 2020 – 89th Webinar – Ayurvedic Herbs for Anxiety
- Oct 26, 2020 – 90th Webinar – Ayurveda for Women’s Health – University of Pennsylvania Nursing School, Philadelphia, USA
- Oct 25 - 27, 2020 - Ayurvedic Wellness Consultations, Coopersburg, PA, USA

- Oct 28, 2020 – 91nd Webinar – Ayurvedic Herbs for Depression
- Oct 26 – 30, 2020 – Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA
- Oct 31, 2020 – 92nd Webinar – Ayurvedic Herbs for Lung Care
- Nov 1, 2020 – Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Nov 2 – 6, 2020 – Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Nov 4, 2020 – 93rd Webinar – Ayurvedic Herbs for Colon
- Nov 7, 2020 – 94th Webinar – Symbiosis of Modern Sciences and Ayurveda Prevention of COVID 19, GS Ayurvedic Medical College, Uttar Pradesh, India
- Nov 7, 2020 – 95th Webinar – Ayurvedic Herbs for Digestion and Metabolism
- Nov 8 -10, 2020 – Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Nov 11, 2020 – 96th Webinar – Advancing Ayurveda with Ethnobiology Drug Development, California, USA
- Nov 11, 2020 – 97th Webinar – Ayurvedic Herbs for Prostate
- Nov 12, 2020 – Ayurvedic Wellness Consultations
- Nov 13, 2020 – 98th Webinar – World Ayurveda Day
- Nov 14, 2020 – 97th Webinar – Webinar – Prana, Tejas, Ojas for Health
- Nov 15, 2020 – Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Nov 16- 20, 2020 – Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Nov 18, 2020 – 98th Webinar – Ayurvedic Herbs for Sexual Health
- Nov 20, 2020 – 99th Webinar – Digestion and Spices
- Nov 21 – 22, 2020 – Visit to Pittsburgh, Pennsylvania, USA
- Nov 23 – 24, 2020 – Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Nov 25, 2020 – 100th Webinar on Six Tastes and Emotions
- Nov 26, 2020 – 101st Webinar – AAPNA Directors Meet Online
- Nov 26 – 27, 2020 - Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Nov 28, 2020 – 102nd Webinar on Physiology of Sleep and Sleep Hygiene
- Nov 29 – Dec 1, 2020 – Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Dec 2 – 8, 2020 – Panchakarma Therapies, Coopersburg, Pennsylvania, USA
- Dec 2, 2020 – 103rd Webinar – Yoga Therapy and Ayurveda
- Dec 5, 2020 – 104th Webinar – Ayurveda and Mudras
- Dec 9, 2020 – 105th Webinar – Ayurveda and Koshas
- Dec 10 – 11, 2020 – Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Dec 12 – 13, 2020 – 39th International Online Conference – Ayurveda and Pain Management
- Dec 14 – 15, 2020 – Ayurveda Wellness Consultations, Coopersburg, PA, USA

- Dec 16, 2020 – 106th Webinar – Ayurveda, Artemisia, COVID 19
- Dec 16, 2020 – 107th Webinar – Dosha Balancing Yoga
- Dec 17 – 18, 2020 – Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Dec 19, 2020 – 108th Webinar – Eating Out on Road, Food Incompatibility
- Dec 22, 2020 – 109th Webinar – Sustainability of Higher Education a New Normal after Post COVID-19, Jayoti Vidyapeeth Women’s University, Jaipur, Rajasthan, India
- Dec 21 – 22, 2020 – Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Dec 23, 2020 – 110th Webinar – Ayurvedic Psychology and Counselling Skills
- Dec 24 – 25, 2020 – Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Dec 26, 2020 – 111th Webinar – How to become a successful Ayurvedic Health Counselor
- Dec 27 – 29, 2020 – Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Dec 30, 2020 – 112nd Webinar – Ayurvedic Pathophysiology
- Dec 31, 2020 – Ayurvedic Wellness Consultations, Coopersburg, PA, USA

2019

- Jan 1 – 9, 2019 - Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- Jan 10 – Feb 11, 2019 - India Trip – Clinical Panchakarma Training for Students at SDM College of Ayurveda and Hospital, Hassan, India
- Feb 12 – 24, 2019 Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- Feb 25 – Mar 5, 2019 Travelled Athens, Aegina, Greece – Organized 30th International Conference “Ayurveda, Yoga, Spirituality” March 1 – 3, 2019 in Aegina, Greece
- Feb 6 – 12, 2019 Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- Feb 13 – 21, 2019 India Trip – Networking with doctors and health professionals
- Feb 22 – Apr 26, 2019 Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- Apr 27 – May 3, 2019 Panchakarma Therapy at Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- May 4 – 10, 2019 Panchakarma Therapy at Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- May 11 – 12, 2019 Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA

- May 13 – 17, 2019 Panchakarma Therapy at Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- May 18 – 27, 2019 Panchakarma Therapy at Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- May 28 – June 21, 2019 Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- June 22 – 27, 2019 - 31st International Conference “AyurYoga for Radiant Health” Royal Caribbean Cruise, Bermuda, taught – Dosha Yoga, Childcare in Ayurveda, Women’s Care in Ayurveda, Men’s Care in Ayurveda, Family Health Care in Ayurveda
- June 28 – July 12, 2019 Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- July 13, 2019 – Presented on “Mindfulness through Ayurvedic Lenses: Body & Mind Connection” Lehigh Valley Yoga Festival, Bethlehem, PA, USA
- July 14 – 18, 2019 - Panchakarma Therapy at Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- July 19, 2019 – Taught 8.0 PACE /CE hours on Ayurvedic Pulse Technique at Ayurveda Wellness Center, Coopersburg, PA, USA
- July 20, 2019 - Taught 8.0 PACE /CE hours on Ayurvedic Marma Therapy / Marma Yoga at Ayurveda Wellness Center, Coopersburg, PA, USA
- July 21, 2019 - Taught 8.0 PACE /CE hours on Ayurvedic Tongue Analysis at Ayurveda Wellness Center, Coopersburg, PA, USA
- July 22 – Aug 4, 2019 - Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- Aug 5 – 9, 2019 – Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Aug 10 – 22, 2019 - Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- Aug 23 – Sep 1, 2019 - Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Sep 2 – 5, 2019 - Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- Sep 6 – 8, 2019 – Organized 32nd International Conference “Ayurveda: Autoimmune and Metabolic Disorders” April 6 – 8, 2019. Arsha Vidya Gurukulam, Saylorsburg, Pennsylvania, USA
- Sep 9 – 13, 2019 - Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Sep 14 – 15, 2019 - Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA

- Sep 16 – 22, 2019 - Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Sep 23 – 27, 2019 - Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- Sep 28, 2019 – Taught Ayurvedic Pulse Technique Workshop, Khabir Southwick Office, Ojai, CA, USA
- Sep 29, 2019 – Taught Ayurvedic Marma Therapy / Marma Yoga Workshop, Khabir Southwick Office, Ojai, CA, USA
- Sep 30, 2019 – Taught Ayurvedic Pulse Techique Workshop, Pilar Chandler Office, Cost Mesa, CA, USA
- Oct 1, 2019 – Taught Ayurvedic Marma Therapy / Marma Yoga Workshop, Pilar Chandler Office, Cost Mesa, CA, USA
- Oct 2, 2019 - Ayurveda Wellness Consultations, Coopersburg, Pennsylvania, USA
- Oct 3 – 12, 2019 - Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Oct 11 – 16, 2019 - Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Oct 17, 2019 – Featured Speaker – West Greets East: Alternative Approaches to Aging, University Center at Desales University, Pennsylvania, USA
- Oct 18, 2019 – Taught Ayurvedic Pulse Technique Course, Ayurveda Wellness Center, Pennsylvania, USA
- Oct 19, 2019 - Taught Ayurvedic Marma Theapy Course, Ayurveda Wellness Center, Pennsylvania, USA
- Oct 20, 2019 - Taught Ayurvedic Tongue Analysis Course, Ayurveda Wellness Center, Pennsylvania, USA
- Oct 21, 2019 – Taught “Ayurveda for Women’s health” at University of Pennsylvania, Nursing School, Philadelphia, Pennsylvania, USA
- Oct 22 – Nov 1, 2019 – Panchakarma Therapies at Ayurveda Wellness Center, Pennsylvania, USA
- Nov 2, 2019 – Taught online congress on Pro Pulse 2019 on Ayurvedic Pulse Analysis, Veda Pulse Education, Russia
- Nov 3 -10, 2019 – Ayurvedic Wellness Consultations, Coopersburg, Pennsylvania, USA
- Nov 11 – 15, 2019 - Panchakarma Therapies at Ayurveda Wellness Center, Pennsylvania, USA
- Nov 16 – 24, 2019 - – Ayurvedic Wellness Consultations, Coopersburg, Pennsylvania, USA
- Nov 25, 2019 – Travelling to India

- Nov 26, 2019 – Reached Hyderabad
- Nov 27, 2019 – Bangalore, India meeting with Ayurvedic health professionals
- Nov 28, 2019 – Vijayawada, India
- Nov 29 – Dec 1, 2019 – Tangutur, Prakasam District, Andhra Pradesh, India
- Dec 2, 2019 – Hyderabad
- Dec 3, 2019 – Belagavi, Karantaka, India
- Dec 4 - 7, 2019 – 33rd International Conference “Ayurvedic Pediatrics” (Pallava), KLE University, Belagavi, Karnataka, India
- Dec 8 – 16, 2019 – Panchakarma therapies and training, KLE AyurWorld, Belagavi, Karnataka, India
- Dec 17, 2019 – Hyderabad, Telengana, India
- Dec 19 – 22, 2019 – 34th International Conference “Evidence Based Ayurveda” (Anveshana), Jiwaji University, Gwalior, Madhya Pradesh, India
- Dec 23, 2019 – Travel to Hyderabad to Dubai to USA
- Dec 24, 2019 – Reached Newark, USA
- Dec 25, 2019 – Christmas Celebration in USA
- Dec 26, 2019 – Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Dec 27 – 30, 2019 – Visiting Colonial Williamsburg, VA, USA
- Dec 31, 2019 – Ayurveda Wellness Consultations, Coopersburg, PA, USA

2018

- Jan 3 - 8, 2018 - Organized 25th International Conference “Factors Affecting the Efficacy of Ayurvedic Medicine” Jan 5 & 6, 2018 in collaboration with Rasa Shastra Department, Banaras Hindu University, Varanasi, India
- Jan 9 – 10, 2018 - Hyderabad meeting with integrative health professionals
- Jan 11 – 14, 2018 - Tangutur, Prakasam District, Andhra Pradesh
- Jan 15 – 16, 2018 - Hyderabad, Andhra Pradesh
- Jan 16, 2018 - Travelled from Hyderabad to JFK, USA
- Jan 17–Feb 3, 2018 - Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Feb 4, 2018 Expert Lecture – International Online Ayurveda Congress, Russia “Growth and Development of Ayurveda in USA in 20th Century”
- Feb 5 – Mar 2, 2018 - Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Mar 3, 2018 - Ayurvedic Vegetarian Cooking Class, Coopersburg, PA, USA

- Mar 3 – 7, 2018 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA
- Mar 8, 2018 Taught 33rd Marma Therapy Workshop, Ayurveda Wellness Center, Coopersburg, PA, USA
- Mar 9, 2018 Taught 63rd Ayurvedic Pulse Analysis Workshop, Ayurveda Wellness Center, Coopersburg, PA, USA
- Mar 10 – 17, 18 - Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 18 – 27, 18 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA
- Mar 28 – Apr 5, 18 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Apr 6 – 8, 2018 Organized 26th International Conference “Ayurveda & Women’s Health” Best Wester Hotel and Conference Center, Bethlehem, PA, USA, about 70 participants participated.
- Apr 9 – 19, 2018 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Apr 20 – 22, 2018 Participated NAMA Conference in Plano, Texas, USA
- Apr 23 – May 2, 18 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- May 3, 2018 Participated “Medical Pharmacy in Your Kitchen” 6 CE Hours, Allentown, PA, USA
- May 4 – 16, 2018 Ayurvedic Panchakarma Therapies, Coopersburg, PA, USA
- May 17, 2018 - Taught Fundamentals of Ayurveda Course, Ayurveda Wellness Center, Coopersburg, PA, USA
- May 18, 2018 - Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 19, 2018 - Taught Marma Therapy Course, Ayurvedic Wellness Center, Coopersburg, PA, USA
- May 20, 2018 Taught Ayurvedic Pulse Technique Course, Ayurveda Wellness Center, Coopersburg, PA, USA
- May 21-22, 2018 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 23, 2018 Taught Ayurvedic Vegetarian Cooking Class, Ayurveda Wellness Center, Coopersburg, PA, USA
- May 24 – Jun 1, 18 Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Jun 2 – 5, 2018 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jun 6 – 8, 2018 Visited Saginaw, Michigan, USA

- Jun 9 – 11, 2018 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jun 12 – 19, 2018 Cancun, Mexico Visit
- Jun 20 – 22, 2018 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jun 23 – 24, 2018 Visited Pittsburgh, Pennsylvania, USA
- Jun 25 – 29, 2018 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jun 30, 2018 Taught Marma Therapy Course, International Shiatsu Center, Pennsylvania, USA
- Jul 1 – 6, 2018 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- July 7 – 13, 2018 Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Jul 14, 2018 Lecture “Food as Medicine” Lehigh Valley Yoga Festival, Bethlehem, PA, USA
- Jul 15 – 18, 2018 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jul 19 – 20, 2018 - Pittsburgh, Pennsylvania, USA
- Jul 21 – 27, 2018 Visited Saginaw, Michigan, Rochester, New York, Ithaca, New York, USA
- Jul 28, 2018 Lecture “Yoga Fusion” Tamaqua, Pennsylvania, USA
- Jul 29 – Aug 12, 2018 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Aug 13 – 19, 2018 Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Aug 20 – 24, 2018 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Aug 25 – 26, 2018 - 26th International Conference “Ayurveda for All” Arsha Vidya Gurukulam, Saylorsburg, PA, USA
- Aug 27 – Sep 8, 2018 - Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Sep 9, 2018 Lecture, Triathlon and Yoga, Allentown, PA, USA
- Sep 10 – 13, 2018 Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Sep 14, 2018 - Taught Fundamentals of Ayurveda Course at Ayurveda Wellness Center, Coopersburg, PA, USA
- Sep 15, 2018 - Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Sep 16 – 20, 2018 Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Sep 21 & 22, 2018 - Ayurvedic Wellness Consultations, Coopersburg, PA, USA

- Sep 23 – 27, 2018 Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Sep 28, 2018 - Taught Marma Therapy course, Ayurveda Wellness Center, PA, USA
- Sep 29 – Oct 5, 2018 - Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Oct 6 – 8, 2018 - Visit Ocean City, New Jersey, USA
- Oct 9 – 21, 2018 - Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Oct 22, 2018 - Taught Ayurveda for Women for UPenn Nursing Students, Philadelphia, PA, USA
- Oct 23 - 31, 2018 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Nov 1, 2018 Reasoning for Unreasonable People workshop and lecture 6.0 CE hours, Breinigsville, Pennsylvania, USA
- Nov 2 – 16, 2018 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Nov 17 – 18, 2018 Keynote speaker and participated at 2nd International conference “Ayurveda: Food & Nutrition” organized by Ayurveda Association of Canada, Toronto, USA
- Nov 19 – 25, 2018 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Nov 26 – Dec 7, 18 Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Dec 8 & 9, 2018 - 28th International Conference “Ayurveda & Panchakarma” Arsha Vidya Gurukulam, Saylorsburg, Pennsylvania, USA
- Dec 10 & 11, 2018 - Ayurveda Consultations, Ayurveda Wellness Center, Coopersburg, PA, USA
- Dec 12 – 16, 2018 - Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Dec 17 – 21, 2018 - Ayurveda Consultations, Ayurveda Wellness Center, Coopersburg, PA, USA
- Dec 22 – 28, 2018 - Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA

2017

- Jan 4 - 8, 2017 Panchakarma Therapies, Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jan 9 -13, 2017 Panchakarma Therapies, Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jan 14 – 17, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jan 18 – 22, 2017 Taught Ayurvedic Lifestyle Consultant Certification Module 1 at Amrit Yoga Institute, Salt Springs, Florida, USA
- Jan 23 – 27, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jan 28 & 29, 2017 Taught Marma Therapy Course for Massage Therapists and Yoga Teachers at Ayurveda Wellness Center, Coopersburg, PA, USA
- Jan 30 - Feb 15, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Feb 16, 2017 Webinar on Ayurvedic Home Remedies for ALC students
- Feb 17, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Feb 18, 2017 Taught 10 spices and herbs for optimum health, Ayurveda Wellness Center, Coopersburg, PA, USA
- Feb 19, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Feb 20 – 26, 2017 Panchakarma Therapies, Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Feb 26 – 28, 2017 Panchakarma Therapies, Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 1 & 2, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Mar 3 – 5, 2017 Taught Respiratory Disorders Management in Ayurveda at Mount Madonna College of Ayurveda, Watsonville, CA, USA
- Mar 6 – 9, 2017 Ayurveda Wellness Consultations, Mount Madonna College, California, USA
- Mar 10 – 12, 2017 Organized 20th International Conference “Panchanga Veda” (Ayurveda, Yoga, Jyotisha, Vastu, Gandharva Veda) at Mount Madonna Center, Watsonville, California, USA
- Mar 12, 2017 Presented “Pancha Karma Therapies” at 20th International Conference “Panchanga Veda” (Ayurveda, Yoga, Jyotisha, Vastu, Gandharva Veda) at Mount Madonna Center, Watsonville, California, USA
- Mar 13 – 16, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Mar 17 – 19, 2017 Panchakarma Therapies, Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 17 – 19, 2017 Panchakarma Therapies, Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 20 – 21, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA

- Mar 22 – 26, 2017 Ayurvedic Food and Nutrition Consultant Certification Module 1 taught at Twin Ponds Integrative Health Center, Breinigsville, Pennsylvania, USA
- Mar 27 – 29, 2017 Panchakarma Therapies, Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 30 – Apr 4, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Apr 5 – 9, 2017 Panchakarma Therapies, Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Apr 10, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Apr 11 – 14, 2017 Marma Therapy – Online Webinar for Russian Ayurveda Students and Practitioners
- Apr 15 & 16, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Apr 17 – 23, 2017 Panchakarma Therapies, Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Apr 23, 2017 Online Webinar on “How to incorporate Culinary Herbs and Spices and their benefits” for Ayurvedic Food and Nutrition Consultant students
- Apr 24 – 27, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Apr 28 – 30, 17 Organized 21st International Conference ‘Ayurveda & Psychology’ at Maharishi University of Management, Fairfield, Iowa, USA. About 250 people attended the conference
- Apr 30, 2017 Presented at 21st International Conference ‘Ayurveda & Psychology’ at Maharishi University of Management, Fairfield, Iowa, USA on “Autism Spectrum Disorder and Ayurvedic Management”
- May 1 – 2, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- May 3-5, 2017 Panchakarma Therapies, Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 4, 2017 Online webinar for Ayurvedic Lifestyle Consultants on “Marma Therapy Basics”
- May 6 & 7, 2017 Taught Marma Therapy Course for Massage Therapists and Yoga Teachers at Ayurveda Wellness Center, Coopersburg, PA, USA
- May 8 & 9, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- May 10 – 14, 2017 Ayurvedic Food and Nutrition Consultant Certification Module 2 taught at Twin Ponds Integrative Health Center, Breinigsville, Pennsylvania, USA
- May 15 – 21, 2017 Panchakarma Therapies and Consultations, Coopersburg, PA, USA
- May 22–Jun 6, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jun 7 – 11, 2017 Teaching – Ayurvedic Lifestyle Consultant Certification Module 3, Amrit Yoga Institute, Salt Springs, FL, USA
- Jun 12 – 16, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA

- Jun 17, 2017 Ayurvedic Tongue Analysis, Ayurveda Wellness Center, Coopersburg, PA, USA
- Jun 18 – 21, 2017 Myrtle Beach, South Carolina, USA
- Jun 22 – 24, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jun 25, 2017 Online Webinar – Certified Ayurvedic Practitioners – Overview of Ayurvedic clinical Assessment
- Jun 26 - Jul 8, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jul 9, 2017 Online Webinar – Certified Ayurvedic Practitioners – Marma Therapy and Clinical Assessment
- Jul 10 – 11, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jul 12 – 16, 2017 Teaching – Ayurvedic Food and Nutrition Consultant Certification, Twin Ponds Integrative Health Center, Breinigsville, PA, USA
- Jul 17 – 23, 2017 Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Jul 24 – 26, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jul 27–Aug 2, 2017 Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Jul 30, 2017 Online Webinar – Certified Ayurvedic Practitioners – Dravya Guna Vignyan – Materia Medica Part 1
- Aug 4 – 6, 2017 Organized 22nd International Conference – Ayurveda & Home Remedies, The Hindu Temple of Atlanta, GA, USA
- Aug 7 – 12, 2017 Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Aug 13 – 18, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Aug 19 – 28, 2017 Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Aug 29, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Aug 30–Sep 3, 2017 CAM 2017 World Congress supported by World Health Organization and Pan America at Cartagena, Colombia, South America
- Sep 4 – 15, 2017- Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Sep 16, 2017 - Taught Ayurvedic Pulse Technique Course, Coopersburg, PA, USA
- Sep 17 – 23, 2017 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Sep 24, 2017 - Taught Webinar on Asthivaha and Majjavaha Srotas for Certified Ayurvedic Practitioner Students
- Sep 25 – 30, 2017 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Oct 1, 2017 Taught Webinar on Shukravaha Srotas for Certified Ayurvedic Practitioner Students
- Oct 2 – 5, 2017- Ayurvedic Wellness Consultations, Coopersburg, PA, USA

- Oct 6 – 9, 2017 - Family visit to Sea Isle, New Jersey, USA
- Oct 10 – 13, 2017- Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Oct 14 & 15, 2017 - Taught Marma Therapy Course, Coopersburg, PA, USA
- Oct 11 – 20, 2017- Panchakarma Therapies, Coopersburg, PA, USA
- Oct 21 – 29, 2017- Taught Ayurvedic Food and Nutrition Consultant (AFNC) course practicum, Coopersburg, PA, USA
- Oct 29, 2017- Taught Webinar on Manovaha Srotas for Certified Ayurvedic Practitioner Students
- Oct 30, 2017 - Taught Ayurveda for Women’s Health for Nurse Practitioner students at University of Pennsylvania Nursing School, Philadelphia, PA, USA
- Oct 31–Nov 4, 17 Panchakarma Therapies, Coopersburg, PA, USA
- Nov 5, 2017 Taught Webinar on Bhaishajya Kalpana – Herbal Compound Preparations for Certified Ayurvedic Practitioners
- Nov 6 – 9, 2017 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Nov 10 – 13, 2017 Organized 23rd International Conference on “Ayurveda for Health and Wellness” November 11 & 12, 2017 at YMCA Hostel, London, UK in collaboration with Europe Ayurveda Academy.
- Nov 14 – 17, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Nov 18, 2017 - Taught Ayurvedic Tongue Analysis Course, Coopersburg, PA, USA
- Nov 19, 2017 - Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Nov 20, 2017 - Webinar 5 hours - Discussion various aspects of business and practical clinical tips for establishment of successful certified ayurvedic practitioners
- Nov 21 – 26, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Nov 27 – Dec 3, 2017 Taught Clinical Training for Certified Ayurvedic Practitioners 50 hours, Flagler Beach, Florida, USA
- Dec 4 – 6, 2017 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Dec 7 & 8, 2017 - Travelled to India
- Dec 9 – 22, 2017- Ayurveda Training 100 hours for Certified Ayurvedic Practitioners, KLE AyurWorld, BMK Ayurvedic Mahavidyalaya, Belagavi, Karnataka, India
- Dec 23 & 24, 17 - Organized 24th International Conference “Kayachikitsa & Panchakarma” in collaboration with KLE AyurWorld, Belagavi, Karnataka, India
- Dec 25 - 28, 2017- Travelled to Hyderabad and meeting with ayurvedic professionals
- Dec 29 – Jan 2, 17 - Tangutur, Prakasam District, Andhra Pradesh, India

- Jan 1-3, 2016 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jan 4 -8, 2016 Panchakarma Therapy, Coopersburg, PA, USA
- Jan 9 –15, 2016 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jan 16 & 17, 2016 Fundamentals of Ayurveda Course, Coopersburg, PA, USA
- Jan 18 -Feb 5, 2016 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Feb 6 & 7, 2016 Ayurvedic Pulse Technique Course, Coopersburg, PA, USA
- Feb 8 –19, 2016 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Feb 20, 2016 Ayurvedic Tongue Analysis Workshop, Coopersburg, PA, USA
- Feb 21 –27, 2016 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Feb 28, 2016 Taught Ayurvedic Vegetarian Cooking Class, Coopersburg, PA, USA
- Feb 29 –Mar11,2016 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Mar 12 & 13, 2016 Ayurvedic Marma Therapy Workshop, Coopersburg, PA, USA
- Mar 14 –18, 2016 Panchakarma Therapies, Coopersburg, PA, USA
- Mar 19 –27, 2016 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Mar 28–Apr 1, 2016 Panchakarma Therapies, Coopersburg, PA, USA
- Apr 2 – 4, 2016 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Apr 5 – 10, 2016 Taught Ayurvedic Lifestyle Consultant Training Module 1 at Amrit Yoga Institute, Salt Springs, FL, USA
- Apr 11 -18, 2016 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Apr 19 – 23, 2016 Taught Ayurvedic Food and Nutrition Consultant Certification Program Module 1 at Twin Ponds Integrative Health Center, Breinigsville, PA USA
- Apr 24, 2016 Ayurvedic Tongue Analysis Course taught at Ayurvedic Wellness Center, Coopersburg, PA, USA
- Apr 25 – 29, 2016 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA
- Apr 30-May 1,2016 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- May 2 – 6, 2016 Taught Certified Ayurvedic Practitioner Program Module I at Amrit Yoga Institute, Salt Springs, FL, USA
- May 7 – 12, 2016 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- May 13 – 15, 2016 Organized 17th International Conference on “Ayurveda: Food & Nutrition”, attended 120 participants at Pittsburgh, PA, USA
- May 15, 2016 Presented on “Pathya (Suitable) and Apathya (Unsuitable) foods in Ayurveda” at Pittsburgh, Pennsylvania, USA
- May 16, 2016 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- May 17, 2016 Organized Integrated Energy Healing Workshop with Dr. Richaritha Gundlapalli, MD at Ayurveda Wellness Center, Coopersburg, PA, USA

- May 18 – 31, 2016 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jun 1 - 5, 2016 Taught Ayurvedic Lifestyle Consultant Module 2 at Amrit Yoga Institute, Salt Springs, FL, USA
- Jun 6 – 10, 2016 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jun 11 – 12, 2016 Taught 21st Marma Therapy Course, Ayurveda Wellness Center, Coopersburg, PA, USA
- Jun 13, 2016 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jun 14 – 18, 2016 Taught Ayurvedic Food & Nutrition Consultant Module 2 – Pitta Training at Twin Ponds Integrative Health Center, Pennsylvania, USA
- Jun 19 – 24, 2016 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jun 25 – 26, 2016 Taught Marma Therapy Course, Jean Elizabeth Ayurveda Center, Casselberry, Near Orlando, Florida, USA
- Jun 27–Jul 1, 16 Taught Certified Ayurvedic Practitioner Course Part 2 at Amrit Yoga Institute, Salt Springs, Florida, USA
- Jul 2, 2016 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jul 3 – 9, 2016 Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Jul 10 – 15, 2016 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jul 16 & 17, 2016 Taught Ayurvedic Pulse Technique Course, Ayurveda Wellness Center, Coopersburg, PA, USA
- Jul 18 – 22, 2016 Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Jul 23–Aug 1, 16 Saginaw, Michigan, USA
- Aug 2, 2016 Fly to Orlando, Florida, USA
- Aug 3–7, 2016 Taught Ayurvedic Lifestyle Consultation Certification Module 3 at Amrit Yoga Institute, Salt Springs, Florida, USA
- Aug 8 -13, 2016 Palm Coast, Florida, USA
- Aug 14 & 15, 16 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Aug 16 -20, 2016 Taught Ayurvedic Food and Nutrition Consultant Certification Module 3 at Twin Ponds Integrative Health Center, Breinigsville, PA, USA
- Aug 21 - 26 2016 Ayurveda Wellness Consultations and Panchakarma Therapies, Coopersburg, PA, USA
- Aug 27–Sep 4, 16 Ayurveda Wellness Consultations and Panchakarma Therapies, Coopersburg, PA, USA
- Sep 5 – 7, 2016 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Sep 8, 2016 Travelled to Seattle, WA to organize conference
- Sep 9 – 11, 2016 Organized 18th International Conference “Ayurveda: Herbs and Minerals” Bastyr University, Seattle, WA, USA

- Sep 12 – 21, 2016 Ayurveda Wellness Consultations and Panchakarma Therapies, Coopersburg, PA, USA
- Sep 22, 2016 Travelled to Lima, Peru to teach program
- Sep 23 – 27, 2016 Taught Ayurveda Certification program 40 hours training for about 60 integrated medical doctors and allied health professionals organized by Embassy of India, Lima, Peru
- Sep 28 – Oct 2, 16 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Oct 3 – 7, 2016 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA
- Oct 8 & 9, 2016 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Oct 10 – 14, 2016 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA
- Oct 15, 2016 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Oct 16, 2016 Ayurvedic Vegetarian Cooking Workshop, Twin Ponds Integrative Health Center, Breinigsville, PA, USA
- Oct 17, 2016 Guest lecture at University of Pennsylvania Nursing School on “Ayurveda & Women’s Health” Philadelphia, PA, USA
- Oct 18, 2016 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Oct 19 – 21, 2016 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA
- Oct 22 & 23, 2016 Marma Therapy Workshop, Ayurveda Wellness Center, Coopersburg, PA, USA
- Oct 24 – 28, 2016 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA
- Oct 29 & 30, 2016 Ayurvedic Pulse Technique Course, Ayurveda Wellness Center, Coopersburg, PA, USA
- Oct 31, 2016 Travelled to India
- Nov 1, 2016 Reached to New Delhi, India
- Nov 2, 2016 Travelled to Agra, India
- Nov 3, 2016 Participated in Pre conference workshops at Integrated Medicine for Perfect Health, Lucknow, India
- Nov 4 – 6, 2016 Organized 19th International Conference “Integrated Medicine for Perfect Health” Lucknow, India
- Nov 7, 2016 Organized Free Medical Camp for Needy, Barabanki, Near Lucknow, UP, India
- Nov 8, 2016 Travelled to Goa
- Nov 9, 2016 Travelled to Belagavi, Karnataka, India

- Nov 10 – 19, 2016 Advanced Clinical Training and Panchakarma Therapy, KLE Ayurvedic Medical College, Belagavi, Karnataka, India
- Nov 20 – 30, 2016 Travelling in India - Developing Business Connections
- Nov 20 & 21, 16 Goa, India
- Nov 22 & 23, 16 Hyderabad, India
- Nov 24 – 26, 16 Tangutur, India
- Nov 27, 2016 Vijayawada – Received Dhanwantari Award
- Nov 27, 2016 Chennai – Meeting with Business developments
- Nov 28 – 30, 2016 Mumbai – Meeting with doctors and networking
- Nov 31, 2016 Fly to Mumbai to USA
- Dec 1 – 8, 2016 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Dec 9 – 18, 2016 Costa Rica, Caribbean Islands
- Dec 19 – 24, 2016 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Dec 25–Jan 3, '17 Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA

2015

- Jan 1- 6, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jan 7 & 8, 2015 Bridgeport, Connecticut, USA
- Jan 9 – 11, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jan 12 – 19, 2015 Ayurvedic Practitioner Teaching (Modules 7 & 8), Amrit Yoga Institute, Salt Spring, FL, USA
- Jan 20 – 21, 2015 Palm Coast, FL, USA
- Jan 22 – 29, 2015 Ayurvedic Lifestyle Consultant Teaching (Module 1 & 2), Amrit Yoga Institute, Salt Spring, FL, USA
- Jan 30, 2015 Ayurvedic Wellness Consultations, Orlando, FL, USA
- Jan 31 & Feb 1, 2015 Ayurvedic Psychology Program, Orlando, FL, USA
- Feb 2 – 6, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Feb 7 & 8, 2015 Marma Therapy Course Taught for Massage Therapists and Health Professionals, Ayurveda Wellness Center, Coopersburg, PA, USA
- Feb 9 – Mar 13, 15 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 14 – 15, 2015 Ayurvedic Marma Therapy Course, Coopersburg, PA, USA
- Mar 16 -20, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 21 & 22, 2015 Ayurvedic Pulse Technique Course, Coopersburg, PA, USA
- Mar 23, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

- Mar 24 – 31, 2015 Panchakarma Therapy Retreat, Amrit Yoga Institute, Salt Springs, FL, USA
- Apr 1, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Apr 2 – 6, 2015 Family Get Together, Saginaw, MI, USA
- Apr 7, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Apr 8 – 14, 2015 Ayurvedic Lifestyle Consultant Module 3 & 4, Amrit Yoga Institute, Salt Springs, FL, USA
- Apr 15 -16, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Apr 17 – 21, 2015 Ayurvedic Wellness Consultations, Public Lecture, Cooking Class, Pittsburgh, PA, USA
- Apr 22 – 30, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 1-3, 2015 - 14th International Conference “Consciousness and Healing in Ayurveda and Yoga” at Kiddie Keep Well Camp, Edison, New Jersey, USA organized by Global Ayurveda Conferences, LLC and hosted by Association of Ayurvedic Professionals of North America, Inc. (AAPNA).
- May 4- 6, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 7, 2015 “Dosha” Talk for Ayurveda Summit online conference organized by Martin Combrinck, South Africa.
- May 8, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 9 – 15, 2015 Ayurvedic Panchakarma Therapies, Coopersburg, PA, USA
- May 16, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 17, 2015 Philadelphia, PA, USA
- May 18 – 22, 2015 Ayurvedic Panchakarma Therapies, Coopersburg, PA, USA
- May 23 & 24, 2015 Ayurvedic Marma Therapy Course, Coopersburg, PA, USA
- May 25 – 29, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 30 & 31, 2015 Ayurvedic Marma Therapy Course for Massage Therapists, Harisa Ayurvedic Wellness Center, Amherst, New York, USA
- Jun 1 – 5, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jun 6 & 7, 2015 Ayurvedic Pulse Technique Course, Coopersburg, PA, USA
- Jun 8 -11, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jun 12 – 14, 2015 Ayurvedic Management of Respiratory Disorders, Mount Madonna College of Ayurveda, California, USA
- Jun 15 -16, 2015 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jun 17 – 24, 2015 Ayurvedic Practitioner Program, Amrit Yoga Institute, Salt Springs, FL, USA
- Jun 25 – 26, 2015 Ayurveda Wellness Consultations, Orlando, FL, USA
- Jun 27 & 28, 2015 Taught Marma Therapy Course, Orlando, FL, USA
- Jun 29–Jul 4, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

- Jul 5 – 11, 2015 Panchakarma Therapy, Coopersburg, PA, USA
- Jul 12 – 17, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jul 18 & 19, 2015 Taught Ayurvedic Pulse Technique Course, Coopersburg, PA, USA
- Jul 20 – 24, 2015 Virginia Beach, VA, USA
- Jul 25 – 28, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- July 29, 2015 Introduction to Ayurveda Lecture, Ayurveda Wellness Consultation, Bhakti Yoga Center, Hainesport, NJ, USA
- July 30 - 31, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Aug 1 & 2, 2015 Taught Marma Therapy Course, Coopersburg, PA, USA
- Aug 3 & 4, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Aug 5 – 12, 2015 Ayurvedic Lifestyle Consultant Modules 5 & 6, Amrit Yoga Institute, Salt Springs, FL, USA
- Aug 13 – 14, 2015 Ayurveda Wellness Consultations, Orlando, FL, USA
- Aug 15 & 16, 2015 Taught Ayurvedic Pulse Technique Course, Orlando, FL, USA
- Aug 17 – 21, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Aug 22 & 23, 2015 Studied Basic Level Jyotisha Course with Penny Farrow, Arsha Vidya Gurukula, Saylorsburg, PA, USA
- Aug 24 – Sep, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Sep 4 – 7, 2015 Participated Samskrita Bharathi Camp, New Jersey, USA
- Sep 8 – 11, 2015 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Sep 12 & 13, 2015 Taught Ayurvedic Pulse Technique Course, Coopersburg, PA, USA
- Sep 14 – 25, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Sep 26 & 27, 2015 Marma Therapy Course, Ayurveda Wellness Center, Coopersburg, PA, USA
- Sep 28 – Oct 2, 2015 Panchakarma Therapies, Coopersburg, PA, USA
- Oct 3 – 4, 2015 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Oct 5, 2015 Lecture – Ayurveda and Women’s Health, University of Pennsylvania Nursing School, Philadelphia, PA, USA
- Oct 6 – 7, 2015 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Oct 9 – 11, 2015 Organized 15th International Conference on “Ayurveda & Autoimmune Disorders” Biltmore Hotel and Suites, Santa Clara, California, USA
- Oct 12 – 16, 2015 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Oct 17 & 18, 2015 Marma Therapy Course, Jean-Elizabeth Ayurveda Wellness Center, Orlando, Florida, USA
- Oct 19, 2015 Ayurvedic Tongue Analysis Course, Jean-Elizabeth Ayurveda Wellness Center, Orlando, Florida, USA

- Oct 20 – 22, 2015 Ayurveda Wellness Center, Coopersburg, PA, USA
- Oct 23 & 24, 2015 Marma Therapy Course, Santosha Yoga and Wellness Center, Cranston, Rhode Island, USA
- Oct 25 & 26, 2015 Ayurvedic Pulse Technique Course, Women’s Wellness Center, Portsmouth, Rhode Island, USA
- Oct 27 – Nov 5, 15 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Nov 6 – 21, 2015 India – Panchakarma and Advanced Clinical training for International University of Yoga and Ayurveda students, Greens Ayur Center, Kerala, India
- Nov 22 – 26, 2015 Net working with ayurvedic and integrative health professionals in India
- Nov 27 – 29, 2015 Co-Organized 16th International Conference “Shalakyia Manthana”, Belagavi, Karnataka, India Presented on – “Scope and Practice of Shalakyia in abroad”
- Nov 30–Dec 2, 15 Net working with ayurvedic professionals in Hyderabad, Telangana, India
- Dec 2 & 3, 2015 - Traveled from India to USA
- Dec 4 – 5, 2015 - Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Dec 7 – 14, 2015 - Panchakarma Therapies at Amrit Yoga Institute, Salt Springs, Florida, USA
- Dec 15 – 18, 2015 - Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Dec 19 & 20, 2015 Taught Marma Therapy Course, Ayurvedic Wellness Center, Coopersburg, PA
- Dec 21 – 31, 2-15 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

2014

- Jan 1- 4, 2014 Saginaw, MI, USA
- Jan 5 – 18, 2014 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jan 19 – 29, 2014 Ayurveda Lifestyle Consultant Program, Amrit Yoga Institute, Salt Springs, FL, USA
- Jan 30 – 31, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Feb 1 – 13, 2014 Ayurvedic Panchakarma Training, Madurai, Tamil Nadu, India
- Feb 14, 2014 Travel from Madurai to Lucknow, India
- Feb 15 – 16, 2014 Ayurveda & Lifestyle Disorders Conference, Lucknow, India
- Feb 17, 2014 Free Medical Camp for Needy, Lucknow, India
- Feb 18 – 19, 2014 New Delhi, India

- Feb 20, 2014 Lecture at Choudary Brahma Prakash Ayurveda Charak Sansthan, New Delhi, India
- Feb 21 – 24, 2014 New Delhi, Agra, India
- Fe 25 – Mar 2, 14 Hyderabad, Telangana, India
- Mar 3 – 9, 2014 Tangutur, Prakasam District, Andhra Pradesh, India
- Mar 10, 2014 Lecture - Swami Jayendra Saraswati Ayurvedic College, Chennai, Tamil Nadu, India
- Mar 11, 2014 Chennai, Tamil Nadu, India
- Mar 12, 2014 Mumbai, Maharashtra, India
- Mar 13, 2014 Lecture – Dr. D.Y. Patil Ayurvedic College and Research Institute, Mumbai, India
- Mar 14-15, 2014 Travel Mumbai to USA
- Mar 17 – 20, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Mar 21, 2014 Radio Talk with Dr. Vijay Jain hosted by Linda Sechrist, Florida, USA
- Mar 22 – Apr 2, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Apr 3 – 6, 2014 Teaching – Respiratory Diseases Management - at Mount Madonna College of Ayurveda, California, USA
- Apr 7 – 8, 2014 Ayurveda Wellness Consultations at Dr. Denise Tarasuk Office, Campbell, California, USA
- Apr 9 -28, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Apr 29, 2014 The Habits of Happy People – CE – Bethlehem, Pennsylvania, USA - April 2014
- Apr 30–May18, 14 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- May 19-23, 2014 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA
- May 24 – 26, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- May 27–Jun 3, 14 Ayurvedic Lifestyle Consultant Training Module 3 & 4 – Amrit Yoga Institute, Salt Springs, FL, USA
- Jun 4 – 8, 2014 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA
- Jun 9 – Jul 3, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jul 4 – 6, 2014 Organized 11th International Conference on “Ayurveda and Yoga for Optimum Health” The Art of Living Retreat Center, Boone, North Carolina, USA
- Jul 7 – 13, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jul 14 – 18, 2014 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA
- Jul 19, 2014 Lecture – Vishwa Hindu Parishad, Pennsylvania, USA

- Jul 20 – 25, 2014 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA
- Jul 26 – Aug 3, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Aug 4 – 13, 2014 Ayurvedic Lifestyle Consultant Training Module 5 & 6 – Amrit Yoga Institute, Salt Springs, FL, USA
- Aug 14 – 15, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Aug 16 – 17, 2014 Ayurveda Wellness Consultations at Befit Yoga, Camp Hill, PA, USA
- Aug 18 – 23, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Aug 24, 2014 Azad Radio Talk – Shathayushbhava – interviewed by Dr. Dhanada Kulkarni, Texas, USA
- Aug 25 – 31, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Sep 1 – 5, 2014 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA
- Sep 6 – Sep 29, 14 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Sep 30, 2014 Telephone Interview with Dr. Brittle about: Pain Management Naturally, Pennsylvania, USA
- Oct 1, 2014 Energy Healing Science – BeWell Science Basic Course with Dr. Richaritha Gundlapalli, MD – Continuing Education, Pennsylvania, USA
- Oct 2 – 13, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Oct 14 – 18, 2014 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA
- Oct 19 – 26, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Oct 27 – 31, 2014 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA
- Nov 1 & 2, 2014 Taught Marma Therapy Course for Massage Therapists and Health Professionals, Ayurveda Wellness Center, Coopersburg, PA, USA
- Nov 3 – 12, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Nov 13 – 17, 2014 Ayurveda Wellness Consultations, Cooking Class, Ayurvedic Beauty Workshop, Marma Therapy Workshop at Agame Yoga and Meditation Center, Baton Rouge, Louisiana, USA
- Nov 18 – 24, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Nov 25 – 29, 2014 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA
- Nov 30–Dec 11, 14 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Dec 12 – 14, 2014 Organized 12th International Conference on “Spirituality and Healing in Ayurveda and Yoga” in Hindu Society of Central Florida, Orlando, FL, USA

- Dec 15, 2014 Organized 13th International Conference on “Energy Healing Science” with Dr. Richaritha Gundlapalli, M.D. in Hindu Society of Central Florida, Orlando, FL, USA
- Dec 16 – 19, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Dec 20 & 21, 2014 Taught Marma Therapy Course for Massage Therapists and Health Professionals, Ayurveda Wellness Center, Coopersburg, PA, USA
- Dec 22, 2014 - New York, USA
- Dec 23 – 31, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA

2013

- Jan 1 - 11, 2013 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jan 12, 2013 Ayurvedic Marma Therapy course - 8 hour CEU for Massage Therapists - Ayurveda Wellness Center, Coopersburg, PA, USA
- Jan 13 - Feb 8, 13 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Feb 9 - 10, 2013 Travel to India with 9 delegates from USA and Canada for educational training program.
- Feb 11 - 13, 2013 Travel to Agra and networking with Jiva Ayurveda and interaction with health professionals in New Delhi, India
- Feb 14, 2013 Travel to Hyderabad, Andhra Pradesh, India
- Feb 15 - 17, 2013 Organized AAPNA's 6th International Conference on "Interface Between Ayurveda and Evidence Based Medicine (EBM)" in collaboration with Pragati Resorts, Hyderabad, Andhra Pradesh, India
- Feb 18, 2013 Free Integrative Medical Camp for Needy at Proddatur Village, Hyderabad City Outskirts, provided free medicine and bone mineral density (BMD) test for more than 250 patients.
- Feb 19 - 22, 2013 Travel to Tirupathi, Vellore - Sripuram Golden Temple, Chennai
- Feb 23-Mar 8, 2013 150-hours Panchakarma Training in Kerala, India
- Mar 9 - 10, 2013 Travel from India to USA
- Mar 11 - 27, 2013 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 28, 2013 Travel to Vancouver, Canada
- Mar 29, 2013 Free Lecture on "Ayurveda and Women's Health" at Whole Foods, Vancouver, Canada
- Mar 30 & 31, 13 Taught Ayurvedic Pulse Technique Course at Vancouver, Canada
- Apr 1 & 2, 2013 Networking with Ayurvedic professionals and Meeting with Dr. Khalsa, President, Boucher Institute of Naturopathic Medicine, Vancouver, Canada
- Apr 3, 2013 Travel from Vancouver, Canada to San Jose, USA

- Apr 4, 2013 Ayurvedic Wellness Consultations offered at Dr. Denise Tarasuk, ND's office, Campbell, CA, USA
- Apr 5 - 7, 2013 Teaching at Mount Madonna College of Ayurveda - "Ayurvedic Management of Respiratory Disorders" for certificate students, Watsonville, CA, USA
- Apr 9, 2013 Travel to Las Vegas to organize AAPNA conference.
- Apr 10, 2013 Travel from Las Vegas to Allentown, PA, USA
- Apr 11 – 22, 2013 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Apr 23, 2013 Attended 1-hour Webinar on Integrative Therapies for Joints, Tendons, and Ligaments by Martin Gallagher, M.D., D.C., conducted by Douglas Laboratories, PA, USA
- Apr 23–May 18, 2013 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 19, 2013 Vegan, Gluten Free, Lactose Free Cooking Class at Twin Ponds Integrative Health Center, Breinigsville, PA, USA
- May 20 – 23, 2013 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 24 – 28, 2013 Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- May 29, 2013 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 30–Jun 4, 2013 Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- Jun 5, 2013 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jun 6 – 7, 2013 Ayurvedic Wellness Consultations, Vancouver, Canada
- Jun 8 – 9, 2013 Organized AAPNA's 7th International Conference on Ayurveda & Metabolic Disorders, The University of British Columbia, Vancouver, Canada
- Jun 10 – 17, 2013 Travelled to Alaska – Disney Cruise
- Jun 18 – 19, 2013 Travelling from Vancouver, Canada to PA, USA
- Jun 20, 2013 Travelling to Los Angeles, CA
- Jun 21- 23, 2013 Teaching Kerala Ayurveda Academy – Kayachikitsa II & III programs at Los Angeles, CA, USA
- Jun 24, 2013 Travelling from Los Angeles, CA to Pennsylvania, USA
- Jun 25 – 29, 2013 Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
- June 30–Jul 12, '13 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jul 13, 2013 Reiki Healing Method Level 1 training, Ayurveda Wellness Center, Coopersburg, PA, USA
- Jul 14–Aug 1, 13 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

2012

- Jan 1, 2012 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jan 2 - 3, 2012 Travelled to India
- Jan 4, 2012 Meeting with Assistant Director, CCRAS, Podar Medical Center, Mumbai
- Jan 5 – 7, 2012 Participated and Presented a on “Clinical Efficacy of Panchakarma Therapy in Musculo Skeletal Disorders”, World AYU 2012 Conference, Pune, India
- Jan 8, 2012 Participated National Seminar on Music Therapy as a Special Guest and received Award of Appreciation from Sursanjeevan Music Trust, Mumbai, India
- Jan 9 – 10, 2012 Delivered lecture at Pragati Resorts, Hyderabad, India
- Jan 11, 2012 Meeting with Dr. C.N. Murthy, President of National Medical Association (NMA) created International Alliance with AAPNA in Vijayawada, Andhra Pradesh, India
- Jan 12 – 16, 2012 Tangutur – Stay with Family and spend time at International Institute of Integrative Medicine, Tangutur, Andhra Pradesh, India
- Jan 17, 2012 Conducted Free Integrative Medical Camp for Needy at IIIM, Tangutur and seen 400 patients and distributed free medicines and conducted diagnostic tests with Ayurvedic & Homeo Doctors and Sangamitra Hospital Doctors and nursing staff, Ongole, Andhra Pradesh, India
- Jan 18, 2012 Travelled to Bangalore, Karnataka, India
- Jan 19, 2012 Meeting with Principal, Kalabhairava Ayurvedic College, Bangalore, India
- Jan 20, 2012 Visitation of SDM Ayurvedic College, Hassan, Karnataka, India
- Jan 21, 2012 Visitation of GJ Patel Ayurvedic College and Research Institute, Anand, Gujarat State, India
- Jan 22, 2012 Networking with Ayurvedic Professionals in Ahmedabad, Gujarat State, India
- Jan 23, 2012 Meeting with Vice Chancellor, Director, Dean and Post Graduate Staff and Students of Gujrat Ayurved University, Jamnagar, India
- Jan 24, 2012 Meeting with All India Ayurvedic Graduates Association, New Delhi and All India Post Graduates Association, New Delhi and discussed about the

- International Alliance with AAPNA, USA - Meeting with Dr. Pratap Chauhan, Director of Jiva Ayurveda, Faridabad, Near New Delhi, India
- Jan 25, 2012 Meeting with Dr. SK Sharma, Advisor and Dr. Manoj Nesari, Joint Advisor, Indian Systems of Medicine (ISM), AYUSH, New Delhi.
 - Meeting with Dr. D. Ramesh Babu, Director General and Dr. N. Srikanth, Assistant Director of CCRAS, New Delhi, India
 - Meeting with Dr. Anand Gudiwada, Director of CGHS, New Delhi, India
 - Meeting with Dr. Raj Mann, Medical Officer, Delhi Municipal Corporation, New Delhi, India
 - Jan 26, 2012 Meeting with Dr. Nitin Agarwal, Director of Bliss Ayurveda, New Delhi, India
 - Meeting with Dr. G. Prabhakar Rao, Medical Officer, ESI Hospital, New Delhi
 - Meeting with Dr. Satyanarayana Dornala, Medical Officer, CGHS Hospital, New Delhi
 - Jan 27, 2012 Meeting with Herbal Hills Director, Mumbai, India
 - Delivered Special Guest Lecture at National Integrated Medical Association (NIMA), Mumbai, India
 - Created International Alliance with National Integrated Medical Association (NIMA), India with Association of Ayurvedic Professionals of North America (AAPNA), USA
 - Jan 28, 2012 Delivered lecture at Podar Ayurvedic Medical College, Mumbai, India - Delivered lecture at Association of Ayurvedic Professionals (AAP), Mumbai, India
 - Jan 29, 2012 Meeting with Mr. Sashank Sandu, Managing Director, Sandu Pharmaceuticals, Mumbai, India
 - Jan 30, 2012 Meeting with Dr. Vijay Chauhan and Directors of Piramal Group (Ayurveda Division), Mumbai, India
 - Jan 30 – 31, 2012 Travelled from Mumbai to USA
 - Feb 1 – 12, 2012 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 - Feb 13 – 19, 2012 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA
 - Feb 20–Mar 2, 12 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 - Mar 3 – 4, 2012 Ayurvedic Pulse Diagnosis, Coopersburg, PA, USA

- Mar 5 – 23, 2012 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 24 & 25, 12 Continuing Education - Fibromyalgia – “Demystifying the Unexplained Disorder” – 12 continuing education hours provided by Nancy M. Porambo, MS, CNMT, LMT (PA1), NCBTMB approved provider, Jim Thorpe, PA, USA
- Mar 26 – 31, 2012 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Apr 1 – 5, 2012 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Apr 6 – 11, 2012 Panchakarma Therapies, Coopersburg, PA, USA
- Apr 12 – 26, 2012 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Apr 27 – 29, 2012 Teaching – Respiratory Disorders Management Through Ayurveda, Mount Madonna College of Ayurveda, CA, USA
- Apr 30, 2012 Ayurveda Wellness Consultations at Dr. Denise Tarasuk’s office, Campbell, CA, USA
- May 1 – 20, 2012 Ayurveda Wellness Consultations at Coopersburg, PA, USA
- May 21, 2012 Continuing Education Training for Massage Therapist – How to Train Brain with New Habits
- May 22–Jun 9, 20 12 Ayurveda Wellness Consultations at Coopersburg, PA, USA
- Jun 10 – 15, 2012 Ocean City, New Jersey, USA
- Jun 16 – 24, 2012 Ayurveda Wellness Consultations at Coopersburg, PA, USA
- Jun 25 – 29, 2012 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA
- Jun 30–Jul 15, 2012 Ayurveda Wellness Consultations at Coopersburg, PA, USA
- Jul 16 – 20, 2012 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA
- Jul 21 – 25, 2012 Ayurveda Wellness Consultations at Coopersburg, PA, USA
- Jul 26 – 29, 2012 Kerala Ayurveda Academy Teaching, Los Angeles, CA, USA
- Jul 30 – 31, 2012 Ayurveda Wellness Consultations at Coopersburg, PA, USA
- Aug 1 – 7, 2012 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA
- Aug 8 – 10, 2012 Ayurveda Wellness Consultations at Coopersburg, PA, USA
- Aug 11–12, 2012 Ayurveda Wellness Consultations at BeFit Yoga Center, Harrisburg, PA, USA
- Aug 13–Sep12, 12 Ayurveda Wellness Consultations at Coopersburg, PA, USA

- Sep 14 – 16, 2012 AAPNA’s 4th International Ayurveda Conference organized on Skin, Spa and Beauty Through Ayurveda at The Westin Los Angeles, CA, USA
- Sep 17 – 21, 2012 Ayurveda Wellness Consultations at Coopersburg, PA, USA
- Sep 22 – 23, 2012 Ayurvedic Pulse Course Level 1 and Ayurveda Wellness Consultations organized by Yama Studio, Baltimore, MD, USA
- Sep 24 - Oct 7, 12 Ayurveda Wellness Consultations at Coopersburg, PA, USA
- Oct 8 – 14, 2012 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, Pennsylvania, USA
- Oct 15 – 18, 2012 Ayurveda Wellness Consultations at Coopersburg, PA, USA
- Oct 19, 2012 Ayurveda for Women’s Health Lecture – Yama Studio, Baltimore, PA, USA
- Oct 20 – 21, 2012 Ayurvedic Pulse Course Level 2 and Ayurveda Wellness Consultations organized by Yama Studio, Baltimore, MD, USA
- Oct 22 – 23, 2012 Ayurveda Wellness Consultations at Coopersburg, PA, USA
- Oct 24 – 28, 2012 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA
- Oct 29 – Nov 2, 2012 - Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Nov 3 – 4, 2012- AAPNA’s 5th Conference organized on Integrative Medicine, Twin Ponds Integrative Health Center, Breinigsville, PA, USA
- Nov 5 – 8, 2012 - Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Nov 9 – 13, 2012 - Ayurveda Wellness Consultations at Yoga Conference and Sewanti Wellness Center, Vancouver, Canada
- Nov 14 – 28, 2012 - Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Nov 29, 2012 - Introductory Lecture on Ayurveda for Asian Pacific American Medical Student Association (APAMSA) of Jefferson Medical College, Philadelphia, PA, USA
- Nov 30–Dec 6, 12 - Ayurvedic Wellness Consultations, Coopersburg, PA, USA

2011

- Jan 1, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jan 3-6, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

- Jan 7 – 9, 2011 Advanced Clinical Internship for Masters in Ayurveda Students at Mount Madonna College of Ayurveda, Watsonville, CA, USA
- Jan 10 – 15, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jan 17 – 22, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jan 24 – 25, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jan 26 – 27, 2011 Ayurvedic Consultations at Dr. Denise Tarasuk’s Office, Campbell, CA, USA
- Jan 28 – 31, 2011 Ayurvedic Patho Physiology for Diploma Students in Ayurveda, Mount Madonna Institute of College of Ayurveda, CA, USA
- Feb 1 – 5, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Feb 7 – 12, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Feb 14 – 19, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Feb 20 – 22, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Feb 23, 2011 AAPNA Teleconference Call on Legislation and Regulation of Ayurveda.
- Feb 23-26, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Feb 28, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 1- 5, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 7-12, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 14 – 19, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 21-25, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 26-27, 2011 Ayurvedic Pulse Technique Course, Coopersburg, PA, USA
- Mar 28- Apr 1, 11 Ayurvedic Panchakarma Therapy, Coopersburg, PA, USA
- Apr 2, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Apr 3-10, 2011 Saginaw, Michigan, USA
- Apr 11-15, 2011 Ayurvedic Panchakarma Therapy, Coopersburg, PA, USA
- Apr 16, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Apr 18 - 24, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Apr 25, 2011 Travel to California, USA
- Apr 26, 2011 Ayurvedic Wellness Consultations, Spa Dhara, Fremont, CA, USA
- Apr 26, 2011 Complementary Seminar on Ayurveda – Modern Age, Spa Dhara, Fremont, CA, USA

- Apr 27, 2011 Ayurvedic Wellness Consultations at Dr. Denise Tarasuk office, Campbell, CA, USA
- Apr 28, 2011 Ayurvedic Wellness Consultations at Sohum Ayur Yoga Wellness Center, Sunnyvale, CA, USA
- Apr 29-May 1, 11 Ayurvedic Management of Respiratory Disorders, Mount Madonna Institute of Ayurveda, CA, USA
- May 2, 2011 Return from California, USA
- May 3, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 4-7, 2011 **Yoga and Vibrant Health** – Canyon Ranch, Lenox, MA, USA
 - Digestion & Nutrition Part 1 - Lecture
 - Digestion & Nutrition Part 2 - Lecture
 - 10 Top Spices for Optimum Health – Lecture
 - Hand-on Cooking Class
- May 9-10, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 11, 2011 Travel to San Francisco, CA, USA
- May 12-15, 2011 Teaching – Kaya Chikitsa 3 - Respiratory and Cardio Vascular Systems of Management Through Ayurveda – Kerala Ayurveda Academy, Foster City, CA, USA
- May 16, 2011 Ayurveda Wellness Consultations, Spa Dhara, Fremont, CA, USA
- May 17-19, 2011 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- May 20, 2011 Travel to Dallas, TX, USA
- May 21-22, 2011 Ayurvedic Lectures, Consultations for AshaJyothi USA – fund raising activity for children in India
- May 23, 2011 Travel to Allentown, PA, USA
- May 24 – 27, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 28, 2011 Health Seminar – Ayurveda and Medical Weight Loss – Teaching with Ajay N. Kiri, MD, Ayurveda Wellness Center, Coopersburg, PA, USA
- May 29–Jun 16, 2011 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jun 17-19, 2011 New York, NY, USA
- June 20–July 1, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- July 2 – 3, 2011 Ayurvedic Pulse Technique Course, Ayurveda Wellness Center, Coopersburg, PA, USA
- July 4 – 15, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

- July 16, 2011 Ayurvedic & Medical Weight Loss with Dr. Ajay Kiri, MD, Ayurveda Wellness Center, Coopersburg, PA, USA
- July 18 – 22, 2011 Ayurvedic Panchakarma Therapy, Coopersburg, PA, USA
- July 23 – 28, 2011 Ayurvedic Panchakarma Therapy, Coopersburg, PA, USA
- July 29–Aug 10,11 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Aug 11 – 15, 2011 AAPNA’s 3rd International Ayurveda Conference on Women’s Health Through Ayurveda, Hilton Boston / Woburn, MA, USA
- Aug 16 -17, 2011 Boston, MA, USA
- Aug 18 – 24, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Aug 25–Sep 5,11 Saginaw, MI, USA
- Sep 6 – 30, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Oct 1 – 2, 2011 Ayurvedic Pulse Technique Course, Ayurveda Wellness Center, Coopersburg, PA, USA
- Oct 3 -8, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Oct 9 – 13, 2011 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA
- Oct 14, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Oct 15 – 16, 2011 Ayurvedic Marma Therapy Course, Ayurveda Wellness Center, Coopersburg, PA, USA
- Oct 17 – 21, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Oct 22 – 23, 2011 Ayurvedic Pulse Technique Course, The Westin Los Angeles Airport, CA, USA
- Oct 24 – 29, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Oct 30, 2011 Ayurveda Lecture on Ayurveda for Yoga Teachers and Practitioners, Yoga Loft, Bethlehem, PA, USA
- Oct 31–Nov 3, 11 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Nov 4, 2011 Lecture – Fundamentals of Ayurveda for Yoga Teachers and Students, Sundari Yoga, Stroudsburg, PA, USA
- Nov 5 – 11, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Nov 12 – 18, 2011 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA

- Nov 19 – 20, 2011 Marma Therapy Course for Massage Therapists and Yoga Teachers, Amrita Yoga Institute, Salts Springs, FL, USA
- Nov 21, 2011 Jacksonville, FL, USA
- Nov 22 – 24, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Nov 25 – 27, 2011 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA
- Nov 28–Dec 2, 11 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Dec 3 – 4, 2011 Ayurvedic Pulse Technique Course, Oklahoma, OK, USA
- Dec 5 – 9, 2011 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA
- Dec 10 – 11, 2011 Marma Therapy Course, Ayurveda Wellness Center, Coopersburg, PA, USA
- Dec 12 – 18, 2011 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA
- Dec 19 – 23, 2011 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA
- Dec 24 – 31, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

2010

- Jan 1-7, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jan 10, 2010 Ayurvedic Detoxification and Vegetarian Cooking Workshop, Twin Ponds Integrative Health Center, LLC, Breinigsville, PA, USA
- Jan 12-14, 2010 Ayurvedic Wellness Consultations, Campbell, CA, USA
- Jan 15-17, 2010 Ayurvedic Management of Respiratory Diseases – Mount Madonna College of Ayurveda, Watsonville, CA, USA
- Jan 18-21, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jan 25-28, 2010 Free Integrative Medical Camp for Poor at International Institute of Integrative Medicine, Tangutur, Andhra Pradesh, India

- Jan 29, 2010 Free Integrative Medical Service to Physically Handicapped Kids at Asha Jyothi, USA Center at Hanuman Junction, Vijayawada, Andhra Pradesh, India
- Feb 1 -13, 2010 Ayurvedic Intensive Panchakarma Therapies for USA students and doctors at Ayu Greens, Mahe, Calicut District, Kerala, India
- Feb 20,21, 2010 BAMS graduates (1982-88) batch reunion at International Institute of Integrative Medicine (IIIM), Tangutur, Andhra Pradesh, India
- Mar 5-14, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 15, 2010 Introduction to Ayurveda for 4th year Medical Students at Hershey Medical School, Hershey, Pennsylvania, USA
- Mar 16 – 25, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 26-28, 2010 Introduction and workshop on Panchakarma at Seva Dharma Institute of Ayurveda, Miami, FL, USA
- Mar 29-Apr 16, 10 Ayurvedic Wellness Consultations, Coopersburg, PA
- Apr 19, 2010 Ayurveda and Dental Care – Academic Conference Call, AAPNA (Association of Ayurvedic Professionals of North America), USA
- Apr 20-27, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA
- Apr 28 – May 1, 2010 **Yoga & Vibrant Health, Canyon Ranch, MA, USA**
- April 28, 2010 - Lecture: Ayurveda Nutrition, Canyon Ranch, Lenox, MA, USA
- April 28, 2010 - Lecture: Ayurveda and Optimal Weight, Canyon Ranch, Lenox, MA, USA
- April 29, 2010 - Lecture: Ayurveda and Direction, Canyon Ranch, Lenox, MA, USA
- April 29, 2010 - Hand-on cooking class: Eating for Vibrant Health: Ayurvedic Cooking, Lenox, MA, USA
- April 30, 2010 - Eating with the Seasons: Ayurvedic Cooking, Canyon Ranch, MA, USA
- April 30, 2010 - Ayurveda for Radiant Skin, Canyon Ranch, MA, USA
- May 1, 2010 - Ayurveda: Bringing It Home, Canyon Ranch, MA, USA
- May 3- 5, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 7-9, 2010 Clinical Internship Training at Mount Madonna Institute's College of Ayurveda, Watsonville, CA, USA
- May 10-11, 2010 Ayurvedic Wellness consultations with Dr. Denise Tarasuk, Campbell, CA, USA
- May 13- 15, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 16, 2010 Visit to Somerset and Monroe Township, New Jersey, USA
- May 17–Jun 5,10 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jun 6, 2010 Ayurvedic Cooking Class – Twin Ponds Integrative Health Center, PA, USA

- Jun 7 -11, 2010 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jun 12 – 15, 2010 Visit to Pittsburg, PA, USA
- Jun 16 – 24, 2010 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Jun 25-27, 2010 Ayurveda & Ashtanga Yoga 4th Retreat – Camp Thompson, Gardens, PA, USA
- Jun 28- Jul 2, 10 Ayurvedic Panchakarma Therapy, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA, USA
- July 3 - 4, 2010 Visit to New York, NY, USA
- July 5 – 9, 2010 Ayurvedic Panchakarma Therapy & Ayurvedic Wellness Consultations, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA, USA
- July 10 – 11, 10 Ayurvedic Wellness Consultations, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA, USA
- July 12 – 18, 10 Ayurvedic Panchakarma Therapy & Ayurvedic Wellness Consultations, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA, USA
- Jul 19–Aug 26, 10 Ayurvedic Wellness Consultations, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA, USA
- Aug 27 – 30, 10 Ayurvedic Management of Stress, Seva Dharma Institute of Ayurveda Inauguration, Miami, FL, USA
- Aug 31–Sep 25,10 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Sep 26, 2010 Ayurvedic Vegetarian Cooking Workshop, Twin Ponds Integrative Health Center, Breinigsville, PA, USA
- Sep 27–Oct 6,10 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Oct 7 – 10, 2010 AAPNA’s 2nd International Ayurveda Conference in Miami, FL, USA on Anti-Aging and Rejuvenation Through Ayurveda
- Oct 11-15, 2010 Royal Caribbean Cruise Line – Majesty of The Seas – Family time in Bahamas
- Oct 16 -23, 2010 Ayurvedic Wellness Consultation, Coopersburg, PA, USA
- Oct 24, 2010 Ayurvedic Vegan, Gluten-free Cooking Class, Twin Ponds Integrative Health Center, Breinigsville, PA, USA
- Oct 25, 2010 Attended IECSC – International Esthetics, Cosmetics, Spa Conference, Philadelphia, PA, USA
- Oct 26 – Nov 5, 10 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Nov 6 – 12, 2010 Ayurvedic Panchakarma Therapy and Consultations, Ayurveda Wellness Center, Coopersburg, PA, USA
- Nov 13, 2010 Lecture: Ayurveda in 20th Century: India Festival, Saraswati Mandal, New York, NY, USA
- Nov 14 – 19, 10 Ayurvedic Panchakarma Therapy and Consultations, Ayurveda Wellness Center, Coopersburg, PA, USA

- Nov 20–Dec 5, 10 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Dec 6 – 10, 2010 Ayurvedic Panchakarma Therapy and Consultations, Ayurveda Wellness Center, Coopersburg, PA, USA
- Dec 11 -12, 2010 Ayurveda Wellness Consultations, Coopersburg, PA, USA
- Dec 13, 2010 Lecture, Introduction to Ayurveda for employees of PPL, Allentown, PA, USA
- Dec 14 – 31, 10 Ayurveda Wellness Consultations, Coopersburg, PA, USA

2009

- Jan 1 – 8, 2009 Ayurvedic Wellness Consultations, Ojas, LLC. Ayurveda Wellness Center, Coopersburg, PA, USA
- Jan 9-11, 2009 Ayurvedic Management of Respiratory Diseases – Mount Madonna College of Ayurveda, CA, USA
- Jan 12 – 16, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jan 17-18, 2009 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
- Jan 19, 2009 How to Practice Ayurveda in North America – AAPNA’s 11th Teleconference call presentation
- Jan 19 – 22, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jan 23-25, 2009 Ayurvedic Master’s Program – Mount Madonna College of Ayurveda, CA, USA
- Jan 26, 2009 Ayurvedic Wellness Consultations at Dr. Denise Tarasuk office, Campbell, CA, USA
- Jan 27 – Mar 6, 09 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 7 - 8, 2009 Ayurvedic Certification Program, Sai Ayurvedic College, Miami, FL, USA
- Mar 9 – 15, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- March 16, 2009 AAPNA 13th Academic Conference Lecture - Ayurvedic Management of Heart Diseases, Coopersburg, PA, USA
- Mar 17 – 19, 09 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 20-27, 2009 Ayurvedic Intensive Panchakarma Program, Coopersburg, PA, USA
- Mar 28, 29, 2009 New York Life Expo, New York, NY
- Mar 30–Apr 3, 09 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Apr 4, 2009 Ayurvedic Presentation for Physicians, Dauphin Medical Society, Harrisburg, PA, USA
- Apr 5 – 10, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

- Apr 11, 12, 2009 Ayurvedic Certification Program, Sai Ayurvedic College, Miami, FL
- Apr 13 – 16, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Apr 17 -19, 2009 Ayurvedic Clinical Internship, Mount Madonna College of Ayurveda, CA, USA
- Apr 21-30, 2009 Ayurvedic Intensive Panchakarma Program, Coopersburg, PA, USA
- May 1, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 2, 3, 2009 Ayurvedic Pulse Diagnosis, Sai Ayurvedic College, Miami, FL, USA
- May 4 – 14, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 15-17, 2009 Ayurvedic Clinical Internship, Mount Madonna College of Ayurveda, CA, USA
- May 18, 19, 2009 Ayurvedic Wellness Consultations at Dr. Denise Tarasuk office, Campbell, CA, USA
- May 20 – 28, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 29 - 31, 2009 Ayurvedic Immersion Retreat, Twin Ponds Integrative Health Center, Breinigsville, PA, USA
- Jun 1 – 12, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jun 13, 14, 2009 Ayurvedic Workshop, Consultations, Miami, FL, USA
- Jun 15 – 26, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jun 27, 28, 2009 Ayurveda & Ashtanga Yoga 3rd Retreat, Camp Thompson, Gardeners, PA, USA
- Jun 29–Jul 3, 2009 Ayurvedic Intensive Panchakarma, Coopersburg, PA, USA
- Jul 4 – 17, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jul 18, 2009 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
- Jul 19 – 31, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Aug 1, 2, 2009 Ayurvedic Pulse Technique, Twin Ponds integrative Health Center, Breinigsville, PA, USA
- Aug 3 – 19, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Aug 20-23, 2009 NAMA Annual Board Retreat, Sea Scape, Aptos, CA, USA
- Aug 24, 25, 2009 Ayurvedic Wellness Consultation, Campbell, CA, USA
- Aug 26 – 29, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Aug 30, 2009 Ayurveda and Yoga Lecture, Bikram Yoga Center, Philadelphia, PA, USA
- Sep 1 – 22, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Sep 23-26, 2009 Ayurvedic Panchakarma Therapy, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA, USA

- Sep 27–Oct 11, 09 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Oct 12 – 21, 2009 Ayurvedic Intensive 10 day Panchakarma Program at Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA, USA
- Oct 22 – 29, 09 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Oct 30 - Nov 1, 09 Coordinated National Ayurveda Convention organized by Association of Ayurvedic Professionals of North America, Inc. (AAPNA), Twin Ponds Integrative Health Center, Breinigsville, PA, USA
- Nov –Dec 14, 09 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Dec 15-19, 2009 Ayurvedic Panchakarma Therapy, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA 18036, USA
- Dec 20–31, 09 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

2008

- Jan 1 – 10, 2008 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jan 11-13, 2008 Ayurvedic Management of Respiratory Diseases, Mount Madonna Institute, College of Ayurveda, Watsonville, CA, USA
- Jan 14 – 18, 2008 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jan 19, 2008 AAPNA Academic Conference Call Presentation- How to Practice Ayurveda in North America, Coopersburg, PA, USA
- Jan 20–Mar 14, 08 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 15, 2008 Ayurvedic Cooking Class, Twin Ponds Integrative Health Center, Breinigsville, PA, USA
- Mar 16 – 27, 08 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 28-30, 08 Ayurveda Consultations, Riverdale, NJ, USA
- Mar 31–Apr 2, 08 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Apr 3, 2008 Ayurveda Healing with Dr. Shekhar & Lina Lopez, 13120 NW 7 Ter., Near Dolphin Mall, Miami, FL, USA
- Apr 4, 2008 Ayurvedic Wellness Consultations with Dr. Shekhar & Lina Lopez, Near Dolphin Mall, Miami, FL, USA
- Apr 5, 6, 2008 Ayurvedic Pathology and Pulse diagnosis, Sai Ayurvedic School of Miami, FL, USA
- Apr 7-9, 2008 - Ayurvedic Wellness Consultations, Purusha Center LLC, Cape Coral, FL, USA
- Apr 10, 2008 -Ayurvedic Healing for Yoga Teachers, Florida Yoga Institute, 9480 Corkscrew Palms Circle, Suite 6, Estero FL, USA
- Apr 12, 13, 2008 - Teaching - Roga Nidana (Disease Pathology), Dinacharya Institute, New York, NY, USA

- Apr 14 – 25, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Apr 26, 2008 - Breakfast Seminar on Ayurvedic Healing, Twin Ponds Integrative Health Center, 628 Twin Ponds Road, Breinigsville, PA, USA
- Apr 27–May15,08 Ayurvedic Wellness Consultations, Allentown, PA, USA
- May 16-18, 2008 Ayurveda Consultations with Dr. Shekhar, Essence of Self, Riverdale, NJ, USA
- May 19 – 20, 08 Ayurvedic Wellness Consultations, Allentown, PA, USA
- May 21-26, 08 **Ayurveda Wellness Consultations & Lecture Series on Ayurveda**
 - Lecture: Introduction to Ayurveda, Lecture: Ayurveda for
 - Lecture: Fundamentals of Ayurveda, Digestion & Nutrition; Cooking class, Hilo, Hawaii
- May27–Jun 18, 08 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jun 19-22, 2008 National Ayurvedic Medical Association – Board of Directors – Retreat, Chicago, IL, USA
- Jun 23–Jul 4, ‘08 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jul 5, 6, 2008 Kaya Chikitsa III, Sai Ayurvedic School of Miami, FL, USA
- Jul 7 – 24, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jul 25-27, 2008 Ayurveda Consultations, Essence of Self, Riverdale, NJ, USA
- Jul 28 – Sep 4, 08 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Sep 5-8, 2008 Ayurveda wellness program, Jacksonville, FL, USA
- Sep 9 – 10, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Sep 11, 2008 Ayurveda Presentation – Wellspring Spiritual Center, PA, USA
- Sep 12-15, 2008 Ayurvedic lectures – Fundamentals of Ayurveda, Diet, Digestion, Nutrition; Herbs and spices for optimum health Ayurvedic wellness consultations, Ayus Yoga Center, Louisville, KY, USA
- Sep 16 – 18, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Sep19-21, 2008 Ayurveda & Ashtanga Yoga 2nd Retreat – Camp Thompson, Pine Grove Furnace State Park, 800 Pine Grove Road, Gardeners, PA, USA
- Sep 22 – 25, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Sep 26-28, 2008 Ayurveda Consultations Essence of Self, Riverdale, NJ, USA
- Sep 29 - 30, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Oct 1-3, 2008 Ayurvedic Wellness Consultations, Sai Ayurveda Wellness Center, Miami, FL, USA
- Oct 4, 5, 2008 Ayurvedic Physiology, Sai Ayurvedic School of Miami, FL, USA
- Oct 6 – 13, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA

- Oct 14, 2008 Presentation on Ayurveda as Complementary and Integrative Medicine at Professional Development Program at Lehigh Carbon Community College (LCCC), Schnecksville, PA, USA
- Oct 15, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Oct 16-19, 2008 NAMA 6th annual Conference, National Ayurvedic Medical Association 6th Annual Conference, Chicago, IL
- Oct 20 – 22, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Oct 23 – 24, 2008 **Ayurveda Theme Week – Canyon Ranch, Lenox, MA, USA**
 - Lecture on Ayurveda & Nutrition
 - Lecture on Optimizing Weight
 - Lecture on Ayurveda & Digestion
 - Hands on Cooking
- Oct 25 – 30, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Oct 31, 2008 Ayurvedic Wellness Consultations, Sai Ayurveda Wellness Center, Miami, FL, USA
- Nov 1, 2, 2008 Ayurvedic certificate course, Sai Ayurvedic College, Miami, FL, USA
- Nov 3, 2008 Ayurvedic Wellness Consultations, Sai Ayurveda Wellness Center, Miami, FL, USA
- Nov 4–Dec 4, 08 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Dec 5-7, 2008 Advanced Ayurvedic Pathophysiology for MA degree students, Mount Madonna Institute’s College of Ayurveda, Watsonville, CA, USA
- Dec 8 – 11, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Dec 12, 2008 Ayurvedic Wellness Consultations, Sai Ayurveda Wellness Center, Miami, FL, USA
- Dec 13, 14, 2008 Ayurvedic Certification Program, Sai Ayurvedic School of Miami, FL, USA
- Dec 15, 2008 AAPNA 10th Academic Conference Lecture – Common Respiratory Disorders – Ayurvedic Management, Allentown, PA, USA
- Dec 16 – 31, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA

2007

- Jan 1 – 5, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jan 6, 7, 2007 Ayurvedic Wellness Consultations, Melrose, MA, USA
- Jan 8, 2007 Introduction to Ayurveda for Day Spa Therapists, Ame Day Spa Salon, Wynn, PA, USA

- Jan 9 – 19, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jan 20-22, 2007 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
- Jan 23 – 26, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jan 27, 28, 2007 Ayurvedic Wellness Consultation and Cooking Classes, Endicott, NY, USA
- Jan 29–Feb 11, 07 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Feb 12 -Mar 3, 07 Ayurvedic Pancha Karma Training for Health Professionals in Kerala, India
- Mar 4 – 30, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Mar 31–Apr 2, 07 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
- Apr 3 – 21, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Apr 22, 2007 Introduction of Ayurvedic Dietetics and Introduction to Ayurvedic Marma Therapy, Open Center, NY, USA
- Apr 23 – 25, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Apr 26-29, 2007 **Ayurveda: Bliss & Balance in the Berkshires, Canyon Ranch, Lenox, MA, USA**
 - Apr 26, 2007 7:30 – 9:00 PM – Lecture Ayurveda & Weight Loss
 - Apr 27, 2007 9:00 – 10:30 AM – Ayurveda & Skin Care
 - Apr 27, 2007 3:00 – 4:30 PM – Hands on cooking in Demo Kitchen
 - Apr 27, 2007 7:30 - 9:00 PM – Lecture Ayurveda & Nutrition
 - Apr 28, 2007 3:00 – 4:30 PM – Hands on cooking in Demo Kitchen
- Apr 30–Jun 28, 07 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jun 29-Jul 2, 2007 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
- Jun 3 – Jul 5, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jul 6 - 8, 2007 Ayurveda for Health & Wellness Lecture, Cooking Class, Wellness Consultations at Portland, ME, USA
- Jul 9 – 10, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jul 11, 2007 Integrating Ayurveda for Optimum Health – Lecture at Air Products, Trexlertown, PA, USA
- Jul 12 – 21, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jul 22-24, 2007 National Ayurvedic Medical Association (NAMA) Board of Directors Retreat, Mount Madonna Institute, Watsonville, CA, USA
- July 25 – Sep 6, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Sep 7-9, 2007 Ayurvedic lecture, Consultations, Cooking class at Princeton, NJ, USA
- Sep 10 – 15, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Sep 16, 2007 Ayurvedic cooking class at Twin Ponds Integrative Health Center, Breinigsville, PA, USA

- Sep 17 – 20, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Sep 21-23, 2007 Ayurvedic lecture, consultations and cooking class at Purusha Center, Cape Coral, FL, USA
- Sep 24 – 29, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Sep 28-30, 2007 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
- Oct 1 – 10, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Oct 11-14, 2007 Ayurvedic Etiology & Pathology, Mount Madonna Institute, College of Ayurveda, Watsonville, CA, USA
- Oct 15 – 18, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Oct 19-21, 2007 National Ayurvedic Medical Association (NAMA) 5th Annual Conference, Panchakarma Therapy – A boon for Chronic Diseases, Albuquerque, NM, USA
- Oct 22 – 26, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Oct 27, 2007 Ayurveda Wellness Consultations, consultations, at Life of Balance Ayurveda and Yoga, Portland, ME, USA
- Oct 28 – Nov 1, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Nov 2-4, 2007 Ashtanga Yoga / Ayurveda – Lecture, Yoga, Consultations, Cooking class at Lansdale, PA, USA
- Nov 5 – 9, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Nov 10, 11, 2007 Ayurvedic Kayachikitsa – 2 day intensive training for Certified Ayurveda Practitioners, Sai Ayurveda School, Miami, FL, USA
- Nov 12–Dec 2, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Dec 1-2, 2007 Ayurvedic Psychology - 2-day intensive training for Certified Ayurveda Practitioners, at Sai Ayurveda School, Miami, FL, USA
- Dec 3-5, 2007 Ayurvedic wellness consultations, Purusha Center, Cape Coral, FL, USA
- Dec 6 – 31, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA

2006

- Jan 1-5, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jan 6-8, 2006 Foundation Course on Ayurveda course at Ongoing Move, Hilton Head Island, SC, USA
- Jan 9 – Feb 10, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Feb 11-17, 2006 Pancha Karma program, Kripalu Healing Arts, Lenox, MA, USA
- Feb 23, 2006 Lecture on Ayurveda: Acceptance of Complementary and Alternative Medicine, Psychology students, Penn State University, Reading, PA, USA
- Feb 24, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA

- Feb 25-Mar 2, 06 Pancha Karma program, Kripalu Healing Arts, Lenox, MA, USA
- Mar 3, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Mar 4-5, 2006 Foundation Course on Ayurveda at Star Seed Yoga Center, Montclair, NJ, USA
- Mar 6 – 30, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Mar 31-Apr 2, 06 Introduction to Ayurveda Lecture & Ayurvedic Wellness Consultation, Essence of Self, Riverdale, NJ, USA
- Apr 3 – 7, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Apr 8-9, 2006 NAMA (National Ayurvedic Medical Association) Board Retreat, Mount Madonna, CA, USA
- Apr 10 – 21, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Apr 22, 2006 Ayurvedic Vegetarian Cooking Class, Open Heart Yoga Wellness Center, Trexlertown, PA, USA
- Apr 23 – 28, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Apr 29, 30, 2006 Sahaj Marg Meditation, National Gathering, Cleveland, OH, USA
- May 1 -19, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- May 20, 2006 Ayurvedic Lecture at YMCA/YWCA, Ridgewood, NJ, USA
- May 21 – 22, 2006 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
- May 23 – 26, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- May 27-29, 2006 Ayurvedic Lecture and Ayurvedic Wellness Consultation, Bliss Yoga Shala, Jacksonville, FL, USA
- May 30–Jun 5, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jun 6, 2006 Introduction to Ayurveda and Shirodhara Understanding, Ame Day Spa Salon, Wynn, PA, USA
- Jun 7 – 10, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jun 11, 2006 Ayurvedic Graduates Ceremony, Kripalu School of Ayurveda, Lenox, MA, USA
- Jun 12 – 16, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jun 17, 2008 Ayurvedic Vegetarian Cooking Class, Bethlehem, PA, USA
- Jun 18 – 23, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jun 24, 25, 2006 Ayurvedic Wellness Consultations, Oneonta, NY, USA
- Jun 26 – Jul 20, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jul 21-24, 2006 Ayurvedic Wellness Consultations & Cooking Class, Riverdale, NJ, USA
- Jul 25–Aug 10, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Aug 11-13, 2006 Ayurvedic Wellness Consultations, Oneonta, NY, USA
- Aug 14 – 15, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA

- Aug 16, 2006 Ayurvedic Lecture, Air Products, Trexlertown, PA, USA
- Aug 17–Sep 14, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Sep 15-17, 2006 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
- Sep 18-21, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Sep 22-24, 2006 National Ayurvedic Medical Association, 4th annual conference, NY– presentation on Gastro intestinal disorders leading to Vata diseases.
- Sep 25 – Oct 9, 06 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Oct 10, 2006 Ayurvedic Shirodhara Training for Spa Therapists, Skin ‘n Tonic, Paddlers Village, PA, USA
- Oct 11 – 19, 2006 Therapeutic and Integrative Massage Therapy Training at Lehigh Valley Healing Arts Academy, Emmaus, PA, USA
- Oct 20, 2006 Ayurveda and Weight Loss, presentation at Integrative Health Options (IHO), University of Medical Science (UMDNJ), Newark, NJ, USA
- Oct 21 – Nov 2, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Nov 3-5, 2006 Ayurvedic Wellness Consultation and Cooking Class, Endicott, NY, USA
- Nov 6 – 9, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Nov 10-12, 2006 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
- Nov 13 – 15, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Nov 16-19, 2006 Ayurvedic Etiology and Pathology, Part I, Kripalu School of Ayurveda, Lenox, MA, USA
- Nov 20–Dec 1, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Dec 3 - 13, 2006 Integrative Massage & Bodywork Training at Lehigh Valley Healing Arts Academy, Emmaus, PA, USA
- Dec 14-17, 2006 Ayurvedic Etiology and Pathology, Part II, Kripalu School of Ayurveda, Lenox, MA, USA
- Dec 18 – 31, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA

2005

- Jan 1 – Feb 9, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Feb 10, 2005 Lecture: Introduction to Ayurveda for Psychology students, Penn State University, Reading, PA, USA
- Feb 11, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Feb 12-18, 2005 Pancha Karma program, Kripalu Healing Arts, Lenox, MA, USA
- Feb 19–Mar 17, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Mar 12-16, 2005 Fundamentals of Ayurveda, Ayurvedic Nutrition and Yoga course at Shakti Yoga Center, Kingston, Jamaica, West Indies

- Mar 18,19, 2005 Ayurvedic Foundation Course, Diet, Digestion and Nutrition and Therapeutic Benefits of Yoga Asanas Course taught at Lehigh Valley Yoga Center, Allentown, PA, USA
- Mar 20 – 26, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Mar 27- Apr 1, 05 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
- Apr 2 – 22, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Apr 23, 24, 2005 Foundation Course on Ayurveda for Massage Therapists at Lehigh Valley Healing Arts Academy, Emmaus, PA, USA
- Apr 25 – 30, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
- May 1-6, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
- May 7 – 26, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
- May 27-29, 2005 Ayurvedic Anatomy & Physiology course at Kripalu School of Ayurveda, Lenox, MA, USA
- May 30–Jun 18,05 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jun 19-24, 2005 Pancha Karma Program and Ayurvedic Wellness Consultations, Kripalu Healing Arts, Lenox, MA, USA
- Jun 25 – 28, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jun 29, 30, 2005 Ayurvedic Pulse Technique course taught at Ayurvedic Academy, Seattle, WA, USA
- July 1–Aug 10, 05 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Aug 11-14, 2005 Ayurvedic Etiology & Pathology course at Kripalu School of Ayurveda, Lenox, MA, USA
- Sep 15 – 17, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Sep 18-23, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
- Sep 24 –Oct 12, 05 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Oct 13-15, 2005 Ayurvedic Digestion & Nutrition course at Kripalu School of Ayurveda, Lenox, MA, USA
- Oct 15-21, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
- Oct 16–Nov 12,05 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Nov 13-18, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
- Nov 19 – 25, 05 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Nov 26- Dec 2, 05 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
- Dec 3 – 7, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Dec 8-11, 2005 Ayurvedic Herbology II course at Kripalu School of Ayurveda, Lenox, MA, USA
- Dec 12 – 31, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA

2004

- Jan 1 – 2, 2004 Ayurvedic Wellness Consultations, Allentown, PA, USA
- January 3, 4, 2004 Ayurvedic Physiology (Dosha Dhatu Mala Vigyan), Ayurveda Academy of Canada, Jeevan, 347 Bay Street, Suite 101, Toronto, Ontario, Canada
- Jan 5 – Feb 9, 04 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Feb 10-11, 2004 Pancha Karma program, Kripalu Healing Arts, Lenox, MA, USA
- Feb 12 – 17, 2004 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Feb 18, 2004 Lecture: Introduction to Ayurveda at University of Pennsylvania Health System, Department of Medicine, Division of General Internal Medicine, 4th year medical students as part of the Bio scientific Basis of Complementary and Alternative Medicine, Philadelphia, PA, USA
- Feb 19–Apr 13, 04 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Apr 14-22, 2004 Pancha karma Program, Kripalu Healing Arts, Lenox, MA, USA
- Apr 23–May 1, 04 Ayurvedic Wellness Consultations, Allentown, PA, USA
- May 2-6, 2004 Pancha karma Program, Kripalu Healing Arts, Lenox, MA, USA
- May 7 – 15, 2004 Ayurvedic Wellness Consultations, Allentown, PA, USA
- May 16-21, 2004 Pancha karma Program, Kripalu Healing Arts, Lenox, MA, USA
- May 22–Sep 11, 04 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Sep 12-16, 2004 Pancha karma Program, Kripalu Healing Arts, Lenox, MA, USA
- Sep 17, 18, 2004 Presentation: Ayurvedic Management of Common Respiratory Disorders and Ayurvedic Detoxification & Purification Procedures – Panchakarma at Orlando, FL, USA: Integrated Medicine educational program: Integrating Ayurveda into clinical practice for health care professionals of The American Association of Physicians of Indian Origin.
- Sep 19 –Oct 2, 04 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Oct 3-8, 2004 Pancha karma Program, Kripalu Healing Arts, Lenox, MA, USA
- Oct 9 – 30, 2004 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Oct 31-Nov 5, 04 Pancha Karma Program, Kripalu Healing Arts, Lenox, MA, USA
- Nov 6 – 12, 2004 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Nov 13, 14, 2004 Ayurvedic Psychology (Manasa Shastra): Ayurvedic Academy, Seattle, WA, USA
- Nov 15–Dec 31, 04 Ayurvedic Wellness Consultations, Allentown, PA, USA

2003

- Jan 1 – 10, 2003 Ayurvedic Wellness Consultations & Pancha Karma Therapies, Allentown, PA, USA
- Jan 11, 2003 Introduction to Ayurveda, Himalayan Yoga Meditation Center of New Jersey, Phillipsburg, NJ, USA
- Jan 12 – 24, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jan 25, 2003 Ayurvedic Nutritional Herbs and Spices for Optimum Health, Lenox Community Center, Lenox, MA, USA
- Jan 26, 2003 Ayurvedic Wellness Consultations, Lenox, MA, USA
- Jan 27 – Jan 31, 03 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Feb 1, 2003 Introduction to Ayurveda, Wyomissing, PA, USA
- Feb 2, 2003 Ayurvedic Wellness Consultations, Wyomissing, PA, USA
- Feb 3 – 21, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Feb 22, 2003 Introduction to Ayurveda, Living Well Yoga, Fleetwood, PA, USA
- Feb 23 – 28, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Mar 1, 2003 Ayurvedic Wellness Consultation, Himalayan Yoga Meditation Center of New Jersey, Phillipsburg, NJ, USA
- Mar 2 – 21, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Mar 22 & 29, 2003 Ayurvedic Pulse Technique – Level I, Macungie, PA, USA
- Mar 30 – Apr 7, 03 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Apr 8 & 9, 2003 Ayurvedic Digestion and Dietetics, Canyon Ranch in the Berkshires Health Resort, Lenox, MA, USA
- May 10, 2003 Introduction to Ayurveda, Macungie, PA, USA
- May 11 – 20, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- May 21, 2003 Health & Happiness through Ayurveda and Art of Living, Macungie Community Center, Macungie, PA, USA
- May 22–Jun 13, 03 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jun 14, 2003 Ayurveda for Women’s Health, New Tripoli, PA, USA
- Jun 15 – 27, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jun 28, 2003 Fundamentals of Ayurveda, Wyomissing, PA, USA
- Jun 29–Jul 18, 03 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jul 19, 20, 2003 Advanced Ayurvedic Pulse Technique Course, Ayurvedic Academy, Seattle, WA, USA
- Jul 21 – 26, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jul 27, 2003 Ayurvedic Cooking Workshop, New Tripoli, PA, USA
- Jul 28–Aug 29, 03 Ayurvedic Wellness Consultations, Allentown, PA, USA

- Aug 30, 2003 Ayurveda for Women's Health, 7 Senses Health Center, Fountain Hill, PA, USA
- Sep 1 – 6, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Sep 7, 2003 Ayurveda for Yoga Practitioners, Lehigh Valley Yoga Center, Allentown, PA, USA
- Sep 8 – 12, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Sep 13, 2003 Introduction to Ayurveda, Yoga and Health in Bethlehem, Bethlehem, PA, USA
- Sep 14, 2003 Ayurvedic Cooking Workshop, Orefield, PA, USA
- Sep 15 – 26, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Sep 27, 2003 Ayurvedic Nutritional Herbs and Spices for Optimum Health, Lehigh Valley Yoga Center, Allentown, PA, USA
- Sep 28–Oct 17, 03 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Oct 18, 2003 Ayurveda for Women's Health, Wyomissing, PA, USA
- Oct 19 – 24, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Oct 25, 2003 Ayurveda for Women's Health, Bloomsburg, PA, USA
- Oct 25, 2003 Ayurvedic Nutritional Herbs and Spices, Bloomsburg, PA, USA
- Oct 26, 2003 Ayurvedic Cooking Workshop, New Tripoli, PA, USA
- Oct 27–Dec 6, 03 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Dec 7, 2003 Ayurvedic Cooking Workshop, Open Heart Yoga and Wellness Center, Trexlertown, PA, USA
- Dec 8 – 12, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Dec 13, 14, 2003 Ayurvedic Pulse Technique – Level I, Lenox Community Center, Lenox, MA, USA

2002

- Jan 1 – 26, 2002 Ayurveda Wellness Consultations, Allentown, PA, USA
- Jan 27, 2002 Introduction to Ayurveda for Health & Wellness, Hindu Temple, Allentown, PA, USA
- Jan 28–Feb 18, 02 Ayurveda Wellness Consultations, Allentown, PA, USA
- Feb 19, 2002 Fundamentals of Ayurveda – Lecture, Fleetwood, PA, USA
- Feb 20 – Apr 6, 02 Ayurveda Wellness Consultations, Allentown, PA, USA
- Apr 7 – 8, 2002 Ayurvedic Fundamentals – Course – Fountain Hill, PA, USA
- Apr 9 – Jun 6, 02 Ayurveda Wellness Consultations, Allentown, PA, USA
- Jun 7, 2002 Importance of Diet in Ayurveda, Allentown, PA, USA
- Jun 8 – Jul 21, 02 Ayurvedic Wellness Consultations, PA, USA

- Jul 22, 2002 Health & Wellness Through Ayurveda, New Tripoli, PA, USA
- Jul 23–Aug 28, 02 Ayurvedic Wellness Consultations, PA, USA
- Aug 29 – 31, 2002 Ayurvedic Diet, Digestion and Nutrition – Course, Fountain Hill, PA, USA
- Sep 1 – 26, 2002 Ayurveda Wellness Consultations, Allentown, PA, USA
- Sep 27, 2002- Health & Wellness Through Ayurveda, Fountain Hill, PA, USA
- Sep 28–Nov 6, 02 Ayurveda Wellness Consultations, Allentown, PA, USA
- Nov 7, 2002 Introduction to Ayurveda, Phillipsburg, NJ, USA
- Nov 8 – 9, 2002 Ayurvedic Wellness Consultations, Phillipsburg, NJ, USA
- Nov 10–Dec 31, 02 Ayurvedic Wellness Consultations, Allentown, PA, USA

2001

- Jan 1 – Mar 23, 2001 India
- Mar 24 -30, 2001 Advanced Pranic Healing & Pranic Psychotherapy Course, All India Pranic Healing Foundations Trust, Chennai, India
- Mar 31–Jul 31, 2001 India
- Aug 1 – 31, 2001 Yoga Instructor Certificate Course (YICC), Swami Vivekananda Yoga Research Center, Bangalore, India
- Sep 1 - Dec 10, 2001 India
- Dec 11 – 31, 2001 Macungie, PA, USA

2000

- Jan 1 – 21, 2000 Veda Intensive Program and Pancha Karma, Rejuvenation Program, Valkenburg, Limburg, The Netherlands
- Jan 22 – 25, 2000 Self Pulse Reading for Good Health course for in-resident guests at Lancaster Health Center, Lancaster, MA, USA
- Feb 12, 2000 - Maharishi Vedic Approach to Health Consultations, Lancaster, MA, USA
- Feb 13, 2000 - Ayurveda for Optimum Health – Lecture, Seymour, CT, USA
- Feb 14, 2000 - Introduction to Ayurvedic Pulse Technique – Lecture - Litchfield, CT, USA
- Feb 14, 2000 - Introduction to Ayurvedic Nutrition – Lecture - Fairfield, CT, USA
- Feb 14–Mar 4, 00 Maharishi Ayurvedic Consultations, Lancaster, MA, USA
- Mar 5, 2000 Introduction to Maharishi Ayurveda, Walkabout, New York, USA

- Mar 6 – 9, 2000 Maharishi Vedic Approach to Health Consultations, Lancaster, MA, USA
- Mar 10, 2000 Lecture – Maharishi Approach to Health, Atlanta, Georgia, USA
- Mar 11 – 13, 00 Ayurveda Consultations, Atlanta, Georgia, USA
- Mar 14 – 16, 00 Ayurveda Consultations, Lancaster, MA, USA
- Mar 17, 2000 Lecture – Maharishi Vedic Approach to Health, Boston, MA, USA
- Mar 18 - 19, 2000 Ayurvedic Consultations, Boston, MA, USA
- Mar 20 – 23, 2000 Ayurvedic Consultations, Lancaster, MA, USA
- Mar 24, 2000 Lecture – Maharishi Ayurveda, London, England
- Mar 25 - 27, 2000 Maharishi Ayurveda Consultations, Led burn, Buckinghamshire, England
- Mar 28, 2000 Lecture – Maharishi Vedic Approach to Health for Chronic Diseases – Skelmersdale, Buckinghamshire, England
- Mar 29 -30, 2000 Maharishi Ayurveda Consultations, Skelmersdale, Buckinghamshire, England
- Mar 31, 2000 Lecture – Maharishi Vedic Approach to Diet, Digestion and Nutrition, Led burn, Buckinghamshire, England
- Apr 1 – 2, 2000 Maharishi Ayurveda Consultations, Roy don Hall, Kent, England
- Apr 3, 2000 Maharishi Ayurveda Consultations, Led burn, Buckinghamshire, UK
- Apr 4, 2000 Prevention for Optimum Health – Lecture, Bad Ingham, Suffolk, UK
- Apr 5, 2000 Maharishi Ayurvedic Consultations, Bad Ingham, Suffolk, UK
- Apr 6 – 9, 2000 Ayurveda Consultations, Led burn, Buckinghamshire, England
- Apr 10, 2000 Ayurveda Consultations, Richmond, London
- Apr 11, 2000 Lecture – Maharishi Vedic Approach to Chronic Disease and Rasayana Program, London, England
- April 12 – 16, 2000 Maharishi Vedic Consultations, London, England
- Apr 17, 2000 Maharishi Ayurveda Lecture, Dublin, Ireland
- Apr 18 – 19, 2000 Ayurvedic Self Pulse Reading for Good Health, Dublin, Ireland
- Apr 20 - 25, 2000 Maharishi Ayurvedic Consultations, Dublin, Ireland
- Apr 26 – 27, 2000 Maharishi Ayurveda Consultations, Led burn, Buckinghamshire, UK
- Apr 28, 2000 Lecture: Maharishi Ayurveda & Wellness, Boston, MA, USA
- Apr 29 – 30, 2000 Maharishi Ayurveda Consultations, Boston, MA, USA
- May 1 – 8, 2000 Maharishi Panchakarma Program, Lancaster, MA, USA
- May 9, 2000 Lecture: Maharishi Vedic Approach to Health, Boone, NC, USA
- May 10 – 12, 2000 Ayurveda Consultations, Boone, NC, USA
- May 13, 2000 Lecture – Maharishi Approach to Diet, Digestion and Nutrition, Lexington, KY, USA

- May 14 - 15, 2000 Maharishi Ayurveda Consultations, Lexington, KY, USA
- May 16 – 18, 2000 Maharishi Ayurveda Consultations, Boone, NC, USA
- May 19, 2000 Visit to Grandfather Mountain, NC, USA
- May 20, 2000 Maharishi Ayurveda Lecture on Health, Asheville, NC, USA
- May 21, 2000 Maharishi Ayurveda Consultations, Asheville, NC, USA
- May 22, 2000 Visit to Chimney Rock, NC, USA
- May 23 – 24, 2000 Consultations for Chronic Diseases, Boone, NC, USA
- May 25 – 26, 2000 Maharishi Vedic Approach to Health Consultations, Lancaster, MA, USA
- May 27 – 29, 2000 Maharishi Ayurveda Consultations, Boston, MA, USA
- May 30–Jun 8, 2000 Vedic Panchakarma Program for Chronic Diseases, Boone, NC, USA
- Jun 9 – 11, 2000 Maharishi Vedic Training Program for Health Professionals, Boston, MA, USA
- Jun 12 – 24, 2000 Panchakarma for Chronic Diseases, Boone, NC, USA
- Jun 25, 2000 Maharishi Ayurveda Lecture, Atlanta, GA, USA
- Jun 26 - 30, 2000 Maharishi Ayurveda Consultations, Atlanta, GA, USA
- Jul 1 – 2, 2000 Maharishi Ayurveda Consultations, Avon Park, FL, USA
- Jul 3 – 5, 2000 Maharishi Vedic Approach to Health Consultations, Boone, NC, USA
- Jul 6 – 9, 2000 Maharishi Vedic Training Program for Health Professionals, Dallas, TX, USA
- Jul 10 – 26, 2000 Maharishi Panchakarma Program, Boone, NC, USA
- Jul 27, 2000 Lecture: Maharishi Vedic Approach to Health, Atlanta, GA, USA
- Jul 28 - Aug 3, 00 Ayurvedic Consultations, Atlanta, GA, USA
- Aug 4 – 9, 2000 Ayurvedic Consultations, Lancaster, MA, USA
- Aug 10 – 14, 2000 Maharishi Ayurvedic Consultations, New York City, NY, USA
- Aug 15 – 17, 2000 Course on Diet, Digestion and Nutrition, Lancaster, MA, USA
- Aug 18, 2000 Lecture: Maharishi Vedic Approach to Health, Raleigh, NC, USA
- Aug 19 - 20, 2000 Maharishi Vedic Approach to Health Consultations, Raleigh, NC, USA
- Aug 21 – 31, 2000 Maharishi Panchakarma and Rejuvenation Program, Boone, NC, USA
- Sep 1 – 5, 2000 Maharishi Ayurveda Consultations, New York City, NY, USA
- Sep 6 – 15, 2000 Maharishi Panchakarma and Rejuvenation Program, Lancaster, MA, USA

- Sep 16, 2000 Lecture: Maharishi Vedic Approach to Health – Chronic Disease Program, Lancaster, MA, USA
- Sep 17 – Oct 5, 00 Maharishi Ayurveda Consultations, Lancaster, MA, USA
- Oct 6 – 9, 2000 Maharishi Health Professionals Training Program, Avon Park, FL, USA
- Oct 10 – 15, 2000 Maharishi Ayurveda Consultations, Lancaster, MA, USA
- Oct 16 – 20, 2000 Maharishi Panchakarma Program, Avon Park, FL, USA
- Oct 21–Oct 31, 00 Maharishi Veda Intensive Program for Chronic Diseases, Lancaster, MA, USA
- Nov 1 – 15, 2000 Maharishi Vedic Approach to Health Chronic Disease Program, Valkenburg, The Netherlands
- Nov 16, 2000 Lecture: Maharishi Ayurveda, Lisbon, Portugal
- Nov 17 – 18, 2000 Maharishi Ayurveda Self Pulse Reading Course, Lisbon, Portugal
- Nov 19 – 25, 2000 Maharishi Ayurveda Consultations, Lisbon, Portugal
- Nov 26, 2000 Lecture: Maharishi Veda Intensive Program, Barcelona, Spain
- Nov 27 – 29, 2000 Course on Diet, Digestion and Nutrition for Optimum Health, Barcelona, Spain
- Nov 30 Dec 1, '00 Maharishi Ayurveda Consultations, Barcelona, Spain
- Dec 2, 2000 Lecture: Maharishi Ayurveda for Optimum Health, Madrid, Spain
- Dec 3 – 4, 2000 Maharishi Ayurveda Consultations, Madrid, Spain
- Dec 5 – Dec 8, 00 Maharishi Veda Intensive Program Consultations, Valkenburg, The Netherlands
- Dec 9 –Dec 31, 00 India

1999

- Jan 1 – 12, 1999 Maharishi Panchakarma Program and Consultations, Vlodrop, The Netherlands
- Jan 13 – 17, 1999 Maharishi Vedic Approach to Health Consultations, Valkenburg, The Netherlands
- Jan 18–May 22, 99 India
- May 23– Jun12,99 Maharishi Vedic Approach to Health Consultations, Valkenburg, The Netherlands
- Jun 13, 1999 Visit to Leuven, Belgium
- Jun 14 – 17, 1999 Maharishi Panchakarma & Rejuvenation Program, Valkenburg, The Netherlands

- Jun 19, 1999 Lecture: Maharishi Ayurveda for Optimum Health, Montreal, Quebec, Canada
- June 20 - 23, 1999 Maharishi Ayurveda Consultations, Montreal, Quebec, Canada
- Jun 24 – 27, 1999 Course on Ayurvedic Pulse, Waterville, Quebec, Canada
- Jun 28, 1999 Lecture: Maharishi Ayurveda for Natural Health, Ottawa, Ontario, Canada
- Jun 29 - 1 Jul, 99 Consultations – Maharishi Ayurveda, Ottawa, Ontario, Canada
- Jul 2 – 3, 1999 Maharishi Ayurveda Consultations, Huntsville, Ontario, Canada
- Jul 4, 1999 Lecture: Maharishi Ayurveda, Toronto, Ontario, Canada
- Jul 5, 1999 Visit to Friend, London, Ontario, Canada
- Jul 6 – 8, 1999 Course – Diet, Digestion and Nutrition, Toronto, Ontario, Canada
- Jul 10, 1999 Lecture – Maharishi Vedic Approach to Health, Vancouver, British Columbia, Canada
- July 11 – 13, 1999 Course on Self Pulse Reading, Vancouver, British Columbia, Canada
- July 14 – 15, 1999 Maharishi Ayurveda Consultations, Vancouver, British Columbia, Canada
- Jul 16 – 18, 1999 Maharishi Ayurveda Consultations, Edmonton, Alberta, Canada
- Jul 19 – 20, 1999 Maharishi Ayurveda Consultations, Rock Creek, British Columbia, Canada
- Jul 21 – 22, 1999 Maharishi Ayurveda Consultations, Kelowna, British Columbia, Canada
- Jul 23, 1999 Lecture: Maharishi Vedic Approach to Health, Victoria, British Columbia, Canada
- Jul 24 - 25, 1999 Course on Ayurvedic Pulse Reading, Victoria, British Columbia, Canada
- Jul 26 – 30, 1999 Maharishi Ayurveda Consultations, Victoria, British Columbia, Canada
- Jul 31–Aug 1, 99 Maharishi Ayurveda Consultations, Montreal, Quebec, Canada
- Aug 2 – 3, 1999 Maharishi Ayurveda Consultations, Ottawa, Ontario, Canada
- Aug 4 – 6, 1999 Maharishi Ayurveda Consultations, Moncton, New Brunswick, Canada
- Aug 7 – 8, 1999 Course on Ayurvedic Pulse Reading, Montreal, Quebec, Canada
- Aug 9 – 24, 1999 Maharishi Vedic Approach to Health – Panchakarma Program, Valkenburg, The Netherlands
- Aug 25, 1999 Lecture: Maharishi Vedic Approach to Health, Skelmersdale, Lancashire, England

- Aug 26 – 27, 1999 Course on Diet, Digestion and Nutrition, Skelmersdale, Lancashire, England
- Aug 28 – 30, 1999 Maharishi Vedic Approach to Health Consultations, Skelmersdale, Lancashire, England
- Aug 30 – 31, 1999 Maharishi Ayurveda Consultations, Badingham, Suffolk, England
- Sep 1, 1999 Lecture: Maharishi Vedic Approach to Health, London, England
- Sep 2 - 4, 1999 Maharishi Vedic Approach to Health Consultations, London, England
- Sep 5 – 6, 1999 Course on Ayurvedic Pulse Reading, Mentmore, Buckinghamshire, England
- Sep 7, 1999 Lecture: Ayurveda and Natural Health, London, England
- Sep 8 - 10, 1999 Course on Prevention for Optimum Health, London, England
- Sep 11 – 15, 1999 Maharishi Vedic Approach to Health Consultations, London, UK
- Sep 16 – 24, 1999 Maharishi Vedic Approach to Health Panchakarma and Rasayana Program, Valkenburg, The Netherlands
- Sep 25, 1999 Lecture: Maharishi Perfect Health, Bad Ems, Rheinland Pflaz, Germany
- Sep 26 – 28, 1999 Course on Self Pulse Reading, Bad Ems, Rheinland Pflaz, Germany
- Sep 2 - Oct 3, 1999 Maharishi Ayurveda Consultations, Bad Ems, Rheinland Pflaz, Germany
- Oct 4 – 9, 1999 Maharishi Vedic Panchakarma Program, Valkenburg, Limburg, The Netherlands
- Oct 10, 1999 Lecture: Maharishi Vedic Approach to Health, Schleddehausen, Nidersachsen, Germany
- Oct 11 – 14, 1999 Course on Diet, Digestion and Nutrition, Schleddehausen, Nidersachsen, Germany
- Oct 15 - 27, 1999 Maharishi Vedic Panchakarma Program and Consultations, Schleddehausen, Nidersachsen, Germany
- Oct 28, 1999 Maharishi Ayurveda Consultations, Munster, Nordrhein Westfalen, Germany
- Oct 29–Nov 2, 1999 Maharishi Panchakarma Program and Consultations, Schleddehausen, Nidersachsen, Germany
- Nov 3, 1999 Lecture: Maharishi Vedic Approach to Health, Hannover, Nidersachsen, Germany
- Nov 4 – 5, 1999 Maharishi Ayurveda Consultations, Schleddehausen,

Nidorsachsen, Germany

- Nov 6 – 7, 1999 Maharishi Vedic Approach to Health Consultations, Valkenburg, Limburg, The Netherlands
- Nov 8, 1999 Lecture: Maharishi Ayurveda for Optimum Health, Glasgow, Scotland
- Nov 9 – 10, 1999 Maharishi Ayurveda Consultations, Glasgow, Scotland
- Nov 11 – 12, 1999 Course on Self Pulse Reading, Skelmersdale, Lancashire, England
- Nov 13, 1999 Lecture: Maharishi Vedic Approach to Health, Skelmersdale, Lancashire, England
- Nov 14 – 15, 99 Maharishi Ayurveda Consultations, Skelmersdale, Lancashire, England
- Nov 16, 1999 Lecture: Maharishi Vedic Approach to Health, London, England
- Nov 17, 1999 Lecture: Maharishi Approach to Health for Health Professionals, Durham Medical Center, Durham, England
- Nov 18 - 19, 1999 Maharishi Ayurveda Consultations, Durham, England
- Nov 20 – 22, 1999 Maharishi Ayurveda Consultations, Badingham, Suffolk, England
- Nov 23 – 24, 1999 Maharishi Ayurveda Consultations, Ledburn, Buckinghamshire, England
- Nov 25 – 30, 1999 Course on Self Pulse Reading for Good Health, London, England
- Dec 1 – 2, 1999 Maharishi Ayurveda Consultations, Skelmersdale, Lancashire, England
- Dec 3, 1999 Lecture: Maharishi Ayurveda, Ledburn, Buckinghamshire, England
- Dec 4 – 5, 1999 Maharishi Ayurveda Consultations, Rydon Hall, Kent, England
- Dec 6, 1999 Maharishi Ayurveda Consultations, Richmond, London, England
- Dec 7 – 8, 1999 Maharishi Ayurveda Consultations, Durham, England
- Dec 9, 1999 Lecture: Maharishi Vedic Approach to Health, London, England
- Dec 10 – 31, 1999 Maharishi Panchakarma Program, Valkenburg, Limburg, The Netherlands

1998

- Jan 1 – 11, 1998 Course on Self Pulse Reading and consultations, Bonn, Germany
- Jan 12–Feb 11, 98 Maharishi Panchakarma therapies and consultations, Valkenburg, The Netherlands

- Feb 12 – 16, 1998 Course on Diet, Digestion and Nutrition, and Maharishi Ayurveda Consultations, Hamburg, Germany
- Feb 17 – 26, 1998 Maharishi Vedic Approach to Health Chronic Diseases Program, Valkenburg, The Netherlands
- Feb 27–Mar 8, 1998 Maharishi Ayurvedic Consultations and Self Pulse Reading Course, Nurnberg, Germany
- Mar 9 – 12, 1998 Maharishi Vedic Health Consultations, Valkenburg, The Netherlands
- Mar 13–May 6, 98 Maharishi Panchakarma Programs, Vlodrop, The Netherlands
- May 7 – 8, 1998 Maharishi Ayurveda Consultations, Rennes, France
- May 9 -10, 1998 Maharishi Ayurveda Consultations, Nantes, France
- May 11–Sep 1, 98 Maharishi Panchakarma Programs, Vlodrop, The Netherlands
- Sep 2 – 7, 1998 Maharishi Ayurveda Consultations, Toronto, Ontario, Canada
- Sep 8, 1998 Visit to Niagara Falls, Ontario, Canada
- Sep 9 – 10, 1998 Course on Diet, Digestion and Nutrition, Toronto, Ontario, Canada
- Sep 11, 1998 Lecture: Maharishi Vedic Approach to Health, Ottawa, Ontario, Canada
- Sep 12 - 17, 1998 Maharishi Ayurveda Consultations, Ottawa, Ontario, Canada
- Sep 18, 1998 Lecture: Maharishi Ayur-Veda, Edmonton, Alberta, Canada
- Sep 19 - 20, 1998 Maharishi Ayurveda Consultations, Edmonton, Alberta, Canada
- Sep 21, 1998 Lecture and consultations on Maharishi Ayurveda, Nelson, British Columbia, Canada
- Sep 22, 1998 Maharishi Ayurveda Consultations, Nelson, British Columbia, Canada
- Sep 23, 1998 Maharishi Ayurveda Consultations, Christina Lake, British Columbia, Canada
- Sep 24, 1998 Maharishi Ayurveda Consultations, Rock Creek, British Columbia, Canada
- Sep 25, 1998 Maharishi Ayurveda Consultations, Kelowna, British Columbia, Canada
- Sep 26, 1998 Lecture: Maharishi Vedic Approach to Health, Vancouver, British Columbia, Canada
- Sep 27 -Oct 2, '98 Course on Self Pulse Reading for Good Health, Vancouver, British Columbia, Canada
- Oct 3, 1998 Lecture: Maharishi Vedic Approach to Health, Victoria, British Columbia, Canada
- Oct 4 - 6, 1998 Maharishi Ayurveda Consultations, Victoria, British Columbia, Canada

- Oct 7, 1998 Lecture: Maharishi Vedic Approach to Health, Compton, Quebec, Canada
- Oct 8 - 15, 1998 Maharishi Ayurveda Consultations, Compton, Quebec, Canada
- Oct 16, 1998 Lecture: Maharishi Ayurveda Consultations, Moncton, New Brunswick, Canada
- Oct 17 – 18, 1998 Maharishi Ayurveda Consultations, Moncton, New Brunswick, Canada
- Oct 19, 1998 Maharishi Ayurveda Consultations, Saint Louis, New Brunswick, Canada
- Oct 20 - 22, 1998 Maharishi Ayurveda Consultations, Moncton, New Brunswick, Canada
- Oct 23, 1998 - Lecture: Maharishi Vedic Approach to Health, Ottawa, Ontario, Canada
- Oct 24–Nov 3, 98 Maharishi Ayurvedic Course on Prevention and Maharishi Ayurveda Consultations, Ottawa, Ontario, Canada
- Nov 4 – 9, 1998 Maharishi Ayurveda Consultations, Vancouver, British Columbia, Canada
- Nov 10 -16, 1998 Maharishi Vedic Consultations and Course on Diet, Digestion and Nutrition, Victoria, British Columbia, Canada
- Nov 17 – 18, 1998 Maharishi Vedic Approach to Health, Valkenburg, The Netherlands
- Nov 19, 1998 - Lecture: Maharishi Ayurveda, Rome, Italy
- Nov 20 - 22, 1998 Maharishi Ayurveda Consultations, Rome, Italy
- Nov 23 – 26, 1998 Maharishi Ayurveda Consultations, Cervia, Italy
- Nov 27 – 28, 1998 Maharishi Ayurveda Consultations, Verona, Italy
- Nov 29, 1998 Maharishi Ayurveda Consultations, Carano, Italy
- Nov 30–Dec 6, 98 Course on Self Pulse Reading for Good Health, Belluno, Italy
- Dec 7, 1998 Lecture: Maharishi Vedic Approach to Health, Como-Brunate, Italy
- Dec 8 - 10, 1998 Maharishi Ayurveda Consultations, Como-Brunate, Italy
- Dec 11 – 12, 1998 Maharishi Ayurveda Consultations, Torino, Italy
- Dec 13 – 14, 1998 Maharishi Ayurveda Consultations, Como-Brunate, Italy
- Dec 15, 1998 Maharishi Ayurveda Consultations, Milano, Italy
- Dec 16, 1998 Maharishi Ayurveda Consultations, Como-Brunate, Italy
- Dec 17 – 22, 1998 Course on Self Pulse Reading for Good Health, San Pellegrino, Italy
- Dec 23 – 31, 1998 Maharishi Vedic Approach to Health Panchakarma Program, Valkenburg, The Netherlands

1997

- Jan 1 – 21, 1997 Maharishi Ayurveda Consultations, Palo Alto, California, USA
- Jan 22–Feb 22, 97 Maharishi Ayurvedic Courses, Consultations, Palo Alto, California, USA
- Feb 23 – 28, 1997 Maharishi Panchakarma Program, Vlodrop, The Netherlands
- Mar 1 – Jul 22, 97 India
- Jul 23–Aug 14, 97 Maharishi Vedic Approach to Health Consultations, Workshops, Training Programs, Vlodrop, The Netherlands
- Aug 15, 1997 Lecture: Maharishi Ayurveda for Perfect Health, Berlin, Germany
- Aug 16 - 23, 97 Maharishi Ayurveda Consultations, Berlin, Germany
- Aug 24–Oct 18, 97 Maharishi Vedic Approach to Health Consultations, Panchakarma Programs, Vlodrop, The Netherlands
- Oct 19 – 21, 1997 Maharishi Ayurveda Consultations, Stuttgart, Germany
- Oct 22 – 23, 1997 Maharishi Ayurveda Consultations, Vlodrop, Germany
- Oct 24 – 28, 1997 Course on Maharishi Yoga Asanas and Maharishi Consultations, Seelisburg, Switzerland
- Oct 29 – 30, 1997 Maharishi Ayurveda Consultations, Vlodrop, The Netherlands
- Oct 31, 1997 Lecture: Maharishi Ayurveda for Good Health, Rome, Italy
- Nov 1 - 5, 1997 Maharishi Ayurveda Consultations, Rome, Italy
- Nov 6 – 10, 1997 Maharishi Self Pulse Reading for Good Health and Consultations, Napoli, Italy
- Nov 11 – 16, 1997 Maharishi Ayurveda Consultations, Cervia, Italy
- Nov 17, 1997 Maharishi Ayurveda Lecture, Verona, Italy
- Nov 18 - 23, 1997 Maharishi Ayurveda Consultations, Verona, Italy
- Nov 24, 1997 Maharishi Ayurveda Consultations, Bologna, Italy
- Nov 25 – 26, 1997 Maharishi Ayurveda Consultations, Verona, Italy
- Nov 27 – 30, 1997 Maharishi Ayurveda Consultations, San Pellegrino, Italy
- Dec 1, 1997 Maharishi Ayurveda Consultations, Milano, Italy
- Dec 2, 1997 Lecture: Maharishi Vedic Approach to Health, San Pellegrino, Italy
- Dec 3 - 7, 1997 Maharishi Ayurveda Consultations, San Pellegrino, Italy
- Dec 8, 1997 Maharishi Ayurveda Consultations, Bergamo, Italy
- Dec 9, 1997 Maharishi Ayurveda Consultations, Brunate, Italy
- Dec 10, 1997 Maharishi Ayurveda Consultations, Genova, Italy
- Dec 11 – 18, 1997 Maharishi Ayurveda Consultations, Brunate, Italy

- Dec 19 – 31, 1997 Maharishi Vedic Approach to Health Consultations, Valkenburg, The Netherlands

1996

- Jan 1 – Feb 8, 96 Maharishi Vedic Approach to Health Consultations, Panchakarma Program, Valkenburg, The Netherlands
- Feb 9, 1996 Lecture: Maharishi Ayurveda, Berlin, Germany
- Feb 10 - 18, 1996 Course on Maharishi Diet, Digestion and Nutrition, and Maharishi Ayurveda Consultations, Berlin, Germany
- Feb 19 – 29, 1996 Maharishi Ayurveda Consultations, Valkenburg, The Netherlands
- Mar 1, 1996 Lecture, Maharishi Vedic Approach to Health, Saarbrucken, Germany
- Mar 2 - 11, 1996 Maharishi Vedic Approach to Health, Saarbrucken, Germany
- Mar 12-Apr 23,96 Maharishi Vedic Approach to Health, Vlodrop, The Netherlands
- Apr 24–May 5,96 Maharishi Self Pulse Reading Course, Regensburg, Germany
- May 6 – 8, 1996 Maharishi Ayurveda Consultations, Munich, Germany
- May 9, 1996Lecture: Maharishi Ayurveda, Berlin, Germany
- May 10 - 25, 1996 Maharishi Ayurveda Consultations, Self-Pulse Reading Course, Berlin, Germany
- May 26 – 28, 1996 Maharishi Ayurveda Consultations, Munich, Germany
- May 29–Jun 11,96 Maharishi Ayurveda Consultations and Courses, Vlodrop, The Netherlands
- Jun 12, 1996Lecture: Maharishi Ayurvedic Approach to Health, Dusseldorf, Germany
- Jun 13 – 27, 1996 Maharishi Panchakarma Program, Vlodrop, The Netherlands
- Jun 28, 1996Lecture: Maharishi Ayurveda, Trinidad, West Indies
- Jun 29 – 30, 1996 Maharishi Self Pulse Reading Course, Trinidad, West Indies
- Jul 1 – 5, 1996 Maharishi Ayurveda Consultations, Trinidad, West Indies
- Jul 6 – 8, 1996 Maharishi Diet, Digestion and Nutrition Course, Trinidad, West Indies
- Jul 9 - 23, 1996 Maharishi Ayurveda Consultations, Trinidad, West Indies
- Jul 24, 1996 Lecture: Maharishi Vedic Approach to Health, Guadeloupe, Caribbean Islands
- Jul 25 – 28, 1996 Maharishi Ayurveda Consultations, Guadeloupe, Caribbean Islands
- Jul 29 – 31, 1996 Maharishi Self Pulse Reading Course, Guadeloupe, Caribbean Islands

- Aug 1 - 8, 1996 Maharishi Ayurveda Consultations, Guadeloupe, Caribbean Islands
- Aug 9 – Sep 11, 96 Maharishi Ayurveda Consultations, Vlodrop, The Netherlands
- Sep 12, 1996 Lecture: Maharishi Ayurveda, Ashbury Park, New Jersey, USA
- Sep 13 - 16, 1996 Maharishi Ayurveda Consultations, Ashbury Park, New Jersey, USA
- Sep 17, 1996 Lecture: Maharishi Ayurveda, Brook Field, CT, USA
- Sep 18, 1996 Maharishi Ayurveda Consultations, Brook Field, CT, USA
- Sep 19 – 22, 1996 Maharishi Ayurveda Consultations, Ashbury Park, New Jersey, USA
- Sep 23, 1996 Lecture: Maharishi Ayurveda, Bellevue, Washington, USA
- Sep 24 - Oct 3, 96 Maharishi Ayurveda Consultations, Bellevue, Washington, USA
- Oct 4, 1996 Lecture: Maharishi Vedic Approach to Health, Boise, Idaho, USA
- Oct 5 - 9, 1996 Maharishi Ayurveda Consultations, Boise, Idaho, USA
- Oct 10 – 17, 1996 Maharishi Ayurveda Consultations, Chicago, Illinois, USA
- Oct 18 – 24, 1996 Maharishi Panchakarma Program and Consultations, Fairfield, Iowa, USA
- Oct 25 – 27, 1996 Maharishi Vedic Approach to Health, Indianapolis, Indiana, USA
- Oct 28 – 31, 1996 Maharishi Ayurveda Consultations, Chicago, Illinois, USA
- Nov 1 – 3, 1996 Maharishi Ayurveda Consultations, Omaha, Nebraska, USA
- Nov 4 – 5, 1996 Maharishi Ayurveda Consultations, Chicago, Illinois, USA
- Nov 6, 1996 Lecture: Maharishi Ayurveda, Detroit, Michigan, USA
- Nov 7 - 10, 1996 Maharishi Ayurveda Consultations, Detroit, Michigan, USA
- Nov 11 – 13, 1996 Maharishi Ayurveda Consultations, Chicago, Illinois, USA
- Nov 14 – 17, 1996 Maharishi Ayurveda Consultations, Seattle, Washington, USA
- Nov 18, 1996 Maharishi Ayurveda Consultations, Pacific Palisades, California, USA
- Nov 19 - 27, 1996 Maharishi Ayurveda Consultations, Pacific Palisades, California, USA
- Nov 28 – 30, 1996 Maharishi Ayurveda Consultations, Cobb Mountains, California, USA
- Dec 1 – 7, 1996 Maharishi Ayurveda Consultations, Palo Alto, California, USA
- Dec 8, 1996 Maharishi Ayurveda Consultations, San Jose, California, USA
- Dec 9 – 12, 1996 Maharishi Ayurveda Consultations, Sacramento, California, USA
- Dec 13 – 22, 1996 Maharishi Ayurveda Consultations, Palo Alto, California, USA
- Dec 23, 1996 Maharishi Ayurveda Consultations, San Francisco, California, USA

- Dec 24, 1996 Maharishi Ayurveda Consultations, Berkley, California, USA
- Dec 25, 1996 Visit to Yosemite, California, USA
- Dec 26 -27, 1996 Maharishi Ayurveda Consultations, Palo Alto, California, USA
- Dec 28 – 31, 1996 Maharishi Ayurveda Consultations, San Diego, California, USA

1995

- Feb 6 - 10, 1995 Course - Ayurvedic Pulse Technique for health professionals in Vienna, Austria
- Feb 11-16, 1995 Ayurvedic consultations with Dr. Lothar Krenner, Vienna, Austria
- Feb 17-21, 1995 Ayurvedic Consultations with Dr. Walter Molk, Vienna, Austria
- Feb 22, 1995 Lecture on Maharishi Vedic Approach to Health – including Ayurveda for Medical Students, Szeged Medical School, Szeged, Hungary
- Feb 23 – 27, 1995 Ayurvedic Consultations and lectures for public, Szeged, Hungary
- Feb 28, 1995 Ayurvedic Nutrition lecture at Pécs, Hungary
- Feb 29, 1995 Ayurveda for Optimum Health Lecture, Pécs, Hungary
- Mar 1, 2, 1995 Ayurvedic Wellness Consultations at Pécs, Hungary
- Mar 3, 1995 Ayurvedic Lecture at Kecskemét Townhall, Kecskemét, Hungary
- Mar 4-7, 1995 Ayurvedic Pulse Technique course, Kecskemét, Hungary
- Mar 8, 1995 Lecture on Ayurveda and Maharishi Vedic Health, Budapest, Hungary
- Mar 9, 10, 1995 Ayurvedic Consultations, Budapest, Hungary
- Mar 11 & 12, 95 Ayurvedic Pulse Technique course, Budapest, Hungary
- Mar 13 – 15, 95 Ayurvedic Wellness Consultations with Dr. Walter Molk, Vienna, Austria
- Mar 16 – 20, 95 Ayurvedic Diet, Digestion and Nutrition for general public, Vienna, Austria
- Mar 21-26, 95 Ayurvedic Wellness Consultations with Dr. Lothar Krenner, Vienna, Austria
- Mar 27 – 29, 95 Yoga Asana Training, Kecskemet, Hungary
- Mar 30, 1995 Lecture: Ayurveda and Perfect Health, Kecskemet, Hungary
- Mar 31–Apr 5, 95 Course – Ayurvedic Diet, Digestion and Nutrition, Meditation Group, Kecskemet, Hungary
- Apr 6, 1995 Lecture – Ayurvedic Home Remedies for optimum health, Pécs, Hungary
- Apr 7 – 13, 1995 Ayurvedic Wellness Consultations, Pécs, Hungary

- Apr 14 – 16, 1995 Course – Self Pulse Reading for Optimum Health for Health Professionals, Pécs, Hungary
- Apr 17, 1995 Lecture – Maharishi Vedic Approach to Health – Town Hall, Miskolc, Hungary
- Apr 18 -24, 1995 Ayurvedic Wellness Consultations – Maharishi Ayur-Veda Consultations, Miskolc, Hungary
- Apr 25, 1995 Lecture – Ancient Vedic Knowledge of India – Szeged, Hungary
- Apr 26, 1995 Meeting Budapest Mayor with Press Reporters, Budapest, Hungary
- April 27-28, 1995 Course – Self Pulse Reading for General Public, Szeged, Hungary
- Apr 29 – 30, 1995 Maharishi Vedic Approach to Health Consultations, Szeged, Hungary
- May 1, 1995 Lecture – Natural Approach to Health and Wellness for Meditators and Siddhas, Budapest, Hungary
- May 2 – 5, 1995 Ayurvedic Wellness Consultations, Budapest, Hungary
- May 6 – 9, 1995 Course – Self Pulse Reading for Optimum Health and Wellness, Budapest, Hungary
- May 10, 1995 Lecture – Maharishi Vedic Approach to Health for Chronic Diseases for Health Professionals, Szeged, Hungary
- May 11 – 13, 1995 Ayurvedic Wellness Consultations, Szeged, Hungary
- May 14 - 16, 95 Course – Diet, Digestion and Nutrition, Szeged, Hungary
- May 17, 1995 Lecture – Healing Through Natural Way – An Maharishi Approach to Health – Nyíregyháza, Hungary
- May 18 – 20, 95 Ayurvedic Wellness Consultations, Nyíregyháza, Hungary
- May 21 – 23, 95 Course – Self Pulse Reading for Health and Wellness – Nyiregyhaza, Hungary
- May 24, 1995 Lecture – Maharishi Ayur-Veda – An Ancient Healing Arts – Hajdúszoboszló, Hungary
- May 25 – 30, 95 Ayurvedic Wellness Consultations, Hajdúszoboszló, Hungary
- Jun 1-2, 1995 Course – Ayurvedic Diet, Digestion and Nutrition for Perfect Health – Hajdúszoboszló, Hungary
- Jun 3, 1995 Lecture – Maharishi Vedic Approach to Health, Szeged, Hungary
- Jun 4 – 8, 1995 Course on Ayurvedic Diet, Digestion and Nutrition, Szeged, Hungary
- Jun 9 – 11, 1995 Ayurvedic Wellness Consultations, Szeged, Hungary
- Jun 12, 1995 Lecture – Maharishi Approach to Health, Vienna, Austria
- Jun 13, 1995 Ayurvedic Wellness Consultations, Vienna, Austria

- Jun 14, 1995 Lecture – Maharishi Vedic Approach to Health, Baja, Hungary
- Jun 15, 1995 Ayurvedic Wellness Consultations, Baja, Hungary
- Jun 16 -17, 1995 Ayurvedic Wellness Consultations, Budapest, Hungary
- Jun 18-20, 1995 Course – Diet, Digestion and Nutrition in Ayurveda, Budapest, Hungary
- Jun 21, 1995 Lecture – Maharishi Ayurvedic Approach to Health, Pécs, Hungary
- Jun 22-23, 1995 Ayurvedic Wellness Consultations, Pécs, Hungary
- Jun 24-25, 1995 Course – Self Pulse Reading for Good Health, Pécs, Hungary
- Jun 26, 1995 Lecture – Maharishi Ayur-Veda, Miskolc, Hungary
- Jun 27-28, 1995 Ayurvedic Wellness Consultations, Miskolc, Hungary
- Jun 29 -30, 1995 Course – Self Pulse Reading for Good Health, Kecskemét, Hungary
- Jul 1, 1995 Lecture – Importance of Maharishi Ayur-Veda – An Holistic Approach to Health, Budapest, Hungary
- Jul 2-4, 1995 Ayurvedic Wellness Consultations, Budapest, Hungary
- Jul 5 – 20, 1995 Tangutur, Andhra Pradesh, India
- Jul 21, 1995 Press Meet regarding development of Ayurveda in Abroad at Hyderabad, Andhra Pradesh, India
- Jul 22 – Aug 8, 95 Maharishi Nagar, New Delhi, India
- Aug 9 – Sep 6, 95 Maharishi Vedic Approach to Health – Chronic Disease program Training with Ashta Vaidyas from Divakaran Moos, Nambi, Valkenburg, The Netherlands
- Sep 7-8, 1995 Maharishi Vedic Approach to Health – Chronic Disease Program Consultations with Dr. J.R. Raju, Arona, Italy
- Sep 9-10, 1995 Maharishi Vedic Approach to Health – Chronic Disease Program Consultations with Dr. J.R. Raju, Verona, Italy
- Sep 11-12, 1995 Maharishi Vedic Approach to Health – Chronic Disease Program Consultations with Dr. J.R. Raju, Milano, Italy
- Sep 13, 1995 Maharishi Vedic Approach to Health – Chronic Disease Program Consultations with Dr. J.R. Raju, San Pellegrino, Italy
- Sep 14-15, 1995 Maharishi Vedic Approach to Health – Chronic Disease Program Consultations with Dr. J.R. Raju, Brescia, Italy
- Sep 16- Oct 26, 95 Maharishi Vedic Approach to Health – Chronic Disease Program Consultations and Panchakarma Program with Ashta Vaidyas, Valkenburg, The Netherlands
- Oct 27, 1995 Lecture – Maharishi Vedic Approach to Health – Kiel, Germany
- Oct 28-31, 1995 Chronic Disease Program Consultations, Kiel, Germany
- Nov 1, 1995 Lecture – Maharishi Chronic Disease Program – Lubeck, Germany

- Nov 2-3, 1995 Chronic Disease Program Consultations, Lubeck, Germany
- Nov 4-5, 1995 Course – Self Pulse Reading for Good Health, Lubeck, Germany
- Nov 6, 1995 Lecture – Maharishi Chronic Disease Program for Health Professionals, Berlin, Germany
- Nov 7-10, 1995 Course – Self Pulse Reading for Good Health, Berlin, Germany
- Nov 11-15, 1995 Maharishi Vedic Approach to Health Consultations, Berlin, Germany
- Nov 16, 1995 Lecture – Maharishi Ayur-Veda, Potsdam, Germany
- Nov 17-18, 1995 Ayurvedic Consultations, Potsdam, Germany
- Nov 19, 1995 Lecture – Chronic Diseases and Management – Hildesheim, Germany
- Nov 20, 1995 Ayurvedic Wellness Consultations, Hildesheim, Germany
- Nov 21, 1995 Lecture – Maharishi Ayur-Veda, Braunschweig, Germany
- Nov 22-24, 1995 Course – Self Pulse Reading for Good Health, Braunschweig, Germany
- Nov 25, 1995 Ayurvedic Wellness Consultations, Braunschweig, Germany
- Nov 26, 1995 Lecture – Maharishi Vedic Approach to Health, Oberstenfeld, Near Stuttgart, Germany
- Nov 27-28, 1995 Consultations on Maharishi Vedic Approach to Health, Oberstenfeld, Near Stuttgart, Germany
- Nov 29-30, 1995 Course – Self Pulse Reading for Good Health, Oberstenfeld, Near Stuttgart, Germany
- Dec 1, 1995 Lecture – Ayurvedic Approach to Health and Wellness, Tübingen, Germany
- Dec 2-3, 1995 Consultations on Maharishi Vedic Approach to Chronic Diseases, Tübingen, Germany
- Dec 4-5, 1995 Course – Diet, Digestion, Nutrition for Optimum Health, Tübingen, Germany
- Dec 6, 1995 Ayurvedic Wellness Consultations, Heilbronn, Germany
- Dec 7, 1995 Lecture – Maharishi Vedic Approach to Health, Regensburg, Germany
- Dec 8-10, 1995 Consultations on Maharishi Approach to Chronic Diseases, Regensburg, Germany
- Dec 11, 1995 Lecture – Maharishi Ayur-Veda, Darmstadt, Germany
- Dec 16, 1995 Lecture: Maharishi Vedic Health, Saarbrücken, Germany
- Dec 17 – 18, 1995 Course on Self Pulse Reading, Saarbrücken, Germany
- Dec 19, 1995 Maharishi Ayurveda Consultations, Saarbrücken, Germany
- Dec 20 Lecture: Maharishi Vedic Approach to Health and Wellness, Frankenthaler, Germany

- Dec 21 - 22, 1995 Maharishi Ayurveda Consultations, Frankenthaler, Germany
- Dec 23 – 25, 1995 Ayurveda Consultations, See Bach (Black forest), Germany
- Dec 26, 1995 Lecture: Maharishi Vedic Approach to Health, See Bach, Germany
- Dec 27 – 31, 1995 Ayurveda Consultations, See Bach (Black forest), Germany

1994

- Jan 1 – Aug 3, 1994 - Lecturer, NKJ, Ayurvedic Medical College, Bidar, Karnataka, India, Private Practice – Ayurvedic Consultations in Bidar, Karnataka, India
- Aug 5 - Oct 31, 1994 - Intensive Training in Maharishi Ayur-Veda and Vedic Approach to Health, Maharishi Nagar, New Delhi, India
- Nov 1, 94 -5 Feb,1995 Advanced Training in Maharishi Vedic Sciences, including Transcendental Meditation, Siddhi Programs, Advanced Techniques of Meditation with His Holiness Maharishi Mahesh Yogi, Vlodrop, The Netherlands

1993

- Jan 1 – Dec 31, 93 Lecturer, NKJ, Ayurvedic Medical College, Bidar, Karnataka, India, Private Practice – Ayurvedic Consultations in Bidar, Karnataka, India

1992

- Jan 1 – Dec 31, 92 Lecturer, NKJ, Ayurvedic Medical College, Bidar, Karnataka, India, Private Practice – Ayurvedic Consultations in Bidar, Karnataka, India

1991

- Jan 1 – Dec 31, 91 Lecturer, NKJ, Ayurvedic Medical College, Bidar, Karnataka, India, Private Practice – Ayurvedic Consultations in Bidar, Karnataka, India

1990

- Jan 1 – Nov 10, '88 Studied Post Graduation (MD) 3rd year - in Ayurveda at Government Akhandanand Ayurvedic College and Hospital, Ahmedabad, India
- March 5, 1991 Banaras Hindu University, Institute of Medical Sciences, Varanasi, India, Presented for Platinum Jubilee National Seminar on Recent Advances in Kayachikitsa,: “Efficacy of Ayurvedic Medicine in Bronchial Asthma”.
- May 2, 1991 Podar Ayurvedic Medical Institutions, Bombay, India, Presented for Golden Jubilee 1941-1991: “Clinical Study of Devadaru Compound in Tamak Swasa”.

1989

- Jan 1 – Dec 31, 88 Studied Post Graduation (MD) 2nd year - in Ayurveda at Government Akhandanand Ayurvedic College and Hospital, Ahmedabad, India

1988

- Jan 1 – Jun 31, 88 Houseman ship (Internist), Dr. A.L. Government Ayurvedic Hospital, Vijayawada, Andhra Pradesh, India
- Jul 4, 1988 Post graduation Examination at Gujarat Ayurved University, Jamnagar, India
- July 6, 1988 Post graduate Examination at Banaras Hindu University, Banaras, India
- July 15–Aug 11, 88 Clinical Intern at Government Hospital in Machilipatnam, Krishna District, Andhra Pradesh, India
- Aug 12–Dec 31, 88 Studied Post Graduation (MD) 1st year in Ayurveda at Government Akhandanand Ayurvedic College and Hospital, Ahmedabad, India

INTERNATIONAL TRAVELS

AUSTRIA

2/1995 – 3/1995

Taught Ayurveda courses, delivered lectures for general public, offered consultations at Vienna.

CANADA

9/1998 – 11/1998; 6/1999 – 8/1999; 11/2012; 2/2013

Offered Ayurvedic wellness consultations, lectures, workshops for general public, courses on Ayurvedic pulse technique; diet, digestion and nutrition; and Yoga Asanas at Toronto, Ottawa, Waterville, Huntsville (Ontario), Edmonton, Nelson, Christina Lake, Rock Creek, Kelowna, Vancouver, Victoria, (British Columbia) Compton, Waterville, Montreal (Quebec), Moncton, Saint Louis (New Brunswick)

UNITED KINGDOM

8/ 1999 – 1/2000; 3/2000 – April 2000

Offered Ayurvedic consultations, lectures, courses, workshops, and seminars for general public at Skelmersdale, Badingham, London, Mentmore, Durham, Ledburn, Buckinghamshire, Rydon Hall, and Richmond. Interviewed on BBC's breakfast television, several news interviews.

FRANCE

5/1998

Offered Ayurvedic wellness consultations, lectures at Rennes, Nantes.

GERMANY

10/1995 – 6/1996; 10/1997; 1/1998; 10/1999 – 11/1999

Offered Ayurvedic consultations, lectures, seminars, workshops, courses on Ayurvedic pulse technique, Diet, digestion and nutrition, Ayurvedic prevention course, Yoga Asanas at Kiel, Lubeck, Berlin, Potsdam, Hildesheim, Braunschweig, Oberstenfeld, Heilbronn, Tubingen, Regensburg, Darmstadt, Saarbrucken, Bonn, Bad Ems, Frankenthaler, Seebach, Munchen, Dusseldorf, Stuttgart, Schleddehausen, Munster, and Hannover.

GUADELOUPE

8/1996

Offered Ayurvedic consultations and lectures. Meeting with Mayor of Guadeloupe.
Taught Ayurvedic Pulse Diagnosis course.

HUNGARY

4/1995 – 6/1995

Offered Ayurveda consultations, courses, workshops, seminars, and lectures, at Budapest, Debrecen, Miskolc, Szeged, Pécs, Győr, Nyíregyháza, Kecskemét, Szolnok, and Hajdúszoboszló. Meetings with Budapest and Kecskemét Mayor, appeared on television, news interviews.

IRELAND

4/2000

Offered Ayurvedic consultations and lectures at Dublin.

ITALY

9/1995; 10/1997 – 12/1997; 11/1998 – 12/1998

Offered Ayurvedic wellness consultations, workshops, courses, seminars, lectures for general public and health professionals at Arona, Verona, Milano, San Pellegrino, Brescia, Bologna, Napoli, Rome, Cerivia, Carono, Balluno, Brunate Torino, and Genova

PORTUGAL

11/2000

Offered Ayurvedic consultations and lectures at Lisbon.

SCOTLAND

11/1999

Offered Ayurvedic consultations and lecture at Glasgow.

SPAIN

12/2000

Offered Ayurvedic consultations and lectures at Madrid, and Barcelona.

SWITZERLAND

10/1997

Offered Ayurvedic consultations and Yoga Asana course.

THE NETHERLANDS

11/1994 – 1/1995; 8/1995 – 9/1995; 5/1996 – 6/1996

Completed advanced studies in Maharishi Vedic Medicine with Tony Nader, M.D., Ph.D., International President of Maharishi Ayur-Veda Universities. Offered courses on Ayurveda and Yoga, consultations, workshops, lectures, Panchakarma, consultations, Ayurveda training program for health professionals at Vlodrop, and Valkenburg.

TRINIDAD

6/1996 – 7/1996

Offered Ayurvedic wellness consultations, lectures for general public, diet, digestion and nutrition course, Ayurvedic pulse technique course, interviewed several news interviews at Trinidad.

U.S.A.

9/1996 – 2/1997; 1/2000 – 3/2000; 4/2000 – 10/2000; 12/2001 to present

Offered consultations, lectures, workshops, seminars, courses on Ayurveda for general public, and health professionals at various states and cities around USA.

JAMAICA

3/2005

Offered Ayurvedic educational courses, lectures and wellness consultations at Kingston, courses on fundamentals of ayurveda, diet, digestion and nutrition; Vegetarian Cooking Class and Ayurvedic Yoga course. News interviews.

PERU

9/2016

Taught 40-hours Intensive Ayurvedic Certification course for Integrative medical doctors, massage therapists, yoga teachers and general public and offered ayurveda wellness consultations.

COSTA RICA

12/2016

Visited various yoga studios.

COLOMBIA

2014 & 2017

Invited speaker for the World Congress on Complementary and Alternative Medicine at Medline, Cartagena, Colombia

MEXICO

June 2018

Visited Cancun

GREECE

March 1-3, 019

Organized 30th International Conference on “Ayurveda, Yoga, Spirituality” March 1 – 3, 2019 at Aegina Island, Greece

BERMUDA

June 22 – 27, 2019

Organized 31st International Conference on “AyuYoga for Radiant Health” Royal Caribbean Cruise, Bermuda

TESTIMONIALS

We have had the good fortune of meeting Dr. Shekhar Annambhotla and benefiting from his care. His years of authentic Ayurvedic medical training make his practice a special gift to any community- Keith Thompson, President, PBM, Waccabuc, New York

Knowing Dr. Shekhar Annambhotla as an Ayurvedic consultant and as a person was all the most rewarding. His advice on the way to follow Nature's rhythm complemented with some herbal food supplements brought peace and tranquility to my mind and has dissolved allergic disorders deeply rooted in me - Francesc Garriga, Ph.D., Molecular Genetics Barcelona, Spain

Atmosphere of joyful learning... Dedication to students and Ayurveda theory. Lisa Bryan, Yoga Instructor, Allentown, PA.

Dr. Annambhotla is obviously someone who cares very deeply about good health, diet, and Ayurvedic medical principles. As a patient with Hepatitis C, I have called on him regularly for advice and consultation, which he has given enthusiastically and freely. I look forward to a long, healing relationship- Steve Knox, Teacher, Lansdowne, Pennsylvania

Small group size that allowed moments for questions and reflection on what was taught... Sharing the delicious meal to expose us to Ayurvedic principles, tastes, and spices - Erin Follweiler, Yoga Instructor and Nutritionist, Orefield, PA

Dr. Shekhar, I wanted to truly thank you for the time you took to administer the Panchakarma therapy this past June. I would have never thought an Ayurvedic Doctor of your qualifications and experience would be found in Eastern Pennsylvania. I have had numerous improvements in my health since the treatments concluded. The most pronounced and remarkable being in the quality of my sleep. I believe this to be related to the amazing Shirodhara therapy where the warm aromatic herbal oil slowly was drizzled on my forehead. During each session, I found myself melting into unconsciousness after just a few minutes. After thorough discussion with you, I am convinced that Shirodhara is one of the quickest ways for a layperson to enter into a meditative state and/or change the brainwave patterns into the more relaxed Alpha/Theta state. In the west this can be difficult. Even spending much time meditating cannot lead to the desired results, as the western mind can be like an unruly disobedient child, difficult to calm. I also believe the application of Shirodhara for people suffering from sleep problems and insomnia to have excellent potential- especially for those seeking a safe alternative from the dangerous and habit forming synthetics. Dr. Shekhar, please continue with the great work you are doing. I look forward to seeing you in India in January." Gabriel Lynch, PA

"I recently had a 12 day Pancha Karma experience that was set up and carried out by Dr. Shekhar. It was a very good experience because of the excellent care that I received. There were many positive things that happened and they happened because Dr. Shekhar was organized, diligent about answering questions and explaining things to me, and consistent about calling my home to see if I needed anything. Everything was handled in a kind and gentle manor. The treatments I received were done well. I loved the oil massages and new things that I got to try! Dr. Shekhar cooked lunch for me and each meal was delicious! It made me interested in his way of cooking and I will follow that up by attending one of his cooking classes. In the meantime, I'm experimenting at home. I notice some positive changes in my skin, my pulse is slower and I feel more peaceful, and, of course, the bowel movements/digestion seem to have improved." Cheryl, PA

"Thank you so much for the wonderful treatment. I appreciated the time that you took with me, as well as the kind and supportive words of encouragement and support as I released so much. You targeted directly the regions that needed the most help in a powerful, balanced, and nurturing fashion. Namaste." Christy, NY

"I am truly thankful for your accurate and competent medicines. My mom first time looked at a Doctor with faith and tried the medicines from yesterday! I massaged her shoulder and knees yesterday evening. She woke up without pain in her right arm for the first time in months! She had no side reactions (laxative effects/ dizziness/ abnormal feelings, etc). I am very thankful to you and your knowledge to detect the problem of your patients. After few days, we will call you to inform her progress. We are very happy to see the good results from the first day. I hope she gets well soon. Again, thank you very much Dr. Shekhar for your kind and special service to us. Specially thank you for the kind discount that you gave us. Wish you good luck for your future and for helping the communities. Have a nice day. Thanking you, yours truly," Ameer, PA

"Thank you so much for your time and energy yesterday. It was very good to see you and I enjoyed our session very much. It was so generous of you to share your lunch with me and very much a surprise. Thank you for taking care of all of me! I know you said to take a bath with Epsom salts when I got home, but I took a shower instead. I felt so relaxed when I got out of the shower that I laid down on my bed on my back and fell asleep for 30 to 40 minutes. I never sleep on my back, ever! So, that's how tired I was. I felt very invigorated and energized when I woke up and enjoyed the rest of my evening. I'm excited to keep going on this track. Thank you again for all of your support. I am feeling very encouraged about the path I'm on and about doing the work needed to stick to it." Sandy, PA

"I enjoyed the massage and steam very much, my body was so relaxed afterwards that it wouldn't let my mind go too fast. Also, I did not experience any night sweats last night during sleep, it was wonderful." Barbara, PA

"I thank you so much for the care and treatment you gave to me this week as part of my Pancha Karma treatment. You have so much knowledge, which you are also so able to share with humor and wit. Your kind and caring disposition makes you an excellent doctor. I feel privileged to have a consultation with you. I know Kripalu and other guests are lucky to have you. I appreciate also your careful attention to my situation. Your ability to pick out that, I needed to calm my nervous system. That means perfect sense to me. I hope all goes well for you on your days and weeks ahead and that I won your path again. Many thanks" Fran Henry, MA

"I wanted to let you know that I feel great since starting the herbs. I had a full period for the first time in 6 months and I have been going to the bathroom regularly in the mornings, also for the first time in my life!! My tongue is looking a bit cleaner. Thank you again so much for your help." Laney, Hawaii

"I am so relieved. My back feels so loose and at ease. No more achy-ness, or queasiness. Feels so good to not have that. Now I realize how tightly I've been holding it, my hips ached too, now that is gone. There is an ease in walking I've not had in a while. So many thanks for your treatment. My back is still wonderfully oily...I won't want to shower that away tomorrow! You are a good son!!!!!!!!!!!!!! Namaste," Linnea, PA

"Shekhar has the bedside manner of your best friend. He listens patiently with a cheerful demeanor, while showing unusual enthusiasm in wanting to solve my problems. His Ayurvedic remedies have greatly improved my energy level, digestion process, and elimination process. I eagerly anticipate being his patient for years to come and feel truly grateful I have met him." Vince, PA

"My experience with Pancha Karma was life changing! I haven't felt this good in over ten years. For the past ten years I have not been able to tolerate vegetables (even when cooked) or fruits. I have extreme difficulty with elimination, very constipated and recently much joint pain. My abdomen was so bloated I could hardly fit into my clothes. Also I craved sweets, especially when stressed, which is often. Dr. Shekhar is amazing!! He worked extremely hard to eliminate the toxins from my body. He tailored a program for me and my needs. I began to see results by day two. Elimination began to go smoothly, my abdomen is no longer bulging, and my joints are no longer bothering me. My eyes are not as dry and the lines in my brow are disappeared. My husband says I look good! I can enjoy vegetables and fruits - no more cramping or extreme gas and gas pain. I have more

energy in the morning and all day. I was so relaxed Dr. Shekhar almost had to peel me off the table. Dr. Shekhar put his heart and soul into the preparation of meals every day. The food was excellent and satisfying and my craving of sugar has vanished. Dr. Shekhar performs the most amazing deep tissue massage I've ever experienced, again putting heart and energy into the healing of the body. Thank you for getting me on the path to healing and good health. I look forward to continuing the healing journey with you. Namaste."
Valerie, PA

"I hope this note finds you in good health and with all being well with you and the family. I just wanted to say thank you! The body massage was so relaxing and soothing. I don't know why I did not do this sooner. I became more mentally focused and so relaxed that it inadvertently changed by relationships with those who are close to me. I can't wait for my next appointment. See you soon. Warmest Regards," Adjoa, PA

"I thought that each phase of this experience was so powerful. I especially liked laying on the floor and having my body release tension (that I didn't even know I had!) before beginning the massage. That allowed me to have a much deeper release a more powerful experience during the massage. Dr. Shekhar's prayer and blessing at the beginning of the session also allowed me to soften into the massage that my body could let go of layers of layers of deeply stoned tension. His gentle touch combined with his strong hands, the smell of the oils, the warmth of the oil on my body, and the vigorous kneading of muscles and Marma Points - all of these there resulted in my experiencing the deepest and most relaxing, most powerful massage I have ever had. I gained a better understanding of the tension stored in my body and yoga and Ayurveda work together to support us on this journey to awakening. I also experienced very quiet mind and the state of meditation at the end of the session - that is always life-changing." Karen C. Binghamton, NY

"It helps me be more aware of my body and spirit. It also helps me relax and feel better physically." Julie, PA

"This was my first experience with Ayurvedic massage and body work. I feel relaxed and grounded. Energized! Marma points - that the places that hurt the most are where my energy is blocked. Also that Dr. Shekhar realized from how I carry my body reflects my mind. I am going to remember that how I carry my body governs how my mind feels to feel open, strong and active. I must not hunch my shoulders and hang my neck." Sandy, PA

"During my time at MMI, I had the unique opportunity to learn from an Ayurvedic master, Dr. Shekhar Annambhotla. Although Dr. Shekhar began as my supervisor for our internship and externship program, his time and efforts extended beyond, to prove him a dedicated and amazing mentor. Dr. Shekhar's door is always open for ayurvedic advice

and his friendly demeanor, cheerful smile and loving heart extends to each of his students and his patients. He has the patience of a saint and teaches you not only to treat a patient, but to care for the person and to listen to your inner wisdom. I greatly appreciate all of Dr. Shekhar's expertise, time and talent in guiding me throughout my clinical training at MMI. I look forward to further learning from Dr. Shekhar on his incredible clinical internship in India in 2010. I am blessed to have him as a mentor and a friend. Namaste," Julie A. Cerrato, PhD, CYT, AP, CAT, Mount Madonna Institute College of Ayurveda

"Thank you for your guidance and wealth of knowledge that you shared during this internship. I really appreciate how dedicated you were to being available to us at any time of the day and your enthusiasm throughout this process! Your mentorship has greatly prepared me to begin my Ayurvedic practice. Namaste." Danielle Knight, Mount Madonna Institute – College of Ayurveda, Santa Cruz, California

"Thank You! So much for all your time and attention during the internship program. I found my consultations with you to be so informative. Your ability to help guide me to find the root source of imbalance with my clients was so effective. You explained so clearly how to communicate and navigate challenging subjects with my clients. Your patience, knowledge & experience have been an invaluable asset in my journey to being an effective Ayurvedic practitioner. Thank You Deeply and Sincerely," Pilar Chandler HHP, LMT, Mount Madonna Institute – College of Ayurveda, California

"I want to thank you for giving me so much support with my initial consultations for externship clients. The feedback you gave was great. With each client we discussed I learned new things and saw how you honed in on what was really key to making a program which will work for the client. I appreciate the practical perspective you bring to this task and the little suggestions that really help make the program customized and appropriate to the client. I feel confident I can give the program to the client and have them feel excited about their lifestyle changes and have them gain new understanding of how they are impacting their own health with certain habits and how the environment can be changed to create more support for them. I am looking forward to seeing the changes in the clients and what the follow-ups will be like." Christine Tykeson, LMT, Mount Madonna Institute – College of Ayurveda, California

"Dr. Shekhar is my advisor for my externship. I very much look forward to my calls with Dr. Shekhar. I appreciate his strong intuitive sense while advising me on my client's health plans. Dr. Shekhar has illuminating perspectives and his enthusiastic attitude makes him very approachable. Overall, I had a very positive & professional experience in which I was encouraged to be well-rounded in my approach to treating clients. I was acknowledged for my strengths and encouraged to build in areas overlooked. Thank you

Dr. Shekhar for your time and support! Sincerely," Diana de Piñeres, Mount Madonna Institute's College of Ayurveda, San Francisco, CA

"Dear. Dr. Shekhar, I wish to express my gratitude and joy at having you as my supervisor during my internship program. It has been a great pleasure to have your knowledge and expertise in a one on one setting. You have provided me with a deeper understanding of the study of Ayurveda, challenging me to consider many aspects of a client consultation, and helping me to develop & construct a well-rounded assessment. You recognize and readily praise my strengths yet equally steer my weaknesses in the right direction. I feel prompted to expand and grow confident in my own knowledge and awareness. Your teaching style is both professional yet approachable. It is clear that you have unlimited enthusiasm for supporting the students. I'm happy that Mount Madonna is able to count you as faculty and I know that your contribution is an asset to the program."
Kalena O'Meally, CPFT , Ayurvedic Lifestyle Counselor Mount Madonna Institute –
College of Ayurveda, California

"Recently I had the pleasure of being a student of Ayurveda at Mount Madonna Institute under the tutorship of Dr. Shekhar Annambhotla. Not only were his lectures and teaching style friendly, informative and full of experiential knowledge, Dr Shekhar made good on his promises to continue our education process by being available to answer questions and requests long after our classes were completed. This accessibility has made him one of our favorite teachers and is a remarkable testament to his dedication toward spreading the knowledge of Ayurveda in the West." Raven Jones, Mt. Madonna College of Ayurveda, Watsonville, California

"It has been an honor and a privilege to have Dr. Shekhar Annambhotla as my externship supervisor. Dr. Shekhar's extensive knowledge and practical experience of Ayurveda as well as current issues in conventional medicine have been invaluable in helping me to create effective recommendations for my externship clients. I especially appreciate Dr. Shekhar's understanding of diverse cultures. My clients represent a significant cross section of the many ethnic cultures living here in the San Francisco Bay Area. Dr. Shekhar could quickly understand some of the cultural lifestyle constraints that would occasionally come up and helped me to find the appropriate solutions for my clients to apply Ayurveda to their lives while staying true to their own backgrounds. Sincerely, "
Suzanna Sarasvati, Mount Madonna Institute, College of Ayurveda Class of 2008-2009

"Presentation was magnificent. The food was excellent. The other people were a delight."
D.M.W., Newtown Square, PA

"Hands on experience, easy to follow along with recipes printed. I was able to take notes. The meal at the end was the best." Judy M. Wolfe, PA

"The presentation was very personable and easy to follow. I enjoyed the food tremendously. Thank you very much for the chance to participate. It was an excellent workshop. Keep up the great work." Christopher A. Krause, Allentown, PA

"The food was delicious and seemed easy to prepare." K.H., Bethlehem, PA

"He is the best. I liked the simple approach to cooking. Food was wonderful!" Mary, Milford, NJ

"The eating together at the end! The explanation of the food's properties as applied to your health." K.C., Allentown, PA

"Interaction between students and teacher, opportunity to learn food yoga in a relaxing, joyful environment." Lisa Bryan, Allentown, PA

"Pleasant, enjoyable, humorous attitude while you were teaching us how to cook in healthy way." P.M., Phoenixville, PA

"Cheerfulness of presenter, learning about Ayurvedic food preparation, size of group, delicious food, an atmosphere of cheerful and positive regard for students." Vincent Morello, Phoenixville, PA

"Demonstration and giving us a hand at cooking our own pancake; the food!" Kelly Halverson, PA

"Good information, Good flavors, Good company." Carol Iannantuono, PA

"Hands on demonstration / tasting, greater awareness about the Ayurveda health benefits to cooking / eating." Marian Bressner, Allentown, PA

"Delicious and delightful! My body feels relaxed and nourished. The mind has been fed good information." Lisa Bryan, Allentown, PA

"Thank you for putting together the booklet with the recipes and room to write notes. The class was fantastic and the food delicious. It was beneficial to see you go through the cooking steps and for us to also participate." Valerie Morton, New Tripoli, PA

"Eating & Learning with hands on experience." Erin Follweiler, Orefield, PA

"In the past I have been intimidated by my Indian cookbooks. Your cooking class gave me the opportunity to "make friends" with new textures, tastes and spices. I learned that Indian cooking can be fast, simple and fun & Delicious! "Zing!" Lori Ziegler, Plymouth meeting, PA

"I was very pleased with the simplicity of the recipes. Ingredients used are healthy, easy to find, and cost efficient. Dishes were not time consuming." K. Z. Bethlehem, PA

"Interesting combination and tasty" L.K.Z, PA

"The food went well together and gave me a feeling of energy! The recipes to take home." Kelly Halverson, PA

"Loved the recipes, loved the explanations given for ingredients used in each dish, especially if it had medicinal value, instructor's enthusiasm and love for healthy living is infectious - makes you want to work at it." Anonymous, Madison, NJ

"I very much liked the hands-on cooking and seeing how doable Ayurvedic knowledge is to bring into my life. Like Yoga I can imagine gently introducing the Ayurvedic practices in my life style for the rest of my days." Julia Dillman, West Chester, PA

"Hands-on + community of small group setting. Very integrated learning with moments of laughing, cooking, eating and sharing. Shekhar's energ-ee or ener-ghee - so beautiful to be around." Padmasri, Berkeley Heights, NJ

"Cooking presentation was fantastic! Presentation was very informative." Penny Williams, Millington, PA

"I liked the hands-on preparing meals with the group. I love the information Shekhar is willing to share. The theory is always wonderful and easy to assimilate." Paula DiGregorio, West Chester, PA

"Love the presentation filled with knowledge but presented in a simple way. It helps me to realize that cooking can be joyful and simple and can aspire to have wonderful health. Thank you for opening a new door for me" Charo Cabello, West Chester, PA

"I feel comfortable with you and your explanations. I am comfortable to ask questions." B. K., West Chester, PA

"Cooking class participation, I also was very impressed with Shekhar's knowledge of Ayurveda. I just really want to learn more!" C.P., Downingtown, PA

"Casual, friendliness, no rigidity, the class flowed nicely." Andrew DiGregorio, West Chester, PA

"Learning healthier ways to eat and a new perspective on foods." L.M., Ringwood, NJ

"Informal, friendly atmosphere, great food, very informative. It loved it all!" Amy Morris, Bloomsburg, PA

"I enjoyed the food preparation, conversation, delicious smells and interesting tastes. My love of Indian food is heightened once again by learning how to make some of these things. I liked watching the preparation since I cook nearly daily." S.E.M., Bethlehem, PA

"Very personal and friendly. Good food for the body and mind." B.G., Bethlehem, PA

"Learning how to prepare the wonderful and delicious dishes. Eating the wonderful foods. I found the class to be very inspiring to prepare Ayurvedic foods for my family. I also appreciated the suggestions to make preparation of foods easier." Susan, Orefield, PA

"Enjoyed the informative explanations of how food affects the different doshas." T.K. Knouse, Reading, PA

"The fun and joy, good company - fascinating information. Ease of food preparation. I truly enjoy Shekhar's light approach and sense of humor. The smells were wonderful and the taste even better." F.B.S., Reading, PA

"Dr. Shekhar's willingness to patiently explain what and why he was doing. The course was well thought out and organized." Chef, Boston, MA

"Very informative, regarding when to eat, what to eat - about seasonal diet - makes sense. Discussion of different personalities - individual Rx." Jeannette Alsoi, Coopersburg, PA

"Reinforcement of self-care and awareness" M.L. Bethlehem, PA

"Your knowledge and company of everyone and life stage and how it is so true." S.B, Easton, PA

"Good general basic background information. Easy to understand a topic I only knew a little about. Gave me a lot to think about!" R.M. Pennsylvania.

"You are very knowledgeable. The presentation was clear and informative, and yet presenting style is very friendly and personable." Anita Lahiri, New Hope, PA

"It gave me a deeper knowledge of the Ayurvedic way." L.M. Pennsylvania

"It was a thorough introduction to the overall concept of Ayurveda." Molly Priest Finley, Pennsylvania

"Very informative, great Powerpoint presentation." Anonymous

"Dr. Annambhotla's personal experience applying Ayurvedic concepts in his life and that of his patients" Anonymous

"Easy presentation relates well with oriental medicine - love the knowing of our connections in food / nature and body" Ondrea, Bethlehem, PA

"The opportunity to smile and laugh. Your explanations were very easy to understand and also to want to practice." Anna, Pennsylvania

"Knowing the three types and those energies and how they are synchronized with the times of the day." Padma, Marlboro, NJ

"Great information . . . a lot to think about." Christina, Allentown, PA

"It was very informative for someone with little knowledge of the subject." Jenny, Kutztown, PA

"Practical application of herbs." Amy, Bloomsburg, PA

"I enjoyed the anecdotal information and stories that highlighted the factual information about the herbs and spices." Ginny, PA

"Course was full of useful information and presented very well. I would highly recommend this course." Vicki, Bloomsburg, PA

"Dr. Shekhar is an excellent speaker, delivers the information in a very interesting way. Info is applicable to daily life." Amy, Reading, PA.

"I love the simple home remedies and benefits of spices." Paula, West Chester, PA

"Very comprehensive. The introduction was equally informative about many aspects of everyday life, conditions, and habits. How and why to change these was very illuminating, practical, and useful. Extraordinary workshop - so much more than I expected." Linnea, Wyomissing, PA

"It was another wonderful opportunity to learn from a real vaidya about this important branch of Ayurvedic medicine. I wish I could study with you much more often, my teacher and my friend." Jim, MS, CNS, Nutritionist at Canyon Ranch in the Berkshires, Lenox, MA

"Atmosphere of joyful learning, dedication to students and Ayurveda theory" Lisa, Allentown, PA

"Clear explanations, good slides, enthusiastic teaching style" Arti, Redmond, WA

"Small group size that allowed moments for questions and reflection on what was taught sharing the delicious meal to expose us to Ayurvedic principles, tastes, and spices." Erin, Orefield, PA

"Very interesting. Nice personality - easy to understand" Janice, Lenox, PA.

"It was a strong reinforcement and repetition to Swamini Mayatitananda's Wise Earth School, which I went to early October. Encouraged me to deepen my commitment to myself and my Sadhana". Julia, West Chester, PA

"I enjoyed the whole course. It was joyfully taught and I found it to be easily assimilated. Wonderful information to help clarify Vata, Pitta, Kapha and remedies that are simple to add for Women's health and longevity." Paula, West Chester, PA

"Topic information clearly presented. Lots of information. I felt the information shared was relevant to my current life cycle. I came away with many suggestions to help my transitional stage of life. Great. Thanks." K.A., Lenhartsville, PA.

"Explanation of what Ayurveda means. It was a good introduction to a new way to think about a healthy life style." M.G., New Tripoli, PA

"The simplicity of knowledge presented, the categories." Lynn Runge, Bloomsburg, PA

"Learning about the Doshas and hearing of the times of day they are present and suggestions on a healthier way to eat, sleep and live." S.P.D., PA

"Course material was very interesting and well presented. I can't wait to incorporate the information into my daily life!" Vicki Davenport, Bloomsburg, PA

"A wealth of practical ideas you can implement. Inspirational!" Ginny Mazzei, Benton, PA

"Information very interesting and new to me." D.P., Bloomsburg, PA

"Loved the ideas for everyday application - a gentle approach." Amy Morris, Bloomsburg, PA

"I liked the whole course and would like to learn more. Am interested in taking the year course and getting a certificate." Pamela, Reading, PA

"The setting - informal/friendly/comfortable environment - loved the tea/dates (Thank you). Liked the fact that we were able to ask questions - and have them answered! Knowledgeable instructor - presented in laymen terms." Catherin, Wyomissing, PA

"I find that each massage is different and Dr. Shekhar seems to know exactly what area needs the most attention. And the attention always corresponds to where my problem is. My ankles, feet, calves are always so tight, so I have worked on exercising them, but Dr. Shekhar has let me know that this symptomatic of stress and blocked colon that can be improved by a cleansing regimen. The knowledge of symptoms and causes is great information to use to improve my problems. Dr. Shekhar spends just enough time and I am finding his questions about my experiences as a result of the changes I am making to the way I eat and drink to be helpful and insightful. A better growing understanding of the connectedness of the systems in the body, mind and intention. An appreciation for vegetarian foods, when I first came, I ate meat a practically every meal. Now I eat it once or twice a week. I am dedicating time to learning new ways to prepare foods without meats, meat flavorings." Rylando, Philadelphia, PA

"The full body oil massage was relaxing and wonderful. The body felt tension free and like butter. The mind was quiet and at ease. The importance of quieting the mind and taking care of the body. The body needs to get rid of toxins in order to function at a healthy level." Kara, PA

“Overall relaxation, stress relief, invigoration of whole self. Great information and education. Opportunity for future learning. Tools to improve my life experience” - Julie Wengard, PA

“The whole massage was done in very relaxed manner. No rushing, you took time and did it. Thanks a lot. I felt lightness of body after my massage therapy.” Natarajan, Princeton, NJ

“I felt cared for a listened to. A very warm feeling (loved the massage!). A sense of being on the right track about doing something for myself and my health.” Wendy, PA

“Deep relaxation and a feeling of being cleansed and rejuvenated. A feeling of starting new and refreshed. Being put on the right track to take care of my health. My body and mind feel peaceful and ready to handle the difficulties I face.” Lori, Quakertown, PA

“Warm oil massage alleviated low back pain instantly. The Ayurvedic system really works to eliminate pain and system imbalance. Over time, I believe I will have no pain, high energy and physical, mental, emotional and psychological balance.” Rose Marie, Stroudsburg, PA

“I liked the consultation and the overall wellness program. I liked the hot oil massage. I have learned a more about the body and its natural healing powers, but I would like to gain more knowledge about the body and oils” Stephanie, Hatfield, PA

“We talked about all day treatment with food like a day spa. This would be outstanding. I have to admit, the massage is my favorite part. Second favorite is the chi machine. I feel energy flowing to all parts of my body when I am done with the machine. I have been using recommended supplements and using some of the ayurvedic practices for a couple of years now. I find they balance me and I sleep better. It’s a health system that makes sense to me.... all natural. I feel very blessed that I was introduced to Dr. Shekhar for my health.” Donna Fleetwood, Mechanicsburg, PA

“Massage released tension I have had for years. Which is fantastic! I felt relaxed, focused and energized when I was done. The care and compassion of Dr. Shekhar makes the experience worthwhile – more than a massage. I am calmer, focused, and in far less pain. Tightness that has been in my neck and thoracic area is finally gone. After speaking with Dr. Shekhar, I felt more aware of what my body is doing, how it is reacting, and how to tame the mental stress that cause my physical problems. Thank you.” Wendy Sheeran, Stroudsburg, PA

“The massage and steam were very energizing, and relaxing at the same time. And I liked the explanation of certain areas of my body that are experiencing pain, and what they are linked to inside my body. Dr. Shekhar was very informative, and I look forward to future treatments. Understanding of my body type, and how my system is out of balance, and why. I look forward to continuing my therapy, and getting rid of the toxins and improving my overall health. And of achieving the goal of bringing my system back in balance.”
Christina Marino, Horsham, PA

“Truly listening and providing realistic objective and goals. Take your time and paying attention to the details.” Kathleen, Mechanicsburg, PA

“The massage felt very effective. I felt a lot of pressure being released. The steam afterwards was soothing for my sore muscles. I feel more relaxed and refreshed. Also the consultation made me aware of some diet and exercise changes. I can make to improve the overall function of my body.” - Kattina Barsik, Emmaus, PA

“The Marma Point Therapy class taught by Shekhar was very educational. The Marma points were explained and demonstrated by Shekhar. The energy and physiology of each point were explained. The program was divided into two days. The 107 marma points were covered. Shekhar divided the marma points into areas such as head, extremities, trunk, and back. He gave us enough time to learn pronunciation, location, use, and massage technique. We were able to practice on each other as well as having Shekhar’s demonstration on each of us. I felt confident in practicing after taking this class. The booklet provided is a wonderful reference for incorporating marma point massage into my Ayurvedic practice. Shekhar is a wonderful teacher and ensures that his students understand the concepts and feel comfortable with the material presented”. - Suzanne

“Shekhar's Marma Therapy Workshop allowed me to learn the names and locations of all of the marma points. It has been a great foundation for understanding and using marma points therapeutically. I appreciated his genuine kindness and helpful guidance”. –
Susanne, NY

“I want to thank you for the Marma Class. I am amazed that we walked out of a 2 day class being able to recite all 107 marmas from memory. What I appreciate about your classes is that you bring all the senses into the learning process from repeating the info, to pointing to the parts on our bodies and others, to reading the info and to listening to stories that drive the material home. You humor, stories, dedication to Ayurveda and chai tea always help to make a long day fly by. When possible, I would take any class you offered!” Lisa, NJ

"The Marma Therapy Course gave me an excellent opportunity to learn about the Marma points. Shekhar's teaching style and format made this course an enjoyable experience. I am successfully using the knowledge I gained from the course in my work with clients."
Neeraj, PA

"It is very fortunate for me to find Marma therapy course, taught by an authentically trained Ayurvedic physician, in drivable distance. Shekhar Annambhotla clearly displayed his vast experience in this science and presented the course in a manner where we could easily understand. The teaching didn't just limit to the course but he continued to guide and advises me in my studies after the course". Vimala, CT

"I loved the personal consultation and deeply appreciated the thorough discussion about my present state, imbalances and solutions. The hot oil massage was definitely my favorite though! I felt a sincere connection to myself and the Divine. You made it a very comfortable space to open up like that. I have gained a better connection to myself, my body and my spirit. I feel physically better, mentally clearer and more confident in my decisions and actions." Melissa, PA

I entered my Pancha Karma experience with little expectation. I had trouble sleeping for blocks of time longer than one hour, my weight was creeping towards all time high levels, my primary physician had me on blood pressure medication to harness seemingly ever-increasing readings, my scalp had numerous pockets of eczema, my general energy levels were low, and stress appeared to be a constant drumbeat in my life.

So, I faithfully followed the weeks long preparation for PK with a change in diet and Dr. Shekhar's supplements, leading up to the PK treatment itself. Dr. Shekhar's demeanor (friendly, relaxed, yet totally dedicated to his craft) put me at ease and allowed for a comfortable transition into a world of intervention that I had previously little contact with or knowledge of. It has been a wonderful journey. I am now eight weeks beyond my PK treatment and my life is considerably different. My sleep is now filled with dreams and I sleep restfully in three and four hour blocks; I have lost twelve pounds; my blood pressure is generally in the low category now (under 120/80) and I am no longer taking blood pressure medications; my scalp is almost entirely clear of the eczema, I have good energy for work and play; and my ability to handle the stresses at work is noticeably different.

I feel like I have a new lease on life. My friends all ask me what happened – and have commented on how healthy and slim I look, and one even asked if I had been training for a marathon. Thanks to Dr. Shekhar's care I have been able to take careful control of my life. He helped instill in me a confidence that I could take care of myself and he helped

provide the tools to create the change. Today, I eat differently; meditate daily and exercise regularly as I eagerly look forward to the next chapter of my life. - Bob Mehler, MA

“Dr. Shekhar, with his good humor and positive outlook, is readily available to provide clients with support and information through his wealth of knowledge of authentic Panchakarma. A few months after a 7 day program with Dr. Shekhar, the many benefits continue to unfold: I feel more energized, have vastly improved digestion, am able to easily sustain the initial weight loss, and best of all, many friends comment, “You look great!”

Dr. Shekhar modeled the Ayurvedic food traditions by cooking and serving delicious food, which inspired me to re-vamp my kitchen and food choices. Also, I experienced a powerful shift in my yoga practice due to the cleansing and rejuvenation methods of his Panchakarma treatments. If you are seeking a path to increased vitality and well-being, I highly recommend having Dr. Shekhar guide you.” - Lisa Enzer, M. Ed. Educator and Yoga Instructor, MA

“Thank you for your guidance to keeping my mind and body cleansed and balanced. The teas are unbelievable!” Justina Reider, PA