



# ZOOM WEBINAR

# YOGA AND AYURVEDA MEDICINE FOR MENTAL WELLNESS

IN THE LEAD UP TO AYURVEDA DAY IN INDIA, NICM HEALTH RESEARCH INSTITUTE IN PARTNERSHIP WITH ALL INDIA INSTITUTE OF AYURVEDA (AIIA, MINISTRY OF AYUSH, GOVERNMENT OF INDIA), WILL CO-HOST A WEBINAR DISCUSSING THE LATEST RESEARCH IN THE USE OF YOGA AND AYURVEDA MEDICINE FOR MENTAL WELLNESS.

Led by international research experts in yoga and Ayurveda medicine, the webinar covers up-to-date evidence about the benefits of yoga and Ayurveda medicine for mood and mental health, discussing current challenges and specific recommendations, ending with a Q&A panel session. This free two-and-a-half-hour event is open to anyone with an interest in yoga, Ayurveda and mental wellness.

## KEY SPEAKERS

- > **Sri Sri Ravi Shankar**, The Art of Living, India  
*Health, healing and consciousness*
- > **Dr Antonio Morandi**, President, Italian Scientific Society for Ayurvedic Medicine, Italy  
*Balancing mind with Ayurveda for perfect global health*
- > **Dr Holger Cramer**, Research Director, Department of Internal and Integrative Medicine, University of Duisburg-Essen, Germany  
*Calming the fluctuations of the mind? State of the science for mental health and wellness in cancer*
- > **Dr Michael de Manincor**, Postdoctoral Research Fellow, NICM Health Research Institute, Western Sydney University, Australia  
*Yoga research for mental health in Australia*



## when

Thursday 5 November 2020  
3.00pm to 5.30pm AEDT  
9.30am to 12.30pm IST



## where

Online Zoom webinar



## register

[Register](#) your interest before  
5pm AEDT / 11.30am IST  
Wednesday 4 November 2020



## more info

[nicm.edu.au/news/events](http://nicm.edu.au/news/events)



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