



International AYUSH Conference & Exhibition 2017, Dubai



Organisers



WORLD
AYURVEDA
FOUNDATION

AN INITIATIVE OF VIJNANA BHARATI

Workshop on Ayurvedic Diet & Beauty Therapy



Date: 11th November 2017
Time: 09:00 AM to 10 AM
Venue: Hall 3 - Sheikh Maktoum Hall, Dubai World Trade Centre (DWTC)
Registration Fee: Free for Delegates

For Registration Contact delegate@ayushdubai.org
conference@ayushdubai.org
Coordinator Dr. Mamta Radder (+971 507175497)

Faculty:

- Prof. Mita Kotecha, Prof. & HOD, Dravya Guna, National Institute of Ayurveda, Jaipur
- Prof. Tanuja Nesari, Prof. & HOD, Dravya Guna, All India Institute of Ayurveda, New Delhi
- Prof. Pawankumar Godatwar, Prof. & HOD, Roga Nidana, National Institute of Ayurveda, Jaipur

The Cosmetic approach in Ayurveda is related to the healthy status of the body as well as mind. The physical, mental and spiritual Beauty as a combined unit - projects the Cosmetic sense of Ayurveda. A healthy Personality is the basis of Beauty. The Ayurveda knowledge on Beauty can be mainly categorized into - Factors determining Beauty - Factors contributing towards Beauty - Factors improving Beauty. Ayurveda recommends measures such as Daily Regimens, Seasonal Regimen, Dietetics and Lifestyle modifications. Various methods in the form of Internal medicines, surgical treatments, Scar treatments and most importantly, compatible and moderate Diet, tonics, Ghees, Oils etc are advised in abundance to enhance beauty. On hands training will be imparted to the participants of the workshop as per the following schedule:

1. Ayurvedic concepts of:
 - a. Diet (Power point presentation) Prof. Mita Kotecha
 - b. Beauty (Power point presentation) Prof. Pawankumar Godatwar
2. Preparation and application of Face packs Prof. Mita Kotecha
3. Preparation and application of Hair oils Prof. Tanuja Nesari
4. Discussion

Contact Us:
Dr Shyam V L +971 50 638 1722 | conference@ayushdubai.org
Shri. Regi Punnoli +971 52 979 8684 | expo@ayushdubai.org
Shri. Mohandas K V +971 56 681 4702 | marketing@ayushdubai.org
Shri. Abga R Babu +971 55 773 4380 | info@ayushdubai.org

www.ayushdubai.org