

BHARATIYA TEMPLE OF LANSING, INC
955, Haslett Road, Haslett, Michigan 48840
Tel: (517) 339-6337

**AYURVEDIC CONCEPT OF WHOLENESS OF LIFE, AND
HUMAN HEALTH**

The Holistic Health Seminar based on the “AYURVEDA” will be presented by Dr. Dilip Inamdar, MD. Dr. Inamdar is a very well-known physician from the state of Maharashtra, India. He is a pioneer in the field of Ayurvedic treatments for obesity, weight management, diet and nutrition, and human health. (His full career profile is given on page 2.) Ayurvedic medicine is of true Indian origin and has evolved since the Vedic times.

SEMINAR OUTLINE:

Date: Saturday, April 24, 2010

Time: 9:00 AM-3:00PM

Place: Bharatiya Temple of Lansing

PROGRAM:

9:00 AM- 9:45 AM	Ayurveda and Holistic Health
9:45 AM- 10:15 AM	Tea/Coffee Break
10:15 AM- 11:30 AM	Diet & Nutrition, Obesity and weight management
11:30 AM- 12:30 PM	Lunch Break
12:30 PM - 1:30 PM	Diet & Nutrition, Exercises for Physical Fitness
1:30 PM - 2 :00 PM	Tea/Coffee Break
2:00 PM - 3:00 PM	Stress Management, Happiness, and Blissful Life

DONATIONS:

A minimum donation of \$ 25 person is requested to cover the cost of seminar. Please write your checks to Bharatiya Temple of Lansing, Inc. Funds remaining after the expenses will be used for the Temple’s operating expenses.

A CAREER PROFILE OF DR. DILIP INAMDAR, MBBS & MD - PATHOLOGY

Recipient of a prestigious fellowship from American Obesity Association in Obesity and Metabolic Syndrome disease, Dr. Inamdar specializes in Holistic Health and Obesity Management. In the past year, he has also received a number of fellowships, just to name a few, from Tata Memorial Hospital and Research Center in Oncology and in Endocrinology from BARC, a premier multi-disciplinary research center in Mumbai, India.

“Ayurveda” is a system to traditional medicine native to the Indian Subcontinent and practiced in other parts of the world as a form of alternative medicine. Dr. Inamdar has extensive expertise in Ayurveda and has been recognized as “ Ayurvedacharya” (Pundit in Ayurveda). In this capacity, Dr. Inamdar is currently one of the experts on the panel with the Council for Research in Ayurveda by the Ministry of Health and Family Welfare, Government of India.

With more than 30 years of active involvement in Yoga and Pranayama(deep breath control), Dr. Inamdar has been applying these to medical practice and healing. Being a sportsman himself and having played at the national level for India in the past, he has rightly been appointed as a visiting lecturer in Sports Nutrition, Sports Psychology and Injury Prevention at the Shivaji University, Kolhapur, India.

Dr. Inamdar has been conducting highly attended and extremely successful workshops not only on Holistic Health but also on Reversing Heart Disease, diabetes Mellitus, Yoga and Pranayama. His “Panchakarma”, a therapy for complete Detoxification, in particular, has been exceptionally well received by his patients and by readers of his publications on health. Panchakarma is a cleansing and rejuvenating program for body, mind, and consciousness, and Dr. Inamdar’s workshops have proved life-changing for many.

Dr. Inamdar has keen interest in shaping and understanding young minds and has been a very popular and successful lecturer at the Grant Medical College and J.J. Group of Hospitals in Mumbai.