



GLOBAL ORGANIZATION OF PEOPLE OF INDIAN ORIGIN & CONSULATE GENERAL OF INDIA

**Indian Diaspora Health Summit - Saturday,
October 27, 2018**

Consulate General of India, 3 East 64 St., New York, NY

Time	Topic	Presenter
9:30 a.m. - 10:15 a.m.	Registration/Tea/Coffee	
10:15 a.m. - 11:00 a.m.	Inaugural Session	<ul style="list-style-type: none">* Dr. Thomas Abraham, Chairman, GOPIO* Dr. Tushar Patel, GOPIO International Health Chair* Honorable Sandeep Chakravorty, Consul General of India, New York*Key Note Speaker: Rahul Shukla, President/CEO S. S. White Technologies UK Ltd.* Guest Speaker: Hitesh Bhatt, Bhatt Foundation and Founder and CTO, BhattCCS-Technology Solutions Center
11:00 a.m. - 12:30 p.m.	- Let us prevent diabetes & most common metabolic disorders	* Dr. Meena Murthy, Endocrinology, Diabetes and Metabolism Specialist, St.

	<p>- Cardiac issues and impact on overall health in South Asians</p> <p>A Panel Discussion</p>	<p>Peter's University Hospital, New Brunswick, NJ * Dr. Binoy K. Singh, Cardiologist Assistant Professor, Donald & Barbara Zucker School of Medicine at Hofstra/Northwell * Dr. Shankar Iyer - Oral Health, Department of Periodontics and Prosthodontics at Rutgers University Dental School, New Jersey</p> <p>Moderator - Dr. Asha Samant, DMD, Associate Professor, Rutgers School of Dental Medicine, GOPIO International Coordinator-at-Large</p>
12:30 p.m. - 1:15 p.m.	Lunch	
1:15 p.m. - 1:30 p.m.	<p>Post luncheon address</p> <p>Nutraceuticals and Food Supplements</p>	<p>Dr. Anurag Pande, Vice President, Scientific Affairs - Sabinsa Corp., NJ</p>
1:30 p.m. - 2:50 p.m.	<p>- Emotional health and successful aging</p> <p>- No Health without Mental Health</p> <p>- Life style modifications for improving health</p> <p>- Prevention and maintenance of bone and joint disorders in aging population</p> <p>- Medication management and understanding drug interactions and poly pharmacy in south Asians</p>	<p>* Dr. Ravindra Amin, Geriatric Psychiatrist - New York</p> <p>* Varsha Singh, Nurse Practitioner & Health Educator, President of Forum of Nurses in advance practice</p> <p>* Binny Talati - Physical therapist in hospital-based outpatient rehabilitation, Jersey Shore, NJ</p> <p>* Dr. Vasudev Makhija, President New Jersey Psychiatric Association - NJPA and President/Founder, South Asian Mental Health Initiative and Network - SAMHIN</p>

	A Panel Discussion	* Dr. Ketan Vaidya, Internist Edison, New Jersey Moderator – Dr. Tushar Patel Chair, GOPIO-International Health Council, President- GOPIO Central Jersey
2:50 p.m. – 3:00 p.m.	Tea/Coffee break	
3:00 p.m. – 3:30 p.m.	Alternative Medicine Wellness - Natural Lifestyle	Uma Swaminathan, Healing with Herbs Jaya Jaya Myra, Natural Lifestyle Expert Moderator – Ram Gadhavi, GOPIO Vice President
3:30 p.m. – 3:45 p.m.	Access to care via Tele- health in the 21 st century	Dr. Bajrang Agarwal, Chair of Pediatrics at Lawrence Hospital in New York, and Co- Founder of Dockedin Telehealth Moderator – Professor Rajeev Mehta, MD, FRCP, Rutgers Robert Wood Johnson Medical School, New Jersey
3:45 p.m. – 4:45 p.m.	Meditation & breathing exercises to reduce stress; wisdom to handle mind & emotions	Ruchika Lal, Senior Executive, American Express, NY Art of Living – New York Center
4:45 p.m. – 5:00 p.m.	Conclusion and Vote of Thanks	All session moderators as panelists Moderator – Dr. Tushar Patel
5:00 p.m. – 5:15 p.m.	GOPIO Session/Award Presentation to Mr. Ashook Ramsaran, Former President of GOPIO for his service to GOPIO	GOPIO Officials and Consul General of India
5:15 p.m. – 6:00 p.m.	Networking Reception	