2015 Annual Report
NATIONAL AYURVEDIC MEDICAL ASSOCIATION

STATEMENTS COMPLYING WITH CALIFORNIA CORPORATE CODE

NAMA is a 501(c)(6) non-profit California corporation.

Our corporate address is:
National Ayurvedic Medical Association
8605 Santa Monica Blvd, #46789
Los Angeles, CA 90069-4109
Phone: 1-800-669-8914

NAMA was officially incorporated in July 2000. NAMA’s corporate documents are available on its website, www.ayurvedaNAMA.org.

A listing of names and addresses of members is maintained in our database at the administrative office located at 881 Dover Drive, Suite 133, Newport Beach, CA 92663.

Per the organization’s By-Law 6.02, members have the right to request in writing and receive a financial report of the organization pursuant to California Corporations Code 8321(a).
The current financial report is included on pages 10 and 11.
EXECUTIVE OFFICERS SERVING DURING PERIOD 
07/1/2016 TO 6/30/16

PRESIDENT

Dhaval Dhru, MD, is a retired ENT surgeon, is an Associate Professor and Chair of the Department of Ayurvedic Sciences at Bastyr University. A consultant and educator of Ayurveda and Yoga, he conducts Ayurvedic retreats and workshops, and teaches Ayurvedic seminars at various locations throughout the U.S. as well as internationally. He completed his studies of Yoga and Ayurveda at the Ayurvedic Institute and the White Lotus Foundation.

SECRETARY

Margrit Mikulis is a naturopathic physician practicing in Nashua, NH. She is a graduate and clinical faculty of the Kripalu School of Ayurveda, and a professional member and volunteer for NAMA. Dr. Mikulis is a Lyme disease specialist, and her clinical approach is enriched with an indelible respect for Ayurveda and integrative medicine. In 2010, she completed her Level 1 training and is a teacher of Kundalini Yoga. Additionally, she is currently becoming certified in Post-doctoral studies of Anthroposophical Medicine through the Medical Section of the Goetheanum in Dornach, Switzerland.

TREASURER

Lisa Bolidn is RYT and graduate of the Kripalu School of Ayurveda, is a Certified Facilitator of Trauma Sensitive Yoga and mentor for the certification program at the Trauma Center in Brookline, MA. Her passion is creating a path for healing that includes the complimentary practices of clinically focused Yoga with the teachings of Ayurveda. Lisa is the Conference Manager and Treasurer for NAMA. She is a member of The Breathe Network, a resource and referral network connecting survivors of sexual violence to trauma-informed practitioners. Lisa owns Sama Tal Ayurveda & Yoga in Exeter, NH.
BOARDS MEMBERS SERVING DURING PERIOD
07/1/2016 TO 6/30/16

William Dean, MD  Practiced allopathic urology for 30 years and in the last 10 years of practice introduced Ayurvedic solutions to common problems not addressed well by allopathic urology. This included interstitial cystitis and chronic prostatitis. After retiring in 2011 I began the Ayurvedic Studies Program at the Ayurvedic Institute in Albuquerque NM and completed the program in the summer of 2014. Currently teaching in the stand alone Ayurvedic Medical Studies tract at Bastyr Naturopathic Medical School in Seattle which has curricula for both the matter and energy science healing disciplines.

Eric Grasser, MD  is a graduate of Stanford University and Dartmouth Medical School. He is a Clinical Assistant Professor at the University of New Mexico, Department of Family and Community Medicine. In addition to graduating from The Ayurvedic Institute, Dr. Grasser completed advanced clinical studies under Dr. Lad’s Gurukula Program in Pune, India, and additional clinical hours at AVP Ayurveda Hospital in Coimbatore.

Jayarajan Kodikannath, B.Sc., BAMS, is the academy director of Kerala Ayurveda. Suffused with expertise in traditional Ayurvedic health care practices, Dr. Jay – as he is fondly referred – has held the position of Chief Medical Officer of Ayurvedagram, a heritage wellness center in Bangalore; recently served on the curriculum committee for Bastyr University’s Masters in Ayurveda program; and is a founding member of the Council for Ayurveda.

Karta Purkh Singh Khalsa, Yogaraj (Ayurveda), DN-C, RH, LMT, NCTMB, CC, NAMAPM, has over 40 years of experience in holistic medicine, and is one of the foremost natural healing experts in North America. Khalsa is President Emeritus of the American Herbalists Guild, and is a respected teacher, writer and lecturer.
Suhas Kshirsagar, BAMS, MD (Ayu), PhD, Gold Medal from the prestigious Pune University in India. An academically accomplished Ayurvedic educator, Dr. Kshirsagar has popularized Ayurvedic Medicine worldwide. He is on faculty at various Ayurvedic schools and is currently the director of Ayurvedic Healing, an integrative wellness clinic in Santa Cruz, CA.

Alakananda Ma, MD, BS graduated as a physician from St. Bartholomew’s Hospital Medical College in 1976. One of the first Western physicians to dedicate her life to Ayurveda, Ma has been practicing Ayurveda since 1989, and is the principal teacher of Alandi Ayurveda Gurukula.

Jennifer Rioux, PhD, is a Clinic Supervisor at the Ayurvedic Institute. Dr. Rioux holds a doctorate in Medical Anthropology and has been an educator and researcher at the University of North Carolina Chapel Hill, the University of Arizona, and the University of New Mexico, Schools of Medicine. She is a practicing clinician of Ayurvedic medicine and Yoga Therapy and studied with Vasant Lad from 1998-2001. Her professional passion is to increase access to Ayurveda for underserved populations in low-cost community health clinics.

Wynn Werner, is a founding board member and past president of NAMA and the current administrator of the Ayurvedic Institute in Albuquerque, New Mexico. Wynn’s focus at NAMA has been on setting standards for the profession and the legal practice issues in the field.
STAFF

EXECUTIVE DIRECTOR

Hilary Garivalits is the principle founder of Health Education Services LLC, which offers educational and training programs in Ayurveda throughout the U.S. and Canada. She is the founder and former Dean of the Kripalu School of Ayurveda. She received her training at the New England Institute of Ayurvedic Medicine with advanced training in India from the Rishikesh College of Ayurveda and the Jiva Institute.

Hilary@ayurvedanama.org

ADMINISTRATIVE SUPPORT

Arya Early Hawkins

For general information and questions about membership, please contact Arya Early Hawkins, Administrative Support. Correspondence, including professional or student membership documentation, can be scanned and emailed directly to Arya. The office address is 8605 Santa Monica Blvd, #46789, Los Angeles, CA 90069-4109.

NAMA@ayurvedanama.org

MEMBERSHIP MANAGER

Tesia Love, CAS

As Membership Manager and Chair of the Membership Committee, Tesia is charged with managing and developing initiatives, programs and processes that serve the overall membership and contribute to membership growth and retention. Prior to becoming Membership Manager, Tesia volunteered for two years on NAMA's Membership Committee in addition to serving on the 2015 Conference Planning Committee.

Tesia@ayurvedanama.org

COMMUNICATIONS COORDINATOR

Emma Lewis

As Communications Coordinator, Emma is responsible for maintaining NAMA's website, scheduling monthly member e-newsletters and acting as Chair of the Communications Committee. As NAMA continues to advance the standards for the Ayurvedic profession, Emma's role will support NAMA in maintaining clear and effective communications about these developments.
This past year has proven to be one of our biggest growth years to date with many significant milestones. We are very proud of our progress. Here are a few highlights:

- Approved the Ayurvedic Doctor Competency Guidelines that opened the door for the Grandfathering period for the Doctor of Ayurveda as well as for programs offering AD programs.

- This year marked the process of producing two professional exams by late 2016/2017 – Ayurvedic Health Counselor exam and Ayurvedic Practitioner exam.

- NAMA hired Hilary Garivaltis as our part-time Executive Director on June 1, 2016. This marks the beginning of a new structure of management for our organization that we hope will serve to more fully support our members.

- NAMA Ayurvedic Yoga Therapy sub-committee of the Standards committee created a definition, scope of practice and the base structure for the competency standards for this new professional category NAMA wishes to support in the near future. More detailed work on curriculum guidelines are expected in 2017.

- Full launch of our Professional Ayurvedic Continuing Education program began in earnest under the guidance of our Membership Manager, Tesia Love.

In addition to the above initiatives, we also had a very successful annual conference. Our conference took place in Warwick, Rhode Island from April 14-17. This four-day conference, themed “Ayurveda Tomorrow: Be The Change”, brought in a collection of over 200 students, teachers, practitioners and individuals who have a deep interest and love for Ayurveda. It gave all of us an opportunity for networking with our colleagues and friends. There was a great sense of enthusiasm among the conference participants and a deeper commitment to our work together.

I am very thankful to all the board members, the committee members and our staff who have been giving their time and expertise to further the growth and goals of NAMA. I also want to express my appreciation to all the members for their participation.

I am looking forward to another year of successful growth of our organization.

Sincerely,
Dhaval Dhru, President, NAMA Board of Directors

SECRETARY’S ANNUAL REPORT

All required records of the National Ayurvedic Medical Association are up-to-date and filed as appropriate to maintain the organization’s status as a 501(c)(6) non-profit California corporation. The bi-annual filing of continuing operations as a California corporation was submitted on April 12, 2015. Correspondence is being addressed as required with NAMA’s Administrative Assistant, Arya Early Hawkins coordinating all written and telephonic incoming requests to assure each is responded to by the appropriately and in a timely way.

Respectfully submitted,

Dr. Margrit Mikulis, Secretary

TREASURER’S ANNUAL REPORT

On the following pages, are the Balance Sheet and Profit and Loss Statement for NAMA as for the Fiscal Year (July 1, 2015 through June 30, 2016)

Respectfully submitted,

Lisa Boldin, Treasurer
# BALANCE SHEET

As of June 30, 2016

<table>
<thead>
<tr>
<th>ASSETS</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Assets</td>
<td></td>
</tr>
<tr>
<td>Bank Accounts</td>
<td></td>
</tr>
<tr>
<td>1000 Bank of America - cash</td>
<td>$236,234.38</td>
</tr>
<tr>
<td>1020 Conference Checking Account</td>
<td>$1,838.44</td>
</tr>
<tr>
<td>1035 Petty cash</td>
<td>58.09</td>
</tr>
<tr>
<td><strong>Total Bank Accounts</strong></td>
<td><strong>$238,130.91</strong></td>
</tr>
<tr>
<td><strong>Total Current Assets</strong></td>
<td><strong>$238,130.91</strong></td>
</tr>
<tr>
<td><strong>TOTAL ASSETS</strong></td>
<td><strong>$238,130.91</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LIABILITIES AND EQUITY</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Liabilities</td>
<td></td>
</tr>
<tr>
<td><strong>Total Liabilities</strong></td>
<td></td>
</tr>
<tr>
<td>Equity</td>
<td></td>
</tr>
<tr>
<td>3010 Retained Earnings (3010 &amp; 3110)</td>
<td>$215,494.83</td>
</tr>
<tr>
<td>Net Income</td>
<td>$22,636.08</td>
</tr>
<tr>
<td><strong>Total Equity</strong></td>
<td><strong>$238,130.91</strong></td>
</tr>
<tr>
<td><strong>TOTAL LIABILITIES AND EQUITY</strong></td>
<td><strong>$238,130.91</strong></td>
</tr>
</tbody>
</table>
# PROFIT AND LOSS

**July 2015 - June 2016**

<table>
<thead>
<tr>
<th>INCOME</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>4010 Individual/small business contribution</td>
<td>100.00</td>
</tr>
<tr>
<td>5100 Pace Program Service Fees</td>
<td>6,845.00</td>
</tr>
<tr>
<td>5140 Professional Forum</td>
<td>2,810.00</td>
</tr>
<tr>
<td>5200 Membership Dues &amp; Assessments</td>
<td>129,150.00</td>
</tr>
<tr>
<td>5300 Miscellaneous Income</td>
<td>125.00</td>
</tr>
<tr>
<td>6000 Conference Income</td>
<td>134,159.00</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td><strong>$273,189.00</strong></td>
</tr>
</tbody>
</table>

| GROSS PROFIT | **$273,189.00** |

<table>
<thead>
<tr>
<th>EXPENSES</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>7100 Program Service Expenses</td>
<td>2,468.75</td>
</tr>
<tr>
<td>7200 Payroll Expenses</td>
<td>76,520.05</td>
</tr>
<tr>
<td>7500 Legal &amp; Professional Fees</td>
<td>22,845.00</td>
</tr>
<tr>
<td>8100 Office/General Administrative Expenses</td>
<td>5,996.25</td>
</tr>
<tr>
<td>8200 Facilities</td>
<td>1,200.00</td>
</tr>
<tr>
<td>8300 Meetings Fees &amp; Travel</td>
<td>4,045.99</td>
</tr>
<tr>
<td>8500 Outside Service Vendors</td>
<td>12,761.06</td>
</tr>
<tr>
<td>8600 Bad Debt, Taxes, Fees</td>
<td>10,461.74</td>
</tr>
<tr>
<td>9000 Conference Related Expenses</td>
<td>114,253.70</td>
</tr>
<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$250,552.54</strong></td>
</tr>
</tbody>
</table>

| NET OPERATING INCOME                                    | **$22,636.46** |

<table>
<thead>
<tr>
<th>OTHER EXPENSES</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Other Miscellaneous Expense</td>
<td>0.38</td>
</tr>
<tr>
<td><strong>Total Other Expenses</strong></td>
<td><strong>$0.38</strong></td>
</tr>
</tbody>
</table>

| NET OTHER INCOME                                        | **$-0.38** |

| NET INCOME                                              | **$22,636.08** |
MEMBERSHIP COMMITTEE ANNUAL REPORT

Membership Manager and Committee Chair: Tesia Love

Committee Members: Vishnu Aragona, K.P. Khalsa, Tesia Love, Larry Mangel, Jackie Rae Richard, Katie Ziem, Tracy Zuschlag

On-going Responsibilities:

- Provide policies and direction to the organization in order to support the growth and viability of the organization’s membership.
- Assess membership benefits, dues levels and requirements and make recommendations to the Board of Directors as necessary to support the organization’s growth.
- Work on membership retention issues as well as ways to attract new members in all membership categories.
- Provide consistent communication to the membership in partnership with the Communications Committee through the e-Newsletter and online resources.
- Supervise processing of professional membership applications and the approval of new professional members.
- Oversee the processing of student membership applications to assure the student status of each applicant is confirmed.
- Work with schools and other organizations to encourage Organizational Membership growth.
- Oversee implementation of the NAMA Professional Ayurvedic Continuing Education program and requirements.
- Identify ways to clarify what the NAMA membership needs and find ways to meet those needs.
- Address issues brought by members to the association.

Specific Tasks/Accomplishments:

- Membership during the year grew from approximately 1,089 members to 1,133 with a 79% member retention rate, which exceeded our goal of a 75% member retention rate for FY 2015. As of July 6, 2016, membership numbers were as follows:
  - Professional Membership: 772
  - Student Membership: 136
  - General Membership: 172
• Organizational Membership: 53

• Supported membership retention through:
  • Calls each month to expired members
  • Improvements to automated renewal reminder emails

• Formed the Continuing Education subcommittee, and through the subcommittee, further developed and revised structure to the new Professional Ayurvedic Continuing Education initiative.

• Presented the 5th Professional Members’ Forum prior to the NAMA Conference on April 14, 2016 to provide information and updates on NAMA’s current activities, as well as provide continuing education for attending professional members.

• Secured new discount benefits for NAMA members, including 12-30% off annual subscription rates to the Ayurveda Journal of Health, 20% off Banyan Botanicals (online retail), 30-40% off Organic India, and 15% off one-time Himalayan Institute accommodations.

**Focus for FY 2016 (July 1, 2016 – June 30, 2017):**

• Produce a half-day Professional Member Forum to be held Friday, April 21, 2016 in order to provide additional education and information to professional and organizational members about issues directly related to our profession.

• Launch online platform to provide additional Professional Ayurvedic Continuing Education courses for members.

• Work with Standards Committee to process the Level 3 – Ayurvedic Doctor membership category within the professional membership and support the processing and launch of NAMA’s national certification exams for the Ayurvedic Health Counselor and Ayurvedic Practitioner level of membership.

• Increase the number of discount benefits available to NAMA members.

• Secure a vetted professional liability insurance option for NAMA members.

• Provide support to member schools through the Student Work Group and Schools subcommittee in order to help schools encourage NAMA membership among their students and recent graduates.

**NAMA Continuing Education Subcommittee Annual Report**

*A subcommittee of the NAMA Membership Committee*

**Continuing Education Subcommittee Chair:** Tesia Love

**Subcommittee members include:** Susan Etheridge, Om Kailas, Tesia Love, Betsy Quarles, Kathy Jo Staheli
The NAMA Board of Directors formed the Continuing Education Subcommittee in FY 2015 to implement and manage the NAMA Professional Ayurvedic Continuing Education program, which requires all professional members to earn a certain amount of PACE credits every two years.

**Specific Tasks/Accomplishments:**

- Revised the administrative policies and structure of the PACE program in response to member and staff feedback.
- Developed an online listing of reviewed continuing education programs offered by NAMA PACE Providers.
- Approved 44 PACE Providers among NAMA professional and organizational members.
- Approved and listed 59 PACE Programs.

**Focus for FY 2016 (July 1, 2016 – June 30, 2017):**

- Continue to monitor member progress in obtaining PACE credits, and develop ways to support members in earning their PACE credits.
- Diversify the PACE program listing to include more online programs and advanced topics.
- Launch and develop online platform/learning management system to provide NAMA-produced, online continuing education.

**NAMA Schools Subcommittee Annual Report**

*A subcommittee of the NAMA Membership Committee*

**Schools Subcommittee Chair:** Dr. William (Bill) Dean, MD

**Subcommittee members include:** All member Schools

The Schools Subcommittee was reactivated and moved from under the Standards Committee to the under the Membership Committee in FY 2015 in order to focus on developing programs and benefits that support member schools and help them promote NAMA membership among their students and graduates.

**Specific Tasks/Accomplishments:**

- Began a monthly subcommittee call for representatives from all member schools.
- Presented special topics during calls, including updates on national certification exams development and ways for school faculty to be involved in the development of the exams.
Hosted a meeting for school administrators during the NAMA conference in April 2016.

**Focus for FY 2016 (July 1, 2016 – June 30, 2017):**

- Continue to host a monthly call for member schools and to provide the schools with an opportunity to share feedback, and receive updates and support regarding clinical internship best practices and student preparation for the forthcoming national certification exams.
- Produce and present a half-day meeting on Friday, April 21, 2016, specifically for school administrators to discuss matters important to the development and success of member schools.

**NAMA Student Work Group Annual Report**

*A work group of the NAMA Membership Committee*

**Student Work Group Chair:** Ellen Leonard

**Group members include:** Renee Auriemma, Minta Davis, Jenny Griffith, Heather Grzych, Lucy Lyudmyla Vasylenko, Ellen Leonard, Katie Castellanos, Danica Lynch, Rebecca Caudill, Mona Bhatt

All student members and recent graduates are invited to participate in this exceptional group and become more involved in NAMA, give input on what will be of benefit for student members, and grow through seva in the Ayurvedic Community. The Student Work Group continues to work to benefit the entire membership by providing valuable content for the NAMA website and resources for members.

**Specific Tasks/Accomplishments:**

- Made monthly contributions to NAMA online resources libraries: The Student Work Group coordinated and hosted 10 Seminars in Ayurveda presentations, bringing the total to 49 Seminars in Ayurveda. These presentations are all available for members to listen to online.
- Worked with the Continuing Education subcommittee to offer PACE credits through the *Seminars in Ayurveda.*
- Began planning a mentorship match program for NAMA professional members.

**Focus for FY 2016 (July 1, 2016 – June 30, 2017):**

- Continue to produce engaging monthly *Seminars in Ayurveda.*
- Finalize plan for launching a mentorship match program for NAMA professional members who are in the early stages of their Ayurveda careers.
- Produce a monthly student newsletter.
• Support the membership committee in promoting student membership.

STANDARDS COMMITTEE ANNUAL REPORT

Standards Committee Chair: Hilary Garivaltis 2015

Committee Members: Dhaval Dhru, Arun Deva, Suhas Kshirsagar, Alakananda Ma, Margrit Mikulis, Jayarajan Kodikannath, John Matthews, Jeff Turner, John Matthews

Subcommittee Members: Cynthia Copple, Amy Wheeler, Maria Garre, Anjali Deva, Jessica Vellela, Niika Quistgard, Allison Bransfield Morse, Sheila Higgins

The focus for the 2015 Fiscal year has been on establishing a National Exam; establishing a Grandfathering structure and timeline for the Doctor of Ayurveda; work on establishing guidelines for Ayurvedic treatments and Panchakarma in the United States; and on establishing guidelines for Ayurvedic Yoga Therapy.

National Exam Sub-Committee

Chair: John Matthews (November 2014-May 2016)

Chair: Hilary Garivaltis (May 2016-Present)

Sub-Committee Members: Arun Deva, Dhaval Dhru, Gerard Buffo, Jayarajan Kodikannath, Jessica Vellela, Kristen Schneider, Niketa Joshi, Wynn Werner, Anusha Sehgal, Diana Lurie, Jay Apte, Bill Dean, Monica Groover, Anupama Kizhakkeveetill, Devi Mueller, Erin Casperson, Ala Sudol, S. Prasad Vinjamury, Manjusha Vinjamury, Jennifer Rioux, Hannah Dwyer

The Sub-committee morphed into the “Item Writing” committee as we worked on creating the Ayurvedic Health Counselor exam items. This team of people worked laboriously to create and review the items for the exam. By the end of June we were almost done with the 150 items required for the exam to help keep the projected target date of December 2016 to launch the AHC exam.

Grandfathering Sub-Committee

Chair: Suhas Kshirsagar

Sub-committee Members: Hilary Garivaltis, Jeff Turner, Bill Dean, Cynthia Copple and Paul Hoffman

The Doctor of Ayurveda Competency Guidelines were submitted and approved by the NAMA BOD. The committee created a new application to go along with this category in coordination with the Membership Manager.
By the end of the fiscal year the committee was preparing to present the final application and process to the BOD for approval.

**Panchakarma Sub-Committee**

**Chair:** Margrit Mikulis

**Sub-committee members:** Niika Quistgard, Allison Bransfield Morse and Jessica Vellela

**Primary Goals:**

1. To support the educational categories of Panchakarma and other Ayurvedic Body Work Therapies within the field of Ayurvedic Medicine in the United States.

2. To develop a model for Ayurvedic institutions, implementing a national standard of care in these Ayurvedic specialties.

3. To support the professional community of growing Ayurvedic professionals particularly those interested in practicing Panchakarma Therapies in the United States.

This sub-committee is tasked with defining Panchakarma and all the therapies included there in and defining Panchakarma Therapist and training required. This committee will help NAMA determine if a sub-specialty category of Panchakarma Therapist should be established and overseen as a certified category by NAMA. A great deal of work has been accomplished but no proposals to the board at this time.

**Ayurvedic Yoga Therapist Sub-Committee**

**Chair:** Arun Deva

**Sub-committee Members:** Karen Dubi, Amy Wheeler, Maria Garre, Anjali Deva, Dhaval Dhru, Jennifer Rioux

The NAMA Board officially approved the standards and scope of practice statements offered by this sub-committee below in January 2015. This committee is now tasked with setting the guidelines for curriculum in this category as well as the supporting disciplines of yoga and yoga therapy as we work with IAYT and other organizations to review the natural overlaps. The committee hopes to complete its work in 2017. The overview of the work so far is listed here:

- **Definition of Ayurvedic Yoga Therapy:** The application of the practices and principles of Yoga to promote healing and to achieve a harmonious state of body, mind, and spirit, as based on the Ayurvedic understanding of the nature of the patient, the nature of the imbalances, and the nature of the therapies.

- **Scope of Practice of an Ayurvedic Yoga Therapist:** The Ayurvedic Yoga Therapist shall have competency to design, implement, demonstrate, instruct and teach a yoga therapy program to help with the healing process of the patient/s based on the Ayurvedic Prakrti/Vikrti paradigm and Ayurvedic definition of health: Balanced
constitution; balanced metabolism; balanced tissues, waste passages, actions; Contentment in senses, mind and spirit: thus is a person established in well-being. Sushruta Sutra Sthana: “Samadosha samagnischa samdhatumalakriyah Prasannatmendriyamanah Swasthitabhidhiyate”

• Competencies of Ayurvedic Therapist: They would be competent from an Ayurvedic perspective to design, implement and provide instruction to their patients regarding various yoga practices including but not limited to Yama, Niyama, Asana, Pranayama, Pratyahara, Meditation, Mantra, Mudra, Bandha, Shatkiya, as any of these practices can be effectively utilized for therapeutic purposes.

• Shall demonstrate a basic familiarity with various paths of yoga, including but not limited to the following: bhakti yoga, karma yoga, raja yoga, hatha yoga & jnana yoga.

• Shall demonstrate familiarity with basic western medical nomenclature regarding disease (roga) and pathogenesis (samprapti) for the purposes of collaboration, referral, research, and interaction with other health care providers (of both accepted and alternate disciplines). With the primary goal of designing, implementing and reformulating individualized and group-based Ayurvedic yoga therapy programs to achieve swasthavritta for the patient (rogi).

• Assessment Skills: Ayurvedic yoga therapists shall be able to assess the following: Prakruti, vikruti, strength of agni, presence of ama; quality of dhatu, mala, srotorodha; and stage of samprapti, for purposes of treatment and referral.

• Shall understand the professional ethics of their training as Ayurvedic Yoga Therapists and, adhering to the defined scopes of practices of their discipline, shall refer out to other health care providers for additional therapeutic interventions beyond their specific scope of practice.
LEGAL COMMITTEE ANNUAL REPORT

Legal Committee Chair: Hilary Garivaltis 2015

Committee Members: Jeff Turner, Susan Etheridge, Maria De Sousa, Vrinda Devani, Heidi Marsolais

The Legal committee was re-established by the NAMA Board in August 2015 to keep an eye on and support legal issues that affect our profession. Among the area of interest are the items listed here:

1. Practice issues
   - Legal freedom to practice
   - Establish a licensing strategy and plan (Regulation of the profession)
   - Identify practitioner risks and methods for minimizing exposure (Structure and design of your practice)

2. Product Issues
   - Keeping up to date on FDA regulation (Good manufacturing regulations)
   - Monitoring and reporting on AHPA activity (Should NAMA become a member?)
   - Trademark issues (Monitoring, Actions)
   - Heavy metals (CA prop 65)

3. Dissemination of regulatory information

4. Lobbying for our profession

5. Establish National and State organizational relationships

6. Provides legal support to other committees

7. Insurance issue

The Legal Committee has been focusing on setting up educational support for the “safe and legal practice” of Ayurveda to be presented at the conference, in webinar and in support materials for our professional members.
The Strategic Planning and Finance Committee was originally reinstated as the Fundraising Committee in December of 2015 by the NAMA Board of Directors to support and generate the fundraising goals of the organization. Our original committee priorities included:

1. Generate revenue for Operational Costs
2. Generate revenue for Legal Funds – this may include occasional legal services/retainer for services if they should be needed.
3. Generate revenue for special projects – including but not limited to health freedom and licensure initiatives.
4. Generate revenue for non-profit investments.
5. Explore starting an umbrella 501 (c) (3) organization to allow for tax deductible contributions

Our Committee focus is to enhance the overall priorities of the Board by:

A. Supporting and expanding our membership growth and potential.
B. Fundraising efforts to support the financial security of NAMA and expand our national presence of the Ayurvedic profession.
C. Fundraising efforts to allow our organization to maximize our abilities to enhance and maintain national and international leadership as an organization.
D. Fundraising efforts to allow us to secure our voice and to flourish in our mission as an organization to promote and grow the science of Ayurveda.
E. Support the Board of Directors with creating a budget.
F. Phase one – generate revenue through Board contributions.
G. Create a narrative in order to secure donations to NAMA.
H. Develop a written fundraising strategy.
I. Identify 20-30 top companies which would see value in supporting NAMA.
J. Create a general fundraising campaign to our membership.

COMMUNICATIONS COMMITTEE ANNUAL REPORT

Communications Committee Chairs: Emma Lewis

Committee Members: Amish Shah, Kim Hebdom, Holly Padove, Heather Grzych, Monica Ingham, Petra Neiger, Gwen Nagano (Facebook), Michael Newman (Twitter)

In 2015-2016, the Communications Committee will focus its efforts on building a vibrant online presence. Improving the functionality of our website will be primary with special attention paid to the Membership, Education and Resources sections. The committee will also participate in the development of additional content for the website, as well as marketing collateral to support membership growth. Additional projects will include policy development for various types of communications, increasing member benefits via NAMA’s communication portals and a press kit.

Newsletter: Our monthly newsletter is delivered each month to NAMA’s membership. As a member benefit, the newsletter serves to inform our members about current activities, announcements about NAMA events, and updates regarding committee work.

Facebook: Our Facebook page has grown to over 12,400 followers. Daily posts share community news, leverage eNews content, and material from NAMA sponsors and partners. The page continues to be a vibrant space for sharing information and serves as another avenue to connect with our community directing interested individuals to NAMA’s website.

Twitter: NAMA joined the world of #Ayurveda on Twitter in December 2014, and hundreds of tweets and hundreds of followers later, we are a great source of news and updates from the world of Ayurveda. We also tactfully tweet timely tidbits of news pertinent to NAMA members. Use #ayurveda in your tweets year-round to help spread awareness of the great science and practice of ayurveda, and of course you are always welcome to reference @NAMAyurveda in your tweets as well.

Focus for FY 2015 (July 1, 2016 - June 30, 2017):

The Communications Committee will continue its efforts towards building a vibrant online presence. In addition to improving the functionality of our website, we will be dedicating time towards improving resources, including a “What Is Ayurveda” component of the website and relatable resources towards this topic. The committee will also participate in the development of marketing collateral to support membership growth. Additional projects will include policy development for various types of communications, increasing member benefits via NAMA's
communication portals and resource kits for schools and students.

NOMINATIONS/ELECTIONS COMMITTEE ANNUAL REPORT

Communications Committee Chairs: KP Khalsa

Committee Members: Jennifer Rioux

The Elections Committee successfully oversaw the 2016 Board of Directors election and appointed new Board Members according to the organization’s bylaws.

Highlights of the 2015-2016 Election:

• 396 votes or 35% of eligible voters - more than met our requirement for a legitimate election
• Votes went to re-elect 5 sitting board members: 3 year term seats went to - Eric Grasser, Jayarajan Kodikannath, Bill Dean and Alakananda Ma and the 2 year term went to Wynn Werner

NAMA Welcomes potential candidates who have a desire to run for NAMA’s Board of Directors. As our association continues to grow and expand, we seek members who are skilled in areas such as financial management, project development, legal and political action, and technology.

To be eligible as a board candidate, you must have been a NAMA member for at least one year, have active experience on one of NAMA’s committees or work groups within the previous two years of candidacy, and be a resident of the United States of America.

The Nominations and Elections Committee supports the growth of the organization and gives potential board members a strong understanding of what NAMA is all about.

Contact us at nama@ayurvedaNAMA.org to discuss what is required and learn how you can begin to actively serve our association today!

Schedule of Elections for 2016-2017

• May 1, 2016
  NAMA 2016 election e-mail requesting nominations is sent including detailed information of requirements and identifying specific skill sets that will serve the organization

• May 30, 2016
  Completed applications must be received by 6:00 p.m. Pacific Time (may be submitted electronically or by mail).

• June 1 to June 30, 2016
  All nominations will be reviewed for completeness and to assure that all requirements are met. Qualified candidates’ Conflict of Interest Disclosure Forms are submitted to the Ethics Committee for final vetting

• June 10, 2016
Fully vetted candidates will be presented to the board for approval of the slate.

- **July 1, 2016**
  Electronic election ballots and nominee statements will be emailed to all members. Members without email address will receive a paper ballot.

- **July 31, 2016**
  Electronic Ballots must be completed and submitted as instructed by 6:00 p.m. Pacific Time. Paper ballots must be received at the corporate office by 6:00 p.m. Pacific Time pm August 10, 2016.

- **August 1 to August 10, 2016**
  Ballots are counted. NAMA election results will be declared
  NAMA election results will be declared at the NAMA board meeting.

- **August 15, 2016**
  Elected candidates will be notified of the outcome and orientation will be scheduled for all in-coming board members.

- **September 2016**
  NAMA eNews announcement of election results will be published to members in the eNewsletter.

- **November 1, 2016**
  Newly elected board members officially take their seat on NAMA’s Board of Directors.
CONFERENCE COMMITTEE ANNUAL REPORT

Conference Management: Lisa Boldin, Conference Manager; Emma Pavich, Sponsor and Exhibitor Manager; Arya Early Hawkins, Volunteer Coordinator

Committee Members: Gwen Nagano, Ellen Leonard, Susan Weis-Bohlen, Dhaval Dhru, Tricia Sletten

The 2016 Conference, Ayurveda Tomorrow: Be the Change was held at the Crowne Plaza Hotel in Warwick, RI from April 14-17, 2016. Our 200+ participants had the pleasure of listening to Featured Presenters Jay Apte, Dilip Sarkar, David Frawley, Vasant Lad and Nancy Lonsdorf speak about how Ayurveda can be and is the change we need to see in our world.

Diana Lurie taught a practicum on how to be involved in Ayurvedic Research and Arun Deva taught a practicum on Sattvajaya Cikitsa. Other presenters spoke on topics as diverse as Epigentics, Healthy Conception, Dermatology and the Antibiotic Epidemic, Cancer Remission, Vastu, Ayurvedic Diet and the use of Herbs, just to name a few. We welcomed 10 Sponsors, 20 Exhibitors and 4 Partners to our Exhibit hall to offer our attendees a rich opportunity to hear about their businesses, to try their products and to find ways to enhance their own practices.

The 2017 Conference Committee is working on our 13th National Conference, Ayurveda and the Evolution of Modern Medicine to be held in Chicago at the Oakbrook Doubletree Hotel from April 21-23, 2017. This year our conference will be held from Friday through Sunday with an optional Practitioner Forum to be held Friday afternoon.