



Session 2

Hindu Mandir Empowerment Council
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Dr Ram Rao
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Speaker Bio



Dr Rammohan Rao is Chief Neuroscientist at Apollo Health, where he studies multi-therapeutic approaches to cognitive decline. With 25+ years in neuroscience research and teaching, he is also a board-certified Ayurveda practitioner, registered Yoga teacher, faculty at the California College of Ayurveda, and author of *Good Living Practices*.

Abstract



Your Genes Are Not Your Destiny: Can the Way We Live, Change the Way We Age?

A balanced diet, rooted in Ayurvedic and dharmic principles, emphasizes fresh, sattvic (pure) foods that nourish the body while maintaining harmony between mind and spirit.

Mindful eating with attention to seasonal ingredients, moderation, and gratitude supports physical health, mental clarity, and overall well-being.

Health, Wellness, Diet & Aging



Disease does not begin on the day of diagnosis.

Eat • Sleep • Move • Think • Connect • Manage Stress

The way we live becomes part of the biology with which we age.

Health, Wellness, Diet & Aging



There is no magic pill for wellness.

**Food, Movement, Sleep, Mental Stimulation, Stress Management
Relationships, Purpose, Consistency**

Ayurveda + Yoga + Modern Science

The way we live today helps shape the way we age tomorrow.