

PROGRAMME

YOGA AND AYURVEDA MEDICINE FOR MENTAL WELLNESS

ZOOM WEBINAR PRESENTED JOINTLY BY
NICM HEALTH RESEARCH INSTITUTE AND ALL INDIA INSTITUTE OF AYURVEDA

DATE: Thursday 5 November 2020, 3.00pm-5.30pm AEDT / 9.30am-12.00pm IST / 5.00am CET

PROGRAMME:

3.00pm <i>(9.30am IST)</i>	<i>Welcome address and opening remarks</i>	Professor Barney Glover, AO Vice-Chancellor and President, Western Sydney University, Australia
3.10pm <i>(9.40am IST)</i>	<i>Ministerial address</i>	Professor Tanuja Nesari Director, All India Institute of Ayurveda, India
3.15pm <i>(9.45am IST)</i>	<i>Ministerial address</i>	The Hon. Shri Shripad Yesso Naik Minister of State (Independent Charge) Ministry of AYUSH, Minister of State for Defence, Government of India
3.20pm <i>(9.50am IST)</i>	<i>Consul-General address</i>	The Hon. Dr Geoff Lee, MP NSW Minister for Skills and Tertiary Education, and Acting Minister for Sport, Multiculturalism, Seniors and Veterans Member for Parramatta, NSW Government, Australia
3.25pm <i>(9.55am IST)</i>	<i>Ayurveda for mind and body wellness</i>	Mr Manish Gupta Consul-General Consulate-General of India, Sydney, Australia
3.35pm <i>(10.05am IST)</i>	<i>Health, healing and consciousness</i>	Vd Rajesh Kotecha Secretary, Ministry of AYUSH, Government of India
3.55pm <i>(10.25am IST)</i>	<i>Balancing mind with Ayurveda for a perfect global health</i>	Sri Sri Ravi Shankar Founder, The Art of Living, India
4.15pm <i>(10.45am IST)</i>	10-minute break	Dr Antonio Morandi President, Italian Scientific Society for Ayurvedic Medicine, Italy
4.25pm <i>(10.55am IST)</i>	<i>Yoga research for mental health in Australia</i>	Dr Michael de Manincor Postdoctoral Research Fellow, NICM Health Research Institute, Western Sydney University, Australia

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4.45pm
(11.15am IST)

Calming the fluctuations of the mind? State of the science on yoga for mental health and wellness in cancer

Dr Holger Cramer

Research Director, Department of Internal and Integrative Medicine, University of Duisburg-Essen, Germany

Shri Pramod Kumar Pathak

Additional Secretary, Ministry of AYUSH, Government of India

Dr Manoj Nesari

Advisor (Ayurveda), Ministry of AYUSH, Government of India

Associate Professor Linda Taylor

Pro Vice-Chancellor, International, Western Sydney University, Australia

Dr Carolyn Ee

Jacka Foundation Senior Research Fellow, NICM Health Research Institute, Western Sydney University, Australia

Dr Michael de Manincor

Postdoctoral Research Fellow, NICM Health Research Institute, Western Sydney University, Australia

Dr Parvathy Devi

Superintendent, Government Ayurveda Research Institute for Mental Disorders, Kottakkal, India

PANEL DISCUSSION

Moderated by
Professor Tanuja Nesari
Director, All India Institute of Ayurveda

5.05pm
(11.35am IST)

Professor Dennis Chang
Acting Director, NICM Health Research Institute, Western Sydney University

Professor Dennis Chang

Acting Director, NICM Health Research Institute, Western Sydney University, Australia

5.30pm
(12.00pm IST)

Closing remarks

Associate Professor Shrikrishna Rajagopala

Director of International, All India Institute of Ayurveda, India

5.35pm
(12.05pm IST)

Webinar concludes

[Programme schedule is subject to change – last updated 2 November 2020]