

INDIA DAY
&
SYMPOSIUM
“AYURVEDA, YOGA AND MEDITATION FOR
ACTIVE AND HEALTHY AGING”

25-27 September 2018

TUMMELPLATZ, GRAZ

Organized by

Embassy of India, Vienna

Ministry of AYUSH, New Delhi, India

Medical University of Graz

Master of Ceremony

Assoc Prof Nandu Goswami

Invited Dignitaries

Ambassador of India to Austria, HE Ms Renu Pall
Medical Univ of Graz, Vice Rector of Research Mag^a Caroline Schober-Trummler
Representative of Ministry of AYUSH
LAbg Assoz Profⁱⁿ PD Mag^a Drⁱⁿ Sandra Holasek, Land Steiermark
DI Dr Johann Harer, CEO, Human Technology Styria
DI Herbert Paieryl, Wellness- & Ayurvedahotel, Bad Waltersdorf

Invited Speakers

Dr. Rainer Picha, Int. Maharishi AyurVeda Foundation, *Austria, Netherlands*
Prof Ludvik Toplak, Alma Mater Europea, *Slovenia*
Mr Lothar Pirc, Bad Ems Ayurveda, *Germany*
Dr Pooja Sabharwal, CBPACS, Govt of India, Ayurveda researcher, *India*
Dr Wolfgang Schachinger, General Practitioner, *Austria*
Dr Sadanand Prabhakar Sardeshmukh, Director, Atharva-Ayurved Pune, *India*
Dr Anirudha Joshi, Atreya Innovations, *India*
Prof Tomaž Klojčnik, Alma Mater Europea, *Slovenia*
Dr Bernd Hadisch, Preventive Medicine Practitioner, *Austria*
Dr Amrika Anroedh, Ayurvedic Health Consultancy, *Surinam*
Dr Sushrut Sardeshmukh, Atharva-Ayurved, Pune, *India*
Mag Daniella Kolleger, Propraxis GmbH, Intergrative education for healthcare, *Austria*
Dr Sebastian Mathew, Ayurveda Praxis, *Austria*
Dr. Dejan Dinevski, University of Maribor, *Slovenia*
Prof. Maximilian Moser, Medical Univ of Graz, *Austria*
Dr Ajit Mandlecha, Ayurveda Practitioner, *India*
Ms Maria Sintschnig, Managing Director CITY YOGA Graz, *Austria*
Prof Regina Roller Wirnsberger, Geriatrician, Medical Univ. of Graz, *Austria*
Prof Naim-Akhtar Khan, Research Professor, Dijon, *France*
Prof Omar Šerý, Research Professor, Brno, *Czech Republic*
Prof Frank Madeo, Molecular Biosciences, Univ of Graz, *Austria*
Prof Alexander Chouker, University of Munich, *Germany*
Prof Vincenzo Valenzi, Interuniversity Center of Research for Sustainable Development, *Italy*
Dr Sudhir Bagga, Science of Life, *USA*
Dr Madan Thangavelu, Expert Scientist, Cambridge, *UK*

Detailed Program

Day 1 (25th September)

10 am- 6 pm

Delegates arrive at Graz
Check into respective hotels

6.30 pm

Meet and greet
In each hotel you will be met by representatives of the organizing committee at 6.30 pm who will then take you to the evening reception venue. You will also be provided with your workshop badge and directions plus the latest program.

7 pm - 9pm

Welcome evening cocktail and dinner for all delegates at a traditional Austrian restaurant *Gloecklbraeu* in the heart of Graz <http://www.gloecklbraeu.at/nc/home.html>

Day 2 (26th September)

9.30 AM -10.20 AM: *Inaugural Session (7 min each presentation)*

- 9.30 AM- 9.37 AM HE Ms Renu Pall, Ambassador of India to Austria & Montenegro & International Organisations in Vienna
- 9.38 AM -9.45 AM Mag.^a Caroline Schober-Trummler, Vice Rector of Research, Med Uni Graz
- 9.46 AM -9.53 AM DI Dr. Johann Harer, CEO, Human Technology Styria
- 9.54 AM -10.01 AM Prof. Dr. Ludvik Toplak, President, Alma Mater Europea, Slovenia
- 10.02 AM -10.09 AM DI Herbert Paieryl, Wellness- & Ayurvedahotel, Bad Waltersdorf
- 10.10 AM -10.17 AM Representative from the Landesregierung

10.20 AM-10.45 AM:

TEA AND COFFEE BREAK
with Samosas (Indian vegetarian snack)

10.45 AM -12.00 PM: *Presentations by Experts in Ayurveda,
Pulse Diagnosis & Cardiovascular Rhythms (10 min each)*
Chairs: Sardeshmukh, Moser, Picha

10.45 AM -10.55 AM Prof Sadanand Prabhakar Sardeshmukh, Atharva-Ayurved, Pune, India
"Integrated approach for Cancer Treatment after Pulse diagnosis"

10.55 AM -11.05 AM Dr Rainer Picha, Cardiologist, Austria and Netherlands
"Can a stress-reduction technique influence ageing?"

11.05 AM -11.15 AM Dr Anirudha Joshi, Atreya Innovations, Pune, India
"Integrating technology in Ayurvedic diagnosis method"

11.15 AM -11.25 AM Prof Maximilian Moser, Medical Univ of Graz, Austria
"The wisdom of the heart – Research in meditation and rhythm"

11.25 AM -11.35 AM Dr Sushrut Sardeshmukh, Atharva-Ayurved, Pune, India
"Pulse reading and diagnosis in Ayurveda"

11.35 AM -11.45 AM Dr Wolfgang Schachinger, General Practitioner, Austria
"Vorläufige Ergebnisse einer Pilotstudie über eine multimodale ayurvedische Anwendung zur Gewichtsreduktion/ Weight reduction via innovative Ayurvedic intervention"

11.45 AM -11.55 PM Dr Sebastian Mathew, Ayurveda Praxis, Austria
"Current Ayurveda scenario in Austria: Practice, education, research and challenges"

12.00 PM -13.15 PM

LUNCH BREAK

Classical Indian performances by Indian & Austrian performers

13.15 PM -14.15 PM *Integrative and Complementary Health*
Chairs: Sabharwal, Joshi, Pirc

13.15 PM -13.25 PM Prof Frank Madeo, Univ of Graz, Yoga practitioner, Austria
„Wissenschaftliche und persönliche Anmerkungen zur Yoga Praxis/Scientific and personal remarks to yoga practice“

13.25 PM -13.35 PM Dr Pooja Sabharwal, CBPACS, Govt of India, Ayurveda researcher, India
"Intervention of Ayurveda as bioenergetic medicine in healthy aging in purview of epigenetics - A systematic review"

13.35 AM -13.45 AM Dr Ajit Mandlecha, Ayurveda Practitioner, India
"Ayurveda And Yoga science integration possibilities with Conventional medicine "

13.45 PM -13.55 PM Dr Sudhir Bagga, Science of Life, USA
"Integrative Body & Mind Information System: "Window to the Future of Medicine"

13.55 PM -14.05 PM Prof Tomaž Klojčnik, Alma Mater Europea, Slovenia
"Reducing health care costs using integrative medical approach"

14.05 PM -14.15 PM Mr Lothar Pirc, Bad Ems Ayurveda, Germany
"Managing an authentic Ayurveda clinic and treating 25.000 patients with Panchakarma at the Maharishi Ayurveda Health Center in Bad Ems, Germany"

PARALLEL EVENTS

EVENT I

14.15 PM –15.30 PM: *Business Session on potential for collaboration*

Chairs: HE Renu Pall, Harer, Paierl

Company representatives and CEOs from Austria

EVENT II

14.15 PM -15.30 PM: *Yoga, Physical Activity, Active and Healthy Aging*

Chairs: Roller-Wirnsberger, Dinevski, Chouker

14.15 PM -14.25 PM Prof Regina Roller Wirnsberger, Medical Univ of Graz, Austria

"Role of physical activity in Active and Health aging: Current evidence"

14.25 PM -14.35 PM Dr. Dejan Dinevski, University of Maribor, Slovenia

"Yoga in pregnancy; Effects and benefits"

14.35 PM -14.45 PM Dr. Madan Thangavelu, Genomics, Cambridge, UK

"Complementary medicine in aging care"

14.45 PM -14.55 PM Dr Bernd Hadisch, Preventive Medicine Practitioner, Austria

"Physical Activity is the "Therapy of the 21st Century"

14.55 PM -15.00 PM Bianca Brix, Medical University Graz

"Stand Up & Go...An innovative active and healthy aging project"

15:00 PM -15.30 PM

Yoga Exercises at "CITY YOGA" (Sintschnig KG, Am Eisernen Tor 3, 8010 Graz)

Co-ordinated by: Sintschnig, CITY YOGA, Graz & Yoga Expert from Embassy of India in Vienna

15.30 PM - 15.45 PM

TEA AND COFFEE BREAK

with Austrian vegetarian snacks: Brötchen (sandwiches)

15.45 PM – 16.30 PM:

Round Table Discussions

Chair: Goswami

Panelists: Thangavelu, Rainer, Joshi, Khan

Ayurveda research and practice in Austria

Steiermark as an Ayurveda region

Refining technologies for ayurvedic medicine manufacture in India

Integrative and complimentary medicine: courses and research

Co-ordinating research across Europe in integrative and complementary medicine

Establishment of a center of excellence in Ayurveda research at Graz

Launching of the "International Ayurveda, Yoga and Meditation Research Network"

DRAFTING OF THE ACTION PLAN AND SUBMISSION TO THE AMBASSADOR HE RENU PALL

17.00 PM: MOU signing between Med Uni Graz and All India Institute of Ayurveda Research
Medical University of Graz: VR Caroline Schober-Trummler
Ministry of AYUSH representative

18.00 PM: City of Graz guided tour
Meeting point: Rathaus/Hauptplatz

19.00 PM: Welcome (buffet) dinner reception hosted by the Mayor of Graz at Rathaus
Dressing: *Formal but casual also allowed (no shorts and slippers, please)*

Day 3 (27th September):

10.00 am – 17.00 pm: Social Program
Excursion to Eastern Styria
Ayurvedic lunch
Austrian traditional cheese and wine

All details related to places of pick-up and drop-off will be provided during the conference

WE WELCOME YOU TO THE CELEBRATION OF INCREDIBLE INDIA IN GRAZ!

Local Organizing Committee

Jerry Batzel	+43 664 3027150
Bianca Brix	+43 676 5009730
Johannes Wagner	+43 676 87493629
Andreas Jantscher	+43 676 6144842
Anita Ertl	+43 6767078518
Irhad Trozic	+43 677 61809729
Andreas Roessler	+43 664 4222234
Nandu Goswami	+43 664 7924948

By registering for this meeting you are confirming your acceptance to allow your foto or video that will be taken during this Meeting to be made publicly available.

Mit Ihrer Anmeldung und Teilnahme an dieser Veranstaltung erteilen Sie uns die Erlaubnis zur Veröffentlichung von Bild- und Videoaufnahmen, die im Rahmen dieses Events entstehen.