

Ayurveda, Yoga and Meditation for Active and Healthy Aging

08:30	REGISTRATION
09:00-09:20	INAUGURAL SESSION
09:00-09:10	Jaideep Mazumdar <i>Ambassador of India to Austria, Montenegro and The Holy See /Permanent Representative of India to the UN and other International Organisations in Vienna</i>
09:10-09:15	Assoz. Prof. Dr. Nandu Goswami <i>Vizepräsident Netzwerk Altersmedizin Steiermark</i>
09:15-9:20	Mag. Michael Pichler <i>CEO, Human Technology Styria</i>
09:20-09:45	KEY NOTE LECTURE
<i>Innovative Health care approaches: Alma Mater Experiences</i> Prof. Ludvik Toplak	
09:45-10:45	SESSION 1 Chair: Deepak, Chroge
09:45-10:00	<i>Healthy progeny & epigenetic programming with Ayurveda - A scientific elucidation</i> Pooja Sabharwal
10:00-10:15	<i>Can a stress-reduction technique influence ageing?</i> Rainer Picha
10:15-10:30	Ramesh Mavathu
10:30-10:45	<i>Complementary medicine in aging care</i> Madan Thangavelu
10:45-11:15	COFFEE BREAK
11:15-12:30	SESSION 2 Chair: Picha, Zebeljan
11:15-11:30	<i>Postgraduate education in Ayurveda at the Alma Mater Europaea</i> Tomaž Klojčnik
11:30-11:45	<i>Methods of Blood pressure measurement in 30 years of Noninvasive Methods of Cardiology</i> Jarmila Siegelova
11:45-12:00	<i>Retouch space and de-stress mind</i> Anja Humljan

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12:00-12:15	<i>Effects of Meditation on Cardiovascular in Patients during Cardiac Rehabilitation: A Randomized Pilot Study</i> Maximilian Rudlof
12:15-12:30	<i>Standardization of Natural Herbal and Ayurvedic Herbal Extracts and establishing Pharmaceutical standards</i> Allur V Krishna Raju

12:30-13:30	LUNCH BREAK
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13:30-14:30	SESSION 3 Chair: Sabharwal, Mathew
13:30-13:45	<i>Weight reduction via innovative Ayurvedic intervention</i> Wolfgang Schachinger
13:45-14:00	<i>Our forest is our Pharmacy</i> Amrika R. Anroedh
14:00-14:15	<i>Nanomedicine in Ayurveda – Concept Of Bhasma</i> Priyanka Chorge
14:15-14:30	<i>Physical Activity is the "Therapy of the 21st Century</i> Bernd Haditsch

14:30-15:00	COFFEE BREAK
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15:00-16:00	PARALLEL EVENTS
15:00-16:00	<i>Yoga and Meditation workshop</i>
	<i>Ms. Jyoti</i> Teacher of Indian Culture
15:00-16:00	SESSION 4 Chair: Rudlof, Thangavelu
15:00-15:15	<i>Yoga in pregnancy: Effects and benefits</i> Ivan Zebeljan
15:15-15:30	<i>Heart Rate Variability during Head-Up Tilt shows inter-individual differences among healthy individuals of extreme Prakriti types</i> KK Deepak
15:30-15:45	<i>Effect of cyclic meditation on obese and healthy people</i> Vishwajeet Shankwar
15:45-16:00	<i>Effects of Meditation and Yoga on Stress Levels in Cardiac Rehabilitation Patients: A Study of Microbiome and hair cortisol measurement</i> Philip Horvath
16:00-16:20	ROUND TABLE DISCUSSION
	Moderator: <i>Nandu Goswami</i> Panelists: <i>Shri Gyanveer Singh, Picha, Rudlof, Schachinger, Thangavelu, Anroedh, Sabharwalhab</i>
	<ul style="list-style-type: none"> • Ayurveda research and practice in Austria • Steiermark as an Ayurveda region • Refining technologies for ayurvedic medicine manufacture in India • Integrative and complementary medicine: courses and research • Coordinating research across Europe in integrative and complementary medicine • “International Ayurveda, Yoga and Meditation Research Network”
16:20-16:30	CLOSING REMARKS