



## Second New Zealand Hindu Conference

16-18 May 2008

Hindu Heritage Centre, Auckland, New Zealand

*Sustaining New Zealand Communities through health benefits of Yoga, Meditation and Ayurveda*

<b>Friday, 16 May 2008</b>		
8.00 – 9.00 am	Registration	
9.15 – 11.00 am	<b>Plenary Session 1: Inauguration</b> Chair: Nandan Modak, Manager, Digipoll, New Zealand	
	9.15 – 9.40 am	Welcome, Lighting of lamps and Garlanding
	9.40 – 10.00 am	Maori & Hindu Prayer
	10.00 – 10.15 am	Welcome speech by President, HCNZ (includes HCNZ activities and future plans)
	10.15 – 10.30 am	Chief Guest's speech
	10.30 – 10.40 am	Speech by the Mayor, Manukau City Council
	10.40 – 11.00 am	Blessings by prominent people
11.00 – 11.30 am	Morning tea with guests	
11.30 – 1.00 pm	<b>Plenary Session 2: Keynote addresses</b> Chair: Dr Guna Magesan, Senior Scientist, Scion, New Zealand	
	11.30 – 12.15 pm	Integrated approach of Yoga therapy - a glimpse of 30 years of research Dr Nagendra, Vice-chancellor, Yoga University, India
	12.15 – 1.00 pm	Meditation: Its process, its achievement and goals Swami Sridharanand, President, Vedanta Centre, Sydney
1.00 – 2.00 pm	Lunch	
2.00 – 2.40 pm	<b>Plenary Session 3: Keynote address</b> Chair: Dr Ram Prakash Agarwal, Miami University, USA	
	Ayurveda – Dr Shirish Karnik, New Zealand	
2.40 – 4.00 pm	<b>Plenary Session 4: Working with Government agencies</b> Chair: Pancha Narayanan, President, NZ Federation of Ethnic Councils	
	2.40 – 2.45 pm	General Introduction – Pancha Narayanan
	2.45 – 3.00 pm	Ministry of Health
	3.00 – 3.15 pm	Te Puni Kokiri (Ministry of Maori Development)
	3.15 – 3.30 pm	Ministry of Education
	3.30 – 3.45 pm	Ministry of Social Development
	3.45 – 4.00 pm	Department of Police and Corrections
	4.00 – 4.15 pm	General Questions
4.15 – 4.30 pm	Afternoon Tea	
4.30 – 6.00 pm	<b>Concurrent workshop sessions - I</b>	
	4.30 – 5.30 pm	Workshop 1: Yoga (Room) Coordinator: Paul Barton, Yoga Studio, Rotorua
	4.30 – 5.30 pm	Workshop 2: Meditation (Room) Coordinator: Ananya Chaitanya, Foundation for Self Knowledge New Zealand
	4.30 – 5.30 pm	Workshop 3: Ayurveda (Room) Coordinator: Dr Ajit Singh, New Zealand

	5.30 – 6.00 pm	General Reporting (10 minutes each)
7.00 – 8.00 pm	Dinner	
8.30 – 9.30 pm	Special meditation (only for those who are interested)	
<b>Saturday, 17 May 2008</b>		
6.00 – 7.30 am	Yoga for stress relief – Practice session (optional for those who are interested)	
9.00 – 10.40 am	<b>Plenary Session 5: Ayurveda</b> Chair: Dr Nikhil Zaveri, East Tamaki Medical Care, Auckland	
	9.00 – 9.20 am	An overview of Ayurvedic system of medicine - Dr Ram Agarwal, Miami University, USA
	9.20 – 9.40 am	Role of mind in diseases manifestation - S Ajit, Planet Ayurveda, New Zealand
	9.40 – 10.00 am	Ayurveda – Nutrition, lifestyle and mental health support in the care of the elderly population of NZ - Vijayendra Srinivasa Murthy, New Zealand
	10.00 – 10.20 am	Parallels between Ayurveda and Maori medicine - Suzzane Williams, New Zealand
	10.20 – 10.40 am	General Questions/Answers on Ayurveda
10.40 – 11.00 am	Morning tea	
11.00 – 12.40 pm	<b>Plenary Session 6: Yoga</b> Chair: Professor, Auckland University, New Zealand	
	11.00 – 11.20 am	Yoga education for children - BKS Iyengar (presented by Paul Barton, New Zealand)
	11.20 – 11.40 am	The Benefits of Satyananda Yoga Nidra - Swami Karma Karuna, New Zealand
	11.40 – 12.00 pm	Benefits of yoga for physical and mental health - Umesh Sharma, University of Waikato, New Zealand
	12.00 – 12.20 pm	A simplified system of physical exercise for integral healthcare - G. Balachandran et al., India
	12.20 – 12.40 pm	General Questions/Answers on Yoga
12.40 – 2.00 pm	Lunch	
2.00 – 3.40 pm	<b>Plenary Session 7: Meditation</b> Chair: Rakesh Naidoo, New Zealand Police	
	2.00 – 2.20 pm	Breath and Health - Bhikkhu Bodhipala, India
	2.20 – 2.40 pm	Vipassana Meditation - Ross Reynolds, New Zealand
	2.40 – 3.00 pm	Light meditation - Ravinder Grover, New Zealand
	3.00 – 3.20 pm	Meditation and Stress Management - G.N. Mahalingam, India
	3.20 – 3.40 pm	General Questions/Answers on Meditation
3.40 – 4.00 pm	Afternoon Tea	
4.00 – 5.30 pm	<b>Concurrent workshop sessions - II</b>	
	4.00 – 5.00 pm	Workshop 1: Yoga, Meditation for family Coordinator: Dr Amritha Sobrun-Maharaj, University of

		Auckland
	4.00 – 5.00 pm	Workshop 2: Medical Astrology & Agnihotra Coordinators: From India
	4.00 – 5.00 pm	Workshop 3: Meditation & Cosmic Energy Healing Coordinator: Sneh Prasad, Auckland District Health Board
	5.00 – 5.30 pm	General Reporting (10 minutes each)
6.00 – 7.00 pm	Dinner	
7.00 – 8.30 pm	<b>Special Session 2: Cultural Programmes</b> Coordinator: Shri Vishal Rishi, Auckland District Health Board	
<b>Sunday, 18 May 2008</b>		
6.00 – 7.30 am	Yoga for stress relief – Practice session (optional for those who are interested)	
8.30 – 10.00 am	<b>Session 8: New Zealand Yoga &amp; Ayurveda Research Institute Initiative</b> Panel Chair: Dr H.R. Nagendra, Vice-chancellor Yoga University, India Swami Vigyananand, World Hindu Council, India Shri. Vinod Kumar, President, Hindu Council of New Zealand	
10.00 – 10.30 am	Morning tea	
10.30 – 11.30 am	<b>Plenary Session 9: Summing up and Going forward</b> Chair: Sridhara Mysore, Social Worker, CYF, New Zealand	
11.30 – 12.00 pm	<b>Plenary Session 9: Closing Ceremony</b> Chair: Ms Pritika Sharma, Auckland District Health Board Presentation: Ms Sonali Hegde, Simpl, Auckland	
12.00 – 1.30 pm	Lunch	