

One day Conference by
MAANAW SEVA ASSOCIATION



Maanaw Seva Association (MSA) is organizing a one-day conference, “MATTER OF MIND” on Saturday, September 10, 2022. The in-person event will feature lectures and conversations, led by experts from across the country, on topics such as pandemic anxiety and fatigue, social isolation, negative thoughts and emotions and mental exhaustion. Attendees will have the opportunity to learn of issues related to mental wellbeing, how to cope with stressors and hear of strategies that positively impact their health and mind, in the context of their own lives.

Hindi phrase ‘Maanaw Seva’ means ‘In Service of Mankind’ and MSA has embedded this mission in its name. MSA’s vision is to sustain development by becoming involved in projects that propel the community forward toward self-sufficiency and to work towards improving the general well being at personal and the community levels.

Over last several years, MSA has organized seminars highlighting issues related to health and education, held fund raising events and financially supported many projects locally and internationally. The local events have benefited inner-city schools, the community at large and specifically the South Asian population in Edmonton.

The 2004 ‘A Matter of Heart’ and 2011 ‘A Matter of Cancer’ one day conferences, were very well attended by the community including doctors and healthcare professionals. Suitable criteria for safe gatherings will be adapted to accommodate 500 people from and around Edmonton to attend. Hence this is a good opportunity for organizations and businesses to promote their brand and services.

Sponsorship Opportunities





Date: September 10, 2022

Location: EVARIO EVENT CENTRE, 950 Parsons Road SW Edmonton

CONFERENCE PROGRAM

Time	Topic	Speakers
7:30 AM	Open Registration/Check-In	
8:00 AM	Wellness Session	Meg Stevenson, Yoga Coach
8:45 AM		Break
9:15 AM	Conference Opening	
9:25 AM	Welcome by President and Conference Chair	Jivan Kayande and Renu Narang
9:35 AM	Peace of Mind	Respected Shiv Shankar Dwivedi
9:45 AM	Address by Mayor of Edmonton	Honorable Amarjeet Sohi
10:00 AM	OPENING KEYNOTE SESSION Understanding the Science Behind Mental Health	Sonia Funk, Corporate Wellness Strategist
10:45 AM		Break
11:00 AM	Demystifying Mental Health	Dr. Yogesh Thakker, Consultant Psychiatrist
11:35 AM	Mastery in Mindfulness	Shannon McKay, Registered Psychologist
12:10 PM	Panel Discussion	
12:30 PM	LUNCH KEYNOTE SESSION Nutrition for Brain Health and Mental Health	Sonia Funk, Corporate Wellness Strategist
1:30 PM		Sponsors Booth Time
2:15 PM	Hope: The Essential Thread in Mental Being	Dr. Ronna Jevne, Registered Psychologist
2:45 PM	Protecting Health in Our Communities	Giri Puligandla, Executive Director, CMHA ER
3:15 PM	Community Supports and Services	Holly Reeve, Clinical Social Work / Therapist
3:45 PM	Panel Discussion	
4:15 PM		Break
4:30 PM	CLOSING KEYNOTE SESSION Inner Space to Outer Space : Psychological Resilience For All	Dr. Shawna Pandya, Physician
5:15 PM	Address by Government of Alberta	
5:25 PM	Vote of Thanks	Renu Narang
5:30 PM	Conference Closure	