# 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 it's 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.



## Corporate Sponsorship Opportunities:

MATTER OF MIND One day conference	SPONSORSHIP CATEGORY				
	\$10,000	\$5,000	\$3,000	\$1,000	
Opportunity	Platinum	Gold	Silver	Bronze	
Logo on the Swag Bag	Yes				
Booth Table	Yes	Yes	Yes	Yes	
Advertisement in the Conference Day Program Outline	Full Page	Half Page	Qtr Page	Business Card	
Logo in the Website	Yes	Yes	Yes	Yes	
Online Brochure Distribution	Yes	Yes Yes	Yes Yes	Yes Yes	
Recognition at the Conference	Yes				
Running Sponsor Presentation during break	Yes	Yes	Yes	Yes	
Reserved Seating	Yes	Yes	Yes	Yes	
Complimentary Passes for the conference	16	8	6	2	

#### **Payment Options:**

- 1. Cheque in the name of Maanaw Seva Association
- 2. E-transfer to donate@maanawseva.org
- 3. Credit Card (please contact Rohit Desai at info@maanawseva.org by email or call 780•431•0377)

### **Sponsor Details**

Thank you for supporting 'Matter of Mind' conference.							
Please return below details to Rohit Desai at info@maanawseva.org by email or by ordinary mail to Maanaw Seva Association, 3555 – 93 Street, Edmonton, Alberta, T6E 6N6							
COMPANY:							
ADDRESS:							
EMAIL:							
NAME OF CONTACT:							
SPONSORSHIP CATEGORY:							
COMPANY LOGO - Please send a vector file (.eps or .png) at a minimum of 800 pixels							
PAYMENT BY: Cheque E-Transfer Credit Card							



# 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	B	reak			
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		Sonia Funk, Corporate Wellness Strategist		
	Understanding the Science Behind Mental Health	derstanding the Science Behind Mental Health			
10:45 AM	B	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 A	II	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				