



MEVEG CONGRESS

Schedule - 5 DEC (Monday)- DAY -1

INAUGURATION

9.30 am – Registration opens at SAEED-2 Front Desk (MENOPE EXHIBITION & MEVEG CONGRESS)

10.00am – Exhibition Opening by Minister of Health

10.00 am – 10.45 am – SPEAKERS Meet & Snacks (Dining Area)

11.00 am – MEVEG CONGRESS opening by Minister of Health & Director for E-CAT

11.05 am – Keynote address by **Mr. Mohammed Noori**, *Director of Environment Centre for Arab Towns*

11.15 am – Introduction of MEVEG & THEME OF CONGRESS – **Ms.Sandhya Prakash**, *Founder-Meveg*

11.20 am – INTRODUCTION OF SPEAKERS ON STAGE WITH DIGNITARIES

INTERACTIVE SESSIONS

11.30 – 12.00 noon – ANTI OXIDANTS123 – **Mr.Loh Yeow Nguan**, *Fruitarian & Director of Education, Vegetarian Society of Singapore* (in seminar area)

12.00 – 12.30 pm – BETTER HEALTH – BETTER LIFE – **Ms.Helga Marin Bergsteinsdottir**, *Inspirational Speaker, Health & Wellness, Psychologist & NLP Practitioner, Sport & Nutrition Expert*

12.00 – 2 pm – ANTIOXIDANT123 Workshop by L– **Mr.Loh Yeow Nguan**, *Fruitarian & Director of Education, Vegetarian Society of Singapore* (For Students in workshop area)

12.30 – 1.30pm – “Understanding Food Labels”, **Dr.Robin Tausin ND**, *Health Advisor & Naturopathic Physician, Abu Dhabi*

1.30pm – 2.30 pm – LUNCH THEME- “GOOD TASTE” By Choithrams



2.00 – 2.30pm Grow your own Vegetable Garden in your Balcony – **Ms.Shumaila Ahmed**, *a experimental gardener and blogger* (Workshop Area for Students)

POST LUNCH SESSION

2.30 pm – 4.45 pm – GROUP DISCUSSION in DINING AREA – Coordinators - Cyntha & Sherry Maw

- **Challenges in Natural Living – Health or Wealth**
 - **(Organic/Veg/ Natural/Sustainable/Bio/Lifestyle/ Live Foods/ Seeds)**
 - **(Nuts& Seeds / Vegetables/Fruits & Berries/Diary/Cereals/ Lifestyle)**

5.00 – 5.40pm – Living on Live Foods – **Lucie Bastlova**, *a Raw Food Expert & Trainer* followed by Experience sharing by a Diabetes patient.

5.40 – 6.30pm – KITCHEN PHARMACY – **Dr.Amira Ayad**, *Pharmacist, Natural Health Consultant & Writer*

6.30 pm – SPEAKER PANEL - Q & A - Closing Remarks

CLOSE FOR DAY-1



MEVEG CONGRESS

Schedule for 6 DEC (Tuesday)- DAY -2

9.30am – Registration opens at SAEED-2 Front Desk (MENOPE EXHIBITION & MEVEG CONGRESS)

10.00am – Exhibition Opening by Minister of Health

10.00 am – 10.45 am – SPEAKERS MEET at Snacks (Dining Area)

11.00 am – Opening Remarks , Finding of the Group Discussions & SOS “SYMBOL FOR SUSTENANCE” –
Ms.Sandhya Prakash, Founder-Meveg

11.15 am – Keynote address – Presentation on “Healthy Plate” by **Ms.Wafaa Helmi Aish,Head** of Clinical Nutrition , Dubai Health Authority

11.30 am – 12.30 am “Organic Agriculture as holistic approach to keep our planet in good shape” – by
Mr.Thomas Cierpka, Deputy Director, iFOAM

12.00 – 2pm ANTIOXIDANT Workshop by **Mr.Loh Yeow Nguan, Fruitarian & Director of Education, Vegetarian Society of Singapore** (For Students in workshop area)

12.30 – 1.30 pm – “ Vegan & Gluten Free Living” by Ms.**Abeda Oturkar, Entrepreneur, Cook & Writer**

1.30pm – 2.15 pm – LUNCH THEME- “UNITY in DIVERSITY” By Dubai International World Trade Centre

2.15 – 3.00 pm – “Healthy with Plant Based Foods”, Mrs.**Deepti Bhatia, a holistic Health Coach & Consultant**

3.00 – 3.30pm - “Importance of Research and Food Choice” by **Ms. Anastasia Mankhaeva, Freelance Journalist & Researcher, Coordinator Book Club, UAE**

3.30 – 4.00pm – Grow your own Vegetable Garden in your Balcony – **Ms.Shumaila Ahmed, an experimental gardener and blogger** (Seminar Area)

4.00 pm – 6.00 pm – ANTIOXIDANT Workshop by **Mr.Loh Yeow Nguan, Fruitarian & Director of Education, Vegetarian Society of Singapore** (in workshop area)

5.30 – 6.30 pm –PANEL DISCUSSION – “COMMUNICATION & FOOD INDUSTRY”- Q & A

6.30 pm - Closing Remarks MEVEG Congress