

FRIDAY, NOVEMBER 26, 2021
The Imperial, New Delhi
AGENDA

9:30 AM - 9:59 AM	NETWORKING TEA TIME
9:59 AM - 10:00 AM	Announcement to Start the Festival
10:00 AM - 10:05 AM	Opening by Emcee Ms. Shobha Rana , Holistic Wellness and Mindful Coach and Founder – The Yogini Square Event Introduction
10:05 AM - 10:15 AM	Opening Note - "The Power of Intent" Dr. Annurag Batra , Chairman and Editor in Chief, BW Businessworld & Founder Exchange4Media
10:15 AM - 10:55 AM	Opening Key Note – "Holistic Lifestyle, Health & Disease" Mr. Luke Coutinho , Holistic Lifestyle Coach-Integrative & Lifestyle Medicine, Founder – YouCare, All About You In conversation with Dr. Annurag Batra , Chairman and Editor in Chief, BW Businessworld & Founder Exchange4Media
10:55 AM - 11:25 AM	Standalone Address – Mental Wellness – The Importance Dr. Samir Parikh , Director-Department of Mental Health and Behavioural Sciences, Fortis National Mental Health Program, Fortis Healthcare In Conversation with Ms. Preeti Singh , Founder Sattva Nation
11:25 AM - 12:05 PM	Standalone Address - Holistic View on Enhancing Sexual Health & Wellbeing Padma Shri Dr. Prakash Kothari , MBBS, PhD, Founder Professor, Department of Sexual Medicine - G. S. Medical College & K. E. M. Hospital, Founder Advisory Member - World Association for Sexual Health (WAS) In conversation with Dr. Annurag Batra , Chairman and Editor in Chief, BW Businessworld & Founder Exchange4Media
12:05 PM - 12:45 PM	PANEL 1 – Happiness – The New Buzzword Mr. P. K. Khurana - Founder & Chief Mentor, Wow Happiness Mr. Yogi Kochhar - Founder YourOneLife, Commissioner Attache India, Greek Chamber of Commerce and Economy Mr. Raj Nayak - Founder – Happyness.me Mr. Jwalant Swaroop - Founder and CEO - HappyHO Infinite Solutions Ms. Saumya Sharma - Emotional and Wellbeing Therapist, Coach and Trainer - The Butterfly Effect Ms. Sonia Kararha - Founder and CEO - Executive and Life Coach, Corporate trainer and consultant - ReVeRa Learning and Solutions Inc. Moderator - Dr. Annurag Batra , Chairman and Editor in Chief, BW Businessworld & Founder Exchange4Media
12:45 PM - 13:15 PM	PANEL 2 - Gemmology, Astrology, Palmistry and Numerology, Vastu – The Science of Wellbeing Mr. J C Chaudhry – Founder and Chairman – Chaudhry Nummero Pvt Ltd Pt. (Dr.) R K Sharma – Remedial Astrologer and Gem Therapist Acharya Praveen Chauhan – Astrologer, Palmist, Occultist and Author Dr. Jai Madaan – Lady of Fortune Mr. Prateek Bhatt – Astrologer, Palmist, Numerologist and Face Reader Moderator - Dr. Annurag Batra , Chairman and Editor in Chief, BW Businessworld & Founder Exchange4Media
13:15 PM - 13:40 PM	Networking Lunch
13:40 PM - 13:45 PM	Standalone – Age Proof your inner self Mr. Anil Khandelwal , Managing Director & CEO for Yogicsecret Healthcare Pvt. Ltd.
13:45 PM – 14:00 PM	Conversation – Awakening and Strengthening Our "Inner-Net Connection" Ms. Danijela Radonic Bhandari , Integrative Wellbeing Counsellor and Founder Dana Veda In Conversation with Mr. Ruhail Amin , Executive Editor, BW Applause and Everything Experiential
14:00 PM – 14:05 PM	Standalone – What is Wellbeing? Mr. Daksha Bharadwaj , Architect Partner, Bharadwaj Bharadwaj & Associates Trustee, Dr. Satyakam Vedic Research Foundation
14:05 PM – 14:20 PM	Conversation – Pandemic learning 101 – Fitness isn't a Luxury, it is an absolute necessity Ms. Nawaaz Modi Singhania , India's Leading Fitness and Wellness Icon & Founder of Body Art Fitness Centres In Conversation with Mr. Ruhail Amin , Executive Editor, BW Applause and Everything Experiential
14:20 PM - 14:40 PM	Standalone Address - Missing Link in Employee Happiness at Workplaces Dr. Ashish Ambasta , Founder & CEO - HappyPlus
14:40 PM - 14:50 PM	Conversation - Journey of an Introvert by Samir Soni Mr. Samir Soni , Author, Actor and Filmmaker In Conversation with Mr. Deep Bajaj , Co-Founder, Sirona Hygiene (PeeBuddy)
14:50 PM - 15:10 PM	Conversation - Inner Happiness in Modern Life Through Spirituality His Eminence the 8th Choekyong Palga Rinpoche of Ladakh , Buddhist Teacher and Spiritual Speaker In Conversation with Dr. Annurag Batra , Chairman and Editor in Chief, BW Businessworld & Founder Exchange4Media
15:10 PM - 15:40 PM	Standalone Address - Defining Well-Being in the Light of Vedanta Acharya Prashant , Vedanta Exegete, National Best Selling Author, IIT-IIM Alumnus, Ex-Civil Servant In Conversation with Dr. Annurag Batra , Chairman and Editor in Chief, BW Businessworld & Founder Exchange4Media and Ms. Urvi Shrivastav , Lead Editorial, BW Businessworld
15:40 PM - 16:10 PM	Standalone Address - Food, Wellbeing & Mindfulness - how to change your life via mindful eating Mr. Ranveer Brar , Celebrity Chef and Restaurateur In Conversation with Mr. Bhuvanesh Khanna , CEO, BW Communities
16:10 PM – 16:25 PM	Standalone Address – Shattering Karmic Untruths Ms. Suzy Singh - International Author, Mental Health Coach, Grief Counsellor, Karma Teacher and Wellness Edummentor
16:25 PM - 17:00 PM	PANEL 3 - Sleep - The Key to a better wellbeing & Need for Incubators for Wellness Startup Mr. Antano Solar John , Creator of Excellence Installations, Founder - Antano & Harini Legacy Accelerators Ms. Harini Ramachandran , Creator of Excellence Installations, Founder - Antano & Harini Legacy Accelerators In Conversation with Dr. Annurag Batra , Chairman and Editor in Chief, BW Businessworld & Founder Exchange4Media
17:00 PM - 17:20 PM	Conversation - Science of Yoga - Simplest way to Practice Wellbeing & Spirituality Mr. Advait Yogbhusan , Sacred Sciences Teacher and Founder & Director Swamrpan Foundation In Conversation with Mr. Uday Pratap Singh , Assistant Editor, NewsX
17:20 PM - 18:00 PM	Standalone Address - Mind is Medicine Dr. Mickey Mehta , Global Leading Holistic Health Guru / Corporate Life Coach In conversation with Dr. Annurag Batra , Chairman and Editor in Chief, BW Businessworld & Founder Exchange4Media
18:00 PM - 18:45 PM	Special Address - Rebuild Trust - corporate culture gradually overcoming distrust developed due to pandemic Sister BK Shivani , Raj Yog Meditation Teacher, A Spiritual Guide & Mentor In conversation with Dr. Annurag Batra , Chairman and Editor in Chief, BW Businessworld & Founder Exchange4Media and Mr. Sudhir Mishra , Legal Advisor, Trust Legal
18:45 PM - 19:30 PM	Special Address - Ten Commandments that are key for Holistic Wellbeing His Grace Gaur Gopal Das – International Lifestyle Coach & Motivational Speaker Consciousness In conversation with Dr. Annurag Batra , Chairman and Editor in Chief, BW Businessworld & Founder, Exchange4Media
19:30 PM – 19:35 PM	Festival of Wellbeing completes here
19:35 PM - 19:50 PM	Unveiling of BW Wellbeing World Leadership Takes & 40 Under 40 2021 Issue
19:50 PM – 20:30 PM	BW Wellbeing World 40 Under 40 Awards Ceremony 2021
20:30 PM – 20:35 PM	Awards Key Note Address – How to build Mental Strength, The Key to Wellbeing Col. Rajyavardhan Singh Rathore , MP and Former Cabinet Minister, Olympic Medallist, Former Shooting Athlete and Retd. Indian Army Officer
20:35 PM – 21:40 PM	BW Wellbeing World 40 Under 40 Awards Ceremony 2021 - RESUMES
21:40 PM - 22:40 PM	Networking Dinner

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