

# The Festival of Wellbeing

4<sup>TH</sup> EDITION

EVOLUTION IN WELLBEING LANDSCAPE

**APRIL**  
**24**  
**2025**
**NOVOTEL**  
**ANDHERI**  
**MUMBAI**
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## Event Agenda

<b>09:30am – 09:50am</b>	<b>Morning Tea followed by Opening of the 4th edition</b>
<b>10:00am – 10:10am</b>	<b>Welcome Address</b> <b>Dr Annurag Batra</b> , Chairman & Editor-in-Chief, BW Businessworld and Founder, exchange4media
<b>10:15am – 10:45am</b>	<b>Immersive Sound Experience Led by Hormazd Sigantoria &amp; Team</b>
<b>10:50am – 11:00am</b>	Keynote Address <b>Nurturing Spiritual Wellness: Finding Balance, Purpose &amp; Inner Peace</b> <b>Swami Swatmananda Saraswati</b> , Chinmaya Mission Mumbai
<b>11:10am – 11:30am</b>	Fireside <b>The Power of Mindfulness: Cultivating Presence, Clarity &amp; Well-Being</b> <i>Session Chair:</i> <b>Dr Rachna Chhachhi</b> , Clinical Therapist for Yoga, Mental Health & Cancer <i>Speakers:</i> <ul style="list-style-type: none"> <li>● <b>Dr. Hansaji Yogendra</b>, Director, The Yoga Institute &amp; President, Indian Yoga Association</li> <li>● <b>Dr Mickey Mehta</b>, Global Leading Holistic Health Guru / Spiritual Life Coach</li> </ul>
<b>11:30am – 12:10pm</b>	Panel Discussion <b>Cosmic Connections: Exploring Astro Science, Numerology &amp; Energy Healing for Holistic Wellbeing</b> <i>Session Chair:</i> <b>Acharya Praveen Chauhan</b> , Astrologer, Palmist, Occultist & Author <i>Speakers:</i> <ul style="list-style-type: none"> <li>● <b>Dr Sundeep Kochar</b>, Celebrity Astrologer, Motivational Speaker and Life Coach</li> <li>● <b>Pracchi P Mehta</b>, Tarot Cards Reader, Astro Numerologist &amp; Name Spelling Correction Expert</li> <li>● <b>Kavyal Hathi Sedani</b>, Lightworker &amp; Psycho Spiritual Healer</li> <li>● <b>Tanushree Choudhury Singh</b>, Wellness Practitioner &amp; Healer</li> <li>● <b>Tamanna C</b>, Karma Coach, Healer &amp; Author</li> </ul>
<b>12:05pm – 12:15pm</b>	Keynote Address <b>Mini Mathur</b> , TV Host, Actor & Women's Health Coach
<b>12:20pm – 12:50pm</b>	<b>Award Ceremony of 4th Edition of Annual BW Wellbeing Institutional Award</b>
<b>12:55pm – 01:40pm</b>	<b>Specially Curated Sattvic Lunch</b>
<b>01:45pm – 02:15pm</b>	Panel Discussion <b>Sustainable Wellness: Creating Long-Lasting Habits for Clients &amp; Communities</b> <i>Session Chair:</i> <b>Ashdin Doctor</b> , Habit Coach <i>Speakers:</i> <ul style="list-style-type: none"> <li>● <b>Greesha Dhingra</b>, Founder, Adhyatma Yog &amp; Yoga Educator</li> <li>● <b>Meher Malik</b>, Director – Studio Banjara, Embodiment Educator, Breathwork &amp; Body Awareness Coach</li> <li>● <b>Hrishi J Yogendra</b>, Assistant Director, The Yoga Institute</li> <li>● <b>Ritesh Shaiwal</b>, Founder, easyhuman</li> </ul>
<b>02:20pm – 02:50pm</b>	Panel Discussion <b>From Kitchen to Community: Building Meaningful Culinary Connections</b> <i>Session Chair:</i> <b>Sameer Malkani</b> , Director & Co Founder, the FBI <i>Speakers:</i> <ul style="list-style-type: none"> <li>● <b>Chef Ajay Chopra</b>, Global Chef &amp; Restaurant Consultant</li> <li>● <b>Chef Suvir Saran</b>, Culinary Director, Bastian Hospitality Group &amp; Owner, American Masala and Author</li> <li>● <b>Chef Guntas Sethi Bhasin</b>, Patisserie Chef, Le Cordon Bleu, London, Recipe Developer &amp; EU food Ambassador in India</li> </ul>
<b>02:55pm – 03:05pm</b>	Keynote Address <b>Naturopathy: Harnessing Nature's Healing Power for Holistic Wellbeing</b> <b>Raghavendra Rao M, BNYS, PhD</b> , Director, Central Council for Research in Yoga and Naturopathy (CCRYN), Ministry of AYUSH, Govt of India.
<b>03:10pm – 03:40pm</b>	Panel Discussion <b>Breaking Barriers: The Future of Mental Health, Emotional Wellbeing and Power of the Mind &amp; Spirit</b> <i>Session Chair:</i> <b>Ruhail Amin</b> , Senior Editor, BW Businessworld <i>Speakers:</i> <ul style="list-style-type: none"> <li>● <b>Rozlyn Khan</b>, Actor &amp; PETA Model</li> <li>● <b>Alefa Kapadia</b>, Transformation Coach &amp; Actor</li> <li>● <b>Shonali Sabherwal</b>, Vipassana Meditator, Author &amp; Macrobiotic Nutritionist</li> <li>● <b>Jaideep Nath</b>, Trustee Vyakti Vikas Kendra India (Art of Living Corporate Programs)</li> </ul>
<b>03:50pm – 04:15pm</b>	Fireside <b>Strength Beyond the Screen: Evolving Wellbeing Through Fitness, Faith &amp; Inner Work</b> <i>Session Chair:</i> <b>Dr Annurag Batra</b> , Chairman & Editor-in-Chief, BW Businessworld and Founder, exchange4media <i>Speaker:</i> <b>Sudhanshu Pandey</b> , Actor, Singer, Producer & Part time Poet
<b>04:20pm – 04:45pm</b>	Fireside <b>Evolving Motherhood: The Future of Maternity &amp; Pregnancy Care</b> <i>Session Chair:</i> <b>Dr Bhavana Gautam</b> , Founder, Embracelife & Co Founder - Radiant Living, Metabolic & Mental Health Specialist <i>Speakers:</i> <ul style="list-style-type: none"> <li>● <b>Dr Janhavi Nilekani</b>, PhD - Founder &amp; Chairperson, Aastrika Midwifery Centre</li> <li>● <b>Dr Mahima Bakshi</b>, Maternal Child Coach, Author, Tedx Speaker &amp; Founder, Birthing Naturally</li> </ul>
<b>04:50pm – 05:10pm</b>	Conversation <b>The Power of Pause: Embracing Stillness &amp; Creativity for Wellbeing</b> <ul style="list-style-type: none"> <li>● <b>Shruti Seth</b>, Actor &amp; Mental Wellness Coach</li> <li>● <b>Natasha Pratap</b>, Author, Founder &amp; Creative Director, Words for any Occasion &amp; Wellness for all Organisations (WAO)</li> </ul>
<b>05:15pm – 05:45pm</b>	Panel Discussion <b>The Future of Healthy Living: Designing Spaces That Nurture Wellbeing</b> <i>Session Chair:</i> <b>Sudhir Mishra</b> , Founder & Managing Partner, Trust Legal <i>Speakers:</i> <ul style="list-style-type: none"> <li>● <b>Dr Pooja Misal</b>, Founder Director, SMEF's Brick Group of Institutes and Founder CEO, BrickETC</li> <li>● <b>Reshma Sameer Karmarkar</b>, CEO &amp; Chief Architect, Design Matters</li> <li>● <b>Jubin Shah</b>, Director, Viveda Wellness Retreat</li> </ul>
<b>05:50pm – 06:00pm</b>	Keynote Address <b>Conscious Living: Integrating Devotion, Knowledge, and Action</b> <b>Swami Vidyanathananda</b> , Monk, Ramakrishna Mission & Senior Professor, Tata Institute of Fundamental Research (TIFR)
<b>06:05pm – 06:45pm</b>	Panel Discussion <b>Edible Oils: Look Beyond the Myths – Separating Fact from Fiction</b> <i>Session Chair:</i> <b>Harbinder Narula</b> , CEO, BW Wellbeing world & Healthcare world <i>Speakers:</i> <ul style="list-style-type: none"> <li>● <b>Dr Rachna Khanna Singh</b>, Founder &amp; Director of The Mind and Wellness Studio</li> <li>● <b>Payal Rangar</b>, Nutritionist &amp; Dietician</li> <li>● Speaker YTC</li> <li>● Speaker YTC</li> <li>● Speaker YTC</li> </ul>
<b>06:50pm – 07:20pm</b>	Panel Discussion <b>The Power of Connection: Thriving Relationships, Deeper Connections, and Holistic Wellbeing</b> <i>Session Chair:</i> <b>Ashdin Doctor</b> , Habit Coach <i>Speakers:</i> <ul style="list-style-type: none"> <li>● <b>Karishma Chavan</b>, Co Founder &amp; CCO, Sassiast</li> <li>● <b>Pallavi Barnwal</b>, Founder, GetIntimacy</li> <li>● <b>Simran Balar Jain</b>, Sex Ed and Lifestyle Content Creator &amp; Co Founder, UnBound</li> <li>● <b>Anjali G. Kothari</b>, Relationship Coach</li> </ul>
<b>07:15pm – 07:25pm</b>	Keynote Address <b>The Science of Aromatherapy: Unlocking Wellness Through the Power of Scent</b> <b>Dr Blossom Kochhar</b> , Chairperson, Blossom Kochhar Group of Companies
<b>07:30pm – 07:55pm</b>	Fireside <b>From Tradition to Transformation: Navigating the Evolution of Wellbeing</b> <i>Session Chair:</i> <b>Harbinder Narula</b> , CEO, BW Wellbeing world & Healthcare world <i>Speaker:</i> <b>Padmashri Dr Mukesh Batra</b> , Founder – Chairman, Dr. Batra's Healthcare
<b>08:00pm – 08:30pm</b>	<b>Award Ceremony of 4th Edition of Annual BW Wellbeing Leader Awards</b>
<b>08:35pm – 08:45pm</b>	<b>Closing Keynote Address</b> <b>Harbinder Narula</b> , CEO, BW Wellbeing world & Healthcare world
<b>08:50pm – 09:30pm</b>	<b>Specially Curated Sattvic Dinner</b>

**BLOCK YOUR SEAT!!!**
**REGISTER NOW**

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