

# The Festival of Wellbeing

5<sup>th</sup> EDITION  
Summit & Awards

**THE EVOLUTION OF HUMAN FLOURISHING**


## AGENDA

- 09:00am – 09:50am**  
Welcome with Morning High Tea
- 09:55am – 10:15am**  
Introduction to Delegates by the Host of the Day – **Mr. Subhojit Ghosh**, Anchor | Emcee | YouTube Talk Show Host
- 10:20am – 10:35am**  
Opening Address by **Dr. Annurag Batra**, Chairman & Editor-in-Chief, BW Businessworld | Founder, exchange4media
- 10:40am – 11:00am**  
**Immersive Experience: Resonance Within: A Sound Journey into Deep Rest and Renewal Led by Immersive Sound Experience Team**  
Step into a deeply immersive sound experience where healing frequencies, rhythm, and stillness come together to gently guide you inward. Using a blend of instruments and intuitive soundscapes, this session creates a space for the body to relax, the mind to quieten, and the nervous system to reset.
- 11:05am – 11:35am**  
Opening Reflection: Inner Intelligence: The Real Engine of Health, Happiness, and Harmony By **H.G. Nityanand Charan Das**, A Spiritual Counsellor | Author | Convenor – Iskcon South Mumbai  
In a world driven by external success and constant stimulation, this keynote brings the focus back inward – to self-awareness, emotional strength, and inner balance. It explores how cultivating inner intelligence helps individuals navigate complexity, build resilience, and create meaningful lives.
- 11:40am – 12:00pm**  
Beyond the Spotlight: Rooted & Rising – Staying Grounded While Chasing Dreams in Conversation with **Ms. Prasanna Bisht**, Actor Led By Session Chair **Ms. Devika Kundu Sengupta**, GM – Conferences, BW Businessworld  
An inspiring conversation on ambition, self-belief, personal growth, and staying connected to one's values while navigating life's opportunities and challenges.
- 12:05pm – 12:25pm**  
Recognition Ceremony: BW Wellbeing World Awards
- 12:30pm – 12:55pm**  
**Healing Experience: From Trauma to Transformation: Healing through the body's wisdom – in somatic awareness and sacred presence Led by Ms. Zia Nath**, Trauma-Informed Therapist | Founder - Centre for Healing & Sacred Arts  
Designed as a safe and interactive experience, this session offers simple, non-invasive practices to help participants listen to their bodies, restore balance, and move towards greater ease, resilience, and inner harmony.
- 01:00pm – 01:10pm**  
**Visionary Address: Food as Freedom: Rethinking Nutrition for Energy, Longevity & Wellbeing By Ms. Naaznin Husein**, Eminent Nutritionist | Founder, Freedom Wellness Management  
Explore how mindful nutrition can become a powerful foundation for sustained energy, preventive health, and overall wellbeing. Moving beyond restrictive diets and trends, the session focuses on building a healthier relationship with food through balanced, sustainable lifestyle choices that support long-term vitality and inner wellness.
- 01:15pm – 02:00pm**  
**Conscious Nourishment Experience: Sattvik Nourishment for Lunch – Eat Light, Feel Aligned Specially curated by Executive Sous Chef Parimal Jahangirdar**, Novotel Andheri
- 02:05pm – 02:35pm**  
Recognition Ceremony: BW Wellbeing World Awards
- 02:40pm – 03:10pm**  
**Beyond Paychecks: Employee Wellbeing, Financial Security & the Future of Human-Centric Workplaces**  
Led by Session Chair: **Ms. Vinita Charles**, Joint President & HR Head, Birla Copper, Hindalco Industries Limited
- ▶ **Mr. Arup Gupta**, CHRO, Reliance Group India
  - ▶ **Ms. Swati Chawla**, Global Director – Operational Wellbeing
  - ▶ **Mr. Sanjeeb Lahiri**, CHRO, GRP Limited
  - ▶ **Mr. Prasanth Nair**, CHRO, Crompton Greaves Consumer Electricals Ltd.
- The discussion will explore how financial stress directly impacts mental health, productivity, engagement, and workplace relationships, while also highlighting how organizations can create more empathetic, supportive, and sustainable ecosystems that enable employees to truly thrive – professionally and personally.
- 03:15pm – 03:35pm**  
**Guided Wellness Experience Session: Energy & Renewal: Qi (Chi) Gong and Face Reflexology for Inner Balance and Radiance Led by Ms. Mariko Hiyama**, Face Reflexologist | Qi (Chi) Gong Trainer | Wellness Educator  
An interactive session that blends gentle Chi Gong movements with the restorative touch of face reflexology to activate energy flow, release tension, and enhance natural radiance. Designed to be calming yet energizing, this experience helps participants reconnect with their body, restore balance, and leave feeling refreshed from within.


 **03:40pm – 04:10pm**  
Thought Leadership Discussion: The Science of Sustainable Wellbeing: Movement, Nutrition, Preventive Care & Conscious Living

- ▶ Led by Session Chair – **Mr. Ashdin Doctor** – Habit Coach
- ▶ **Ms. Suman Agarwal** – Founder, SelfCare
- ▶ **Ms. Shilpa Bhagat**, Social Entrepreneur | Wellness Advocate | Community Builder
- ▶ **Mr. Bijay J. Anand**, Founder, Anahata Retreats | Co Founder, Anahata Healing Festival | Kundalini Yoga Teacher | Actor | Art Consultant
- ▶ **Mr. Marco Gloria**, Founder, H52 Forever Young | Performance & Longevity Coach


A dynamic panel exploring how movement, nutrition, preventive care, and the power of everyday foods like pulses come together to build lasting strength, energy, and balance. Bringing together perspectives from fitness, healthcare, and nutrition-led entrepreneurship, the session highlights how simple, wholesome dietary choices—rooted in traditional staples—play a vital role in sustaining long-term physical and mental wellbeing.

 **04:15pm – 04:25pm**  
Visionary Address: Preventive Health is True Wealth: Rethinking How We Live, Heal & Thrive By Padmashri **Dr. Mukesh Batra** – Chairman, Dr. Batra's Healthcare

Drawing from the principles of homeopathy and patient-centric care, the session highlights how early intervention, lifestyle awareness, and gentle healing can help build stronger immunity and long-term wellbeing. The session invites audiences to shift from reactive treatment to proactive, balanced living for a healthier and more resilient life.

 **04:30pm – 05:00pm**  
Transformational Experience: If you want to change your life, change the way you spell HAPPY Led by **Mr. Happy AiR – Atman In Ravi**, The Happiness Ambassador

This thought-provoking session explores how true happiness goes beyond fleeting moments and is rooted in perspective, awareness, and intentional living. By rethinking what "HAPPY" really stands for, participants will discover simple yet powerful shifts in mindset that can lead to a more meaningful, balanced, and fulfilling life.


 **05:05pm – 05:35pm**  
Consciousness Dialogue: Beyond the Seen: Intuition, Energy & the New Age of Inner Guidance Led by Session Chair **Ms. Tanushree Choudhury Singh**, Wellness Practitioner

- ▶ **Ms. Pracchi P. Mehta**, Tarot Cards Reader | Astro Numerologist | Name Spelling Correction Expert
- ▶ **Mr. Vikkram Chandiramani**, Astrologer | Psychic
- ▶ **Mr. Gautham Azad**, Celebrity Numerologist
- ▶ **Ms. Vanita Keswani**, Inner Transformation Soul Teacher & Healer | Founder, Happy Heart & Soul
- ▶ **Dr. Somesh Sharma**, Founder & Managing Partner, Ganesh4u Holistic LLP

An insightful conversation exploring how ancient wisdom practices such as astrology, tarot, numerology, and energy healing are being reinterpreted in today's fast-evolving world. The session delves into intuition, self-awareness, and spiritual guidance as tools for clarity, emotional balance, and deeper personal understanding in modern life.


 **05:40pm – 06:00pm**  
Beyond the Spotlight: Unfiltered & Unapologetic – Wellness, Confidence & Owning Your Journey in conversation with **Ms. Samyukta Hegde**, Indian Actor Led by Session Chair **Ms. Damini Chopra**, Actor | Social Changemaker | Fitness Enthusiast

A candid and energetic conversation exploring self-expression, confidence, movement, and emotional wellbeing in today's fast-paced world. Through her personal journey, Samyukta shares insights on embracing individuality, navigating public perception, and finding balance through fitness, dance, and authenticity.


 **06:05pm – 06:35pm**  
Mindful Relationship Dialogue: Love in Transition: Emotional Wellness Through Marriage, Conflict & Separation Led by Session Chair **Mr. Harbinder Narula**, CEO, BW Wellbeing World | BW Healthcare World | BW Pharma World

- ▶ **Adv. Vandana Shah**, Author | Lawyer | Social Entrepreneur
- ▶ **Dr. Shefali Batra**, Senior Psychiatrist | Mindfulness & Lifestyle Consultant | Author


As modern relationships continue to evolve, separation and divorce are increasingly becoming a part of many life journeys rather than subjects of silence or stigma. This thoughtful dialogue explores the emotional realities of marriage, conflict, separation, healing, and new beginnings – focusing on mental wellbeing, self-awareness, and navigating relationship transitions with greater compassion, resilience, and emotional balance.

 **06:40pm – 07:00pm**  
Wellbeing Beyond the Spotlight: Finding Balance, Stillness & Joy in Everyday Life in Conversation with **Ms. Hrishitaa Bhatt** Led by Session Chair **Dr. Annurag Batra**, Chairman & Editor-in-Chief, BW Businessworld | Founder, exchange4media

A thoughtful and calming conversation exploring holistic wellbeing beyond external success and public life. Through personal reflections and life experiences, the session delves into emotional balance, mindful living, inner peace, and the importance of nurturing wellbeing through simplicity, self-awareness, and conscious choices in everyday life.


 **07:05pm – 07:35pm**  
Collective Healing Experience: Blessings in Motion: Awakening Healing Through Shared Energy Led by **Ms. Kavyal Sedanni**, Psychospiritual Healer | Life Coach

An immersive and heart-centered healing experience designed to bring participants into a space of calm, connection, and inner renewal. Through guided energy work, collective intention, and blessing practices, this interactive session encourages emotional release, deeper awareness, and the restorative power of shared human energy.

 **07:40pm – 08:15pm**  
Musical Healing Experience: Healing Through Harmony: A Musical Journey to Inner Peace by **Ms. Shibani Kashyap**, Singer | Composer | Live Performer Followed by **Ms. Shubhangi**, Singer | Composer | Voice Coach & Healer

Experience the soothing power of music which blends melody and mindfulness to create a space of calm and connection. This session invites you to pause, listen, and let sound gently guide you towards relaxation, emotional release, and inner balance.

 **08:20pm – 08:45pm**  
Recognition Ceremony: BW Wellbeing World Awards followed by Closing Note by **Mr. Harbinder Narula**, CEO, BW Wellbeing World | BW Healthcare World | BW Pharma World

 **09:00pm onwards**  
Conscious Nourishment Experience: Sattvik Nourishment for Dinner – Eat Light, Feel Aligned Specially curated by Executive Sous **Chef Parimal Jahangirdar**, Novotel Andheri