

THE SIR MUTHA
VENKATASUBBA
RAO CONCERT
HALL

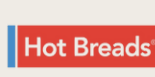
HOST:
VASANTHI
HARIPRAKASH

PROGRAM
DAY 2 SUNDAY FEB 25 9:30AM TO 7PM

9:15 AM	Festival Opens
9:30 AM	Registration Immersive Corners Interactive Art Installation Silent Auction Book corner
10:00 AM	Food Stalls Open Welcome Note Vasanthi Hariprakash Key Note -The Kindness Effect: Nurturing Happiness in Safe Havens Nithya Shanti
10:45 AM	Straight Talk: Meeting Senior Needs with No-Nonsense Kindness Lalitha Kumaramangalam
11:00 AM	The Psychobiology of Eating: What the Science of Eating Behaviors Can Teach You About Being Kinder to Yourself Rochna Poddar
11:20 AM	Beneath the Weight of Expectations: Unveiling the Pressures on Today's Youth S. Ganesa Subramanian (IAS)
11:40 AM	Nourish & Thrive: Holistic Nutrition and Community Wellness Kiiran Patel
12:00 PM	Doing Good While Doing Well: Balancing Impact and Success Con Conlon, Kiran Khalap, Natasha Jethanandani, Rajesh Setty
12:45 PM	Photo Essay: Roi, Interrupted. The Story of a Baby Elephant Orphaned by Poaching Swati PS & Siddharth
1:30 PM	Lunch Break Meet the Author Artist & Book Signing Pet Adoption Drive
2:30 PM	Workshops <ul style="list-style-type: none"> • Apollo Hospitals - Golden Empowerment: A Workshop for Senior Safety & Well-being • Sarvesh Sashi - Glow with the Flow (YOGA) • Out of the Box - Cardboard Craft: Build Your Own Sustainable Seating • Kiiran Patel - Nourish & Thrive: Holistic Nutrition and Community Wellness • Nithya Shanti - Kindfulness in Close Relationships: Three Myths & Three Methods
3:45 PM	Sometimes Shaken Never Stirred: A Standup Cocktail of Comedy, Inspiration and Philosophy Rajesh Setty
4:15 PM	Beyond 'I': Unveiling the Illusion Kiran Khalap
4:45 PM	Keynote
5:00 PM	Kabir, Compassion and Love: Exploring the Essence of the Mystic's wisdom Through Poetry and Music Vipul Rikhi
5:30 PM	Festival Grand Keynote
6:15 PM	Festival Roundup Vasanthi Hariprakash & Mahima Poddar
6:30 PM	Performance - Curated by Aalap



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2024



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