

**THE SIR MUTHA  
VENKATASUBBA  
RAO CONCERT  
HALL**

**HOST:  
AKHILA  
KRISHNAMURTHY**

**PROGRAM  
DAY 1 SATURDAY FEB 24 9:30AM TO 7PM**

9:15 AM	<b>Festival Opens</b>
9:30 AM	<b>Registration   Immersive Corners   Interactive Art Installation   Silent Auction   Book corner</b>
10:00 AM	<p><b>Food Stalls Open</b></p> <p><b>Welcome Note</b> Antara Pandit</p> <p><b>Founder's Note</b> Mahima Poddar</p> <p><b>Festival Opening Interview</b></p> <p><b>Keynote -The Kindness Effect: Nurturing Happiness in Safe Havens</b> Robin Chaurasiya</p>
10:50 AM	<p><b>Panel</b></p> <p><b>Inside a Champion's Heart: The Soulful Journey of How Athletes Think, Train and Thrive</b> Arvind Subramanian, Nibin Mathew</p>
11:30 AM	<p><b>Kindness in Architecture: Co-Living and Co-Design for a Harmonious Environment</b> Thirupurasundari</p>
11:40 AM	<p><b>The Balancing Act - Finding Equanimity in Difficult Situations</b> Kavita Karira</p>
11:55 AM	<p><b>Compassion Creates: Communication Strategies for Building Bridges in a Divided World</b> Mark Brown</p>
12:25 PM	<p><b>Tuning Hearts: Music, Kindness, and the Gift of Knowledge</b> Nawabzada Mohammed Asif Ali</p>
1:25 PM	<b>Lunch Break   Meet the Author   Artist &amp; Book Signing   Pet Adoption Drive</b>
2:30 PM	<p><b>Workshops</b></p> <ol style="list-style-type: none"> <li><b>Alert Ngo</b> - Essential Safety Workshop: Get Certified in CPR and First-Aid</li> <li><b>Sudha Shankar</b> - Compassionate Connections: A Brief Introduction to Nonviolent Communication</li> <li><b>Thirupurasundari</b> - From Chaos to Calm: A Toolkit Workshop on Transforming Your Spaces for Well-being</li> <li><b>Mark Brown</b> - Navigating Grace: Cultivating Unity Through Dialogue and Communication</li> <li><b>Mic Check, Heart Check - The Open Mic Hour</b></li> </ol>
3:45 PM	<p><b>Virtue Signaling Through History: A Satirical Odyssey</b> Abhijit Iyer Mitra</p>
4:15 PM	<p><b>Panel</b></p> <p><b>Thriving Futures: A Youth-Centric Wellbeing Discussion</b> Ganesh Subramanian (IAS), Robin Chaurasiya, Sharmilee Palaniswamy, Sudha Shankar in conversation with Abhijit Iyer Mitra</p>
5:15 PM	<p><b>The Balancing Act - Finding equanimity in difficult situations</b> Anjali Thomas</p>
5:30 PM	<b>Talk</b> by S Gurumurthy
6:10 PM	<p><b>Closing Remarks</b> Akhila Krishnamurthy &amp; Mahima Poddar</p>
6:20 - 7:00 PM	<p><b>Acts of Kindness: Ten-Minute Interpretations of Kindness in Bharatanatyam</b> Divya Nayar, Pritam Das and Reshma G Curated by Aalaap</p>



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