(10.00 am - 10.55 am)



**SWAPNIL KOTHARI**PRESIDENT AND MODERATOR



PADMA BHUSHAN

DR. ASHWIN B. MEHTA (CFBP)

DIRECTOR CARDIOLOGY,

JASLOK HOSPITAL



DR. MOHAN THOMAS (CFBP)

MD, FACS, FAACS

(FACIAL RECONSTRUCTIVE AND

AESTHETIC SURGERY AND

GENERAL COSMETIC SURGRY)



DR. HRISHIKESH PAI

MD FRCOG (UK-HON)

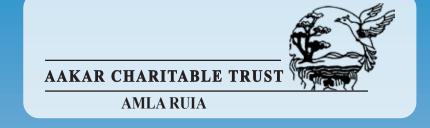
FCPS FICOG MSC (USA)



PADMA SHRI
DR. RAMAKANT DESHPANDE
MS, FICS, FAIS, DHA

#### **GOLD SPONSORS**





Sunday, 10<sup>th</sup> August 2025 9.00 AM - 6.00 PM @ TAJ LANDS END, BANDRA, Mumbai

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## CFBP HOLISTIC HEALTH SUMMIT 3.0

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SWAPNIL KOTHARI
PRESIDENT



DR. MICKEY MEHTA

CHAIRMAN WELLNESS COMMITTEE (CFBP)
GLOBAL LEADING HOLISTIC HEALTH
GURU AND SPIRITUAL LIFE COACH

**CURATED BY** 



RICHA AGRAWAL

FOUNDER, DIRECTOR -AUM LIFE PATRON MEMBER (CFBP)



**LEENA GUPTA** 

EXECUTIVE COMMITTEE MEMBER (CFBP) EXECUTIVE COMMITTEE MEMBER (CFBP) EXECUTED SERVICE COACH, AUTHOR, TEDX SPEAKER, SENIOR FACULTY INTEGOR OF ART OF LIVING AND FUNCTION FORMER MISS INDIA AMERICA



**NEHA RANGLANI** 

P) EXECUTIVE COMMITTEE
R, MEMBER (CFBP)
INTEGRATIVE NUTRITIONIST &
FUNCTIONAL MEDICINE SPECIALIST



**PRACCHI MEHTA** 

\*TAROT-ASTROLOGY-NUMEROLOGY SPECIALIST, REIKI MASTER\* EMCEE-MORNING SESSION (CFBP)



FOUNDER, DAIVIK MORINGA EMCEE - AFTERNOON SESSION (CFBP)

**DEVIKA BAJAJ** 

(11.00 am - 11.40 am)

SIMPLE YOGIC PRACTICES
TO ENHANCE ENERGY, CALM AND
FOCUS IN BUSY INDIVIDUALS



RICHA AGRAWAL

FOUNDER, DIRECTOR - AUM LIFE
PATRON MEMBER (CFBP)



SUYASH SINGH
WELLNESS AND PROGRAMME
DIRECTOR







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DR. MICKEY MEHTA

**AND** 

**CURATED BY** 

LEENA GUPTA NEHA RANGLANI





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(11.45 am - 12.25 pm)

# ANCHOR WITHIN IN CHANGING TIMES



**LEENA GUPTA (CFBP)** 

EXECUTIVE COMMITTEE MEMBER (CFBP)
TRANSFORMATION LIFE COACH, AUTHOR,
TEDX SPEAKER, SENIOR FACULTY
OF ART OF LIVING AND
FORMER MISS INDIA AMERICA



**TANVI SHAH (CFBP)** 

SUSTAINABLE FASHION DESIGNER, NUTRITIONIST & CHEF







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(12.30 pm - 1.10 pm)

FIRESIDE CHAT



SWAMI VEDATITANANDA

MONK OF THE

RAMAKRISHNA ORDER

- Ethics And Integrity InProfessional and Personal Life
- Why We work insights from Ancient Indian Scriptures
- Quality of Work and Quality of Life
- Indian History An alternate perspective



**AMLA ASHOK RUIA (CFBP)** 

AAKAR CHARITABLE TRUST

- Leadership lessons from Swami
   Vivekananda
- Meditation and Spiritual Life
- Work and Spirituality







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(1.15 pm - 1.35 pm)

# EFFECT OF HOMEOPATHY PSYCHIATRY WITH SUDARSHAN KRIYA



DR. YATRI THACKER (CFBP)

B.H.M.S, PGDIP(PSYCHO), INTERNATIONAL CBE

- Holistic Homeopathic Physician
- Mental Health Expert
- Founder- Director of Baby & Me Program
- Art of Living Teacher







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(2.30 pm - 2.45 pm)

# HEALING TABLA EXPERIENCE BY VIDUSHI ANURADHA PAL



**VIDUSHI ANURADHA PAL (CFBP)** 







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(2.50 pm - 3.25 pm)

### CARDIAC ARREST IN YOUTHS



LEENA GUPTA (CFBP)

MODERATOR



NEHA RANGLANI (CFBP)
INTEGRATIVE NUTRITIONIST &
FUNCTIONAL MEDICINE SPECIALIST



DR. KIRTI PUNAMIYA

CARDIOLOGIST,
BREACH CANDY HOSPITAL







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(3.30 pm - 4.05 pm)

# MENTAL HEALTH: OVERCOMING ANXIETY AND LONELINESS



**JALPA MERCHANT (CFBP)** 

**MODERATOR** 



DR. ROCHELLE SURI
CLINICAL PSYCHOLOGIST



DR. PALLAVI BHURKAY (CFBP)

CLINICAL PSYCHOANALYST AND RADICAL MINDSET TRAINER AND COACH







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(4.10 pm - 4.45 pm)

#### THE ART OF BALANCING HORMONES



NEHA RANGLANI (CFBP)



SONAL CHORARIA (CFBP)

LIFETYLE NUTRITIONIST
FOUNDER SPOONFUL OF HEALTH



SUNAINA REKHI
INTERNATIONAL YOGA TEACHER,
MOTIVATIONAL SPEAKER,
AND LIFESTYLE INFLUENCER



DR. SAMEERA GUPTA (CFBP)

PHYSIO-OCCUPATIONAL THERAPIST
& WEIGHT MANAGEMENT
FOUNDER OF SPIRIT 360
FOUNDER & CEO-GLOBEMEDZ:
MEDICAL TOURISM & WELLNESS







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(4.50 pm - 5.25 pm)

SKIN DEEP: AGING GRACEFULLY



TANVI SHAH (CFBP)

MODERATOR



DR. GEETA FAZALBHOY (CFBP)

DERMATOLOGY AND AESTHETICS
MBBS, DPD (UK), BOARD CERTIFIED
AESTHETIC MEDICINE (USA)



DR. BINDU STHALEKAR (CFBP)

MD, DVD, MSC (UK)
DERMATOLOGIST, COSMETOLOGIST
& TRICHOLOGIST FOUNDER &
MEDICAL DIRECTOR - SKIN SMART SOLUTIONS



DR. MOHAN THOMAS (CFBP)

MD, FACS, FAACS
(FACIAL RECONSTRUCTIVE AND
AESTHETIC SURGERY AND
GENERAL COSMETIC SURGRY)







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