

## MOM POWER CONFERENCE 2022

9:00-  
9:30

### REGISTRATION

Registration and networking session

9:30  
9:55

### SHONA RAJPUT

Yoga, Meditation and sound healing

9:55 -  
10:00

### LAKSHMI SESHADRI

Welcome note and Introduction

10.00  
-10.20

### PANEL- SHWETHAMBARI SHETTY, JYOTHSNA VENKATESH, WANITA ASHOK AND ANJU MOHAN

Fit Moms and their journey

10.20-  
10.40

### URMI KOTHARI

Integrate the physical, intellectual /creative energies for a wholesome life.

10.40-  
11:00

### SIMRUN CHOPRA

Nutrition and you

11.00-  
11.15

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### TEA/COFFEE BREAK

11.15-  
11.35

### DR. MADHU CHOPRA

Work Life Balance- How to be a better parent

11.35-  
11.55

### MEGHNA YADAV

The first 8 years of life defines the next 80, the difference parents can make.

11.55-  
12.15

### DR. KAMINI RAO

Parenting an Adolescent

12.15-  
12.35

### DR. SURESH GOWDA

Effect of pandemic on health of mom and children

12.35-  
12.50

### PANEL- VASANTHI HARIPRAKASH, DR. ANURADHA H.S

Effect of parental conflict on children

12.50-  
1.05

### DR. VARUDHINI KANKIPATI

Developing and maintaining significant relationships (with spouse, in-laws, parents/siblings or friends)

1.05-  
2.00

### LUNCH NETWORKING

## MOM POWER CONFERENCE 2022

2.00 -  
2.10

**DR. KIRAN BEDI**  
An address to moms

2.10 -  
2.30

**ROOPA D**  
Following your dreams and finding your identity

2.30-  
2.50

**ANU PRABHAKAR**  
An actor's take on body shaming and how moms can handle it on a daily basis

2.50-  
3.10

**ON THE PANEL - BINDU SUBRAMANIAM, AASHIKA ABRAHAM CHITTIAPPA, PAVITRA CHALAM AND SANDYA MENDONCA**  
Dealing with juggle struggles and making time for what matters

3.10-  
3.30

**ON THE PANEL -DR. CHYTRA ANAND AND DR. SUHASINI INAMDAR**  
Inner health ,outer glow. Eating right, dealing with stress,hormones and moodswings.

3.30 -  
3.40

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**HARIPRIYA BAINS**  
Stand up Comedy - Motherhood and Parenting

3.40-  
4:00

**NIRUPA SHANKAR**  
Women in male dominated Industries- a guide to surviving and thriving

4.00-  
4.30

**ON THE PANEL - MRIN AGARWAL, PAVITHRA YS, VANDANA SURI, NEHA BAGARIA , RUPARANI, RAMONA CRASTA**  
Entrepreneurship, financial independence and restarting/reinventing one's career

4.30  
4.50

**ON THE PANEL - PRASAD BIDAPA, GOURI KAPUR**  
Fashion, style and make up

4:50  
ONWARDS

**SIGNING OFF AND COFFEE/ TEA NETWORKING**