



Oct 31, 2025
Taj Santacruz,
Mumbai

LeadFit Summit
AGENDA

10:30 – 10:55 AM	Registration Opens
10:55 – 11:05 AM	Welcome Note by Emcee Mr. Subhojit Ghosh
11:05 – 11:15 AM	Opening Address Topic: Leading the Fit Way Forward: Welcoming the Fittest Leaders of Today Speaker: Dr. Annurag Batra, Chairman & Editor-in-Chief, BW Businessworld & Founder, Exchange4Media
11:15 – 11:25 AM	Spotlight Address Topic: Purpose & Partnership: The Vision Behind Fittest 40above40 Speaker: Mr. Mayur Dogra, EVP Finance, ITC Foods
11:25 – 11:40 AM	Fireside Chat Topic: The New Age of Wellness: Is Health Becoming a Trend or a Lifestyle? Mr. Hansal Mehta, Filmmaker <i>in conversation with</i> Dr. Annurag Batra, Chairman & Editor-in-Chief, BW Businessworld & Founder, Exchange4Media
11:40 – 12:10 PM	Panel Topic: Fit to Lead: Why Fitness Shapes Better Leadership & Decision-Making Speakers: Mr. Anil Lale, Head Legal, JioHotstar, Sports, Studios & IP, JioStar India Ms. Gandhali Samant, Director-Azure Cloud & AI, Customer Success for Microsoft India & South Asia, Microsoft Mr. Rammohan Sundaram, Founder & CEO, Kokoro Bharat Health & Wellness Dr. Shankar Narang, CEO, Centre for Sight Session Chair: Mr. Palak Shah, Managing Editor, BW Businessworld
12:10 – 12:25 PM	Fireside Chat Topic: Discipline, Devotion & Staying Grounded in the Spotlight Speaker: Mr. Sudhanshu Pandey, Actor, Wellness Advocate & Fitness Icon <i>in conversation with</i> Dr. Annurag Batra, Chairman & Editor-in-Chief, BW Businessworld & Founder, Exchange4Media
12:25 – 12:55 PM	Panel Topic: Small Steps, Big Gains: Fitness Habits CEOs Swear By Speakers: Mr. Mainak Dhar, Managing Director, McCain Foods India Mr. Arjun Nohwar, Managing Director – India & South Asia, Warner Bros. Discovery Ms. Anupriya Acharya, CEO, Publicis Groupe Session Chair: Mr. Palak Shah, Managing Editor, BW Businessworld
12:55– 1:05 PM	Engagement Activity The Power of AUM: Aligning Breath, Body & Being by Ms. Saloni Rajawat, Yoga Educator
1:05– 1:40 PM	Panel Topic: From Strength to Stamina: How Leaders Stay Physically Fit After 40 Speakers: Dr. Akshat Chadha, General Physician & Lifestyle Medicine Expert Mr. Nikkhil K Masurkar, CEO, Entod Pharmaceuticals Ms. Priyanka Gulati, Partner, Grant Thornton Ms. Ruchi Mago, Head Human Resources and Employee Experience, Orange Business India Session Chair: Mr. Kamal Parida, Founder & CEO, TheGoodHealthClinic
1:40 – 1:50 PM	Presentation Slot Topic: Beyond Policies: Building a Culture of Wellbeing and Leadership Fitness at Work Speaker: Ms. Aarti Srivastava, Chief Human Resources Officer, India, Capgemini
1: 50– 2:05 PM	Fireside Chat Topic: Rethinking Physical Fitness for Longevity Speaker: Mr. Milind Soman, Actor, Supermodel, Fitness and Wellness Icon, Ultramarathoner & Founder, Pinkathon <i>in conversation with</i> Dr. Annurag Batra, Chairman & Editor-in-Chief, BW Businessworld & Founder, Exchange4Media
2:05 – 2:50 PM	Networking Lunch
2:50 – 3:00 PM	Quiz Round by Emcee Subhojit Ghosh
3:00 – 3:15 PM	Fireside Chat Topic: Fit to Fight, Fit to Lead – The LionHeart Mindset Mr. Vikram Bakshi, CEO & Managing Director, Ascot Hospitality, <i>in conversation with</i> Dr. Annurag Batra, Chairman & Editor-in-Chief, BW Businessworld & Founder, Exchange4Media
3: 15 – 3:45 PM	Panel Topic: Strong, Centred & Unstoppable – Women Redefining Fitness, Wellbeing & Leadership Speakers: Ms. Alankrita Sahai, Miss India, Actor, Wellness Entrepreneur & Philanthropist Ms. Anam Mirza, Entrepreneur, Fitness Influencer & YouTuber Ms. Nyrraa M Banerji, Bollywood actor Session Chair: Ms. Neeta Nair, Editor, Impact
3:45– 4:00 PM	Fireside Chat Topic: Balancing Screen, Stress & Self as a Leader Speaker: Ms. Shruti Seth, Actor & Mental Wellbeing Coach <i>in conversation with</i> Dr. Annurag Batra, Chairman & Editor-in-Chief, BW Businessworld & Founder, Exchange4Media
4:00– 4:40 PM	Panel Topic: Decluttering Life: Small Changes Leaders Make to Stay Fit in a Busy World Speakers: Mr. Kedar Ravangave, Head of Marketing, Kotak Bank Mr. Puneeth Bekal, Chief Marketing Officer, HDFC Securities Mr. Girish Hingorani, Vice President, Marketing & Corporate Communications, Blue Star Mr. Bharat Sachdeva, Author, Athlete, Wellness & Performance Coach, Founder, WarriorYogi Fit Session Chair: Ms. Aditi Gupta, Assistant Editor, Exchange4Media
4:40 – 4:50 PM	Engagement Activity Yogic Dance-Inspired Rhythmic Movement by Ms Saloni Rajawat, Yoga Educator
4:50– 5:10 PM	Dialogue Topic: The Endurance Code: Fitness, Focus & the Fire to Keep Going Speakers: Mr. Parvinn Dabass, Actor, Director & Co-Founder, Pro Panja League & Ms. Chahatt Khanna, Actor, Entrepreneur & Fitness Enthusiast <i>in conversation with</i> Dr. Annurag Batra, Chairman & Editor-in-Chief, BW Businessworld & Founder, Exchange4Media
5:15 – 5:30 PM	Fireside Chat Topic: The Champion Mindset: Discipline, Grit & Purpose Beyond the Arena Speaker: Ms. Sakshi Malik, Indian Professional Wrestler & Olympic Medalist, <i>in conversation with</i> Dr. Annurag Batra, Chairman & Editor-in-Chief, BW Businessworld & Founder, Exchange4Media
5:30 – 5:55 PM	Dialogue Topic: The Inner Glow: Fitness, Mindfulness & the Art of Ageless Living Speakers: Ms. Preeti Jhangiani, Actor, Producer, President – People's Arm Wrestling Federation India and Vice President Asian Arm Wrestling Federation, & Ms. Aditi Govitrikar, Supermodel, Former Mrs. World, Mental Health Advocate & a distinguished Actor <i>in conversation with</i> Ms. Neeta Nair, Editor, Impact
5:55 – 6:15 PM	Fireside Chat Topic: The Performance Plate: Redefining Nutrition for Energy & Clarity Speaker: Mr. Vivek Ranjan Agnihotri, National Award-Winning Filmmaker and Author, <i>in conversation with</i> Ms. Nicole Linhares Kedia, Sports Nutritionist & Integrated Health Coach
6:15 – 6:35 PM	Fireside Chat Topic: The Core of Success: Strength, Consistency & Reinvention Speaker: Ms. Yasmin Karachiwala, Founder & Director YKBI (Yasmin Karachiwala Body Image) & Celebrity Master Pilates Instructor <i>in conversation with</i> Dr. Annurag Batra, Chairman & Editor-in-Chief, BW Businessworld & Founder, Exchange4Media
6:35 – 6:50 PM	Fireside Chat Topic: The Endurance Mindset: Grit, Growth & Going the Distance Speaker: Mr. Amit Sadh, Actor & Emotional Athlete in conversation with Ms. Damini Chopra, Actor, Social Change Maker and Fitness Enthusiast
6:50 – 7:20 PM	Panel Topic: Nutrition for Leaders: Eating Right for Energy & Endurance Speakers: Chef Ajay Chopra, Global Chef & Restaurant Consultant Chef Rajeev Janveja, Senior Vice President & Corporate Chef, Lemon Tree Hotels Chef Manisha Bhasin, Corporate Executive Chef, ITC Session Chair: Mr. Sameer Malkani, Director & Co-Founder, the FBAI
7:20 – 7:30 PM	Keynote Topic: Unshakable Within: Building Focus, Balance & Emotional Strength Speaker: H.G. Gauranga Das, Director – Govardhan Ecovillage; Member – ISKCON Governing Body Commission; Author of The Art of Focus and The Art of Resilience

Right Shift Fittest 40 above 40 Agenda

7:30 – 7:40 PM	Opening Address Inaugurating the awards & Welcoming the Guest of Honour Dr. Annurag Batra, Chairman & Editor-in-Chief, BW Businessworld & Founder, Exchange4Media
7:40 – 7:50 PM	Special Address Topic: A Vision for Wellness: Why Leadership Begins with Health Mr. Vishwas Aggarwal, Business Head, Right Shift, ITC Foods
7:50– 8:00 PM	Welcome & Felicitation of Guest of Honor Shri Ameet Satam, Mumbai BJP President and MLA
8:00 – 9:00 PM	Inaugural Edition of Right Shift Fittest 40 above 40 Awards Ceremony Honouring the Fittest 40 leaders above the age of 40
9:00 – 10:00 PM	Celebratory Dinner

The only list
that matters this year.

It's not for the youngest.

It's for the fittest.



EAT SMART, LEAD STRONG.