T-rex goes to Right Shift - LeadFit Summit & Fittest 40 Above 40



NEXT!

THE PURPOSE OF THE EVENT:

Celebrating Leaders Over 40

Recognizing those who demonstrate that peak performance is not Limited by age, but rather fueled by fitness, clarity, and discipline in leadership

- Mayur Dogra , EVP Finance, ITC



PRESENTED IN ASSOCIATION WITH BW & ITC

NEXT!

369

Nominations

12

Jury Members

2 Months

Evaluation

40

Final Winners



PRESENTED IN ASSOCIATION WITH BW & ITC

NEXT!

I WILL TURN PANEL SESSIONS & MASTERCLASSES INTO COMICS IN REAL TIME

YES!!

PANEL SESSION

MASTERCLASS

NEXT!

OPENING KEYNOTE
BY
DR. ANNURAG BATRA

Dr. Annurag Batra

WITH
HANSAL MEHTA
Dr. ANNURAG

Hansal Mehta,
Producer & Director

I DON'T BOTHER WITH BMI, BUT I LISTEN TO MY BODY.

FOOD IS A NECESSITY, DRINKING IS A HABIT. CHOOSE WISELY.

WEB SERIES

Core Vision: Performance with Purpose

True leadership is built at the intersection of boardroom performance and personal purpose.

Mayur Dogra,
EVP Finance,
ITC

The Right Shift is a Mindset

Fitness is not an external pursuit. It's a shift in mindset—built through small, consistent daily choices.

Start. Stay Consistent.

The race to perfection has **no finish line.**

Towards a healthier, happier **India.**

NEXT!

FIT TO LEAD

WHY FITNESS SHAPES BETTER LEADERSHIP & DECISION MAKING

Palak Shah, BW

Anil lale, Hotstar

Gandhali Samant, Microsoft

Ram Mohan Sundaram, Kokoro

Shankar Narang, CFS

I'M ALWAYS WITH YOU. JUST USE ME.

FITNESS IS AN INVESTMENT & IT HELPS YOU LEAD FROM THE FRONT.

NEXT!

THE SCIENCE OF FOCUS & STRESS MANAGEMENT

Exercise supplies the brain with more oxygen, dopamine, and serotonin.

BUILDING PROFESSIONAL RESILIENCE

Think of the cycle of fatigue and recovery in a workout...

...it keeps your biochemistry stable long-term.

MICRO-HABITS FOR BUSY LEADERS

15 MINUTES A DAY, NO EXCUSES.

HOT LEMON WATER WHEN I WAKE UP.

15 MINUTES A DAY, NO EXCUSES.

OK, CLOCK WATCH!

NEXT!

DISCIPLINE, DEVOTION & STAYING GROUNDED

IN THE SPOTLIGHT WITH SUDHANSHU PANDEY

Dr.Annurag Batra

LIFE PUTS YOU IN SITUATIONS & YOU LEARN

Sudhanshu Pandey, Actor

SUCCESS & DISCIPLINE ARE' GROUNDED. ONE CANNOT EXIST WITHOUT THE OTHER

NEXT!

SMALL STEPS, BIG GAINS

FITNESS HABITS OF CEOs



SMALL STEPS, BIG GAINS
FITNESS HABITS OF CEOs

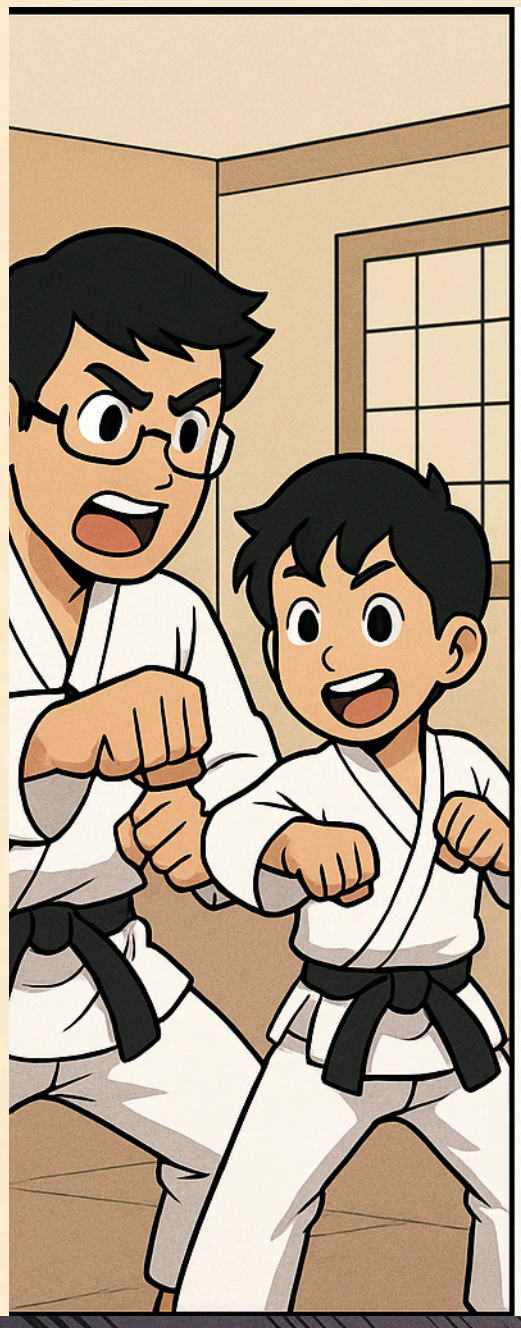


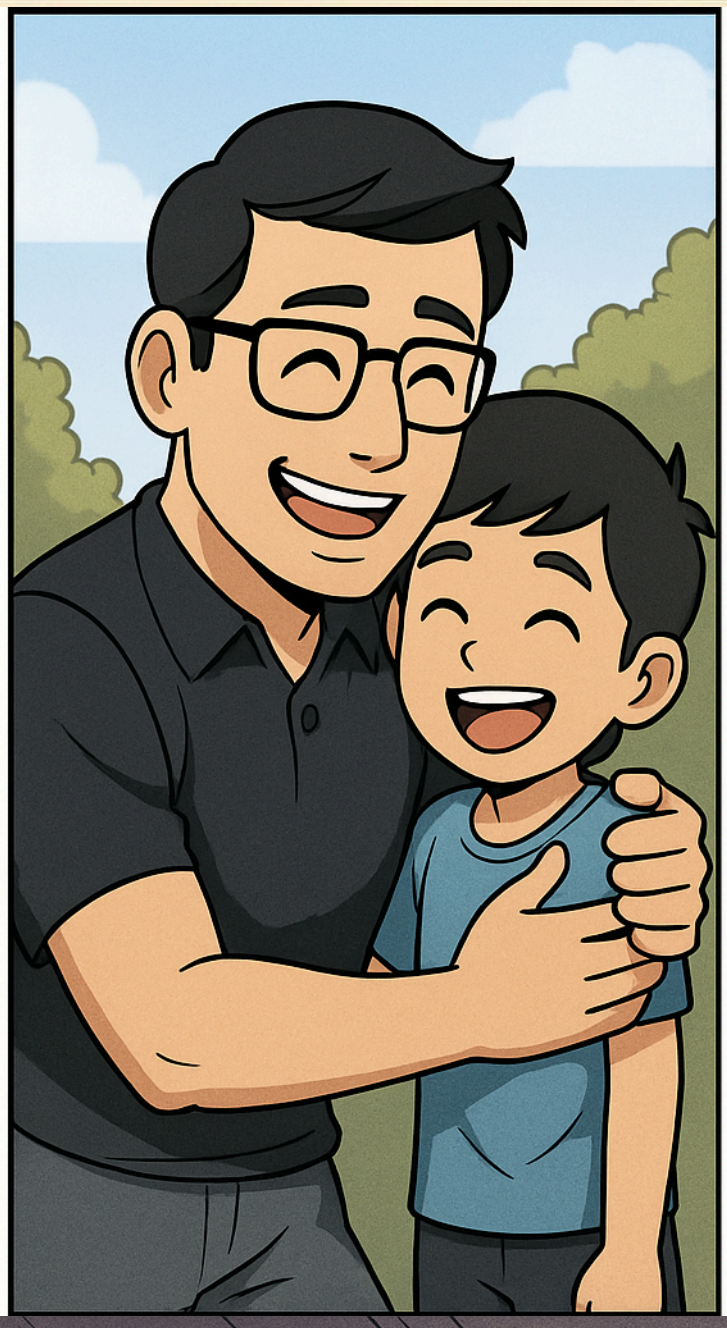


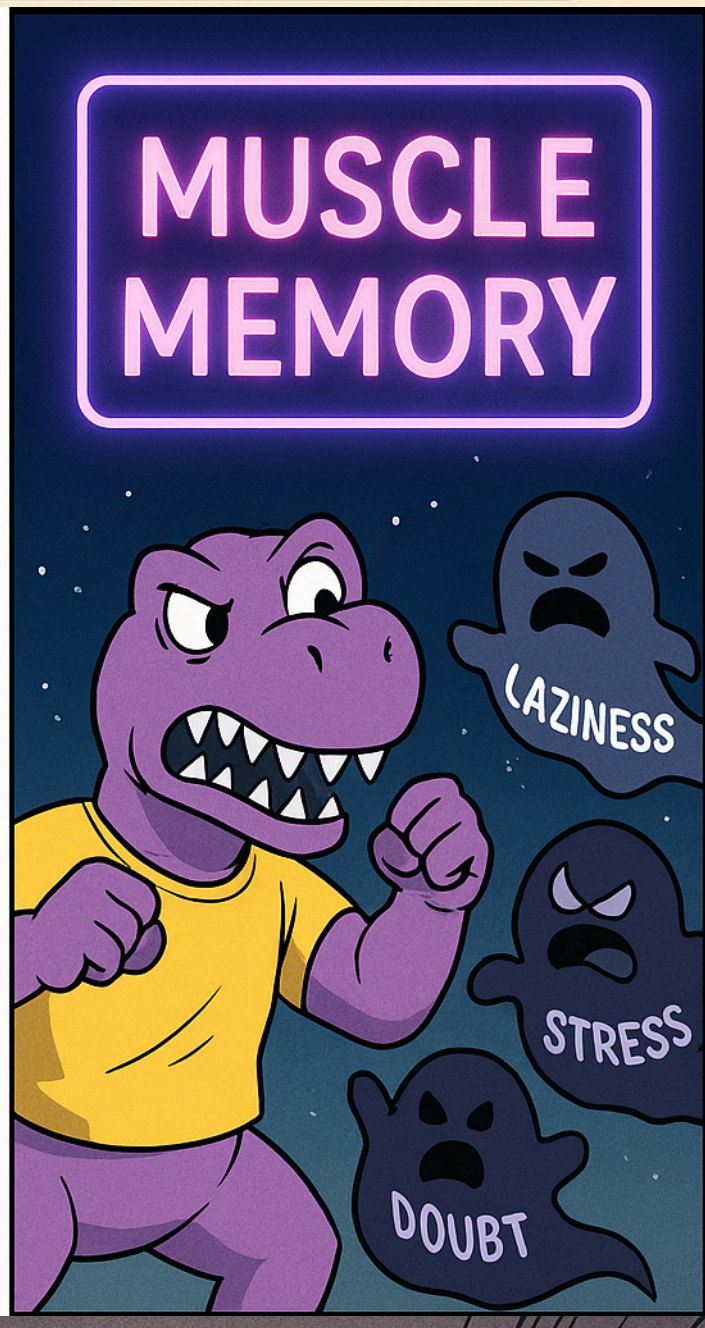




SMALL STEPS, BIG GAINS
FITNESS HABITS OF CEOs









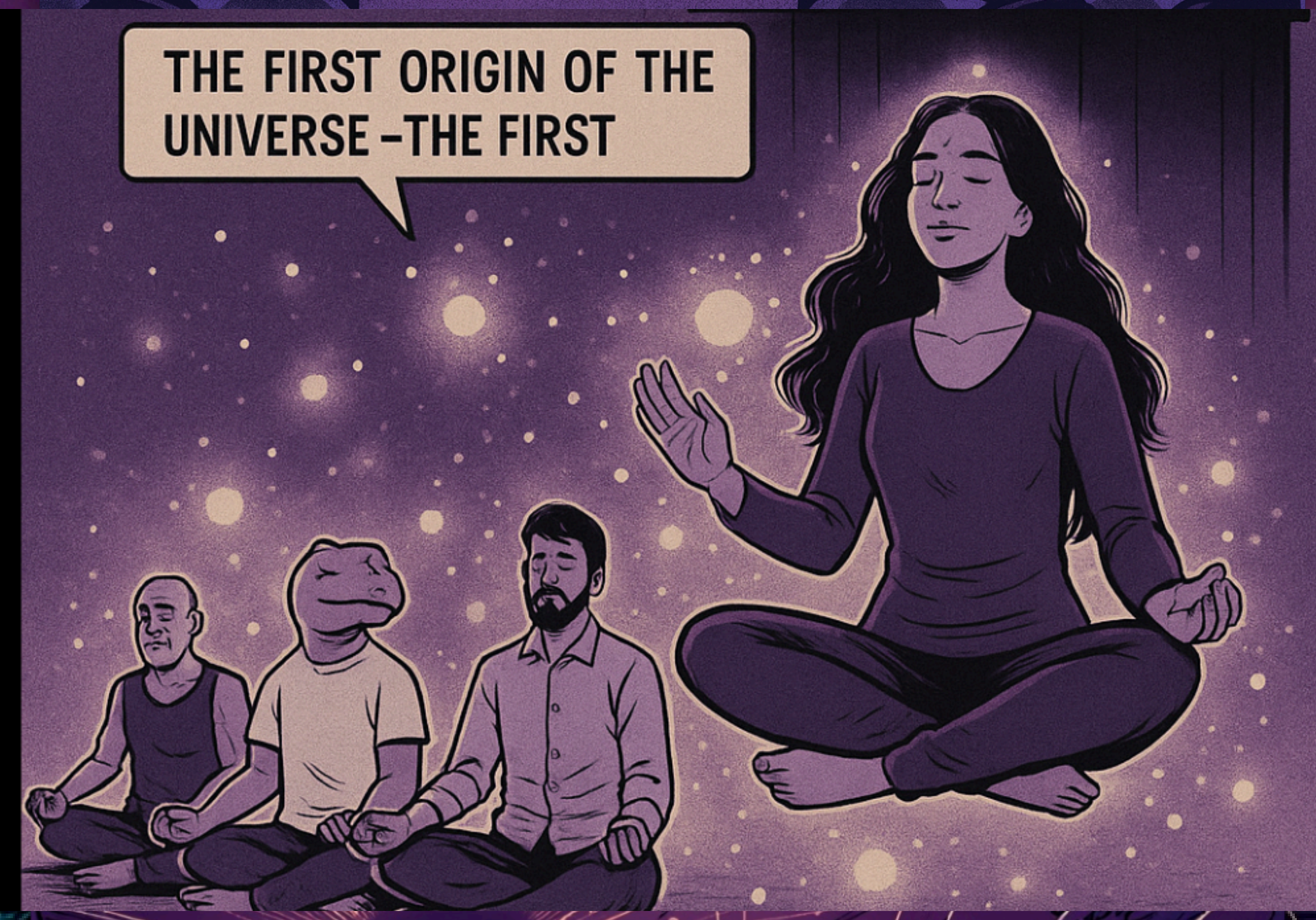
NEXT!

THE POWER OF AUM

ALIGNING BREATH, BODY & BEING



Saloni
Rajawat, Yoga Instructor





BALANCING SCREEN, STRESS & SELF AS A LEADER

PRESS THE PAUSE BUTTON WHEN YOU FEEL IT

Shruthi Seth, actress

Dr.Annurag Batra

Clean food matters for sound mental health

"When you chew food keep the cutlery aside until the next bite"

Shruthi seth

I WORK 12 HOURS A DAY, NOT MORE

HOW DO YOU RECOGNIZE A BURNOUT?

NEXT!

FROM STRENGTH TO STAMINA:
HOW LEADERS STAY FIT AFTER 40

Kamal Parida
TGHC

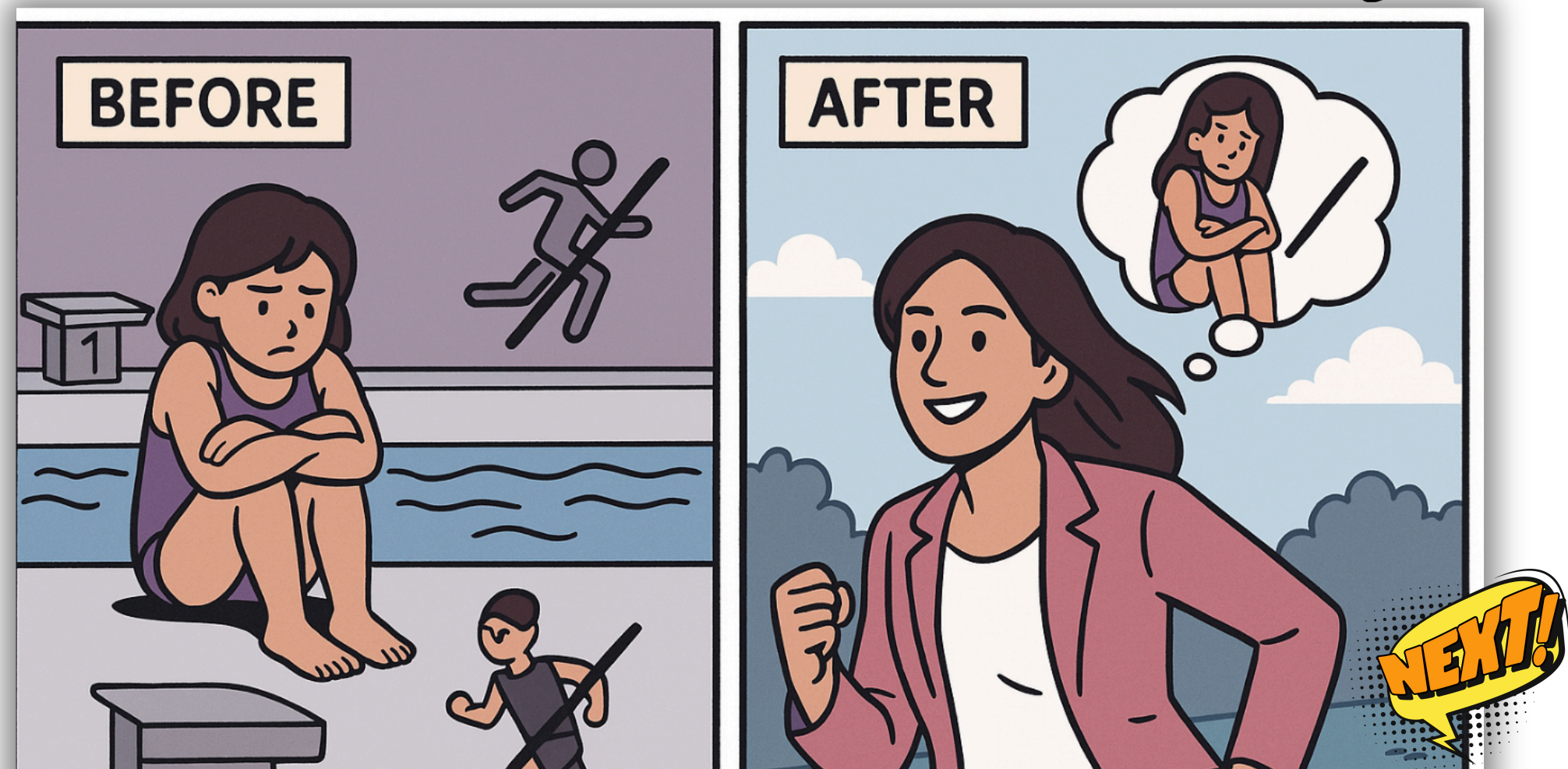
Dr.Akshat Chaddha

Nikkhil.K. Masurkar
Entod Pharmaceuticals

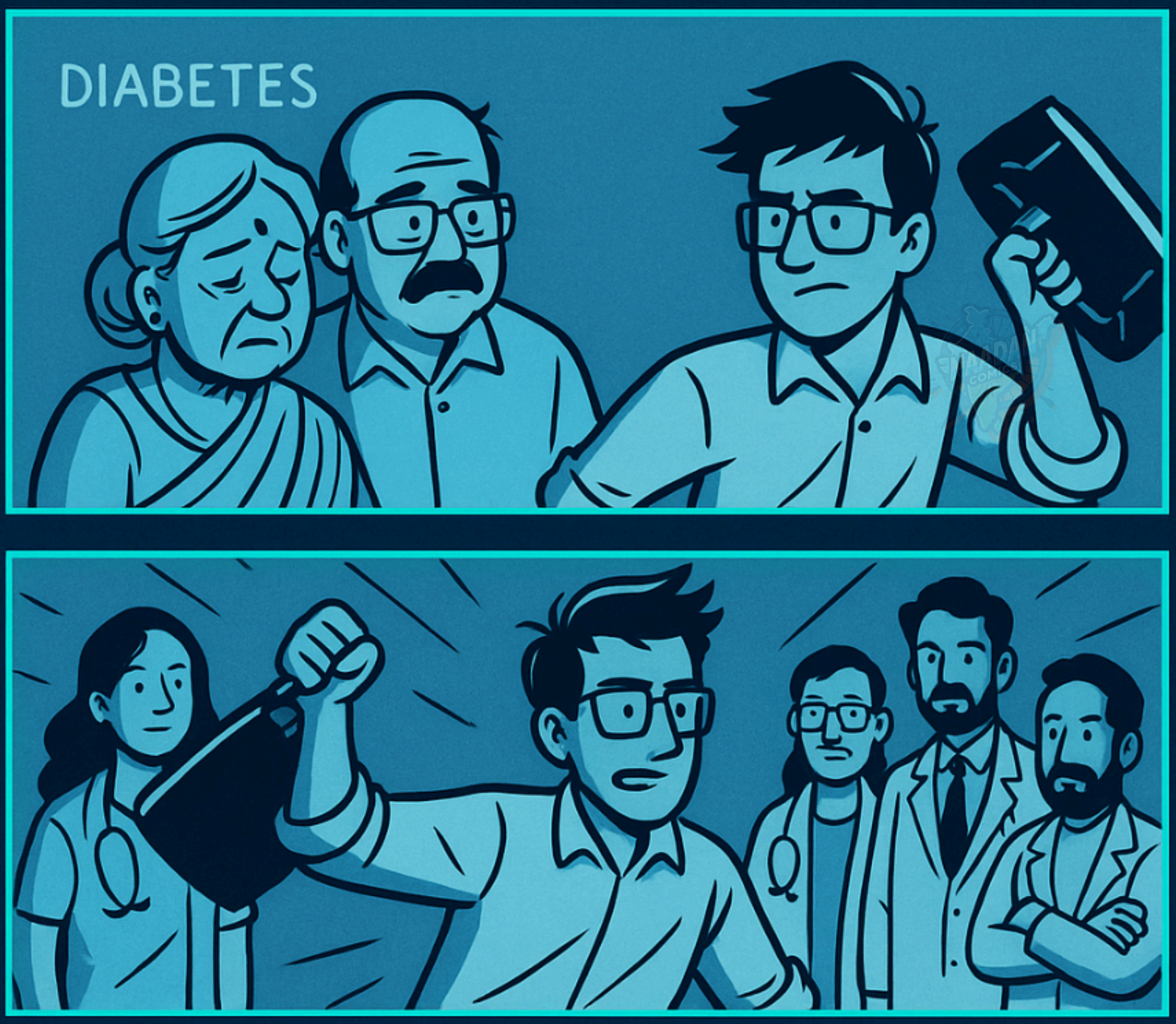
Ruchi Mago
Orange Business India

Priyanka Gulati
Grant Thorton

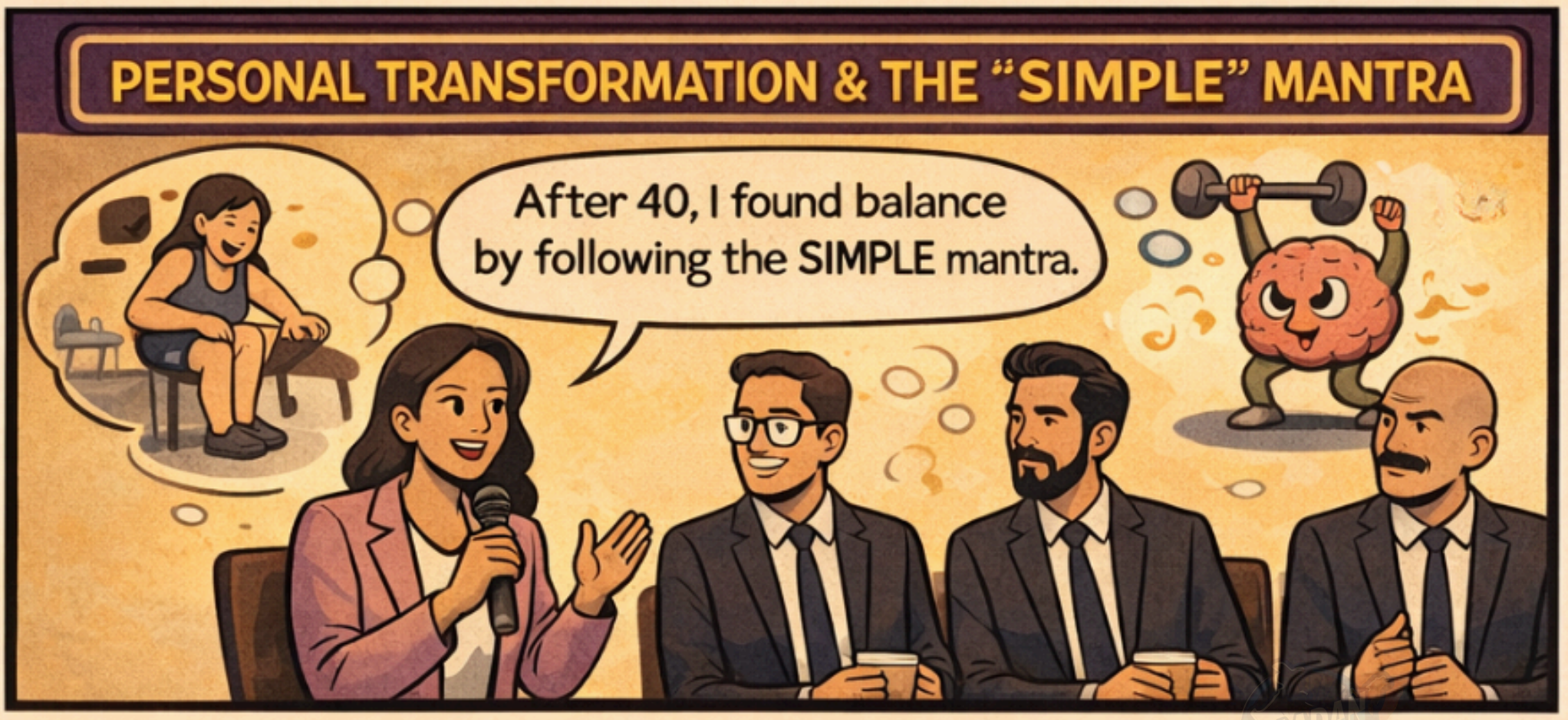




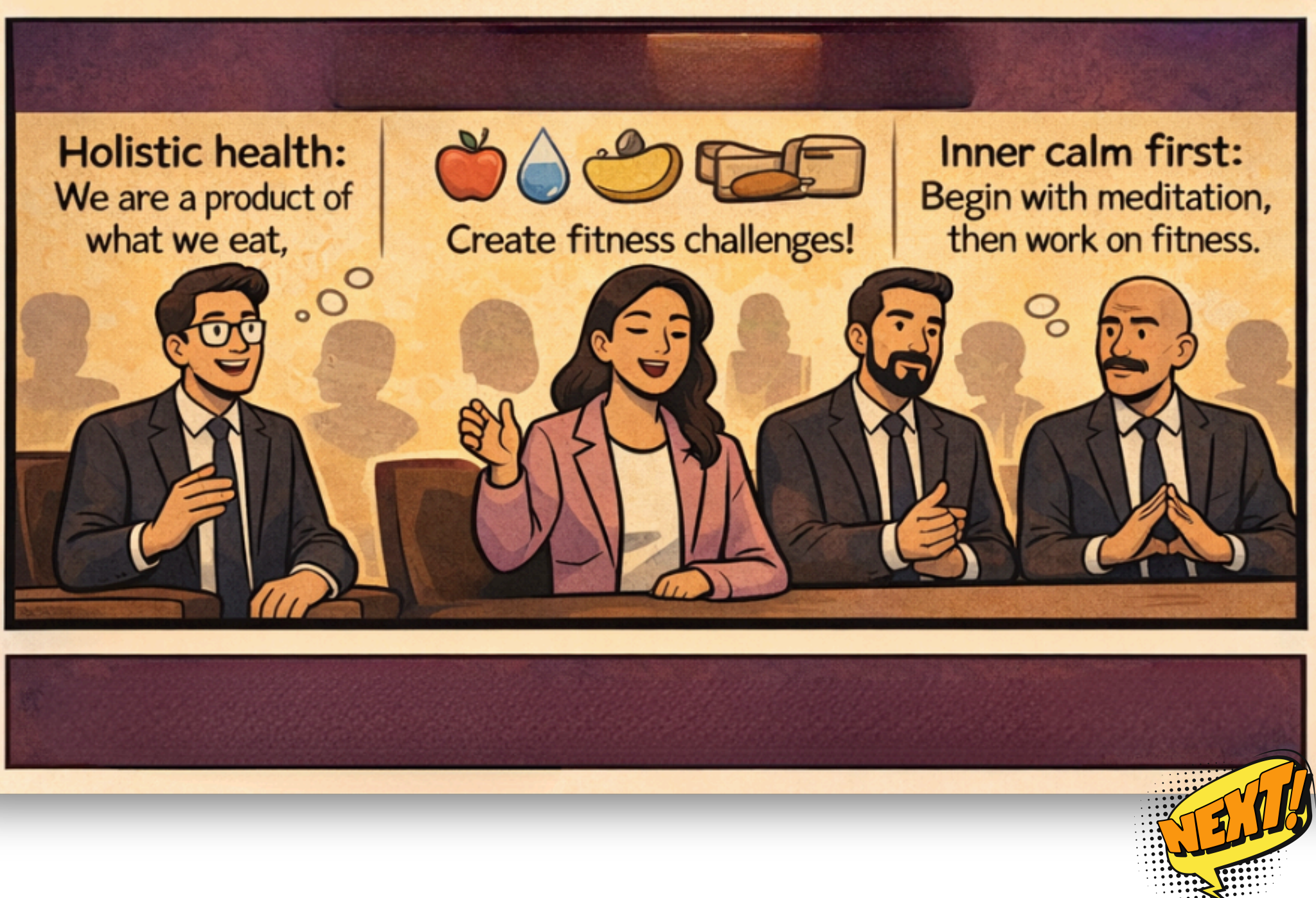
ORIGIN STORY OF THE GOOD HEALTH COMPANY



NEXT!

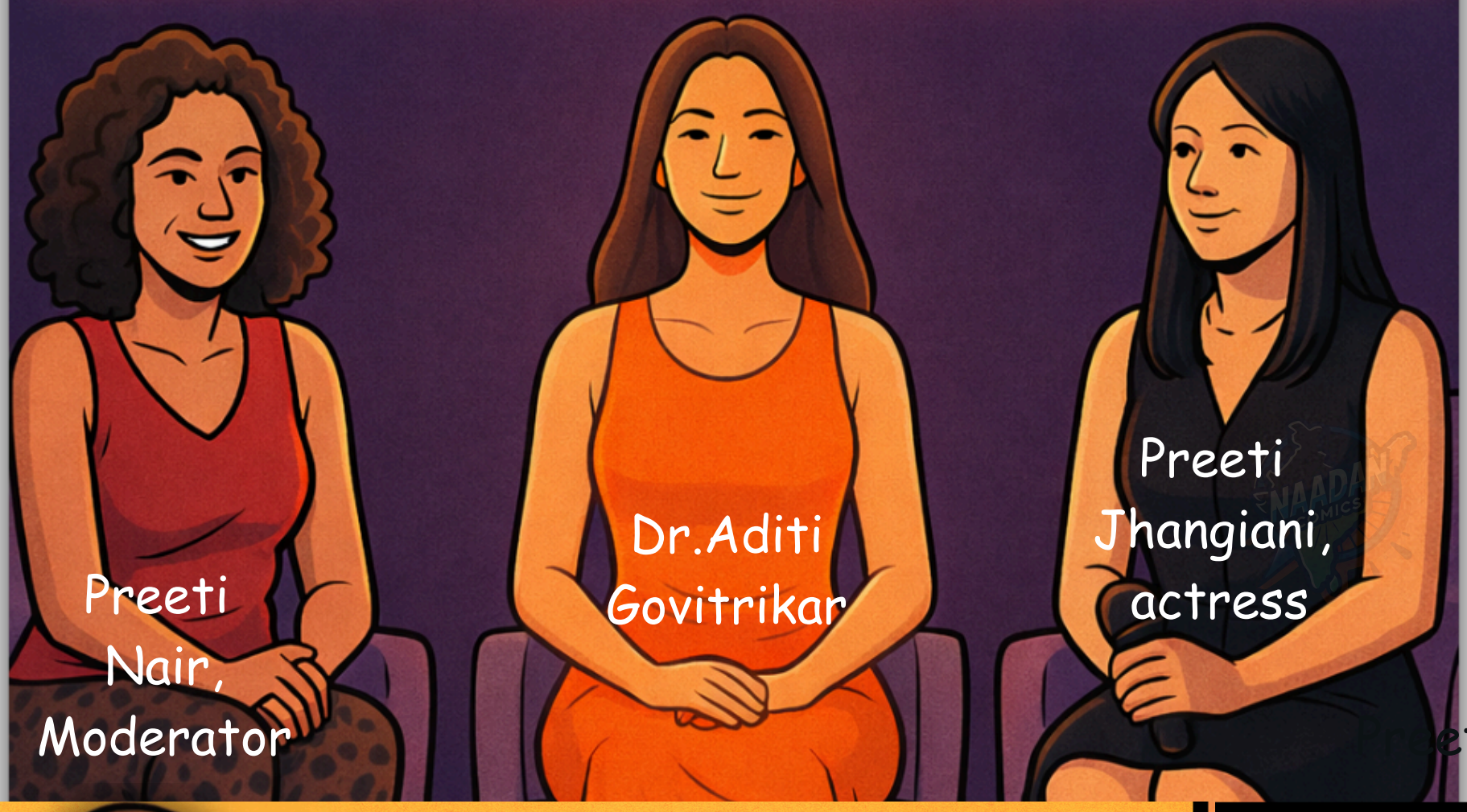

PERSONAL TRANSFORMATION & THE "SIMPLE" MANTRA
After 40, I found balance by following the SIMPLE mantra.


ORGANIZATIONAL WELLNESS
Define fitness as minimally disruptive...
Create fitness as
Healthy competition.
...Treat your body like a temple.
MINIMAL DISRUPTION
HEALTHY COMPETITION
SELF CONTROL


Holistic health:
We are a product of what we eat,
Create fitness challenges!
Inner calm first:
Begin with meditation, then work on fitness.

NEXT!

INNER GLOW:
FITNESS, MINDFULNESS & THE ART OF AGELESS LIVING





"Mental health & well being are the most important things for everyone"
Dr. Aditi

TWO TIPS FOR AGELESS LIVING:

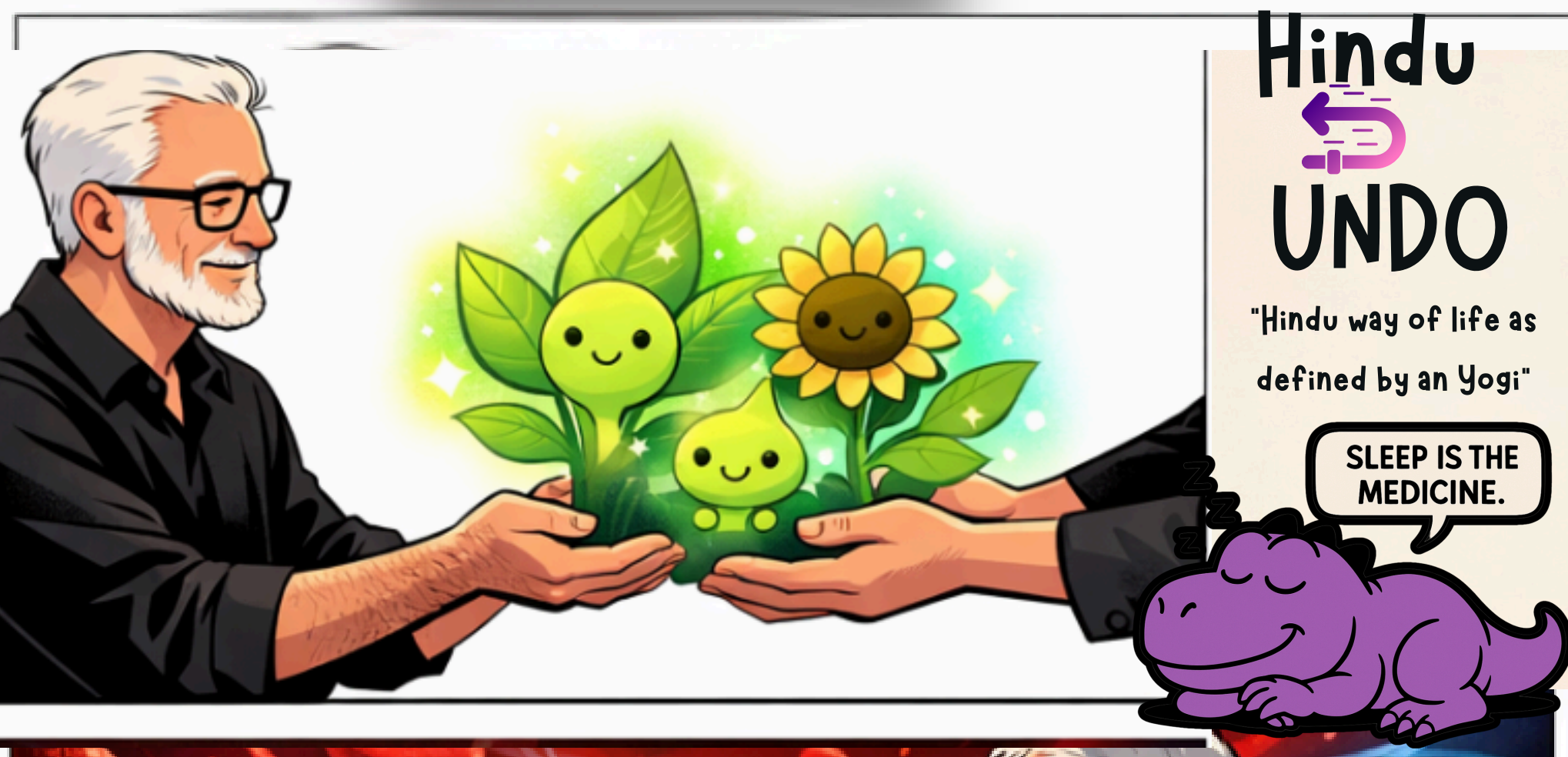




THE PERFORMANCE PLATE

ENERGY & NUTRITION REDEFINED







FITNESS & WELL-BEING WITH MILIND SOMAN

Milind Soman

Self Awareness is the Key

Every step you take is a learning experience towards self awareness

NEXT!

THE ENDURANCE CODE
FFF TO KEEP GOING

HOW DO YOU KEEP THE FIRE GOING?

Chahatt Khanna actress

Parvin Dabas actor

Dr. Annurag Batra

FAMILY TIME IS VERY IMPORTANT.

RING! RING! RING! RING!

"Work is work & clapping hand is good for heart"
Annurag Batra

SLEEP IS THE MEDICINE.

WILLINGNESS TO BELIEVE IS BACKED BY HARD WORK.

NEXT!

FIT TO FIGHT, FIT TO LEAD
– THE LIONHEART MINDSET

BOARD ROOM BREAK OR A PUSHUP CHALLENGE

Dr.Annurag Batra

Vikram Bakshi
Ascot Hospitality

FIGHTING A 6 YEAR BATTLE WITH AN INFAMOUS COMPANY

7 hours of Quality sleep

SLEEP IS THE MEDICINE.

1. SLEEP 7 HOURS
2. EAT 80% FOOD
3. INCREASE PROTEIN
4. CLIMB THE STA
5. PUSH YOUR LIMITS

NEXT!

STRONG, CENTERED & UNSTOPPABLE
WOMEN REDEFINING F&W&L

Neeta Nair, Moderator

Nyra M Banerjee, Actress

Alankrita Sahai, Actress

KHATRON KE KHILADI

I HAD TO OVERCOME THAT INTERNAL FEAR

"During pregnancy women need Great support to tackle post partem"

Alankrita uses the aircraft oxygen mask analogy: “You must help yourself before you can help your child or others.”

NEXT!

Yogic Dance - Inspired Rhythm

Vibing to a Shiva song ..

HAR HAR MAHADEV!

HAR HAR MAHADEV!

NEXT!

DECLUTTERING LIFE: SMALL CHANGES LEADERS MAKE TO STAY FIT

HOW DO YOU START YOUR MORNINGS?

Aditi Gupta, BW

Kedar Ravangave, Kotak bank

Gireesh Hingorani, Blue Star

Bharat Sachdeva Warrior YogiFit

RESILIENCE IS...

RESILIENCE

..NOT GIVING UP WHEN LIFE IS HARD.

"Swimming across Gulf of Mannar" Bharat Sachdeva

SLEEP IS THE MEDICINE.

LEARNING TO SAY "NO" IS A VALUABLE SKILL.

AVOID PHONES AND MESSAGES WHEN YOU WAKE UP

MESSAGE

NEXT!

Guest of Honor — Sakshi Malik

Dr.Annurag Batra

Sakshi Malik, Wrestler

AS A YOUNG KID, SHE WANTED TO FIND A WAY TO BREAK OUT OF HER VILLAGE...

AND SHE DID, FINDING HER WAY TO THE WRESTLING GROUND NEARBY.

WRESTLING GROUND

"Being with Family is the most important thing for anyone"
Sakshi Malik

SLEEP IS THE MEDICINE.

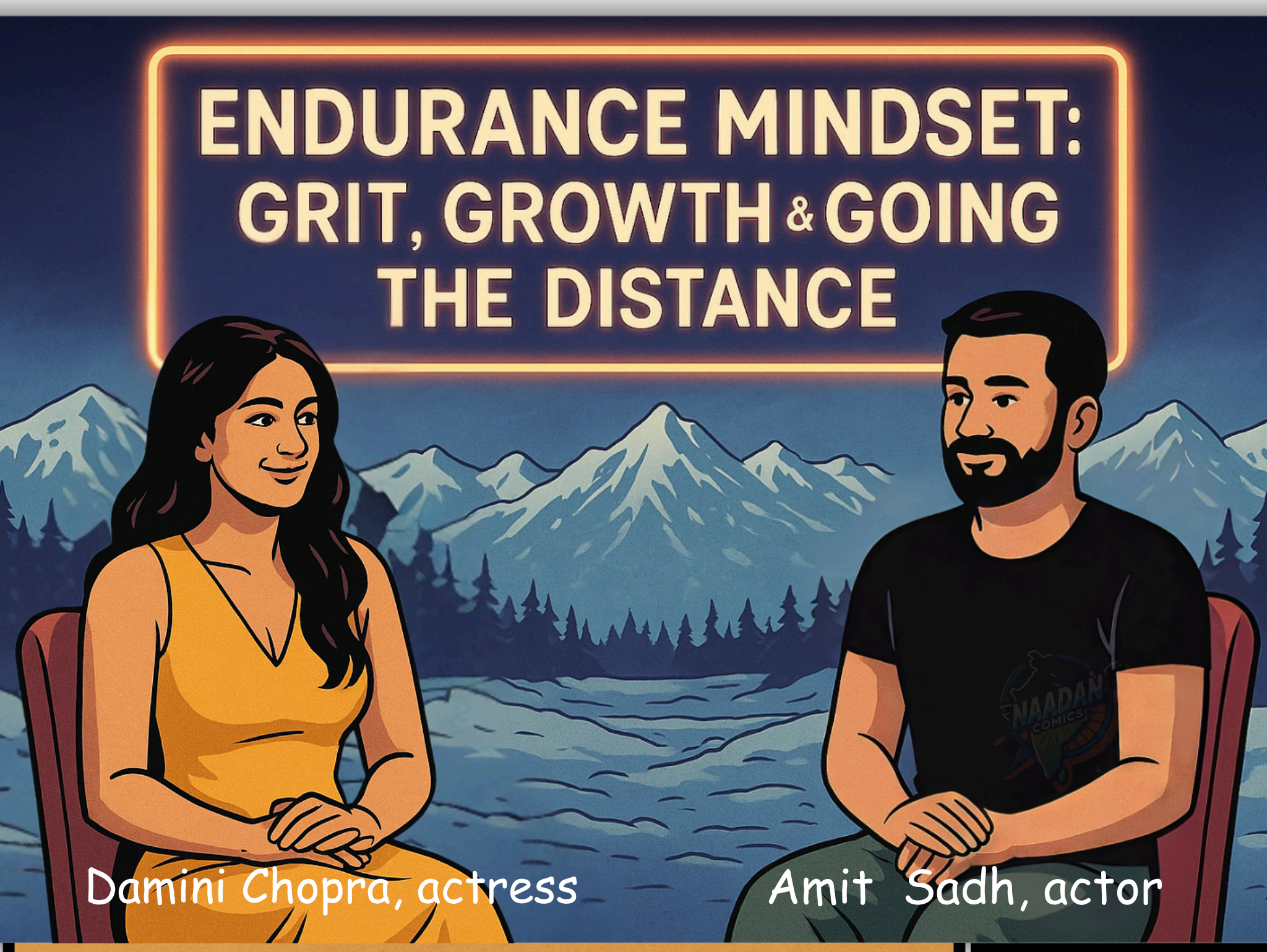
SHE MANIFESTED WALKING ONTO THE OLYMPIC PODIUM.

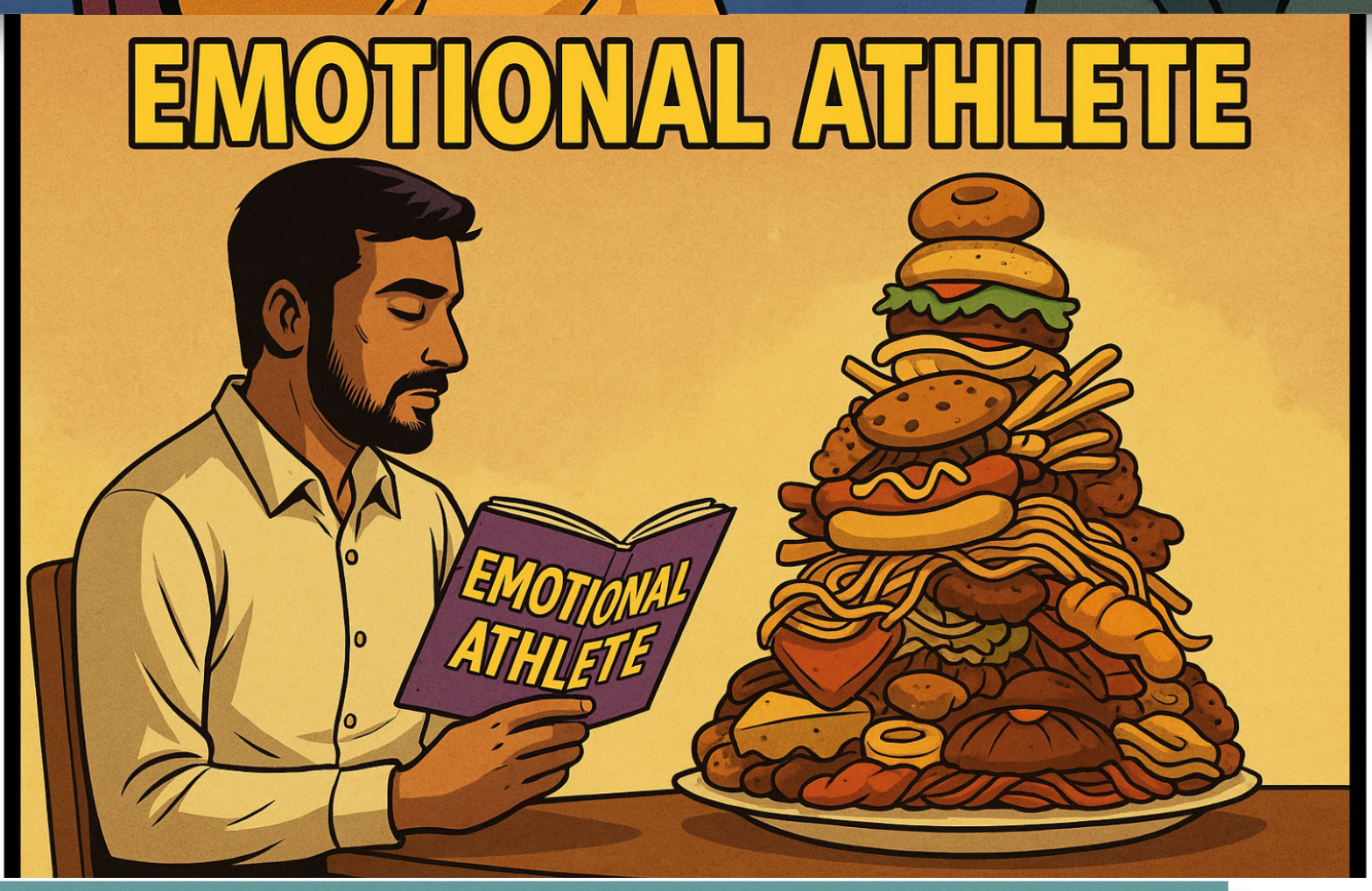
The Core of Success: Strength, Consistency & Reinvention









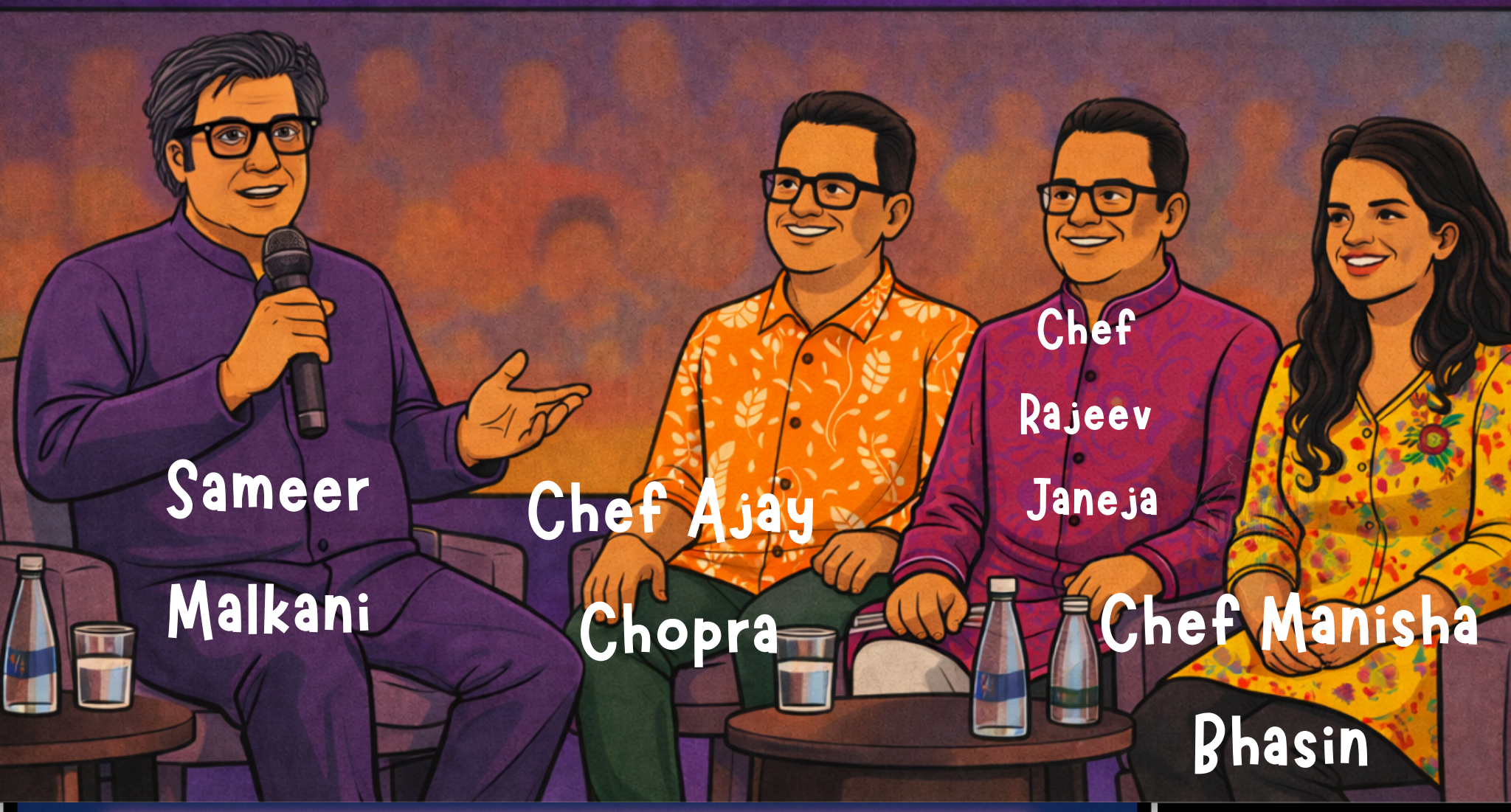


"Pets change your life"

Amit Sadh



Nutrition for leaders: Eating right for Energy & Endurance





"Lemon, honey & copper water is my first thing in the morning"

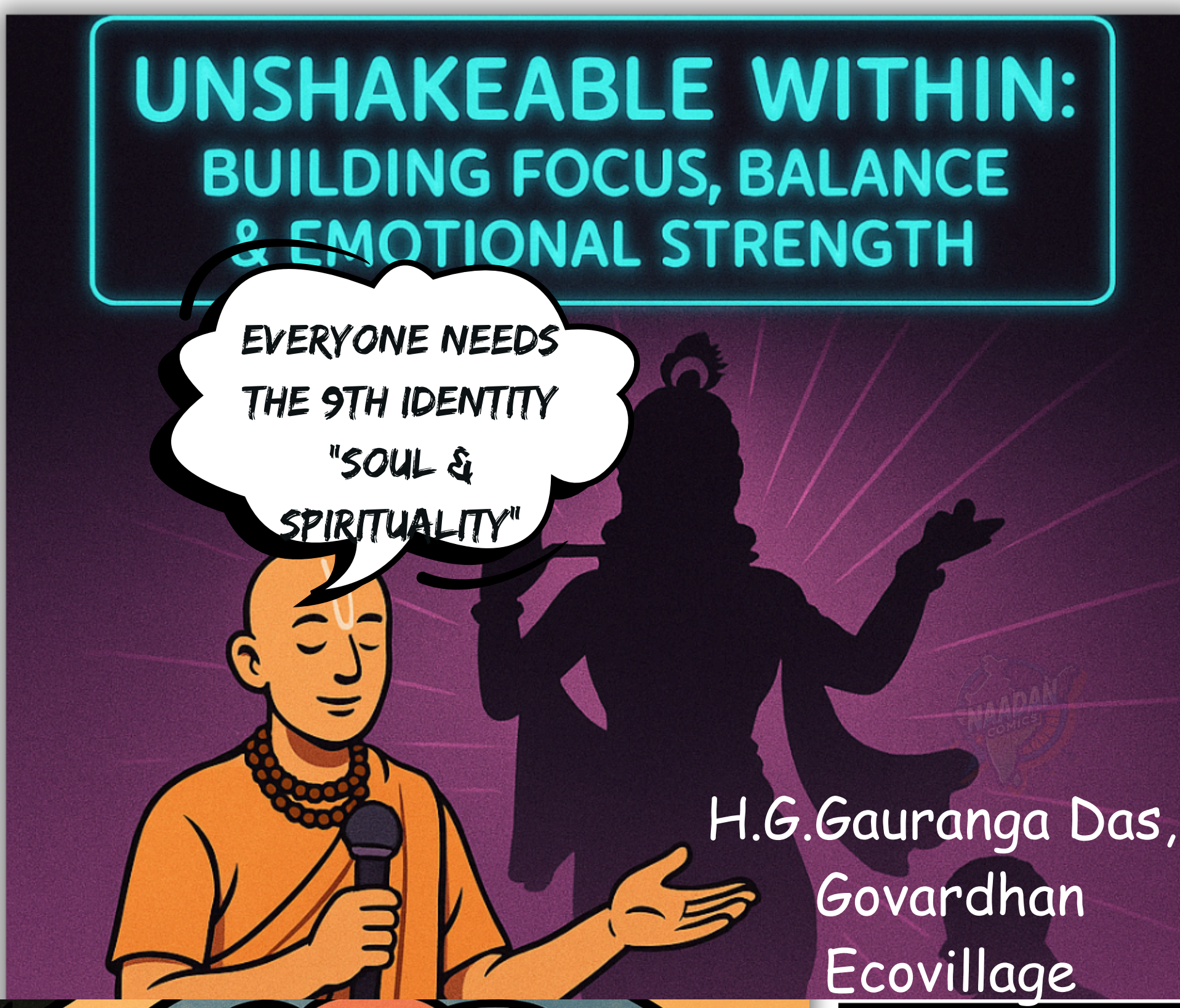
Chef Rajeev Janveja







UNSHAKEABLE WITHIN: BUILDING FOCUS, BALANCE & EMOTIONAL STRENGTH

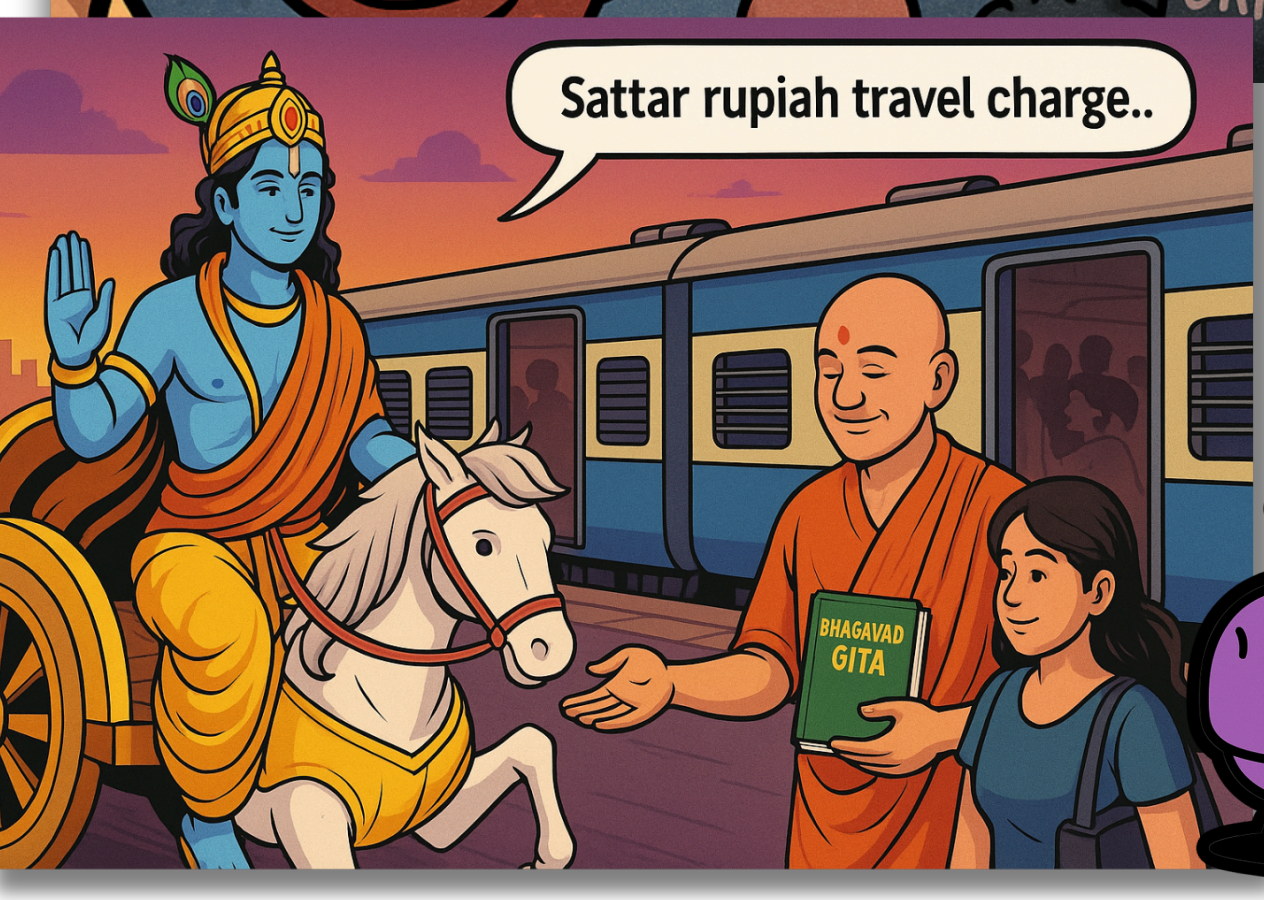


H.G.Gauranga Das, Govardhan Ecovillage



"There are 8 identities for every human"

H.G. Gauranga Das





A vision for wellness; Why leadership begins with health

MOM!

People above 40 need healthy food!

Vishwas Agarwal,
Right Shift

ITC

What if we made healthy biscuits for leaders over 40?

This biscuit is additive **free**, no maida...

Right Shift was born

NEXT!

RIGHT SHIFT Fittest 40 above 40

1ST EDITION AWARDS

OPENING NOTE

A remarkable true story of Nadav Ben Yehuda, a hiker defied the odds to save his friends despite frostbite

- Dr.Annurag Batra

NEXT!

RIGHT SHIFT Fittest 40 above 40





A LIVE COMIC FORMAT?

91-7411642016

Complex topics distilled and turned into a memorable comic

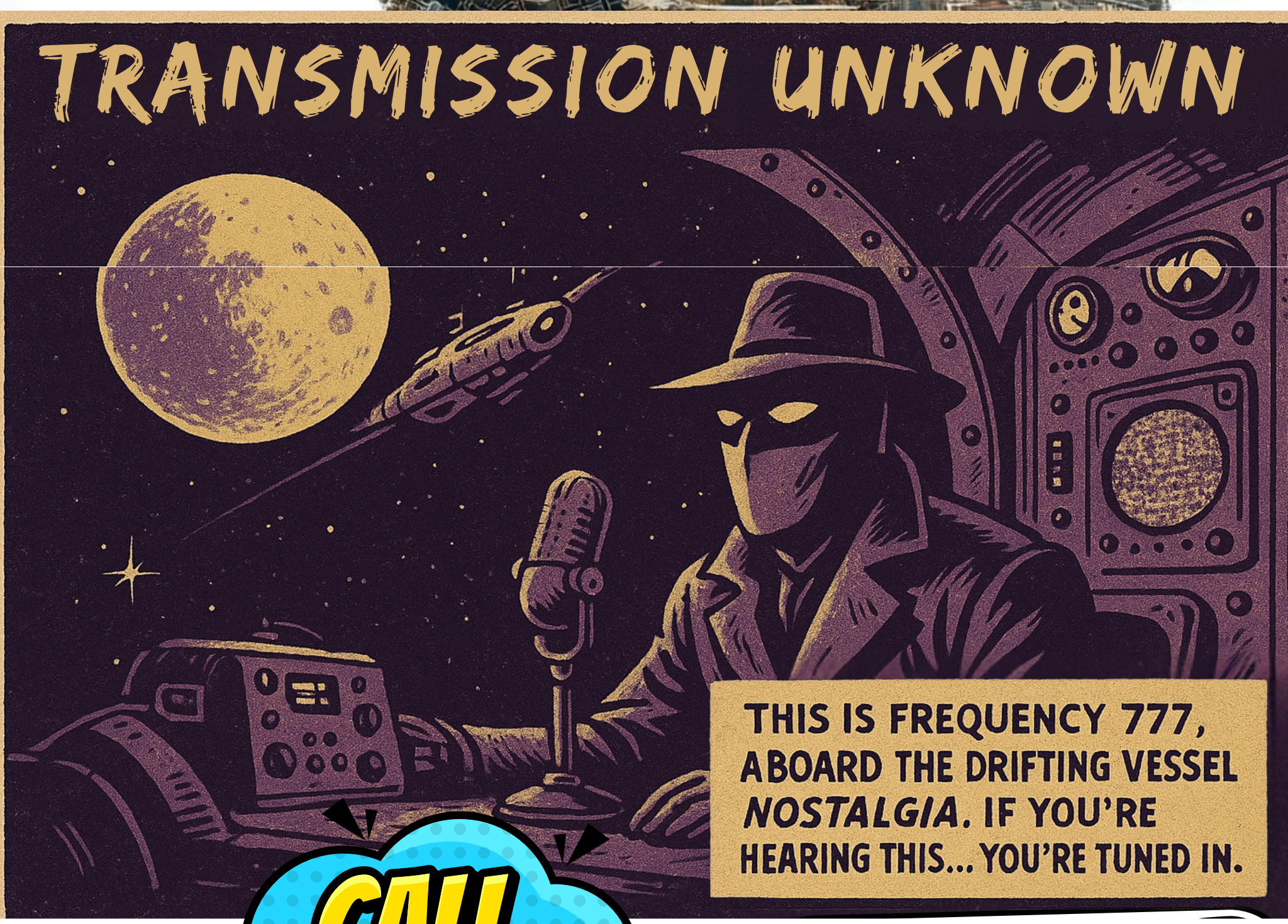
CALL ME!

NAADAN COMICS

This was a real-time comic.
Stories. Concepts.
Explained as they unfolded.



TRANSMISSION UNKNOWN



CALL ME!

91-7411642016

NEXT!