**Get Set, Grow! Children’s Wellness Summit**

Venue: The Leela Palace, Bengaluru

Date: Friday, 22nd September, 2023

**Topics & Speakers:**

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| **S.no** | **Topic (Each session to have Q & A)** | **Slots** | **Description** | **Speakers/Dignitaries** |
| 0.0 | **Registration** | 9:00 – 9:30 AM |  |  |
| 0.1 | **Lamp Lighting Ceremony** | 9:30 – 9:32 AM |  | * **Mr Davis Karedan** – Director, Happiest Health * **Mr Anindya Chowdhury** - CEO & President, Happiest Health. * **Dr Manoj Kumar Sharma** - Professor Of Clinical Psychology, NIMHANS, Bengaluru. * **Dr Supraja Chandrasekar** - Pediatric Intensivist, DHEE Hospital, Bengaluru. |
| 0.2 |  | 9:32 – 9:35 AM | Welcome Address | * **Mr Anindya Chowdhury** - CEO & President, Happiest Health |
| 1. | **Reducing Gadget Time in Kids (Session)** | 9:35 – 10:15 AM | Gadget engagement among children is one of the major concerns for parents and teachers. This session will help us understand how we can manage our kids’ gadget time. | * **Dr Manoj Kumar Sharma**, Professor Of Clinical Psychology And Coordinator Service For Healthy Use Of Technology (SHUT) Clinic, NIMHANS, Bengaluru. |
| 2. | **The Power Of Play For Kids (Panel)** | 10:15 – 11 AM | The panel will delve on the importance of playtime for kids. It will also discuss how we can better plan days/weeks for our children to effectively include playtime. | * **Dr Florence D’Souza**, **Principal of Sherwood High**, Bengaluru one of the schools known to have been promoting sports interest in children. * **Ms Kriti Kanthi** - Vice President of Growth, Plaeto. * **Dr Mithil Rambhojun -** Specialist in Orthopaedics with Fellowship in sports injuries and Arthroscopy, Manipal Hospitals. * **Mr Ashish Pratap Singh,** CMO, Happiest Health – Moderator |
| 3. | **Communication Gaps Between Kids, Parents & Teachers & How To Address Them.** | 11 – 11:30 AM |  | * **Mrs Manju Sharma**, Principal, Delhi Public School, Mysore |
| 4. | **Nutrition For Children (Session)** | 11:30 – 12:15 PM | A speaker session on what is missing from children’s plates at home and their tiffin boxes, and how parents can ensure that children get enough nutrients. | * **Dr Supraja Chandrasekar**, Pediatric Intensivist, Dhee Hospital, Bengaluru. |
| 5. | **Myopia Management For Your Kids** | 12:15 – 12:35 PM | Understanding the growing concern of Myopia amongst children and teenagers, how to prevent or detect it, treat and control the same | * **Mr Rathindra K Dhar -** Head of Training, leading the Training function at Carl ZEISS Vision Care India * **Mrs. Meghana Manay -** Chief Operations Officer at S.R.Gopal Rao Opticians & Optometrists * **Mrs. Triveni K.S. -** Chief Optometrist at S.R.Gopal Rao Opticians & Optometrists |
| 6. | **Understanding Money - Making Adolescents Finance Savvy** | 12:35 – 1:20 PM | The importance of making children understand the value of money in the e-wallet era. The need to educate them on financial efficiency. | * **Ms. Aparna** **Mundani**, Chartered Financial Analyst(CFA), Associate Vice President, PeakAlpha Investments |
|  | **Networking Lunch Break** | 1:20 – 2:00 PM |  |  |
| 7. | **Stress Management In Children (Panel)** | 2:00 – 2:45 PM | Recognizing various forms of stress in children, and how parents and teachers can work together to effectively handle it. | * **Mr Neeraj Kumar,** Founder – PeakMind * **Dr Poorva Ranade***,* Child Psychologist And Counsellor * **Mr Mahesh Yadav**, Academic Head – South India, Allen Career Institute * **Mr Raghu Krishnan**, Chief Editor (P&P), Happiest Health – **Moderator** |
| 8. | **Common Nutrition Problems In Kids & How Power Gummies Is Solving It** | 2:45 – 3:00 PM |  | * **Mrs Parimala Jaggesh –** Nutritionist, Power Gummies |
| 9. | **Youngsters & Career Options In The India Of Today & Tomorrow (Panel)** | 3 – 3:45 PM | What’s the ideal age to think about a career option and when it is too early to talk about it with children? Should a hobby be thought of as a possible career option?  Panellists discuss new-age career options that are beyond the conventional options. | * **Mr Srinath Deshakulkarni**, Founder of Academics & Beyond * **Mr Ravi Kallayil,** Founder of Plaeto. * **Dr Jahnavi Phalkey**, Director, Science Gallery, Bengaluru. * **Mr Ravi Joshi**, Chief Editor (Digital), Happiest Health - **Moderator** |
| 10 | **Child’s Health & Well-Being: Myths & Misconceptions** | 3:45-4 PM |  | * **Dr. Rajath Athreya -** Senior Consultant and HOD Paediatrics & Neonatology, Sakra Hospitals. |
| 11. | **Are You Listening? (Panel)** | 4 – 5 PM | Happiest Health has conducted a survey (***Voices of Adolescent***) involving 500+ children in the age group **12-18 years** from **10-12 leading schools in Bengaluru.** The survey captures the gap between what the adolescents want to communicate to their parents, schools and peers on topics that are most relevant to them. | * **Mrs Sulata Mitra –** Social Media Influencer & Content Creator * **Ms Maryanne Pais**, HOD Psychology, St Joseph’s College of Commerce. * **Dr Akash Ryall** -Director, Bethany Education Institutions, Bengaluru   **Dr Sharon Rajkumar,** Vice President and Happiness & Wellness Evangelist **– Moderator** |
|  | **Vote Of Thanks & Closing Ceremony** | 5 – 5:05 PM |  | * **Mr Ravi Joshi,** Chief Editor (Digital), Happiest Health |
|  | **Networking Tea- Coffee** | 5:05 – 5:30 PM |  |  |