



# AGENDA

8<sup>th</sup> June, 2024  
St. John's Auditorium  
Bengaluru



## 1 Keynote

**Anju Bobby George**  
Senior Vice President –  
Athletics Federation of India (AFI)  
Moderator: **Ashish Pratap Singh**  
CMO, Happiest Health

## 2 FINDING TIME FOR FITNESS

**Shwetambari Shetty**  
Dance & Strength Fitness Expert

## 3 BURPEES BATTLE & PUSH-UP WAR

**Audience Challenge**

## 4 FITNESS AND WEIGHT MANAGEMENT

**Huzefa T**  
S&C Coach And Co-Founder of  
The Outfit Sports Performance

## 5 Featured Session By Fasta Pizza

## 6 LUNCH

## 7 DANCE MOVEMENT SESSION Experiential Session

**Preethi Rajagopalan**  
Dance Movement Therapy  
Practitioner, CMTAI

## 8 Featured Session By Athulya Senior Living

## 9 EXERCISE REGIMEN AND SPORTS INJURY PREVENTION Panel Discussion

**Dr Ayappan V Nair**  
Consultant Shoulder Surgery,  
Sports Medicine & Arthroscopy,  
Manipal Hospital,  
Whitefield, Sarjapur & Jayanagar

**Raghu Hondadakeri**  
International Powerlifter,  
Kreeda Ratna Awardee,  
Strength Coach & Expert  
Nutritionist

Moderator: **Wanitha Ashok**  
Celebrity Fitness Professional,  
Fit India Ambassador

## 10 FITNESS TRIVIA

**Quiz**

## 11 Featured Session



**8:00 am - 7:00 pm**

**Strength & Endurance  
Competition  
For 18+ and Active**

GOOD  
FOOD PARTNER



ACTIVE  
NUTRITION PARTNER



SENIOR  
FITNESS PARTNER

