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FREE

# SHEMANTRA FEST

23rd November 2024  
[www.SHEmantra.in/fest](http://www.SHEmantra.in/fest)



## KEYNOTE SPEAKERS



**RIDDHI DOSHI PATEL**

Child Psychologist &  
Parenting Counselor

Rhyns Academy



**SNEHA SHAH**

Founder and  
Psychologist

ISRA



**DR. ROMA KUMAR**

Co-chairperson (Psychology)

Institute of Psychiatry and Behavioural  
Science, Sir Ganga Ram Hospital &  
Founder of SAKSHAM Mental Health Clinic



**MEGHA TATA**

Strategic Advisor &  
Board of Trustees

Trrain & Population First



**DR. SWATI POPAT VATS**

Founder President

Early Childhood Association India  
and Association for Preparatory  
Education and Research

## FIRESIDE CHAT

## MASTERCLASS

## PANEL DISCUSSION



**KAVITA YADAV**

Psychologist, Parenting  
Coach & Teen Counsellor

JiNa.LivingPositively



**PREETI VYAS**

CEO and  
President

Amar Chitra Katha



**DR. PRIYANKA TIBREWALA**

Positive Parenting &  
Holistic Life Coach

Guiding Parents to thrive  
from within



**FARAH ISMAIL**

Founder & Executive  
Coach & Facilitator

Coach Farah

## SELF-CARE SESSIONS



**DEEPA MAHESH**

Leadership Coach &  
Facilitator

CEO - Poorna Wellbeing  
Enabling Ambitious Leaders to Achieve  
Success with Balance



**AKSHAYA KRISHNAN**

Holistic Wellness Coach

Empowering working women to  
reconnect with their bodies and live  
healthier, more vibrant Lives



**NITA SUNDARARAJU**

Energy Alignment Catalyst,  
and Law of Attraction Expert

Enabling you in aligning your  
energies for happiness and success



**ALPA KAPADIA**

Executive Coach &  
Shadow Mastery Expert

Founder of Ignite the Spark  
School of Transformation

OUTREACH  
PARTNERS



## TIME

## PROGRAM

9:30 - 9:45 am

**Welcome & Introduction by Team SHEmantra**

9:45 - 10:30 am

## KEYNOTE

**Rediscovering Yourself - The Journey Within**

SPEAKER - Riddhi Doshi Patel

10:35 - 11:05 am

## SELF-CARE SESSION

**Communicating with your Inner Self: Why all mothers need to listen to their Inner Woman**

FACILITATOR - Nita Sundararaju

11:10 - 12:25 pm

## PANEL DISCUSSION

**Mommy's Guilt - Hurt to Healing**PANELISTS - Preeti Vyas, Farah Ismail, Dr. Priyanka Tibrewala  
MODERATOR - Kavita Yadav

12:30 - 12:55 pm

## ACTIVITY

**Transforming Guilt: A Journey to Empowerment**

FACILITATOR - Akshaya Krishnan

1:00 - 2:00 pm

## FIRESIDE CHAT

**Understanding Your Personal Boundaries**SPEAKERS - Dr. Roma Kumar, Megha Tata  
MODERATOR - Vimla Seshadri

2:00- 2:45 pm

Working Lunch with Opportunity to connect with Speakers

2:50 - 4:05 pm

## MASTERCLASS

**Surfing Through Tides - Handling Chaos**

SPEAKER - Dr Swati Popat Vats

4:10 - 4:40 pm

## SELF CARE SESSION

**Chaos to Clarity through Somatic Experience**

FACILITATOR - Deepa Mahesh

4:45 - 5:30 pm

## KEYNOTE

**Shine Bright - Embrace your Self-Worth**

SPEAKER - Dr Sneha Shah

5:35 - 6:05 pm

## SELF CARE SESSION

**Self-Love: The Pre-requisite to Self-Care**

FACILITATOR - Alpa Kapadia Teli

6:10 - 6:30 pm

**Summarizing and Closing by Team SHEmantra**

Empowering every Mother to Thrive

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