



# IMA INDIA'S 24<sup>TH</sup> ANNUAL CEO ROUNDTABLE

TAKING ON THE NEW DISRUPTIVE FRONTIER  
PAUSE • PIVOT • PROPEL



**1<sup>st</sup> - 4<sup>th</sup> Dec, 2022**



**The Leela, Kovalam**



Thursday, 1<sup>st</sup> December, 2022

## Welcome Dinner

*At the Club Deck*

7:30 PM

Friday, 2<sup>nd</sup> December, 2022

## Meet and Greet

*At Maya (Above the ballroom)*

10:15 AM

## Creating Positive Changes: A Social Entrepreneur's Journey

*Lakshmi Menon, Founder, Pure Living*



What business entrepreneurs are to the corporate world and economy, social entrepreneurs are to social change. And this is exemplified best by **Lakshmi Menon** who is behind multiple initiatives: '*Ammoommathiri*', which sells cotton wicks made by impoverished senior citizens; the famed '*Chekutty*' rag doll became the symbol of the floods that lashed Kerala in 2018; '*CoVeed*' initiative that encouraged people to contribute grocery-hit families and '*Shaaya*', a project that made mattresses out of PPE waste for Covid care centres. The world has recognised her many initiatives – her project '*Shayya*' was featured in the United Nations List of Best Social Welfare Schemes, while '*Ammoommathiri*' was highlighted in the 'Change makers' series by BBC on Star Plus and felicitated by Bollywood actor Amitabh Bachchan.

A designer by profession, Lakshmi designs jewellery, handicrafts and also interiors. Meet the multi-talented woman who is truly an inspiration and a role model.

## Luncheon

12:30 PM onwards

## Visit to the Kerala Art & Craft Village

*Kerala Arts and Crafts Village*

1:30 PM – 3:30 PM



The craft village in Kovalam has now turned out to be a world-class brand of tourism in the city. This hub of artistic heritage offers an experiential understanding to the traveller about the meticulous work involved in creating each handicraft. The finished products are put for sale here so that travellers get to take home those unique pieces as souvenirs.

## Ride through the Mythical Backwaters

*The Poovar Backwater Cruise*

3:30 PM – 6:30 PM



One of the best ways to enjoy the rush of adrenaline is to go speed boating in Kovalam. Take a ride on the boat and enjoy the elegant beauty of the seashore as it passes you by. High velocity and strong waves make this water sport an exhilarating experience that might make one queasy from the thrills.

## Dinner

7:45 PM onwards



Saturday, 3<sup>rd</sup> December, 2022

## Shopping and Sightseeing in God's Own Country!

9:00 AM – 1:00 PM



Trivandrum is a perfect mirror of the ancient civilisations of Southern India, where royalty built temples and palaces fit for gods, and where culture and art flourished over centuries. Experience the same through a visit to the world-famous Padmanabha Swamy Temple – a unique example of the Dravidian style of architecture, one of only 108 Vishnu temples in India. It is home to a massive, most sacred statue of a sleeping Vishnu that is said to have escaped the plunder of both the Mughals and the British. Shopping beckons those interested right next door!

*Note: Buses will depart from the Porch by 9:15 AM. Please assemble by 9:00 AM. Comfortable walking shoes are requested, as is cool clothing. Sunscreens and hats are also welcome as the sun can be hot as the day progresses. The temple visit will require traditional attire. IMA team will organise for 'mundus' which can be worn as a wrap around over existing attires. Those wearing sarees can enter the temple as is.*

## Sadhya Lunch

1:20 PM – 2:20 PM

No trip to Kerala can be complete without the experience of the traditional 'Sadya' – a wonderful, multi-course meal served to guests as a community and in traditional Malayali style. Join delegates for this wonderful sit-down luncheon.

## Unlocking the Power of Ayurveda

2:30 PM – 3:45 PM

**Dr Avilochan Singh**, Ayurveda Physician and Wellness Consultant;  
Director Holistic Health at Wellness Lifestyle Company



Ayurveda is a simple, practical science of life whose principles are universally applicable to each individual's daily existence. Ayurveda speaks to every element and facet of human life, offering guidance that has been tested and refined over many centuries to all those who seek greater harmony, peace and longevity. **Dr Avilochan Singh**, one of the renowned Ayurvedic doctors, has been practicing the ancient medical science for over 20 years and is most sought after for his effective therapeutic interventions. Dr Singh will draw upon his experiences and share the principles of Ayurveda, including the techniques of examination, diagnosis, treatment and other practical everyday aspects of maintaining health.

## Mindfulness Retreat

4:00 PM – 5:00 PM

**Dimple Mehta**, Director, Soul Diets



Learning to be more mindful and live in the present moment can renew energy and clarity. Whilst it is innate, it can be cultivated through proven techniques inserted into everyday life and then further merged with other meditation practices, such as yoga. Experience mindfulness in real-time through proven techniques and powerful methods that will equip you to not only calm your mind but also to live mindfully daily.

**Dimple Mehta** is an Author, Mindfulness and Character Strengthening Coach by profession. Being the director of Soul Diets Foundation, she and her team work in the field of experiential mindfulness-based trainings, helping various prestigious corporates for more than 15 years at all levels promoting mental well-being while making the employees creative, empathetic, and resilient. She aims to create a balanced ecosystem leading to higher productivity, better leadership, and a happier working environment.

Saturday, 3<sup>rd</sup> December, 2022

## Sundowner Experience

*Leela Sky Bar*

5:15 PM – 6:30 PM



Gear up for the 'ultimate sunset experience' from Leela's sunset deck that oversees the vast expanse of the Arabian Sea. The deck is a cosy place to sit, relax and sip your bubbly even as the sun bids goodbye.

## Laugh it off with Stand-up Comedy

*Neeti Palta, Award-winning Comedian*

7:30 PM - 8:15 PM



Put your hands together for an entertaining live show with **Neeti Palta**, an award-winning comedian, who has been a part of the comedy scene since its inception in India. With a writing background in advertising and TV, she draws influences from real-life experiences, humans and our Indian innateness. Neeti will tickle your funny bone and at the same time stimulate your intellect.

## Dinner

8:15 PM onwards



Sunday, 4<sup>th</sup> December, 2022

## Cyber Security: It is Not About IT Alone

9:00 AM – 10:00 AM

**Amit Dubey**, Author, Innovator, National Cyber Security Expert and Crime Investigator



Cyber crimes have dramatically evolved in nature and scope in the last few years. Recent data by the Indian Computer Emergency Response Team (CERT-IN), the government's nodal cyber security agency, shows that cyber security attacks increased by 500% since the lockdown in March 2020. The majority of data breaches are on account of human errors. However, there is a silver lining to this. If executives are educated to identify and respond to such threats in advance, the bulk of breach incidents could be avoided. What should companies do to safeguard their systems? What must CXOs and business leaders be mindful of, at an individual level?

**Amit Dubey** is a National Security Expert and a Crime Investigator on Cyber Forensics and Ethical Hacking for various Indian investigation agencies and Police departments. A prolific speaker on TV, radio and YouTube, Amit is frequently invited by arms of the government, including defence forces, to train their cyber professionals. He is the author of two books, Hidden Files: Tales of Cyber Crime Investigation and Return of the Trojan Horse: Tales of Criminal Investigation, which include learnings from some of his more thrilling cases. Amit, through real-life examples, will provide guidance on how to improve personal security consciousness and avoid common pitfalls, and share case examples of companies that have been victims of cyber-crime.

## Discussion Break

10:00 AM – 10:30 AM

## Leadership Lessons from the Armed Forces

10:30 AM – 11:30 AM

**Lt Gen Shokin Chauhan**, Former Director-General of Assam Rifles



Having the confidence and character to become a better version of yourself and create value for others are key factors that constitute leadership. The armed forces have many lessons to offer because virtually every situation an organisation faces has been previously encountered and resolved in the Army. After all, the Army grooms its leaders to take men into battle without pay hikes, ESOPs or any material incentives. They are expected to deliver each and every time and the price of failure is far higher than in any other human endeavour. **Lt Gen Shokin Chauhan**, the former Director-General of Assam Rifles who has served at the apex level in the Ministry of Defence and Home Affairs, will offer valuable leadership lessons that lend themselves to application across domains.

## Brunch and Close

12:00 PM onwards