



Thursday, 23rd February, 2023

Welcome Dinner

7:30 PM

At the Club Deck

Raise a toast to the coming weekend. A pleasant evening in Kerala, the company of friends and peers – there could not be a better way to bring in a weekend of learning and deep camaraderie. The IMA India team will detail plans for the weekend as we welcome early arrivals with cocktails and scrumptious food.

Friday, 24th February, 2023

Meet and Greet

10:00 AM - 11:00 AM

Roohi Kapur, Art Therapist



Meet friends and introduce yourself to your peers from across India. Indulge in some art therapy with **Roohi Kapur**, a famous art therapist, who will utilise the creative process to help everyone explore self-expression and find new ways to gain personal insight.

Dispelling Darkness

11:30 AM - 12:30 PM

Tiffany Brar, Founder, Jyothirgamaya Foundation; Disability Rights Activist; Social worker



Tiffany Brar is a warrior with visions that go well beyond what the eye can perceive. A role model for the visually impaired, Tiffany does not let disability hinder her from enjoying even extreme adventure sports. Losing her vision in infancy from Retinopathy of Prematurity, she surmounted all problems with determination to evolve a support ecosystem for the fellow blind. She started the Non-Profit Organisation 'Jyothirgamaya Foundation' which has grown rapidly and holds special consultative status with the United Nations. Tiffany has been recognized for her tireless efforts both in India and abroad. Meet the woman herself as she explains how she has broken the barriers laid down by society to reach the sky.

Luncheon 12:30 PM – 1:30 PM

Shopping in God's Own Country

2:00 PM - 5:00 PM



Apart from being a major tourist site, Thiruvananthapuram is also a paradise for shopaholics. With a wide array of local markets, shopping malls and boutique shops situated across the entire city, the town of Thiruvananthapuram happens to be the perfect place for buying souvenirs, handicrafts, jewellery, clothes, books and whatnot.

Note: 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.

Sundowner Experience

5:30 PM - 6:30 PM

Leela Skybar



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.

Friday, 24th February, 2023

India that is Bharat: Understanding India's Political History

7:00 PM - 8:00 PM

Sai Deepak, Advocate, Supreme Court of India



The session will trace India's political history through the eyes of **Sai Deepak**, an author and advocate at the Supreme Court of India. Sai will take us on an intellectual journey through India's political history and interpret its connections with present day debates and issues. *This session will be jointly hosted with delegates*.

Dinner 8:00 PM onwards

Saturday, 25th February, 2023

Unlocking the Power of Ayurveda

10:00 AM - 11:00 AM

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.

A Culinary Masterclass

11:15 AM – 12:15 PM



Try your hand at gourmet cooking with Leela's talented chefs in a culinary masterclass as he demonstrates Kerala's famous Avial, its many pickles and pachdis to understand how both nutrition and taste come together like magic in this coastal state.

Sadhya Lunch

12:30 PM - 1:30 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.

Visit to the Kerala Art & Craft Village

2:00 PM - 4:00 PM

Kerala Arts and Crafts Village



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.

Saturday, 25th February, 2023

Ride through the Mythical Backwaters

4:00 PM - 7:00 PM

The Poovar Backwater Cruise



A labyrinth of lagoons and canals, the backwaters of Kerala are one of the most tranquil places to travel in the world. The Poovar lake, particularly, is a nature lover's delight and a truly unique destination. Take the boat ride and enjoy the beauty of small narrow canals with mangroves all around, a huge river, a close-up view of village life, a beach, an estuary and a lot more.

Dinner 7:30 PM onwards

Sunday, 26th February, 2023

Of Marvels and Mysteries

6:00 AM - 8:00 AM

A visit to Sree Padmanabhaswamy Temple



Sree Padmanabhaswamy Temple, considered to have its roots in the 8th century, is among 108 Vishnu temples in India. Built in Dravidian style architecture, it is believed to be the richest Hindu temple in the world. The principal deity is enshrined in the eternal yogic sleep on the infinite serpent Adi Shesha. The history and fame of this temple is intertwined in mystery and rich antiquity. Several stories without any exactitude have originated from its huge collection of invaluable precious stones, gold, silver and a yet-to-be-opened vault.

Note: The temple follows a strict dress code for both men and women. Men must wear a Dhoti / Mundu with or without an Angavastram. Women must wear a Saree only. For those, dressed in a different attire, then a 'mundu' will have to be worn like a wrap-around skirt. Dhotis / Mundus are available for hire outside the temple premises. As per temple — customs, non-Hindu visitors are welcome as long as they believe in and abide by the Hindu faith, and are willing to adhere to the mandated dress code. Photography is banned inside the temple premises.

Of Grit and Glory

9:30 AM - 10:30 AM

Achanta Sharath Kamal, Ace Table Tennis Player



With seven Commonwealth Games golds, two Asian Games medals, four Olympic Games appearances and two ITTF Pro Tour titles under his belt, **Achanta Sharath Kamal** is arguably the best Indian table tennis player in history. A winner of Padma Shri and Khel Ratna, Sharath is ranked highest in India and 38 in the world. His career graph is not a straight line to success but is filled with trials, tribulations, and constant reinvention. Meet the man himself as he shares his tale of absolute grit, determination and mental fortitude. *This session will be jointly hosted with delegates*.

Brunch and Close

11:30 AM



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IMA India's 25th Annual CFO Roundtable

23rd – 26th February 2023, The Leela Kovalam, A Raviz Hotel

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Reserve Your Seat

To know more or to register for the Roundtable, write to **Tejaswini Rai** at <u>tejaswini@ima-india.com</u>

For Sponsorships, write to:

Nirupama Shekhar at nirupama@ima-india.com