



## LEADING TRANSFORMATION

### IMA INDIA'S 2019 CHRO ROUNDTABLE

24<sup>TH</sup> – 26<sup>TH</sup> MAY 2019, HOTEL ALILA DIWA, GOA

#### PARTNERS' PROGRAMME

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Friday, May 24, 2019

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##### Meet and Greet over High Tea

4:00 pm

*At Vivo Deck*

Leave the city behind and join a fun-filled evening with peers from across the country at the opening of the 2019 CHRO Roundtable Partners' Programme. A pleasant evening in Goa, the company of friends and peers – there couldn't be better way to bring in a weekend of learning and deep camaraderie.

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##### Improving the Wellness Quotient

5:00 pm – 6:15 pm

*Dr Arjita Kumari at the Yoga Studio, Alila Spa*

Wellness is a positive approach to living by becoming aware and making choices towards a healthier, happier and fulfilling life. From yoga, Ayurveda to pumping iron and embracing the right dietary fats, there are many paths that lead to wellness. Therefore, improving wellbeing requires knowledge of multiple aspects and consistency of efforts in driving health behaviours. Engage in a conversation with Dr Arjita Kumari, Ayurvedic expert and wellness writer, as she shares simple, yet powerful, ways to increase the wellness quotient.

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##### Cocktails and Dinner

7:30 pm

*At the Edge Deck*

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Saturday, May 25, 2019

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##### Morning Yoga

7:00 am

*At the Yoga Studio, Alila Spa*

Multiple studies have confirmed the many mental and physical benefits of yoga. Incorporating it into your routine can help enhance your health, increase strength and flexibility and reduce symptoms of stress, depression and anxiety. Kick-start your day with an expert-led yoga session.

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##### Tour to the Figueiredo Mansion

11:00 am – 3:00 pm

In the still-quiet village of Loutolim in south Goa, the Figueiredo House has pride of place. The house dates back to 1590, a mere 80 years after the Portuguese arrived in Goa. The Figueiredos have turned this grand house into a heritage homestay by opening five of its many rooms. As you step inside, the house wraps you in a warm embrace. Walk through corridors of stone or tile – old vases and jars stand at attention as you pass. The rooms are generously proportioned, named after the illustrious ladies of the house, which is currently managed by Fatima Figueiredo who was based in Lisbon, working for Estee Lauder, and returned to India a few years back to spend the rest of her life looking after the house.

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##### Leisurely time

3:00 pm – 5:00 pm

Option to watch a movie at the mini theatre or spend time at the spa.

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**The Perfect Sundowner: Utorda Beach****5:00 pm – 7:00 pm**

Utorda beach is a tiny bit of paradise hidden away from the hustle bustle of the city. Just a 10-minute drive from the hotel, this peaceful and picturesque beach is surrounded by coconut palm trees, rolling sand dunes and offers place for rest, relaxation and rejuvenation. We will be visiting an award winning sea facing restaurant – Zeebop – that offers the best seaside experience with great music and sumptuous food.

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**Inspiring Change****7:45 pm – 9:00 pm***Temsutula Imsong, Founder, Sakaar Sewa Samiti**(This will be hosted as a joint session with spouses over cocktails)*

One of Prime Minister Narendra Modi's pet initiatives – the Clean India Mission or *Swachh Bharat Abhiyan* – has been making headlines for some time now. We have seen celebrities like Amitabh Bachchan pick up brooms and sweep sections of streets after being asked to serve as a sort of brand ambassador for the mission. But this time, it is not celebrities who are in the news. A young woman from Nagaland decided to take up the task of cleaning the Prabhu Ghat, one of the filthiest ghats in Varanasi, the PM's constituency. She started her mission in 2013 after quitting her fulltime job, and ended up cleaning the Prabhu Ghat in 2015. Engage with Temsutula in a discussion over drinks and snacks as she shares her spirited efforts that earned the personal praise of PM Modi.

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**Dinner****9:00 pm***At the Ballroom Lawns*

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**Sunday, May 26, 2019**

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**Morning Yoga****7:00 am***At the Yoga Studio, Alila Spa*

Kick-start your day with an expert led yoga session.

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**The Tastemaker: Chef Edia****10:30 am – 11:30 am***At Spice Studio, Alila Diva*

What many trained chefs still struggle to accomplish, Chef Edia, a housewife-turned-chef, managed to do with ease – dish out food with authentic Goan flavours. She is not formally trained but has what most hotels in Goa look for today – secret ancestral recipes and traditional methods of cooking that bring out the real flavours of India's party capital. Engage with Chef Edia as she gives you the experience of home-cooked Goan food.

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**Brunch and Close****12:30 pm***At Vivo*

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*All speakers, sessions and timings are tentative and subject to ongoing confirmation*

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