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COUNCIL FOR FAIR
BUSINESS PRACTICES
HAR GRAHAK KI AWAAZ



Inspire Excellence

CFBP - HOLISTIC HEALTH SUMMIT 4.0

EXPERT INSIGHTS. HOLISTIC SOLUTIONS. HEALTHY LIFE

Powered By



By Dr. Mickey Mehta &
Karishma Mickey Mehta



22ND AUGUST, 2026
SATURDAY



TAJ LANDS END
BANDRA, MUMBAI



TIME
9:00 AM TO 6.00 PM

PRESENTED & CONCEPTUALIZED BY



SWAPNIL KOTHARI

PRESIDENT, CFBP
SENIOR LAWYER



DR. MICKEY MEHTA

CHAIRMAN WELLNESS
COMMITTEE (CFBP)
GLOBAL LEADING HOLISTIC HEALTH
GURU AND SPIRITUAL LIFE COACH



NEHA RANGLANI

EXECUTIVE COMMITTEE
MEMBER (CFBP)
INTEGRATIVE NUTRITIONIST &
FUNCTIONAL MEDICINE SPECIALIST



DR. YATRI THACKER

EXECUTIVE COMMITTEE
MEMBER (CFBP)
HOLISTIC HOMEOPATH, PSYCHOLOGIST,
HAIR & HORMONE EXPERT

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INAUGURAL PANEL - 10.15 AM - 11.30 AM

MEDICINE & ETHICS

MODERATORS



SWAPNIL KOTHARI

PRESIDENT, CFBP
SENIOR LAWYER



DR. MICKEY MEHTA

CHAIRMAN WELLNESS
COMMITTEE (CFBP)
GLOBAL LEADING HOLISTIC HEALTH
GURU AND SPIRITUAL LIFE COACH

PANELISTS



**DR. SANDESH
MAYEKAR**

COSMETIC AND AESTHETIC DENTIST,
TMD SPECIALIST



**DR. HEMANT
THACKER**

M.D., M.R.S.H., F.A.C.P.,
F.A.C.E., F.I.S.H. F.R.C.P.
CONSULTANT PHYSICIAN
& CARDIO-METABOLIC SPECIALIST



**DR. ANAND
SHROFF**

EYE SURGEON



DR. DURU SHAH

GYNAECOLOGIST & FERTILITY
EXPERT DIRECTOR, GYNAECWORLD-
CENTER FOR WOMEN'S HEALTH &
ASSISTED REPRODUCTION



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PANEL 1 - 11.35 AM - 12.25 PM

LONGEVITY

MODERATOR



DR. MICKEY MEHTA

CHAIRMAN WELLNESS
COMMITTEE (CFBP)
GLOBAL LEADING HOLISTIC HEALTH
GURU AND SPIRITUAL LIFE COACH

PANELIST



RYAN FERNANDO

CELEBRITY SPORTS AND CLINICAL NUTRITIONIST,
PERFORMANCE COACH, AND
THE FOUNDER OF QUA NUTRITION



MEN'S HEALTH
CHALLENGES
TODAY



PHYSICAL &
MENTAL
WELL-BEING



LIFESTYLE DISEASES
& PREVENTION



STRESS, ANXIETY
& EMOTIONAL
HEALTH



HOLISTIC APPROACH
TO LONG-TERM
WELLNESS



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PANEL 2 - 12.30 PM - 1.00 PM

HAIR CARE AND SKIN LOVE

MODERATOR



SWAPNIL KOTHARI

PRESIDENT, CFBP
SENIOR LAWYER

PANELIST



DR. GEETA FAZALBHOY

DERMATOLOGY AND AESTHETICS
MBBS, DPD (UK), BOARD CERTIFIED
AESTHETIC MEDICINE (USA)



WHAT ARE
AUTO-IMMUNE
DISORDERS?



ROOT CAUSES
& TRIGGERS



HOLISTIC
MANAGEMENT
APPROACH



GUT HEALTH &
IMMUNE BALANCE



MIND-BODY
HEALING &
LIFESTYLE CARE



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PANEL 3 - 2.00 PM - 2.35 PM

HAIR FALL

PANELISTS



SONAL CHORARIA

MODERATOR
EXECUTIVE COMMITTEE
MEMBER (CFBP)
LIFESTYLE NUTRITIONIST
FOUNDER SPOONFUL OF HEALTH



DR. YATRI THACKER

EXECUTIVE COMMITTEE
MEMBER (CFBP)
HOLISTIC HOMEOPATH, PSYCHOLOGIST,
HAIR & HORMONE EXPERT



NIPA ASHARAM

**CERTIFIED HEALTH &
LIFE COACH**



A comprehensive discussion on the causes, prevention, and holistic management of hair fall.



**SCIENCE
MEETS
EXPERTISE**



**HOLISTIC
APPROACH**



**STRONGER HAIR
BETTER YOU**



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Karishma Mickey Mehta

PANEL 4 - 2.40 PM - 3.10 PM

WOMEN - HEALTH AND WEALTH PERSPECTIVES

MODERATOR



SWAPNIL KOTHARI

PRESIDENT, CFBP
SENIOR LAWYER

PANELIST



SHAILI CHOPRA

CELEBRATED JOURNALIST,
AUTHOR AND FOUNDER OF
SHETHEPEOPLE.TV



THE FUTURE
OF LONGEVITY



SCIENCE OF
HEALTHY AGEING



LIVING BETTER,
LONGER



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PANEL 5 - 3.15 PM - 3.50 PM

MENOPAUSE

PANELISTS



ANISHA ANAND

MODERATOR
FOUNDER AND DIRECTOR,
AURUM FOODS



**DR. SHARMEEN
VAJIFDAR**

MBBS, MS, CIMP — CERTIFIED
MENOPAUSE PRACTITIONER



NEHA RANGLANI

EXECUTIVE COMMITTEE
MEMBER (CFBP)
INTEGRATIVE NUTRITIONIST &
FUNCTIONAL MEDICINE SPECIALIST



WOMEN'S HEALTH
CHALLENGES
TODAY



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PANEL 6 - 3.55 PM - 4.30 PM

THE ANXIOUS GENERATION

PANELISTS



JALPA MERCHANT

MODERATOR
CLINICAL PSYCHOLOGIST &
MENTAL HEALTH EXPERT



DR. SAMIR DALWAI

DEVELOPMENTAL PEDIATRICIAN
AND DIRECTOR AT NEW HORIZONS HEALTH
AND RESEARCH FOUNDATION



DR. KARISHMA AHUJA

LAW OF ATTRACTION TRAINER, HYPNOTHERAPIST
& METAPHYSICAL COUNSELOR WITH PROFOUND
EXPERTISE IN FORGIVENESS THERAPIES,
HO'OPONOPONO, AND INNER CHILD HEALING.



UNDERSTANDING
ANXIETY IN
MODERN LIFE



MENTAL &
EMOTIONAL
WELL-BEING



PARENTING IN
THE DIGITAL
AGE



BUILDING
EMOTIONAL
RESILIENCE



MINDFULNESS &
HOLISTIC
HEALING

EMPOWERING MINDS • BUILDING RESILIENCE • CREATING HEALTHIER FUTURES



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