

The background is a colorful, abstract composition of overlapping shapes and textures in shades of purple, blue, green, and orange. A large white circle is centered in the middle, containing the event title. The title 'theahimsafest' is written in a lowercase, sans-serif font, with 'the' in blue and 'ahimsafest' in green. A thin green line underlines the text, and '2016' is written in blue below it.

theahimsafest
2016

Towards healthier and
cruelty-free lifestyle choices

ORGANISERS:

AHIMSA PARMO DHARMA GROUP

The Ahimsa Parmo Dharma Group (APDG) has been founded in 2015 and aims to create awareness about the principles of Ahimsa in everyday life. The five-members of the group are professionals from various streams of life who have come together with the single vision of non-violence in thought, deed and action. They are living examples of “Ahimsaks” who are successfully practicing the ‘Ahimsa’ way of living for many years.



Atul Doshi
(Mo: +91-9821127475)

Atul Doshi is presently working as an Honorary Director in an online education company which provides education content free to all students across globe. He is a Jain who initially followed Ahimsa as a religious practice, but as his understanding expanded, he realised Ahimsa has nothing to do with religion, but the principle needs to be practiced in every field of our daily life. He has since organised a number of programmes with 300-400 Jain Samaj members, where he shares this understanding of Ahimsa. He has written a booklet titled, ‘We Vegetarian (?) People’ in English and Hindi. Atul Doshi is amongst the first few cruelty-free advocates in India who had organised a novel cruelty-free wedding for his daughter in 2015. His efforts to create awareness, share knowledge freely and inspire others to do the same, have received wide acclaim.



Saroj Choudhury
(Mo: +91-9820084257)

Saroj is one of the earliest advocators of vegan and wfpd lifestyle in Mumbai. After a few months of going on this diet, she observed compassion ie Ahimsa, pouring from her towards all species in the world. She continues to be a strong supporter of wfpd and vegan lifestyle and has spoken at various seminars across the city. She has the vision of inspiring more people to come together and choose dairy-free foods, and make wiser and compassionate lifestyle choices.



Dr Rupa Shah
(Mo: +91-9821134772)

Dr Rupa A Shah is the Founder and Director of circleOhealth. She is trained in western medicine (MBBS) in Mumbai and has been healing patients for the past 30+ years. She went on a whole foods and plant-based diet over 8 years ago, and experienced its dramatic powers of healing for herself. She has since then, made it her mission to advocate its benefits to others as well. Dr Rupa Shah has organised several cooking demos, workshops and film screenings to create awareness about the wfpd way of life. She has successfully reversed diabetes, cholesterol and other lifestyle diseases for her patients. She has also authored a practical and easy beginner's guide titled 'Dairy Alternatives' in English as well as Gujarati.



Pradeep Shah
(Mo: +91-9096697773)

By profession an Electronics Engineer, he worked as an R&D engineer and since the last three decades, has been manufacturing electronic test & measuring instruments. Since the last twenty two months, he has been practicing Nature's Diet System that has shown miraculous results. In a matter of few months this system can cure diabetes, blood pressure, cholesterol, obesity and common cold. He strongly believes nature has created us and made all provisions for us and to be "happy & healthy", we have to follow its simple laws which he expounds through his talks.



Reyna Rupani
(Mo: +91-9820188871)

Reyna is the head of SHARAN-Mumbai, an NGO which advocates food as medicine. She lost 17kg, and cured severe acidity by following this philosophy. Now she can't help sharing this philosophy with others. She regularly participates in Farmer's Markets across the city and has been a strong proponent of making cruelty-free and dairy-free choices in everyday life. She conducts SHARAN sessions like oil-free cooking, health talks, pot-lucks, film screenings and helps in spreading awareness about the power of natural food in the world.

INTRODUCTION

Ahimsa is a multidimensional concept based on the premise that all living beings, the environment and the planet have the spark of the divine spiritual energy, therefore to harm another being or nature is to harm oneself.

Ahimsa is India's gift to the world. Ahimsa can be imbibed in our thinking and lifestyle—be it in choosing to eat only plant-based foods, being compassionate to animals, investing ethically, consuming only cruelty-free products and wearing leather-free belts. The steps taken are small, but the benefits of choosing this lifestyle are tremendous.

THE AHIMSA FEST

The Ahimsa Fest organised by Ahimsa Parmo Dharma Group is packed to the brim with eye-opening talks by eminent speakers, workshops, live demos and fun-filled activity rooms for all ages. The aim of the event is to create awareness on lesser-known facts about the food industry, empower visitors to adopt healthier lifestyles and connect them with a rapidly growing network of people who have made revolutionary changes in their lives.

The Ahimsa Fest is perhaps the first seminar-cum-exhibition in Mumbai, which serves a delectable range of dairy-free foods that includes buttermilk, dahi-chat topped with tempting sugar-free and gluten-free ice-cream!



HIGHLIGHTS

The Ahimsa Fest is a one-of-a-kind fun-n-fair to bring visitors closer to a healthier and insightful way of making life choices. The Fest has been curated to offer a complete 'Ahimsa' experience for visitors and participants.

Here is a brief of what is lined up for the day:

AHIMSA CAFÉ (ALL DAY)

The fun-n-fair features a food court where you can choose from a tempting variety of food on live counters by professional vegan experts—Mayavi Khandelwal, Founder, My Pure Path and Samir Pasad, CTO, Vegan Bites and other experts. They have presented plant-based foods like dahi vada made from non-dairy curd, dairy-free buttermilk, green juices and a spread of delectable desserts which are sugar-free, gluten-free items and dairy-free ice creams! Hang out here and you may even get to savour a whole new range of delicacies not found even in the choicest of menus!

FASHION SHOW (5PM)

This segment at the JRM stage has been choreographed by vegan designer Monica Chopra who will showcase fashion and an ensemble of styles for the men and women that are made of sustainable and cruelty-free materials.

LIVE MUSIC

The JRM Stage features talent that includes vegan and vegetarian artists who will rock the audience with their music. Solar Deity performs at 12.15pm, Raw-Stars will perform at 1.45pm and Alif and Renuka Venugopal from Flying Carpet Productions will perform from 7.30pm onwards. Bharat Ranjak & Pratiksha Porwal shall be performing melodious bollywood numbers at 9.00pm.

AHIMSA MALL

The exhibition area comprises 50-plus stalls by vendors and artists who offer a broad range of vegetarian or cruelty-free products like non-leather items, plant-based food products and eco-friendly and organic products.

9 Activity Rooms

These high-powered interactive sessions held simultaneously across 9 classrooms will be running through the day with live demos and engaging talks about food choices you probably didn't know about. The expert presenters will also offer practical advice on turning your health around or the better.

SANTOKBA HALL PROGRAMME

After the inauguration and the lighting of the lamp, Shri Jagatbhai Killawala, Trustee, Vile Parle Kelavani Mandal, will address the audience and share his insights on health. The seminar comprises imminent experts from a broad range of fields who will speak on the occasion. The session will be compered by Peter Theobald, Software Professional & Vegan Advocate.

9.30	Ribbon Cutting by Chief Guest Shri Jagatbhai Killawala, Trustee, VPKM
10.00	Lighting Of Lamp by Chief Guest Shri Jagatbhai Killawala
10.05	Welcome Address by Saroj Choudhary, Vegan Advocate
	Why Ahimsa Fest? by Atul Doshi, APDG Member
10.20	Chief Guest Address by Shri Jagatbhai Killawala
10.30	Animal Cruelty by Ingrid Newkirk, PETA International
11.00	Spiritual Aspects Of Ahimsa by Pramodaji Chitrabhanu, Jain Scholar
11.30	Why I Became Vegan by Dr Nandita Shah, Founder, SHARAN
12.00	Milk: A Silent Poison by Dr NK Sharma, Naturopath & Author
12.30	Animal Aid Unlimited by Erika Abrams, Co-Founder
13.00	Thank You Note by Dr Rupa Shah, Founder, CircleOhealth
13.00-14.00	LUNCH BREAK
14.00	Spiritual Foundation Of Ahimsa by Suma Verughese, Editor, Life Positive magazine
14.30	Health & Ahimsa-based lifestyle by Dr Deepak Dalal, Diabetologist, MD, FICA (USA)
15.00	Vegan Fitness by Kuntal Joisher, Vegan Mountaineer
15.30	How I Became Vegan by Harshad Parekh, Vegan for 27 years
16.00	Raw, Nature's Diet For Health by BV Chauhan, Raw Food Advocate
16.30	The Imperative Of Vegetarianism & Veganism For Moral Progress, Democracy & World Peace by Anil Narang, Senior Fund Manager (USA) & Vegan Advocate
17.00	Being Vegan & An Eco-Friendly Wedding by Anand Siva, Vegan Advocate
17.30	Thank You Note by Manohar Vasvani
18.45-21.00	Seminar & QA by BV Chauhan

SPEAKERS' PROFILES

The Ahimsa Fest is an opportunity to listen to and interact with some of the best advocates of Ahimsa in the world. The events in the Main Hall includes talks on animal compassion, practicing kindness to all, power of food as medicine, natural healing and practicing ahimsa in day-to-day living. Here is the list of speakers who will grace the occasion:



INGRID NEWKIRK
President of People for the Ethical Treatment of Animals

Ingrid Newkirk founded PETA in March 1980, which is the world's largest animal rights organisation. She has authored books like 'Making Kind Choices' (2005) and 'The PETA Practical Guide to Animal Rights: Simple Acts of Kindness to Help Animals in Trouble' (2009). Newkirk has worked for the animal-protection movement since 1972. Under her leadership in the 1970s as the District of Columbia's first female poundmaster, a legislation was passed to create the first spay/neuter clinic in Washington, DC, as well as an adoption programme and the public funding of veterinary services, leading her to be among those chosen in 1980 as 'Washingtonians of the Year'.



PRAMODAJI CHITRABHANU
Jain Scholar

Pramodaji Chitrabhanu is an acclaimed Jain scholar and practices the principles of Ahimsa, non-violence to all beings. This practice extends to her growing understanding in how our thoughts and acts affect not only ourselves, but, all those who are close to us and the planet. Her mission takes her across the world and she focuses on vegetarianism and veganism, education, philanthropy, women's welfare and animal welfare.



DR NANDITA SHAH
Founder, Jain Scholar

Dr Nandita Shah is the founder of SHARAN, an organisation devoted to disease reversal through food. She is a doctor that believes each of us can be our own best doctor most of the time. For the past 11 years, she has presented the Peas vs Pills workshops in India and all over the world to over 5,000 participants inspiring others to make dietary and lifestyle changes resulting in positive health. She also conducts specific health workshops about Reversing Diabetes and Reversing Heart Disease and Hypertension as well as a 21-day residential disease reversal programme. For her, the mind-and-body connection has always been an integral part of her work. With her work in health and nutrition, she has seen many participants make changes that have enabled them to reach their highest potential, not just in their physical health but in their emotional and spiritual wellbeing.



DR NK SHARMA
Naturopath & Author of
'Milk: A Silent Killer'

Dr Sharma is amongst the leading Naturopaths, not only in India but also in the world, to have worked on more than 14,000 cancer patients. He has initiated a mission on natural and raw food in India. During a span of 20 years of his practice in the hospital, he has kept his kitchen fire-free and has been successful by conducting research and experiments in the field of natural healing and raw food. He has cured innumerable so called "chronic" and "incurable" diseases. Dr Sharma is the first in India to have managed to keep himself and his family disease-free for the last 40 years and have also succeeded in bringing up both his children on a diet devoid of animal milk and vaccination and his children have never suffered from any disease to date. This is a unique family in India that is completely free of disease, medicines and doctors.



ERIKA ABRAMS
Co-Founder,
Animal Aid Unlimited

Erika Abrams, the co-founder of Animal Aid Unlimited, is one of India's leading street animal hospitals and shelters, based in Udaipur, Rajasthan, India. Along with her family, her husband Jim and daughter Claire, she has lived in India for over 15 years, and managing Animal Aid is their life's full-time passion. Originally from Seattle in the US, they travelled to India and stayed in Udaipur, Rajasthan, for several months in the early '90s. During their stay, they noticed injured animals who received no help and the absence of a local hospital for strays. Thus they founded Animal Aid in 2003. Since then they have treated over 50,000 animals. They have shifted to a rented 4-acres where 400 animals are housed each day by 50 full-time staff members and volunteers from around the world take care of them. They are a vegan family who look forward to greeting visitors and volunteers personally at the Animal Aid shelter.



SUMA VARUGHESE
Editor, life Positive

Suma has been working with Life Positive, India's premier body-mind-spirit magazine since its inception in April 1996. Beginning as bureau chief (Mumbai) she took over as editor-in-chief of Life Positive in December 2005. As a pioneer of spiritual journalism in India she is driven by a mission to help raise human consciousness. She has been pursuing this through her own writing as well as through the magazine. She is author of Travelling Light, a collection of her columns in Life Positive. She is also a sought after columnist with columns in Free Press Journal. Suma Varughese is a popular guest speaker at many conferences and seminars and has been intimately connected with the rise of the spiritual movement in India.



DEEPAK DALAL

Diabetologist, M.D, (Mumbai),
FICA (USA)

Dr Dalal specialised in diabetes care since 1980. He is a trustee and honorary specialist at Juvenile Diabetes Foundation. He is consulting endocrinologist in various hospitals and institutions. He has published work on Wilson Disease, Continuous Low Dose Insulin Infusion Therapy for Uncontrolled Diabetes State. Dr Dalal has special interest in Conducting Patient and Doctors education workshops, Programmes-National Diabetes Education Programme. He is also a member of API, Diabetic Foot Society for Study of Diabetes in India.



KUNTAL JOISHER

Vegan Mountaineer

Kuntal is a mountaineer, a computer science professional and a photographer. He is an alumnus of Vivekanand Institute of Technology, Mumbai, and USC Viterbi School of Engineering, Los Angeles. His insatiable passion for mountaineering has led him to climb mountain ranges across the world, including the Western Ghats, the Northern Ice cap in Chile, and the Nepalese and Indian Himalaya. Joisher is the first Indian Gujarati and first vegan in the world to stand on the very top of Mount Everest, and the only Gujarati in the world to have climbed two 8,000-meter mountains. As a photographer, his work has been published in international publications. In addition to his dedication to climbing, Joisher is passionate about two causes: raising awareness about the disease of dementia, and spreading the message of veganism and vegetarianism.



BV CHAUHAN

Raw Foods Advocate

A former electrical engineer from Gujarat, BV Chauhan has been turning Indians into raw foodists. He uses the tagline ‘Kachu Te Sachu’ (power of raw) and holds workshops across the country propounding its benefits. He has developed a ‘New Diet System’ which is a practical concept that he developed after 17 years of extensive experiments on himself. The conducted experiments on his relatives and his network who also showed impressive results within a very short period. The new concept of Raw Food Theory (living food) and fasting is based on the principles of Ram Charit Manas. He has also authored an eponymous booklet that has been cited and acclaimed by doctors as well. He has spoken at several seminars and his talks on ‘New Diet System’ on YouTube are very popular.



ANIL NARANG
Senior Fund Manager (USA) and
Vegan Advocate

Anil attended Modern School in New Delhi. He is a BS in Electrical Engineering from the University of Rochester, and an MBA from the University of Chicago Graduate School of Business. He has worked at prominent global financial institutions including Morgan Stanley, Mumbai where he was Executive Director. He is presently the Fund Manager of an equity fund 'Sustainable Growth Partners', and is on the Investment Committee and Board of an offshore entity of Enam Asset Management. He has served on numerous industry panels in India including the Bombay Stock Exchange Index Committee. However having been deeply influenced by Gandhiji, Anil's real passion is promotion of a vegan life style and speaking about various topic close to his heart.



ANAND SIVA
Passionate Vegan Advocate

The self-titled "earth-loving maverick" has had a part of his education at Chinmaya Vidyalaya, Vaduthala. He works in the advertisement industry—he is principal consultant with Gain Theory. Animal rescues and rehabilitation are a big part of his activism. He has made a lifestyle choice that does least harm to other living creatures—he is a committed vegan. He has been widely covered as the first Indian to have organised his daughter's marriage that were both vegan and eco-friendly, topped with special four-legged furry guests.



HARSHAD PAREKH
Vegan Advocate

Harshad had previously owned a vegan food business in USA. He and his wife Nayana Parekh have been vegan for about 27 years. They believe in promoting a harmless, egoless and truthful way of living. Today, he is 72-years young and has survived 2 cancers and a stroke, and recovered completely because of being vegan. He is living proof of holistic health and wellness and has experienced mental, physical, spiritual and financial benefits with this lifestyle.

PROGRAMMES IN 9 ACTIVITY ROOMS & LIVE PERFORMANCES

(All programmes are subject to last minute changes without notice.)

FITNESS ROOM (Coordinator: Capt. Joseph Pinto)

The Room will present talks on fitness by practicing ahimsa in one's diet. There are 8 speakers who range from athletes to vegan nutritionists, who have successfully imbibed the same way of life and will share their insights.

10.30-11.30	Talk by Kajal Bhatia, Whole-Food Nutritionist & Diabetes Educator
11.30-12.30	Talk by Kuntal Joiser, Vegan Mountaineer
12.30-13.30	Talk by Roshni Sanghvi, Director, RA Fitness Solutions
14.00-14.45	Intro & Importance of WFPD by Kedar Tembe, Sports Director for the Somaiya Trust
15.00-15.45	Vegan Vit D3 & Vegan Pea Protein by Amit Mehta, Founder, Unived Healthcare
16.00-16.45	Talk by Peter Theobald, Software Professional & Vegan Advocate
17.00-17.45	Yoga As A Whole by Nikita Solanki, Yoga Instructor & Olympic Distance Triathlete

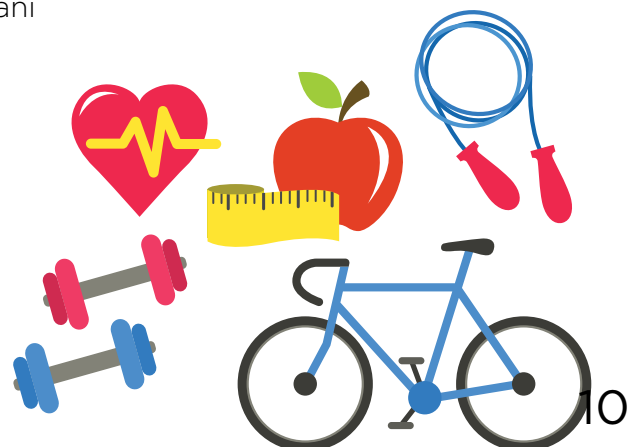
WELLNESS ROOM (Coordinator: Dr Rashmi Menon)

Medical experts will make presentations on whole foods plant-based diet for disease reversal like Type II diabetes, high BP, obesity, high cholesterol. A must-attend seminar for those practical insights towards a better quality of life.

10.30	The Vegan Diet and Cancer by Dr Rashmi Menon
11.15	How I Reversed My Diabetes With Food! by Tehseen Mehdi
11.30	Talk by Dr Madhvi Kathpal
12.00	Reversing Diabetes & Ahimsa In Our Lifestyle by Dr Munjal Thakkar
13.00-14.00	LUNCH BREAK
14.00	A Life Without Medicines Dr Nandita Shah, Founder, SHARAN
15.00	Nutritional Aspects Of WFPD by Madhura Vayal
16.00	How Easily I Lost Extra Weight by Reyna Rupani, SHARAN, Head-Mumbai
16.45	From Piles To Pregnancy by Anjali Tejani
17.00	Talk by Dr Urvi Chauhan

GUESTS FOR Q&A

- Dr Deepak Dalal, Diabetologist, MD, FICA (USA)
- Dr Nita Dharmsey, Homeopathy
- Dr NK Sharma, Naturopath
- Film on 'Khana Badlo Jivan Badlo'



FILM ROOM (Coordinator: Bhavna Kapoor & Jinal Rathod)

The Room will screen short inspiring, hard-hitting documentaries, which will be periodically followed by a brief discussion about the impactful message in each film.

10:30	A Life Connected (Eng)	15.50	Glass Walls (Hindi, Narrated by actor, Madhavan)
10.40	Glass Walls (Hindi, Narrated by Actor Madhavan)	16.00	Fat Sick And Nearly Dead
11:00	How Wolves Change Rivers	17.10	How Wolves Change Rivers
11.10	Forks Over Knives	17.20	Hridayam
12.20	Man	17.30	Plastic Cow*
12.25	Meat-The Facts	18.20	Cowspiracy*
13:00	LUNCH BREAK	19.40	Man
14.00	Earthlings	19.50	Farm To Fridge
15.30	How Whales Change The Climate	20.10	How Whales Change Climate
15.40	Meatrix (Part 1)	20.20	The Last Heart Attack

*There will be a brief discussion during brief intervals after the film by the coordinators.



ENVIRONMENT ROOM (Coordinator: Atul Ambavat)

This Room will present a range of kitchen and garden Do-It-Yourself techniques from making compost at home, to creating a butterfly garden at your window and a lot delete hacks.

11.00-11.30	Create a Butterfly Garden in your Window by Atul Ambavat
11.35 - 12.15	Recycling: Go Green with Tetra Pack by RUR Team
12.30 to 13.15	Composting Waste At Home by Trupti Nisar
13.30-14.10	Organic Farming and Soil Connection by Hemant Chhabra
14.15-15.00	Kitchen Gardening by Adwait Deshpande
15.15-16.00	How To Make Eco-Friendly Ganeshas by Viral Vachani
16.15-17.00	Composting Waste In Your Home by Trupti Nisar
17.15-17.45	Create a Butterfly Garden in your Window by Atul Ambavat

ALSO INCLUDED:

- Display: How to keep your plants hydrated when you are on vacation
- Display: Lets help Sparrows and other birds feed and breed



COOKING-DEMO ROOM (Coordinator: Mayavi Khandelwal)

More than 10 recipe experts will be presenting demos of tasty, easy dairy-free, vegan recipes. This session is very ideal for women who want a healthy lifestyle and a more resourceful kitchen.

10.30-11.00	Shrikhand, Cheesy Dip & Chocolate Truffles by Mayavi Khandelwal
11.00-11.30	Green Smoothies by Reyna Rupani
11.30-12.00	Food for Reversing Diabetes by Tehseen Mehdi
12.00-12.30	Banana Flour Recipes by Namrata Shashtri
12.30-13.00	Demo by Saroj Choudhury
13.00-14.00	LUNCH BREAK
14.00-14.30	Sindhi-made Dal Pakwaan & Aloo Took by Anjali Tejani
14.30-15.00	Pasta In Red Sauce by Shivalika Rupani
15.00-15.30	Meat Alternatives-Yam-like Fish Curry & Tofu Bhurjee by Rose Pinto
15.30-16.00	The Idli Class (Brown rice idli, ragi idli, jowar idli, chutney & sambar) by Rose Pinto
16.00-16.30	The De-junk Class-Oil Free Samosas & Noodles by Vandana Tiwari
16.30-17.00	Transform Your Kitchen by Bhavna Kapoor
17.00-17.30	Cruelty-Free Desserts in 5 Minutes (Gajar ka halwa & brownies) by Madhura Vayal



NATURE'S DIET ROOM (Coordinator: Pradeep Shah)

The Room is dedicated to raw plant-based foods for health. Here you learn about fasting, enema for detox, raw foods and disease reversal.

10.30-11.00
11.00-12.00
12.00-12.30
12.30 to 2.30
14.30-15.30
15.30 to 16.45
16.45-18.30

Experience Sharing

Recipes

Ahimsa, Diet & Fasting by Pradeep Shah, Nature's Diet Advocate

Seminar & Q&A by BV Chauhan

Talk on book, 'Milk The Silent Killer' by Dr NK Sharma

Interaction and talk about recipes

Short Talk on following topics by Premchandbhai, Atul Mehta & Pradeep Shah:

- Why the society is diseased
- Diseases cured by Nature's Diet System
- Cause of Diseases
- Suppression of symptoms is not cure
- Vomiting, Loose Motions, Cold, Fever-Natures cleaning methods not to be suppressed.
- Nature's Naturally Cooked Food vs Cooked Food (Dead food)
- Colon Cleaning with Enema & Leafy Juices
- Why Give Up Milk & Dairy Products
- Is Food A Source Of Energy?
- Water & Food Intake: When & Quantity
- Fibre Diet: Good or Bad, When & Why
- Acidic & Alkaline Diet
- Health Hazards of Salt, Sugar, Oil, Bakery, Cold Drinks, Tinned & Packed Juices & Food Intake
- Diet Plan for Children, Youth, Aged & Diseased
- Significance of Seva & Simaran



ANIMAL COMPASSION (Coordinator: Anand Siva)

This room will enable participants to understand the role of pets in a child's life. It will reconnect visitors to nature; create awareness about protecting pets from abuse. Presenters will encourage all to love and care for animals, adopt animals and bond with animals as fellow beings.

10.30	How Pets Can Mould A Child's Future by Rohini Fernandes
11.00	Adopting A Pet by Shirley Menon
12.00	Feeding & Caring For Strays by Pooja
13:00-14.00	Lunch Break
14.00	Animal Compassion Laws by Meet Asher
15.00	Animal Abuse by Manoj Oswal
16.00	Say 'No' To Leather by Brinda Poojary
17.00	Lives You Save When You Say 'No' To Milk by Sneha Poojary



KIDS' ROOM by PETA

(Coordinator: Ruchika Chitrabhanu & Puja Mahajan, PETA)

The Room will have a wide array of fun-filled activities put together to help children practise kindness towards animals. An information booth will engage participants with crafts, animal themes and there will be interactive sessions with the presenters.

- **Bookmark-making Station:** Kids can design and create their very own bookmarks with animal rights themes. They can have fun with PETA stickers, wristbands and balloons.
- **Sign A Pledge:** They can sign the Kind Kids Pledge to always be kind to animals and the environment they live in.

TALENT ROOM (Coordinator: Pratiksha Porwal)

The Room is the hub of fun and activities that will tap into kids' potential. The competition will compel the children to think outside the box and create awareness about Ahimsa.

CO-COORDINATOR: SAMRAT MEHTA

10.30-11.30	Drawing Competition
11.30-12.15	Judges Round
12.30-14.30	PPT Presentation Competition
14.30-15.00	Judges Round
15.00-17.00	Elocution Competition
17.10-17.30	Judges Round



JASHODA RANGMANDIR STAGE

(Coordinator: Pratiksha Porwal)

The stage is packed with music, dance and songs related to the Ahimsa theme all through the day. Students of various age groups will participate in competitions followed by a fashion show based on cruelty-free materials.

10.30-12.00	Song Writing/ Poetry Recitation
12.00-12.15	Lucky Draw
12.15-13.15	Musical Performance by the Raw-Stars
13.15-13.45	Prize Distribution-Song Writing Competition, Felicitation of Judges and Raw-Stars Team & Lucky Draw
13.45-14.30	Rock Show by Solar Deity-Band Leader is a Vegan since past 2 years
14.30-15.00	Prize Distribution-Song Writing Competition, Felicitation of Judges and Solar Deity + Lucky Draw
15.00-15.30	Karaoke Performances / Background Music
15.30-16.00	Prize Distribution/ Elocution Competition/ Felicitation of Judges & Lucky Draw
16.00-17.00	Dance Competition 1
17.00-18.00	Cruelty-Free Fashion Show by Monica Chopra, Fashion Designer
17.50-18.00	Prize Distribution- Powerpoint Presentation Competition, Dance Competition- 1, Felicitation of Judges + Lucky Draw
18.15-19.15	Dance Competition 2
19.30-20.30	Musical Performance by Flying Carpet Productions (Alif and Divya Venugopal)
20.30-21.00	Prize Distribution - Dance Competition-2, Felicitation of Judges + Lucky Draw
21:00-22.00	Bollywood Melodies by Jamming Curry Entertainment



MUSIC PERFORMANCES



THE SOLAR DEITY

Band Members:

- Aditya Mehta, Vocals, Guitar
- Niraj Singh Chauhan, Guitar
- Yash Pathak, Drums

Solar Deity is a three-piece black-metal outfit and they make pure black metal. Their albums have won them fans even outside India. The singer, Aditya Mehta, is a vegan and animal liberation activist.



RAW-STARS

Band Members:

- Lead Singer - Keshav Malhotra
- Singers - Neha Malhotra & Shradha Grover
- Keyboard - Urvashi Maheshwari
- Drummer - Ayush Malhotra
- Flutist - Palak Jain
- Band Music Guide - Oswald Maben

The band is named RAW-STARS as they are raw, but talented. They speak the language of 'music': fewer words and more of B sharp F flat. The band started their music alliance from school itself performing at various events. The band members write and compose songs, and sing and perform on philosophical soul-awakening medleys, which are in sync with the theme of 'Ahimsa'-non-violence to all living beings.

FLYING CARPET PRODUCTIONS

Flying Carpet Productions (FCP) is set up under the aegis of Ashish Manchanda, music producer and sound engineer and co-founded by Ujjla Manchanda, who is a chartered account and management consultant. FCP is an end-to-end media & content solutions company offering services in studios, talent management, music production, video productions, on-ground festivals, brand activations and niche events. FCP is well equipped to offer integrated solutions on the curation & production of TV & Digital Content (Fiction/Non Fiction/Reality), Live Show

Productions, and Management / Production of young upcoming artistes.

Ashish Manchanda is an award winning entrepreneur, music producer, sound engineer and protégé of Bruce Swedien, multi-Grammy winning producer / engineer of Michal Jackson's records. Ashish works extensively both in the US and India, an integral part of premier Indian and international entities like Coke Studio, MTV Unplugged, India's Raw Star, Beauty and The Beast, have several notable collaborations with Oscar / Grammy Winning artist AR Rahman.



ALIF

Band Members:

- Mohammad Muneem, Lead Vocals
- Hardik Vaghela, Keyboard
- Savio Sebastian, Lead Guitars
- Amit Gadgil, Bass
- Karan Chitra Deshmukh, Percussions/Drums
- Alex Coutinho, Percussions/Drums

Alif is currently recording their debut album at Flying Carpet Productions with Ashish Manchanda. The band has finished recording an OST 'Sahibo' for a movie titled '19th January' based on Kashmir. The track was performed for the first time at an event 'Leap Frog To Coke Studio' in Mumbai and was picked up for a movie. The band also performs in different cities and festivals including college fests in Pune, events in and at festivals like Baaja and Gulmarg Winter Festival (Kashmir), Kitsch Mandi and at venues that include Hard Rock Café Tour.



DIVYA VENUGOPAL

This artist is a Mumbai based singer-songwriter, nominee of the 5th Artist Aloud Music Award (Best Female Artist Category), and started her musical journey at a tender age of 2 years. She is trained in Hindustani Classical Music under legendary classical singer Padmabhushan Ustead Gulam Mustafa Khan Sahab and Aarti Nair and trained in Light Music by Vikas Bhatawdekar. She

is currently associated with Flying Carpet Productions. She has been the winner of TV shows “Kya Masti Kya Dhuum (Star Plus Channel), Mini Super Stars (DD National).

JAMMING CURRY ENTERTAINMENT

Jamming Curry Entertainment specialises in creating fun-filled moments for its clients while offering a wide genre of music—be it pop, sufi, rock, folk, Bollywood, hip-hop or classical. The company comprises talented professionals from the fields of music, engineering and technology.



PRATIKSHA NEEL SHAH

The Live Stage performances and the Talent Room have been managed by Pratiksha Neel Shah, who is herself a singer, an interior designer, an architect, and Founder of Jamming Curry Entertainment. She has been experienced in rendering old Bollywood numbers since the past 18 years and has given numerous stage performances till date.



BHARAT RANJAK

Bharat Ranjak is a versatile singer, entertainer and performer with a melodious voice for Bollywood songs. He has been a playback vocalist for cartoon films, serials like ‘Prithviraj Chauhan’, ‘Behne’ various regional and devotional audio albums etc. Till date, he has given 500+ stage performances all over India.



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