

the ahimsa festival 2017

EVENT	DATE	VENUE	DESCRIPTION
FITNESS	Oct 29	Pushpa Narsee Park Juhu	5 KM Ahimsa Fun Run By Siddharth. Starts at 6:30 am.
	Nov 05	Otters Club	Ahimsa Cycling -Kajal Bhatia, Nikita Solanki, Shammi Sethi.Starts at 6 :30 am. Route - Start from Otters club - Worli Seaface - end at Rare Earth, Khar
COOKING DEMOS	Oct 27	Comet Media , Fort	Check this Cheese - Mayavi Khandelwal. Duration :11.30- 1:30 pm
	Oct 27	SHARAN Centre, Andheri	Survival cooking with Happiness - A unique class for men - Captain Joseph Pinto-Duration: 7pm-9 pm.
	Oct 30	Goregaon	Fireless Cooking - Meena Shah- Duration :3pm-5pm
	Oct 30	Candy & Green, Breach Candy	Can Food Be Our Medicine - Jinal Rathod Duration :4pm-7pm
	Oct 31	At Madhvi Barot's Place, Khar	Bliss Balls and Raw Desserts - Chetna Patpatia Duration :11am-1pm. Call :9820182496
	Oct 31	The Birdsong, Bandra	All Things Cheesy And Milky Duration :4pm-6pm
	Nov 01	The Integral Space, Lower Parel	Introduction to Veganism - Dairy Alternatives - Shasvathi Duration :2pm-4pm
	Nov 02	Rare Earth - Khar	Gluten Free - Namrata Shastri Duration : 5pm-7 pm
	Nov 03	Prisim- Grant Road	Raw Food - Parmita Shroff & Rashna Master Raw Dessert: Malvika Amin. Starts at 11:30am.
	Nov 03	Bombay to Barcelona, Andheri	Millet Muscle - Vinita Contractor Duration : 3:30pm- 5:30pm
	Nov 05	Aharveda, Andheri	Smoothies & Salads - Kommal Shah and Shalini Koccha Duration : 11:30am- 1pm
	Nov 06	Kandivali	Healthy Vegan Dessert - Pooja Masurkar-Duration : 12pm -3pm. Call: 7738764877
	Nov 06	The Integral Space, Lower Parel	Gluten Free -Namrata Shashtri Duration : 2pm -4pm
Nov 07	The Village cafe, Bandra	Smoothies and Meal Replacer Salads - Vinita Contractor. Duration: 3pm- 5pm	
Nov 07	Candy & Green, Breach Candy	Introduction to Veganism- Dairy Alternatives - Shasvathi Duration: 4pm-7pm	
Nov 07	Chembur	Always Awesome Salads -Mayavi. Duration :11am - 12:30pm	

EVENT	DATE	VENUE	DESCRIPTION
COOKING DEMOS	Nov 08	The Space, Juhu	Detox Smoothies and Salads - Bhavna Kapoor Duration :4:30pm - 6pm
	Nov 09	Vinita's place, Santacruz	Mni Starters - Chetna Patpatia Duration :11am-1pm. Call :9820182496
	Nov 11	Comet Media, Fort	Cooking demo & Talk-Non Diary Essentials - Anuradha Sawhney Duration : 11:30am- 1pm
TALKS	Oct 27	Malad at Martin's	Ahimsa at Birth and Death - Parul & Rananjai Pandey & Pradeep Shah. Duration : 6pm to 8 pm
	Oct 28	Aharveda, Andheri	How to build a Top of the World body and Mind. Fitness Talk- Kuntal Joisher. Duration : 11:30am-1pm
		Prisim, Grant Road	Food Revolution. Health Talk- Pradeep Shah Duration : 11:30am-1:30pm
	Oct 29	Panchayati Seva Trust, Andheri	Freedom from disease - Atul Shah. Duration : 9:30am - 5pm
	Oct 30	Khar- Rare Earth	Animal Reiki and Communication - Kryon Wisdom Centre Duration : 6:30 pm onwards
	Oct 31	SHARAN Centre	Practicing Ahimsa - Practical guide by Tehseen Duration :11:30am- 12:30 pm
	Nov 01	Aharveda, Andheri	Animal Reiki and Communication - Kryon Wisdom Centre Duration : 1pm- 3pm
		Adapt Centre, Bandra West	Start Reversing your Diabetes & BP Naturally - Dr Nandita Shah. Duration : 6:30pm onwards
		Cat Cafe, Versova	What Vegans Look Like - Shivya Nath, Monica Chopra. Duration : 6pm - 8pm.
	Nov 02	Aharveda, Andheri	Healthy Workplace - Healthy Bottomline-Anand Siva Duration : 11:30am-3pm
		Byculla	Nalanda Learning Facilitation Program - Atul Ambavat Duration : 12:30pm-1:30pm
	Nov 03	Byculla	The Food We Eat - Health talk - Dr Rashmi Menon Nalanda Learning Facilitation Program. Duration : 12:30pm- 1:30pm. Class :9 -10
	Nalanda Learning Facilitation Program, Byculla	Preventative Lifestyles - -Dr Rashmi Menon Duration : 1:30 pm - 2:30 pm - For Teachers	
Nov 04	Aharveda, Andheri	Plant based Nutrition and Health Management - Panel of Doctors Duration : 11:30am -1:30pm	
	Ministry of New, Fort	Kuntal Joisher, Kajal Bhatia Duration : 11am - 1pm	

EVENT	DATE	VENUE	DESCRIPTION
TALKS	Nov 05	Aharveda, Andheri	Food For Thought- A 3 Sided Perspective- Vinita Contractor Duration : 1:30pm - 2:30pm
	Nov 08	Andheri, Goregoan	Nature's Diet System- B V Chauhan & Pradeep Shah & Ojas. Duration : 19am-12pm (Andheri) , 7pm-10pm- (Goregoan)
	Nov 09	The Integral space, Lower Parel	Health Talk- Dr Rashmi Menon, Kajal Bhatia (Nutritionist) Duration :2pm- 4pm
	Nov 10	Rare Earth, Khar	Secrets of Healthy Living- Peter Theobald.Starts from 6:30 pm.
	Nov 11	The Integral space, Lower Parel	Veganism for Dummies- Fitness talk - Roshni Sanghavi Duration :2pm- 5pm
FILMS	Nov 10	SHARAN Centre, Andheri	Raising Vegan Kids- Talk- Madhura Vayal Duration :11:30am-12:30pm
	Nov 11	Comet Media, Fort	Animal Reiki and Communication- Kryon Wisdom Centre Starts from 6:30 pm.
	Nov 11	Rare Earth, Khar	Vegan Fitness- Roshni Sanghavi. Duration: 6:30pm- 8:30pm
	Oct 28	SHARAN Centre, Andheri	Movie on Climate Change COWSPIRACY-followed by talk by Captain Joseph Pinto. Starts from 5pm
	Nov 01	Gold Cinema- Santacruz	Okja- for children Duration: 9am-11am
	Nov 03	Bombay To Barcelona- Andheri	What the Health Duration:6pm-8pm
	Nov 04	Comet Media, Fort	Chicken Run - For kids, Age 4+ Duration:11am- 1pm
	Nov 06	Pantry, Fort	Fat, Sick and nearly Dead- followed by talk by Peter Theobald Starts from 8pm.
Nov 07	Comet Media, Fort	Pyari Zindagi - MALL Duration:6:30PM- 8:30PM	
Nov 09	Worli	Peaceable Kingdome- Saroj Starts from 4pm-6pm	
Nov 11	Sharan Centre, Andheri	May I be Frank? - A Health Changeover Movie -followed by potluck- Duration: 11:30am - 1pm	
FARMERS MARKET	Oct 28	Malad Hypercity	Duration: 10:30AM - 1:30 PM
	Oct 29	Juhu	Duration: 10:30 AM - 1:30 PM
	Nov 04	Malad Hypercity	Duration: 10:30AM - 1:30 PM
	Nov 05	Juhu	Duration: 10:30 AM - 1:30 PM
	Nov 11	Malad Hypercity	Duration: 10:30AM - 1:30 PM
VEGAN OUTREACH	Oct 28	Hypercity,Malad	Farmers Market. Duration: 11am - 1pm,
	Oct 29	Worli Seaface	Vegan Outreach. Duration: 5:30pm - 7:30pm
	Nov 01	Dadar Shivaji Park	Vegan Outreach. Duration: 5:30pm- 8:30pm
	Nov 01	Marine drive	Vegan Outreach. Duration: 5:30pm- 8:30pm

EVENT	DATE	VENUE	DESCRIPTION
	Nov 04 Nov 05 Nov 11	Malad Hypercity Bandra Bandstand Navi Mumbai Hypercity Malad	Farmers market. Duration: 11am- 1pm. Duration: 5:30pm - 8:30 pm Duration: 5:30pm- 8:30 pm Farmers Market.Duration:11am - 1pm.
AHIMSA KI PATHSHA- ALA FOR CHILDREN	Oct 28 Oct 29 Nov 04 Nov 05 Nov 11	Malad Hypercity Juhu Malad Hypercity Juhu Malad Hypercity	Farmers Market. Duration :11am-1pm Farmers Market. Duration :11am-1pm Farmers Market. Duration :11am-1pm Farmers Market. Duration :11am-1pm Farmers Market. Duration :11am-1pm
WORK SHOPS	Oct 27 Oct 28 Nov 03 Nov 04 Nov 05	Rare Earth, Khar Comet Media, Fort Rare Earth, Khar The Integral space, Lower Parel Pradeepbhai's Place Goregoan Juhu	Composting workshop. Starts from 6:30 pm. PETA - for kid. Duration :11:30am - 1pm Parenting & Career in New Digital Age. - Dhaval Shah Duration :8:30pm- 10pm PR & Media tips to grow your business -Simona Terron Duration :2pm-5pm Parenting & Career in New Digital Age - Dhaval Shah Duration :8:30pm - 10pm Environmental workshop- Atul Ambavat Duration :11am-12pm Trupti - compositing- Duration:12pm-1pm Farmers Market
YOGA	Oct 30 Oct 31 Nov 02 Nov 06 Nov 07 Nov 08 Nov 09 Nov 10	Khar Malad Martin's place - Malad Integral space, Lower Parel Khar Malad Khar Khar Khar	Nikita,Madhavi's place. Duration :7pm-8pm Nikita- Martin's place. Duration :11am-12 noon Nikita-Duration : 11am-12 noon Nikita Duration :4pm-5pm Nikita-Madhavi's place, Duration :7pm-8pm Nikita-Martin's place, Duration :11am-12 noon Nikita-Madhavi's place, Duration :7pm-8pm Nikita-Madhavi's place, Duration :7pm-8pm Nikita-Madhavi's place, Duration :7pm-8pm
ONLINE WEBINARS	Oct 28 Oct 31 Nov 02 Nov 05 Nov 06 Nov 08 Nov 10		3 Habits of a compassionate lifestyle. Health Seminar with Nandini Gulati. Duration :5pm -6.30 pm Science behind Vegan Diet and Ecology.Health Seminar with Dr Tushar Mehta Duration :7pm-9:30pm Freedom From Diabetes. Health Seminar with Dr. Pramod Tripathi. Duration :4pm - 5.30 pm Health Talk with Ramesh Hirani,Duration :4pm -5.30pm Diabetes Reversal with Whole Foods Plant Based Diet.Health Seminar with Dr. Paawan Wadhwan .Duration :7pm to 9pm Plant Based Nutrition for Auto Immune Diseases.Health seminar with Dr. Saravanan.Duration :5pm to 6.30pm. Dairy industry and our health.Health Seminar with Dr. Tushar Mehta A lawyer's vegan journey. Online Talk with DIna Aherne from UK on Veganism at 7.30 PM

EVENT	DATE	VENUE	DESCRIPTION
DABBA PARTY	Oct 28	Worli	Saroj Choudhary's place, Duration :11:30 am - 1:30 pm. Call - 9820503316
		Vidya Siva- Khargar	Duration :11:30am - 1:30 pm Call :7738611333
	Oct 29	Thane ,Hiranandani Meadows.	Ritesh's place, Duration :11:30 am - 1:30 pm. Call: 9833038181
	Oct 30	Santacruz	Suhasini Vora- Duration : 11:30 am-1:30pm . Call: 9833935652.
		Ghatkopar	Harshad Parekh, Duration- 6:30 pm- 9pm Call: 9867264111
	Nov 04	Khar	Anka Kacholia, Duration: 11:30am - 2 pm Call : 9820010876.
		Borivali	Nikita/Madhura, Duration: 11:30am-1:30 pm Call: 9967292129
	Nov 05	Kandivali	Atul Doshi, Duration: 11:30 am- 2pm Call: 9821127475
	Nov 06	Walkeshwar	Ruchika Chitrabhanu, Duration: 7pm- 9pm Call: 9821122174
	Nov 09	Rare Earth, Khar	Starts from 6 pm. Call: 9820030868
Nov 10	Martin's place, Malad	Duration : 7pm -8:30pm. Call: 9820030868	
Nov 11	Sharan Centre, Andheri	Duration: 11:30am-1:30 pm. Call: 9820188871	

Our Venue Partners

THE INTEGRAL SPACE	1st Floor, 14 Janata Estate, Senapati Bapat Marg, Opp. The Palladium Mall, Lower Parel, Mumbai - 400013. Phone:022 2497 3138
COMET MEDIA	301 Meher House, 15 Cawasji Patel Rd, Fort, Mumbai, Maharashtra 400001. Phone:022 2287 6033
SHARAN CENTRE	306, Above Axis Bank, Laxmi Industrial Estate, New Link Road, Andheri W, Mumbai. Phone : +91 22 40146232, 9820188871.
RARE EARTH	B Wing, 4th Rd, Ram Krishna Nagar, Khar West, Mumbai - 400052. Phone:098200 30868
AHARVEDA	E-1/16, Lallubhai Park Rd, Bharucha Baug, Parsi Colony, Andheri West, Mumbai - 400047. Phone:022 4072 2211
FARMERS MARKET JUHU	Jamnabai Narsee School, Narsee Monjee Bhavan, N. S Road no 7, JVPD Scheme, Vile Parle West, Mumbai - 49
FARMERS MARKET MALAD	Hypercity Mall, Malad Link road Malad West, Mumbai - 64.
MARTIN , MALAD	Martin Correa, 317, Orchid, Chincholi Bunder Road, Malad West, Mumbai - 64
PRISIM	Hormuzd Bldg, Ground Floor, Sleater Road, Grant Road (w), Mumbai, Maharashtra 400007. Phone: 022 2380 2370
CANDY AND GREEN	Hubtown Skybay, , Bhulabhai Desai Marg, Breach Candy, Cumballa Hill, Mumbai - 400026. Phone:022 2352 3413
BIRDSONG	Shop No. 1-5, Jenu-Jenai, Off. Hill Road, Waroda Road, Bandra West, Mumbai - 400050. Phone:022 2642 2323
THE VILLAGE SHOP	53, Serpis Villa, Chimbai Road, Near St. Andrews Church, Hill Rd, Bandra West, Mumbai, Maharashtra 400050. Phone: 022 2642 0651
PANTRY	Plot No. 14, Ground Floor, Yashwanth Chambers, Military Square Lane, B Bharucha Road, Kala Ghoda, Fort, Mumbai - 400001. Phone :022 2267 8901
BOMBAY TO BARCELONA	Golden Nest Society Apartments, Mapkhan Nagar, Aashiyana Society, Marol, Andheri East, Mumbai - 400047. Phone:077384 46788
THE SPACE JUHU	Near Harry's Bar, AB Nair Rd, Juhu Tara, Juhu, Mumbai - 400049. Phone:098920 35182
MINISTRY OF NEW	192, Kitab Mahal, 3rd Floor, Dadabhai Naoroji Road, Azad Maidan, Fort, Mumbai - 400001. Phone:022 6635 6505
ADAPT CENTRE	Adapt Centre, opp Lilavati Hospital, Bandra Reclamation, KC Marg, Bandra West, Mumbai - 400050
MADHAVI'S PLACE	Madhavi Barot, Shivraj Classique, Plot no 332, 12th Road. Opp khatwari Darbar. 7th Floor, Khar West. Mumbai - 52
GOREGAON (PRADEEPBHAI'S PLACE)	A502, Vedant Building, MG Road, Opp Hiren Shopping Centre, Lane opp Ashish Medical Stores, Mumbai - 62. PHONE :909669773

RSVP mandatory- www.theahimsafest.org