Winspiration

EVENT AGENDA

- ∺ Wednesday, May 31, 2023
- ⊙ India-Bengaluru
- https://events.swissnexindia.org/Winspiration

SESSION TRACKS

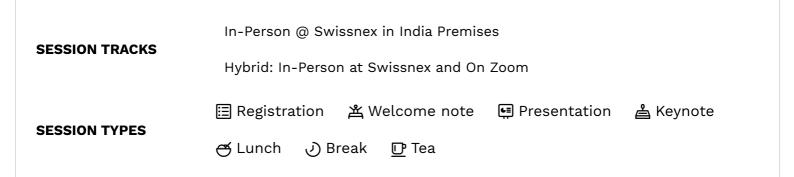
In-Person @ Swissnex in India Premises

Hybrid: In-Person at Swissnex and On Zoom

SESSION TYPES

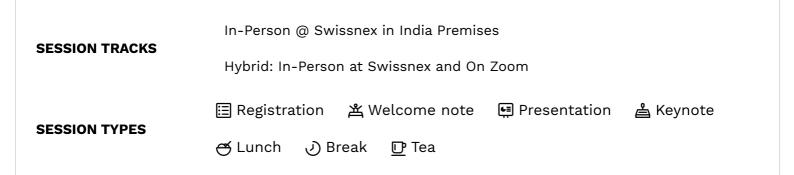
Day - 1: Wednesday, May 31, 2023

TIME		ESSION DETAILS		
09:15 AM 15m		Registration Ground Floor, Swissnex in India In-Person @ Swissnex in India Premises		
09:30 AM 5m	Å	Welcome & Context Setting Ground Floor, Swissnex in India In-Person @ Swissnex in India Premises De deepika.prithviraj		
09:35 AM 2h 40m	6 ≡	Workshop: Unconscious Bias O Ground Floor, Swissnex in India In-Person @ Swissnex in India Premises Meghna Singhee		



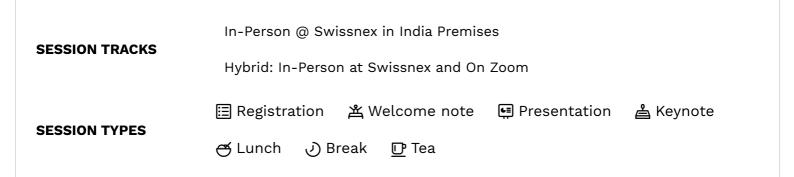
Day - 1: Wednesday, May 31, 2023

IME	SESSION DETAILS			
12:15 PM	Welcome Note			
5m	• Ground Floor, Swissnex in India			
	In-Person @ Swissnex in India Premises			
	Jonas Brunschwig			
12:20 PM 40m				
	• Ground Floor, Swissnex in India			
	In-Person @ Swissnex in India Premises			
	Priyadarshi Bhattacharya 🕡 Dr. Sanjana Rao 🕡 Dr. Elisa Streuli			
	Daniel Kraft			
01:00 PM				
1h	• Ground Floor, Swissnex in India			
	In-Person @ Swissnex in India Premises			
02:00 PM	Swissnex's Role in India			
10m	• Hybrid: Swissnex Premise & On Zoom			
	Hybrid: In-Person at Swissnex and On Zoom			
	(Sw) swetha.suresh			



Day - 1: Wednesday, May 31, 2023

TIME		SESSION DETAILS				
02:10 PM 15m		KeyNote: A Woman's Reproductive Journey: From Menarche to Menopause → Hybrid: Swissnex Premise & On Zoom Hybrid: In-Person at Swissnex and On Zoom Geraldine Lüdi 				
02:25 PM 40m	6=	RoundTable: Mastering the Monthly Cycle: How Can Women Best Leverage Hormonal Changes to Achieve Optimal Health and Daily Performance Hybrid: Swissnex Premise & On Zoom Hybrid: In-Person at Swissnex and On Zoom Dr. Elisa Streuli Oana Gharbi Claire Dixon Geraldine Lüdi				
03:05 PM 15m	3)	Break ◆ Hybrid: Swissnex Premise & On Zoom Hybrid: In-Person at Swissnex and On Zoom				



Day - 1: Wednesday, May 31, 2023

TIME	SESSION DETAILS				
03:20 PM 40m	RoundTable: Managing Menopause and Career Ambitions: Strategies for Success Throughout the Final Body Transformation				
	• Hybrid: Swissnex Premise & On Zoom				
Hybrid: In-Person at Swissnex and On Zoom					
	Dr. Sanjana Rao Dr. Elisa Streuli Cindy Moy Carr				
	Nitya Dintakurti Elizabeth Gazda Geraldine Lüdi				
04:00 PM	Closure & Networking				
30m	• Ground Floor, Swissnex in India				
In-Person @ Swissnex in India Premises					