



THE 22ND ANNUAL CEO ROUNDTABLE
DECEMBER 6-9, 2018, COLOMBO, SRI LANKA
PARTNERS' PROGRAMME
OF BONDING AND BONHOMIE

THURSDAY, DECEMBER 6TH, 2018

THE SEA, THE SAND, OLD FRIENDS –AND NEW

Registration and High tea

4:30 pm

Come together over tea to kick off the 2018 offsite in the company of friends and peers from across the country. Facing Sri Lanka's historic Galle Face Green, Taj Samudra offers enchanting views of the mesmerising Indian Ocean, Galle Face Green and the vibrant city of Colombo. IMA team members will facilitate an introduction amongst the group, and talk through activities planned over the next three days.

COCKTAILS AND DINNER

At the South Lawns

7:00 pm onwards

FRIDAY, DECEMBER 7TH, 2018

SHOPPING AND SIGHTSEEING IN THE 'WONDER OF ASIA'

9:30 am – 12:00 pm

Often referred to as the 'Pearl of the Indian Ocean', Sri Lanka is a place where culture, nature and traditions are deeply intertwined. Colombo, the 'Wonder of Asia', is a city of endless contradictions. Infused with the wisdom of Buddhism, it has colonial architecture, ancient temples, sprawling high-rises and shopping malls existing side by side. We will spend the morning visiting some of Colombo's bespoke art and shopping galleries.

Note: Buses will depart from the Porch by 9:30 am. Please assemble by 9:15 am.

THE ART OF WELLNESS: MAKING THE RIGHT FOOD CHOICES

Anuroop Singh, Founder Director & promoter of The Quantum Institute for Wellbeing

12:30 pm -1:00 pm

Discussions on eating – especially in the media and the nutritionist community – focus on negative eating behaviours, such as counting calories, restricting foods, and dieting. Similarly, health campaigns push consumers to exchange the guilty pleasure of comfort foods for 'healthier' options. However, recent studies have shown that diets and restrained eating are counterproductive, and have a negative impact on the mind. A promising new perspective entails looking at 'food as well-being' instead of 'food as health', and on making the *right* food choices.

Anuroop ('Tony') Singh is on IMA's Advisory Board and was regional CEO and Non-executive Director for a number of prominent companies. Presently, he leads an intentional community of seekers of a holistic and integrated approach to wellbeing. The community has assimilated a great deal of knowledge about food and nutrition and its deep connection with human well-being. In a 30-minute presentation, Tony will share his learnings related to the kinds of sensible food choices we should make. He will also explain the menu of the special healthy lunch that follows the presentation.

Note: This will be hosted as a joint discussion of delegates and partners at the Ballroom.



WELLNESS LUNCH

1:00 pm – 2:00 pm

THE HEALING TOUCH

Vidyani Hettigoda, Director Siddhalepa

2:00 pm – 3:00 pm

Over a period of 3,000 years, Sri Lanka developed an indigenous system of medicine based on a series of prescriptions handed down from generation to generation. It combines Sinhalese traditional medicine, India's Ayurvedic and Siddha systems, the Greek Unani medicine, which made its way to Sri Lanka with the Arabs, and most importantly, the indigenous Desheeya Chikitsa system. Engage in conversation with Vidyani on Ayurveda and well-being, followed by an elixir-tasting session that balances out the doshas.

LEISURELY VISIT TO MOUNT LAVINIA

3:30 pm – 7:00 pm

Famed for its 'Golden Mile' of beaches, Mount Lavinia had until now escaped most of the damaging industrialisation of neighbouring cities and urban centres. Enjoy a walk at the beach, experience the sunset, and admire the area's colonial architecture.

Note: Please pay attention to your footwear, should you wish to go for a walk on the beach

COCKTAILS AND DINNER

At the Poolside

8:00 pm

SATURDAY, DECEMBER 8TH, 2018

BAREFOOT AND MORE....

9:30 am – 12:30 pm

We will set out this morning to catch an outside-in glimpse of Colombo, and experience the serenity of this Buddhist city. A visit to Colombo is incomplete without seeing Barefoot, and spending time inside the colourful walls of this lovely place. Barefoot, which was started by Barbara Sansoni 50 years ago, showcases products made either by workers at home or by local artists and craftsmen. There are no factories and no production lines; each worker is responsible for the quality of his or her final product. We will revel in the beauty of this wonderful craft and then move on to explore another quaint find, stopping by the famous Spa Ceylon before heading back to the hotel for a sumptuous lunch.

Note: Buses will depart from the Porch by 9:30 am. Please assemble by 9:15 am.

LUNCHEON

1:00 pm - 2:00 pm

ZESTA TEA WORKSHOP

2:30 pm – 4:00 pm

The fact that over seven billion cups of tea are consumed across the globe is proof of tea's popularity as a beverage, second only to water. From the time it was discovered in China quite by accident, almost 5,000 years ago, tea has provided its consumers with a sense of comfort and



solace. Engage in a tea-making workshop and learn about the history and origins of tea, followed by tea-tasting.

A VISIT TO A BUDDHIST TEMPLE

4:30 pm – 6:30 pm

Enjoy an evening visit to Gangaramaya Temple, an eclectic mix of Sri Lankan, Thai, Indian and Chinese architecture. The temple not only serves as a place of worship, but is also a centre of learning.

COCKTAILS AND DINNER

7:30 pm

*At Luxury Marquee,
An evening of Ghazals with Penaz Masani*

SUNDAY, DECEMBER 9TH, 2018

INDIA'S BIGGEST COVER-UP

Anuj Dhar, Indian author and former journalist

9:30 am – 11:00 am

As the Second World War came to an end in South-East Asia in August 1945, Subhas Chandra Bose boarded a plane to shift the base of India's liberation struggle to a new territory controlled by the Soviet Union. Officially, the story goes that he died on August 18, 1945 when his plane crashed in the small island of Formosa (now Taiwan), but multiple investigations later, there is no certainty about his fate.

Anuj Dhar, a former investigative journalist, has devoted nearly two decades to uncovering the mystery behind Mr Bose's disappearance. He has documented how India's political establishment has kept swinging between its belief in Mr Bose's death and apprehension that he might return – all in strict secrecy. This story, which now spans seven decades, is perhaps more engaging than a James Bond or Jason Bourne thriller. Mr Dhar will delve into this rollercoaster of a political ride to share his findings. Apart from his 2012 bestseller, 'India's Biggest Cover-up', Mr Dhar has authored several other books on such topics as the CIA's activities in South Asia, and the mystery of Lal Bahadur Shastri's death in far-away Tashkent.

Note: This will be hosted as a joint discussion of delegates and partners at the Ballroom.

BRUNCH AND CLOSE

11:00 am

At Samudra Ballroom

IMA India reserves the right to alter the programme as necessary.

*Children are welcome to join the Partners Programme in the daytime activities (except formal conclave sessions). As indicated at the time of registration, dinner functions are however **'adults only'** and we would request you to ensure that alternate arrangements have been made— please contact the hotel for baby-sitting facilities if required.*

The programme mentioned above is intended to provide a holistic set of activities that are both entertaining and interactive. This is however completely optional— partner participants are welcome to plan independent of this programme if desired. Please inform the IMA team of the same if so.

Dress code: *Informal/ smart casual, also for the evenings.*