

# TED<sup>x</sup>

GD Goenka University

**x** = An Independent TED Event



MAY | 9 2026

THRIVE: THE RESILIENT  
*mind*

## EVENT FLOW

09:30 am - 09:45 am

### Inaugural Session

- Lamp Lighting & Ganesh Vandana  
*Performance by Dr Kunal Adhikary*

---

Inaugural Address

### **DR. DINESH SHENOY**

Vice-Chancellor, GD Goenka University

---



09:45 am - 11:15 am

## SESSION 1

TEDx video

Introduction to the Theme

### **DR. ANJALI MIDHA SHARAN**

Professor & Dean  
Research & Development and  
School of Liberal Arts





## **DR. GEETIKA KAPOOR**

Consultant School  
Psychologist

Topic: Building  
resilience in children



## **SONALI SARAOGI SINGH**

Founder, Feed Smart  
3x HYROX INDIA PODIUM

Topic: The Only Race That  
Matters Is the One Inside  
Your Head



## **BRIG. T RAJNEESH**

DGQA

Topic: Building a  
Resilient Mind



## **SHREYA AGARWAL**

Director & CPO Think  
Future Technologies

Topic: Redefining  
Productivity: Why Doing  
Less Can Help You Thrive  
More

11:15 am- 11:30 am

Bio/Networking Break

11:30 am - 01:00 pm

## **SESSION 2**



## **MYSHKIN**

Curious and Expressive  
Young Mind

Topic: The problem  
with "Be Strong"



## **HARMAN SIDHU**

Postpartum Fitness  
Educator & Content Creator

Topic: Why Mothers Don't  
Need to Bounce Back



## **SIDDHARTH VJ**

Founder and CEO  
Scentra

Topic: Unlearning success



## **DR. ANGAD BEDI**

Chairman  
BCD Group

Topic: Under 30. Above 40.

## Lunch

01:00 pm - 02:00 pm

02:00 pm - 03:30 pm

## SESSION 3

Performance by Bharat Gupta

Performance by Seemant Adhikari



### **CDR. KARTIKAY SAINI**

Founder Chairman,  
Scottish Schools

Topic: The Quiet power  
of Belief - Defeating  
Disability



### **SIDDHARTH RAJHANS**

Diplomacy & Public  
Policy Expert

Topic: Quiet Leadership:  
Resilience, Power, and  
Decision-Making in an  
Age of Global  
Turbulence ~ The Indian  
way of leadership and  
diplomacy



### **BARUN AGGARWAL**

Founder & CEO  
Breathe Easy Consultants

Topic: The Biology of  
Resilience: How the Air  
You Breathe Shapes  
Your Mind



### **SURYANSH SAIGAL**

Managing Director,  
GD Goenka School, Sitapur

Topic: My Journey from  
Being a Goenkan Student to  
a Successful Partner with  
GD Goenka

03:30 pm - 03:45 pm

Bio/Networking Break

03:45 pm – 05:15 pm

## SESSION 4



**DHRUV  
BHASIN**

Co-Founder  
Arata

Topic: The 5 AM  
Argument You're Losing



**DISHA  
SUBRAMANIAM**

Founder and Principal  
Designer, Design by  
Disha Subramaniam

Topic: The Most  
Resilient Thing I Ever  
Did Was Quit



**DHRUV  
MADHOK**

Co-Founder  
Arata

Topic: The Humour  
Hack



**AARADHANA  
DALMIA**

Co-Lead, National Policy  
and Advocacy, FICCI-Flo

Topic: Quiet Leadership in  
Chaotic Times

04:45 pm

Finale Performance

04:50 pm

Valedictory address by Dr. Dharendra Singh Parihar  
PVC – Admin & Registrar, GD Goenka University

04:55 pm

Valedictory Session

05:30 pm onwards

High Tea and Networking



**TEDx**  
GD Goenka University  
x = An Independent TED Event