



**TEDx**

**Sunbeam College Varanasi Women  
Women**



**OCTOBER 21<sup>ST</sup> 2024**



**SUNBEAM WOMEN'S COLLEGE VARUNA**

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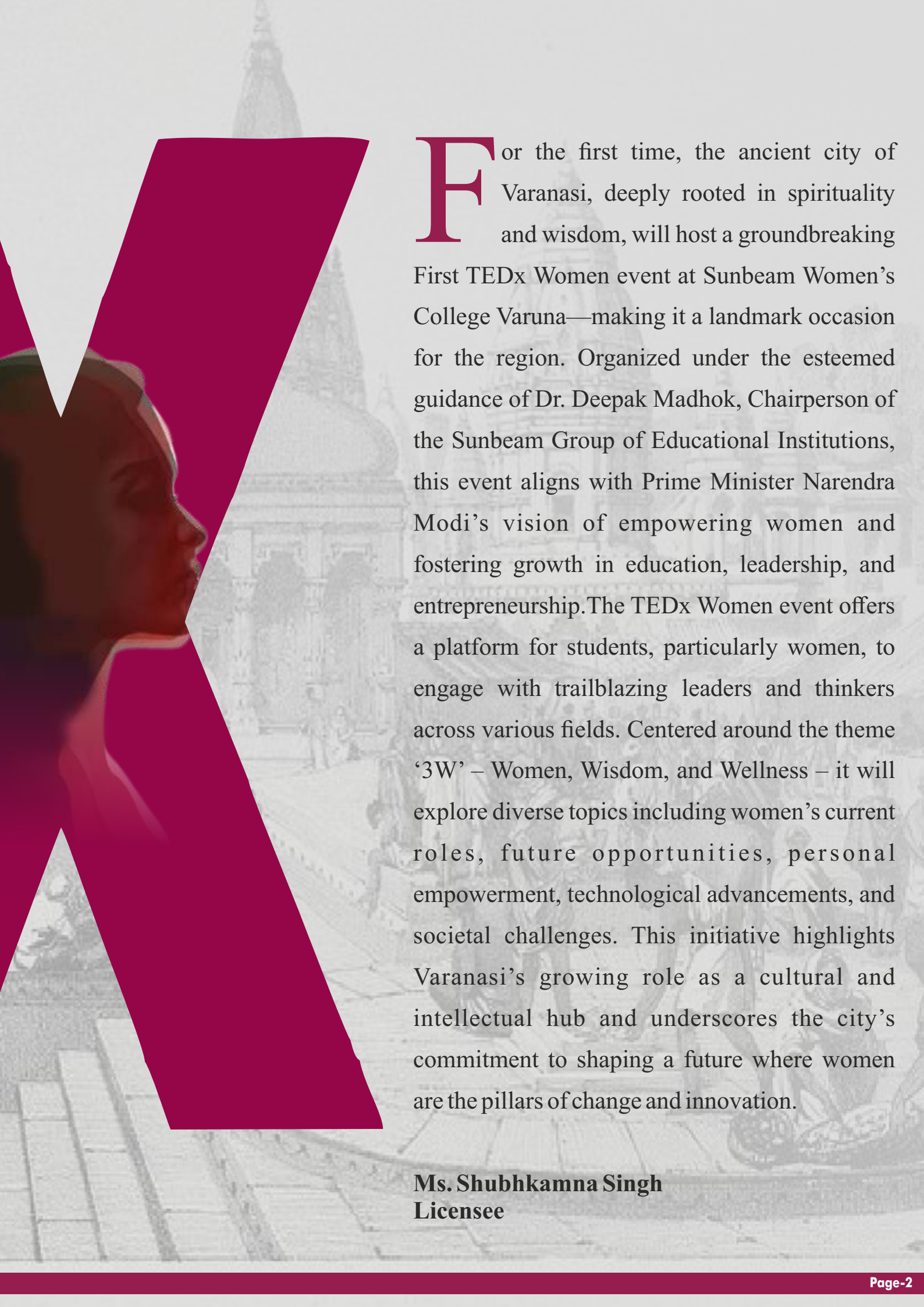
[TEDX@SUNBEAMWCV.COM](mailto:TEDX@SUNBEAMWCV.COM)

# Kashi

- The Eternal City of Wisdom, Art, and Spirituality

**V**aranasi, often called Kashi or Banaras, is not just a city; it is a living legacy that has nurtured sages, artists, poets, musicians, and seekers for centuries. It is here that the ancient scriptures were transcribed, and the spiritual ethos of India was grafted into the fabric of its lanes and by-lanes. The blessings of Shri Kashi Vishwanath and Mata Vishalakshi, along with the guardianship of Kaal Bhairav, imbue this city with divine grace, while the sacred Ganges flows as an eternal witness to history, culture, and spirituality. The northern part of Kashi holds the silence and profound teachings of Buddha, making Banaras not just a religious hub but a spiritual melting pot. From the ancient ghats to the vibrant markets, every corner of this city breathes life into India's soul. For the Banarasis, Kashi is a living symbol, embodying their deep connection with history, art, and devotion. The city pulsates with cultural richness, making it a beacon for wisdom seekers, classical music enthusiasts, and pilgrims alike. A visit to Banaras is an invitation to experience its timeless heritage, where the ancient and modern coexist beautifully. We hope that through your visit during TEDx Women, you will immerse yourself in this vibrant atmosphere and carry back memories of a city that has always inspired greatness.





**F**or the first time, the ancient city of Varanasi, deeply rooted in spirituality and wisdom, will host a groundbreaking First TEDx Women event at Sunbeam Women's College Varuna—making it a landmark occasion for the region. Organized under the esteemed guidance of Dr. Deepak Madhok, Chairperson of the Sunbeam Group of Educational Institutions, this event aligns with Prime Minister Narendra Modi's vision of empowering women and fostering growth in education, leadership, and entrepreneurship. The TEDx Women event offers a platform for students, particularly women, to engage with trailblazing leaders and thinkers across various fields. Centered around the theme '3W' – Women, Wisdom, and Wellness – it will explore diverse topics including women's current roles, future opportunities, personal empowerment, technological advancements, and societal challenges. This initiative highlights Varanasi's growing role as a cultural and intellectual hub and underscores the city's commitment to shaping a future where women are the pillars of change and innovation.

**Ms. Shubhkamna Singh**  
**Licensee**



## What is TED ?

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**T**ED, which stands for Technology, Entertainment, and Design, is a nonprofit organization committed to sharing ideas through short, powerful talks. Founded in 1984, TED initially focused on bringing together experts in technology, entertainment, and design, but it has since expanded to cover a broad range of topics such as science, education, business, art, and global issues. TED's signature talks are designed to inspire, educate, and provoke thought, often lasting no longer than 18 minutes. The organization's mission is to share "ideas worth spreading," offering a platform for thought leaders, innovators, and storytellers to communicate their knowledge, experience, and vision. TEDx events, independently organized under TED's guidelines, bring this same spirit to local communities across the globe, encouraging dialogue and action on pressing issues. TED's talks have had a profound impact on millions, fostering curiosity, sparking movements, and contributing to meaningful change around the world. All talks are made accessible online for free.



## And TEDx ?

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**T**EDx is a program of independently organized local events that operate under the TED (Technology, Entertainment, Design) umbrella, with the goal of sharing ideas and sparking meaningful conversations within communities. While TED events are global, TEDx events are organized locally by volunteers, following TED's guidelines, but allowing for unique local themes and content. These events feature live speakers, recorded TED Talks, and aim to foster learning, inspiration, and engagement on a regional level. The "x" in TEDx signifies the independently organized nature of these events, which are curated to bring the TED experience to diverse audiences worldwide, often focusing on local voices, issues, and perspectives. TEDx events encourage creativity, innovation, and connection by addressing a variety of topics, from science and technology to arts, culture, and societal challenges. Talks from TEDx events are often recorded and shared online, expanding their reach and impact globally.



## About TEDx Women Sunbeam College Varanasi

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**T**EDx is a program of independently organized local events that operate under the TED (Technology, Entertainment, Design) umbrella, with the goal of sharing ideas and sparking meaningful conversations within communities. While TED events are global, TEDx events are organized locally by volunteers, following TED's guidelines, but allowing for unique local themes and content. These events feature live speakers, recorded TED Talks, and aim to foster learning, inspiration, and engagement on a regional level. The "x" in TEDx signifies the independently organized nature of these events, which are curated to bring the TED experience to diverse audiences worldwide, often focusing on local voices, issues, and perspectives. TEDx events encourage creativity, innovation, and connection by addressing a variety of topics, from science and technology to arts, culture, and societal challenges. Talks from TEDx events are often recorded and shared online, expanding their reach and impact globally.



## The Theme

### **Women, Wisdom, and Wellness**

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**A**t Sunbeam Women's College Varuna, the theme '3W' – Women, Wisdom, and Wellness – forms the heart of the TEDx event. As a women's college, our priority is to uplift and empower women, equipping them to take on leadership roles in society, academia, and beyond. In this modern era, women's participation and influence are essential for the progress of institutions and communities, and the '3W' theme highlights our commitment to fostering that growth. Women represent strength, resilience, and the foundation of future leadership. Wisdom signifies the knowledge and insight gained from experience, a beacon guiding society toward positive transformation. Wellness emphasizes the holistic well-being—mental, emotional, and physical—needed to sustain that progress. Together, these elements aim to inspire a vision where women are empowered not only to achieve their own success but to uplift those around them, creating a ripple effect of change within society.



## About Sunbeam Women's College Varuna

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**E**stablished in August 2016, Sunbeam Women's College Varuna is an English-medium institution located in the culturally rich and spiritually significant city of Varanasi. Situated in the northern part of the holy city, the college rests on the bank of the River Varuna, approximately 2 kilometers from the Railway Station and 18 kilometers from the Airport. The college operates under the guiding principles of "Duty, Devotion, and Discipline," reflecting its commitment to fostering a holistic and empowering educational experience for young women. These core values aim to nurture individuals who are deeply rooted in their culture, globally aware, and self-reliant. Sunbeam Women's College Varuna aspires to mold its students into well-rounded leaders, equipped to make meaningful contributions to society while maintaining their cultural and ethical integrity. Through its innovative and inclusive approach, the institution is dedicated to empowering women to thrive in the modern world.





## **Message from** **The Board Members**



Dear Esteemed Guests and Participants,

We are thrilled to announce the first-ever TEDx Women event in Varanasi, to be held on October 21, 2024, at Sunbeam Women's College Varuna. Building on the success of our inaugural TEDxYouth@SunbeamVaruna, which featured an inspiring lineup of over 15 speakers, this event promises to be another landmark occasion. Our journey began with the theme "Spreading Smiles" and has now evolved into "3W" – Women, Wisdom, and Wellness. This reflects our commitment to ensuring that all mothers, sisters, and daughters have equal opportunities in society and the support they need to soar to new heights. We invite you to join us in celebrating the voices of women and engaging in meaningful conversations that inspire change and empowerment. Together, let's create a future where every woman can spread her wings and fly high.

Warm regards,

**The Board Members**  
Sunbeam Women's College Varuna

# OUR COMMITTEE

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**Vanshika Agarwal**  
Communication Head



**Aarushi Jaiswal**  
Communication Head



**Mishita Singh**  
Logistics



**Apoorva Pandey**  
Logistics



**Adya Agrawal**  
Operations Head



**Tatasya Jaiswal**  
Marketing & Commerce



**Sanskriti Sharma**  
Marketing & Commerce



**Shivangi Yadav**  
Marketing & Commerce



**Stuti Tiwari**  
Marketing & Commerce



**Riti Khanna**  
Media & PR



**Surbhi Sahay**  
Media & PR



**MS. RUCHIKA CHAUDHARY GOVIL**  
CHIEF COMMISSIONER (DEPT. OF INCOME TAX), DELHI

**R**uchika Govil, a Delhi University alumna, cracked the UPSC in 1989 and has held several senior positions in the government. Currently, she serves as the Chief Commissioner of IT and spent the past three years as Additional Secretary in the Ministry of Steel. Ruchika has represented India at international platforms such as OECD in Paris, WTO in Geneva, and G20 summits in Tokyo and Argentina, among others. A passionate traveler and a cancer survivor, her resilience and commitment to public service have been inspirational throughout her career.

**N**eharika Sethi is a storyteller and marketing professional who co-founded Tilohri in 2017 with her sister. Before launching the brand, she headed marketing for 5-star luxury hotels and worked as a journalist for TOI and HT. At Tilohri, Neharika focuses on building meaningful relationships with artisans, clients, and her team, aiming to uplift and boost the confidence of everyone involved. Her commitment to happiness and empowerment is at the heart of the brand's mission, making each connection go beyond business.



**MS. NEHARIKA SETHI**  
CO FOUNDER, TILOHRI, INDIA



**MS. MAMTA RANI CHAUDHARY**  
ADDITIONAL DCP (WOMEN CRIME & SECURITY)

**M**amta Rani Chaudhary, from the batch of 1996, is a distinguished police officer currently serving as Additional DCP in the Varanasi Police Commissionerate. She is responsible for the Women and Child Department, along with maintaining security. With a focus on ensuring safety and balance in the community, Mamta Rani Chaudhary is dedicated to creating a secure environment in Varanasi.

**P**ragati Srivastava is currently the Brand Manager at Veranda HigherEd. She is a proud alumna of Sunbeam Women's College, where she first honed her leadership and professional skills.



**MS. PRAGATI SRIVASTAVA**  
MANAGER, BRAND & MARKETING, VERANDA HIGHERED



**ACHARYA SRI PUNDRIK GOSWAMI JI MAHARAJ**  
SPIRITUAL AND MOTIVATIONAL SPEAKER

**S**hri Pundrik Goswami Ji is a revered spiritual leader and the grandson of Saint Shri Atul Krishna Goswami Ji Maharaj. He hails from the illustrious lineage of Shri Gopal Bhatt Goswami, one of the six Goswamis of Vrindavan, initiated by Shri Chaitanya Mahaprabhu. Known for his profound knowledge and clarity, Shri Pundrik Goswami Ji has delivered Bhagwat Katha across India, inspiring many with his teachings on Krishna Consciousness. His lectures, widely followed on YouTube, attract devotees with his magnetic presence and deep spiritual insight, making him a prominent figure in the spiritual community.

**A**bhishek Kumar Singh is a Deputy Commissioner and Deputy Director in the Indian Revenue Service (IRS), serving in Pune with the Directorate of Revenue Intelligence (DRI). Over five years, he has worked on cases involving illegal trade, including gold, narcotics, and wildlife. A bioinformatics engineer by training, he was recognized as the Best Officer Trainee in the IRS 2019 batch. Abhishek's passion for adventure led him to earn an 'A' grade in mountaineering. He enjoys football, volleyball, and writing poetry, drawing inspiration from Lionel Messi's perseverance. His career reflects dedication, teamwork, and a commitment to continuous learning.



**MR. ABHISHEK KUMAR SINGH**  
DEPUTY COMMISSIONER & DEPUTY DIRECTOR, IRS



**MR. SUMIT KUTANI**  
HANDPAN ARTIST

**S**umit Kutani aka Baba Kutani is a Handpan Player with vast experience of performing at the national and international levels who loves to play his hang drum by the banks of Ganga. He founded the Kutani Handpan Academy in Rishikesh, Uttarakhand. From music and film festivals to working with established bands he has taken the Handpan community to a space beyond alternative music and has worked effortlessly to mainstream the instrument. His projects in the future are focused on collaborations and helping Handpan music reach masses. He wants to build a school in the himalays for the underprivileged kids of Uttarakhand.

**M**rs. Neelu Mishra is an inspiring international Master Athlete from Uttar Pradesh, India, with over 100 national and international medals to her name. She has overcome numerous personal challenges, including a malfunctioning kidney and battling obesity, to re-enter competitive sports after a 14-year hiatus as a married woman and mother. Her resilience has earned her multiple accolades, such as the Rani Laxmibai Veerta Award, the Marvelous Personality of India Award, and the Malala Award. Mrs. Mishra has represented India in various international competitions, including the World Masters Athletics Championship in Lahti, Finland (2009), where she was a medalist. She is also a dedicated social worker, actively involved in women and child welfare, and serves as President of several sports associations. Additionally, she is a Brand Ambassador for SVEEP (Election Commission of India) and the Beti Bachao Beti Padhao campaign in Varanasi.



**MRS. NEELU MISHRA**  
INTERNATIONAL ATHLETE

# EVENT ITINERARY



**MS RUCHIKA CHAUDHARY GOVIL**  
CHIEF COMMISSIONER (DEPT. OF INCOME TAX), DELHI

## SESSION 1

TIME : 10:25 AM -10:50 AM

**WISDOM THROUGH CHALLENGES: LEADERSHIP  
LESSONS FROM LIFE'S TOUGH MOVEMENTS**

## SESSION 2

TIME : 10:55 AM - 11:20 AM

**BEYOND THE PRODUCT : CRAFTING  
EMOTIONAL CONNECTIONS IN THE AGE OF  
AUTHENTICITY**



**MS. NEHARIKA SETHI**  
CO FOUNDER, TILOHRI, INDIA



**MS. MAMTA RANI CHAUDHARY**  
ADDITIONAL DCP (WOMEN CRIME & SECURITY)

## SESSION 3

TIME : 11:25 AM – 11:55 AM

**CREATING SAFE SPACE FOR WOMEN : A  
WELLNESS – CENTERED APPROACH**

## SESSION 4

TIME : 12:02 PM – 12:20 PM

**BEHIND EVERY SUCCESSFUL WOMEN : CHAI,  
CONFIDENCE AND A SOLID CREW**



**MS. PRAGATI SRIVASTAVA**  
MANAGER, BRAND & MARKETING, VERANDA HIGHERED

# EVENT ITINERARY



**ACHARYA SRI PUNDRIK GOSWAMI JI  
MAHARAJ**  
SPIRITUAL AND MOTIVATIONAL SPEAKER

## SESSION 5

TIME : 1:05 PM – 1:35 PM

**SPIRITUAL WISDOM FOR WOMEN : ACHIEVING  
WELLNESS IN AN ARTIFICIAL WORD**

## SESSION 6

TIME : 1:37 PM – 1:53 PM

**THE ART OF BALANCE : WISDOM IN  
LEADERSHIP AND WELLNESS IN PERSONAL  
GROWTH**



**MR. ABHISHEK KUMAR SINGH**  
DEPUTY COMMISSIONER &  
DEPUTY DIRECTOR, IRS



**MR. SUMIT KUTANI**  
HANDPAN ARTIST

## SESSION 7

TIME : 2:00 PM – 2:25 PM

**THE SOUNDTRACK OF TRANSFORMATION**

## SESSION 8

TIME : 2:30 PM – 2:50 PM

**WINNING AGAINST ALL ODDS: THE POWER OF  
WILL, WELLNESS, AND WOMANHOOD**



**MRS. NEELU MISHRA**  
INTERNATIONAL ATHLETE

Our past TEDx events have been truly amazing, featuring over **15+ inspiring speakers** who shared their stories under the theme "**Spreading Smiles.**"

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