



Ananta Quest is a partner to “Primers”. Those of you between 50-65 years old, have led fulfilling personal and professional lives, travelled the world, are erudite, financially empowered, digitally savvy and are wondering how to make the next 30 years of your life meaningful.

Ananta Quest is a one day event that could be the turning point for the rest of your life-because it guides you to take action towards the future that you have envisioned.

Join us at Taj Lands End, Mumbai | Saturday 13th December 2025 | 9.00 am onwards

OUR PLAN FOR THE DAY

Our expert speakers will help you chalk out a clear action plan for your next 30 years by addressing some pertinent topics, unique to your life stage. Here’s a quick look at the range of sessions we have in store for you.

▶ Session 1: Opening keynote

What will it do for you:

Everyone has anxiety about the future... the next 30 years. Our celebrity speaker will share his own struggles, his playbook for making progress.

What will you take away:

The awareness that age does this to everyone, even celebrities go through anxiety. And that there is a definite way out of this maze for you.

SPEAKER:



Ashish Vidyarthi - *One Man, Many Personas*

This one-man powerhouse has been crushing it in more fields than you can count. From the silver screen to the corporate world, from viral vlogs to transformational talks, Ashish Vidyarthi embodies the spirit of continuous growth and innovation regardless of age or stage of life.

▶ Session 2: Discover your purpose

What will it do for you:

What am I focussing on for the next decade? Everyone thinks about this all the time. Work with our expert speaker to craft your own list of goals and purpose.

What will you take away:

Your own hand-crafted guide to what you want to focus on, and which questions are important for you to solve on priority.

PANEL MODERATOR:

Deepa Soman - *Founder Lumiere Consultancy Services*

Founder of Lumiere Consultancy Services, Deepa has moderated and facilitated many inspiring conversations that celebrate efforts around causes to create a ripple effect.



PANELIST:



Manisha Lath Gupta - *Sustainability champion*

Manisha is a permaculture practitioner and founder of Aanandaa Permaculture Project. Under this project, she has transformed 12 acres of degenerated land into a lush green permaculture food forest through rainwater harvesting, top soil regeneration, and extensive tree plantation.

Dr. Renuka Bradoo and Dr. Anil Bradoo - *The Tuning Folks*



Dr. Anil Bradoo is a senior practising Urologist who successfully runs a dedicated Urology facility in Chembur. Dr. Renuka Bradoo is a well-known ENT (Ear, Nose, and Throat) and skull base surgeon practicing in Mumbai. She specialises in complex surgeries like grommet insertion myringotomy. With an innate passion for music and rhythm, Dr. Renuka and Dr. Anil Bradoo are the founders of 'The Tuning Folks' which has a single-minded goal of raising awareness on health-related issues amongst the community through music.



▶ Session 3: Questions about wealth

What will it do for you:

Will my money last through my life and lifestyle? What do I need to know, do or change to be able to enjoy what I worked so hard for? Our expert speaker will advise on what we need to do to build a safer & bigger buffer for ourselves.

What will you take away:

Understand what impacts your wealth, what you can do about it & commit to taking charge of it all.

SPEAKER:



Girish Ajgaonkar - COO HappyNess Factory

Girish has extensive experience in the financial services space across the United States and India. His prior engagements include managing large client relationships for American Express in New York and consulting for Fortune 500 clients, including Wall Street banks.

▶ Session 4: Ensuring legacy and peace of mind

Should you make a Will? Or a Gift deed? or just Joint ownership? What are the tax and regulatory concerns? Our experts will help you navigate through many such questions and start the process of planning your legacy in the session itself.

SPEAKER:

Anuradha Shah

Anuradha has been one of the pioneers of the Estate and Succession Planning practice in India and specialises in trust and estate advisory and administration work for private clients.



Nisha Khurana

In the area of Private Client Practice, Nisha advises clients on the legal strategy for estate and succession planning, and on the smooth inter-generational transmission of wealth.

▶ Session 5: Live well- Physical Health

Our Master Physician explains how to recognise and understand the changes in your body, what to do to avoid issues and how to make small changes in everyday life, to make the most of your physical health.

SPEAKER:

Dr. Bhavin Jankharia - Pioneer in Medical Imaging

Dr. Bhavin Jankharia is a consultant radiologist working in and running 'Picture This', a brand of Dr. Jankharia's Imaging Centre. He believes that people should be educated on what they can do by themselves to live long, healthy. And he has authored a book titled "Atmasvabh - A Guide to Ageing Healthfully"



▶ Session 6: Live well- Emotional Wellbeing

Work with our Wellness expert to recognise the signs of feeling lonely and irrelevant, reverse them or avoid them altogether in your daily life.

SPEAKER:



Dr. Aditya Gopinath Nair - Consulting Psychiatrist

Dr Aditya Nair is a Gold medalist and Consultant Psychiatrist with Sushrut hospital. He has over 18 years of clinical experience and specialises in Liaison psychiatry , Neuro psychiatry , Geriatric psychiatry and sexual medicine. He also has multiple publications in journals and textbooks to his credit.

▶ Session 7: Where to stay and how

How is your locality changing today & what will it be like in a decade? Should you think of moving because of pollution, population or something else? Our panel of experts will share their experience and framework in how to think about this complex topic and figure out some answers for yourself.

SPEAKER:

Adarsh Narhari - MD Primus Lifespaces

Adarsh is a pioneer in conceptualizing and creating luxury communities for seniors in India

Ashok Sharma - Ex. MD & CEO of Mahindra Agri Solutions Ltd.

After a fulfilling corporate career, Ashok did consider moving to a quieter city. But eventually chose to stay on in Mumbai, because the city still held his purpose, his people, and everything he values.

Dr. Prashant Mangeshkar - Medical professional

Dr.Mangeshkar a medical practitioner has made the conscious decision to make his home in Alibaug, and fulfil his need for a cleaner, greener living environment.

▶ Session 8: Managing Risk and Technology

Our domain expert, will demonstrate how to stay safe in your digital transactions and use technology to enhance your digital experiences.

SPEAKER:



Akancha Srivastava- Cyber Safety Leader

Akancha Srivastava is the Founder of the Akancha Srivastava Foundation, India's largest and most influential social impact initiative focused on cyber safety education and empowerment. She is the architect of India's only multilingual, AI-powered cyber safety helpline.

▶ Session 9: Taking steps and making progress

What happens once you leave this seminar and go back home? Will you lapse back into more worrying and less doing? This final session is about working through the next steps, with experts, tools and other community members who make progress alongside.

SPEAKER:

Shyamal Vallabhjee- Human Performance Architect

At the intersection of psychology, physiology, and systems design — helping high-performing leaders, teams, and individuals thrive in environments of stress, complexity, and change. His work is grounded in the belief that true performance isn't about pushing harder, but designing better.



Invest this one day at Ananta Quest towards a clear future for the next 30 years.

[Click here to register](#)

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