



**MRIDULA SHARMA**  
STATE PRESIDENT, KARNATAKA  
HEALTH & FITNESS COUNCIL

**WOMEN'S INDIAN CHAMBER OF  
COMMERCE AND INDUSTRY (WICCI)**



## MRIDULA SHARMA

### Indian Nationality

Masters in Political Science

Kovid (Bachelors Degree} In Sanskrit

### Positions Held in Past:

Secretary Lioness club

Founder and Managing trustee of The NGO Anchorage.

### Author:

Wow No Side Effects

Write your Book and Self Publish

Raising a Vegetarian Champion

We all have a Genie

**Founder:** Prayaas Publications

### Owner:

1.Ah No Side effects Face book group

2.Reincarnation Facebook group

Chairperson Health Chapter, All Ladies League Karnataka

Speaker at conferences and various social Platforms

Have initiated various groups on Facebook and telegram for Sanskrit learning.

### Awards:

Lion's Club

Women Economic Forum

Badlav ke Sarathi





## ARCHNA GUPTA

**Indian Nationality**

Master in Business Administration

Bachelors in Commerce (Hons)

Archna is a goal oriented Customer Experience Evangelist and Business Excellence Leader – with over 22 years of proven track record across Hospitality & Healthcare industry in helping organizations consistently meet and exceed customer expectations, effectively manage customer relationships and deliver value through curated customer solution strategies including technology led change.

She has worked with Taj Group of Hotels for more than 16 years with last assignment as Regional Business Excellence Head for 21 hotels in the regions of AP, T.Nadu & Kerala across the brands before moving to Healthcare industry in 2013. While in Taj, she was also a Tata Group resource as Certified TBEM Assessor and had the privilege of assessing various Tata Companies across the industry sectors like Tata Motors CVBU, Trent Hypermarket, Tata Projects Limited, Tata Business Support Services etc

Her first stint in Healthcare Industry was at Manipal Hospitals (as their Pan India Head - Customer Experience) before joining Fortis Hospitals in 2016, to manage Patient Experience for South West Region (10 Corporate hospitals) and now Customer Relationship Management - Pan India ( 33 Corporate hospitals).

She has been invited as Speaker in many Global CX forums and has won many awards throughout her career journey. Archna also actively participates in some of her voluntary pursuits in the capacity of Vice Chairperson – Karnataka Health Chapter for ALL Ladies League and Certified Happiness Program Coach for Art Of Living Foundation.



**ARCHNA GUPTA**  
VICE PRESIDENT, KARNATAKA  
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**WOMEN'S INDIAN CHAMBER OF  
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**INDIA'S FIRST NATIONAL BUSINESS CHAMBER FOR WOMEN**



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**WOMEN INDIAN CHAMBER OF COMMERCE AND INDUSTRY**  
**KARNATAKA HEALTH & FITNESS COUNCIL**

**PRESIDENT:**

Mridula Sharma

**VICE PRESIDENT:**

Archana Gupta

**BOARD:**

Dr. Spandan Katti

Dr. Vasundhara Atre

Pradipta Sanghvi

Dr. Padmakshi Lokesh



## Dr. Spandan Katti

Dr. Spandan Katti is India's leading Osteopath and Craniosacral therapist (CST) with over 14 years' experience. With a Masters in Osteopathy, Advanced studies in Biodynamic CST and Educated as a Dentist,

She is a health and wellness expert, life-skills coach and an International certified yoga trainer.

She is the founder of Dr Spandan Wellness, a platform for scientific complimentary medicine with a vision to facilitate and empower people to take responsibility towards their health.

She has treated Governors, Ministers, Celebrities and Olympians across the country to name a few. She is the Head of PACT Asia, Pacific Association of Craniosacral therapists. She is a senior tutor with the Body-intelligence Trainings, UK. She is a visiting faculty for the Department of Osteopathy in Sri Sri University, Odisha.

She firmly believes in practising scientific evidence based medicine and has presented papers in conferences on Osteopathy. She has always held her experiences and achievements from her childhood in the army family close to her heart and draws strength to walk ahead.

A National level debator, Hindustani classical singer and University level sportsperson. Dr Spandan draws deeply from her scientific and spiritual value systems. She is also associated with the Art of Living Foundation for the past 14 years.



## Dr. Vasundhara Atre

A qualified cardiovascular thoracic and liver transplant anaesthesiologist and medical professional with 30-plus years of experience in the field of healthcare both as an administrator and clinician in leadership roles like Director Medical Operations- Medical Strategy & Operations, Group Medical Director-Medical & Operations, Head of Clinical programs and Medical Director, with large healthcare hospital groups.

A certified NABH Principal Assessor & CAHO member with rich experience in Quality Management, Marketing Research, Medical Communication & Advertising, Medical Journalism, Pharmaceutical, Device manufacturing and Medical Information Technology companies.

Headed profit centre operations; developed the Annual Operating Plan (AOP) and ensured the achievement of the targeted top-line & bottom-line for the business. Directed day-to-day healthcare operations, prepared annual budgets, revenue & expenditures, conducted Profit & Loss analysis of departments, monitored revenue parameters/MIS reports and steered operational expense reduction initiatives

Applied tactical & strategic planning skills for driving large scale revenue & profit gains, new services and future expansions as well as improving hospital productivity & performance

Participated as a member of the Core Business Planning Group; led the development and implementation of strategies for the hospital departments which were aligned with company's overall mission, vision & values

Effective leader with proven talent in leading & mentoring teams and managing team functions like recruitments, trainings and performance appraisals; promoted to senior positions on account of excellent performance



## PRADIPTA SANGHVI

Certified yoga trainer and therapist since 1990, SVYASA Bengaluru

Conducted several corporate and private yoga and stress management workshops. Lay counsellor with Sneha Society for Counselling, Bangalore since 2004. Director 2012 to 2014

Presently chairperson, Trainer, Lay Counselling skills

Part time Counsellor 2004-2005 at St. Joseph's College of Commerce, Bangalore

Craniosacral therapist since 2012, Body Intelligence Training

Practising Leander Orr's rebirthing breathwork with Sadgamaya Foundation

Master's in Economics, Madras Christian College, Chennai

Bachelor's in Economics, Stella Maris College, Chennai

St. Joseph's School, Calicut, Kerala

National Level and Madras University Basketball player

Captain of Tamil Nadu and Madras University basketball teams

Speak: English, Hindi, Gujarati, Kannada, Malayalam

Understand: Tamil



## DR. PADMAKSHI LOKESH

A Doctor by Profession and A Philanthropist by Passion. A Clinical Psychologist An Educationist, with unique concepts for students A Stress Management Specialist, and Personality Development Trainer. A wellness Coach, Mentor and Global Motivational Speaker.

Subject matter specialist on various TV channels Kannada and English and Radio as well 14 plus years of experience in the field of education and training for Children, Women as well as Corporates. The training programs which have been effectively conducted across various schools and colleges.

### Awards received

- Dr APJ Abdul Kalam awardee from Govt of India, Ministry of HRD.
- Nadaprabhu Kempegowda awarde 2018 by Govt of Karnataka.
- Sun pure Super woman award by Sun pure India.
- Women of Substance recognition from U K University in association with MT University
- Outstanding Women Leader of Karnataka - National Award.
- Future Women Leader awardee - National Award.
- Vaidya Ratna awardee... Karnataka Samskruthika Academy
- Women of Excellence award ... Bhairavi Mahila Sangha
- Young Women Achiever award ... by Lions International