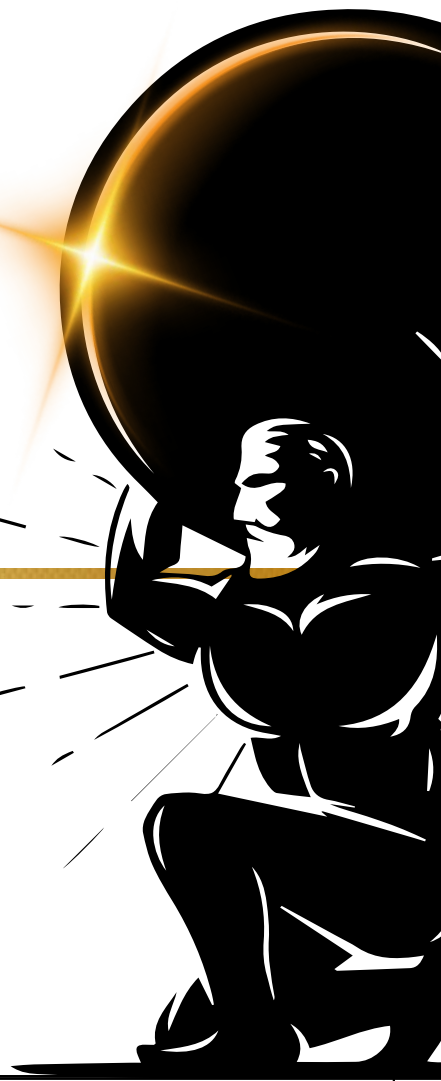


GOLDEN EDGE series

TIMELESS PRINCIPLES *of* INSPIRED LEADERSHIP



Jayanthi Sundararaman is a Functional Nutritionist, Professional Speaker, and Wellness Leadership Coach with over 20 years of experience in the IT industry. A Chemical Engineer and MFA in Bharatanatyam, she trained under Smt. Padmasri Chitra Visweswaran and is a Doordarshan B-grade artist. She completed a Functional Nutrition course from Harvard Medical School and is pursuing a Diploma in Nutrition from IGNOU. Author of Gut Leadership, she actively speaks on leadership, holistic health, and women empowerment. A Distinguished Toastmaster and former Cognizant Academy faculty, she is also a regular contributor to All India Radio.

Invitation

GUT FEELING - THE SECRET LANGUAGE TO WELLNESS

TALK BY

MS JAYANTHI SUNDARARAMAN
WELLNESS LEADERSHIP COACH |
MOTIVATIONAL SPEAKER | AUTHOR

**NOV
08
2025**

SATURDAY
6:00 pm - 7:30 pm

TANISHQ

Old No.AA3, New, 10,
2nd Ave, Anna Nagar, Chennai



Route Map to
the Venue -
Click to view

SYNOPSIS

This session helps you uncover how your gut holds the secret to your mood, energy, and glow! You'll explore how restoring your gut rhythm can boost focus, balance emotions, and enhance overall wellness. Through the G.U.T.S.Y framework, you'll learn simple, science-backed lifestyle shifts to listen to your gut, reset your rhythm, and feel truly alive from within!

PROGRAMME

- | | |
|---------|---|
| 6:00 PM | Tea/Coffee/Networking |
| 6:15 PM | Welcome Address & Introduction of the Speaker |
| 6.20 PM | Address by the Speaker
Ms Jayanthi Sundararaman
Wellness Leadership Coach
Motivational Speaker Author |
| 7:00 PM | Q&A |
| 7:15 PM | Vote of Thanks |
-

For Registration, mail to **stephy@rvinds.com**
or contact **Ms Stephy on 9791527507**

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