



Sādhana Saptah Day 4: Key Highlights of Tradition-Focused Webinars

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4th April, New Delhi: The fourth day of *Sādhana* Saptah 2026 will focus on Tradition, with expert-led webinars scheduled for 5 April 2026. The sessions will explore Indian Knowledge Systems, and insights on how traditional wisdom can guide contemporary governance.

The Department of Posts will also present a webinar on leadership, management and ethics from Indic Knowledge Systems.

Key Highlights of the Day (5th April, 2026):

1. Mr. Anish and Mr Pankaj Bansal:

Topic: Bharatiya Virasat: The Civilizational Blueprint for Viksit Bharat @ 2047

Time: 10:30 AM to 11:30 AM

Mr. Anish (Spiritual Teacher & Co-founder, PeopleStrong) and Mr. Pankaj Bansal (Co-founder and Group CEO, PeopleStrong, and Board Member, Karmayogi Bharat) will explore India's civilizational heritage as a foundational blueprint for achieving the vision of Viksit Bharat 2047. The session will examine how traditional values, governance principles and ethical frameworks from Indian philosophy can guide contemporary public service and nation-building efforts.

2. Ms Rujuta Diwekar:

Topic: Traditions, Health and Wellbeing

Time: 12:00 PM to 1:00 PM

Ms. Diwekar (Expert Nutritionist and Best-selling Author) will discuss traditional approaches to health and wellbeing rooted in Indian knowledge systems. The session will focus on how time-tested practices in nutrition, lifestyle and holistic wellness can be integrated into the lives of public servants to enhance physical and mental health, enabling them to serve more effectively.

3. Ms. Vidya Shah and Ms. Nidhi Choudhari:

Topic: Where Tradition Meets Practice: Art, Music, and the Inner Life of Public Service

Time: 3:00 PM to 4:00 PM

Ms. Shah (Singer and Musician) and Ms. Choudhari (Director, National Gallery of Modern Arts) will explore the intersection of traditional art forms, music and public service. The session will examine how engagement with art and music can nurture the inner life of public servants, fostering creativity, empathy and a deeper sense of purpose in their work, while drawing from India's rich cultural heritage.

4. RAKNPA, Department of Posts:

Time: 10:30 AM to 11:30AM

Rafi Ahmed Kidwai National Postal Academy, Department of Posts, will present insights from Indic Knowledge Systems on leadership, management and ethics. The session will explore traditional concepts and frameworks that can inform contemporary approaches to ethical governance, decision-making and leadership in public administration.

Sadhana Samvad
5th April, 2026

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Shri Anish
Spiritual Teacher & Co-founder, PeopleStrong

Pankaj Bansal
Co-founder and Group CEO, PeopleStrong and Board Member, Karmayogi Bharat

Rujuta Diwekar
Expert Nutritionist and Best-selling Author

Vidya Shah
Singer and Musician

Nidhi Choudhary
Director, National Gallery of Modern Arts

NKR/AV

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