

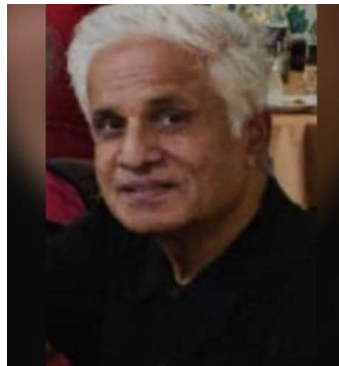


## MIT ENTREPRENEURS ASSOCIATION

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MITEA  
Webinar  
Presentation 28  
23.04. 2022  
Saturday  
06.30 pm  
Zoom

The President, VP, Secretary, Jt Secretary, Treasurer and EC  
Members of MITEA cordially invite you all to participate in the Zoom webinar  
Presentation ( 28 ) & Interactive Sessions on  
**23.04.2022, Saturday From 06.30 pm By**



**Mr. T. Kumaresan, TNo: 23086**

Former MD, Invensys India Pvt Ltd  
Founder & CEO - Ekantha Wellness, Kodai Hills ( [www.ekanthawellness.com](http://www.ekanthawellness.com) )

**Topic: “ Ekantha Wellness, Kodai Hills - Experience &  
Assimilate for a Preventive Health Lifestyle ”**

Join Zoom Meeting by just clicking the link directly:

<https://www.google.com/url?q=https://us06web.zoom.us/j/2649504455?pwd%3D3DUjBFaTgwb3dUL255T0V-tSmxFMVlUT09&sa=D&source=calendar&usd=2&usg=AOvVaw1gq7UGcLn7sHYmay5DU8Zs>

or

**Meeting ID: 264 950 4455**

**Passcode: MITEA**

All the Alumni Entrepreneurs, Alumni of MIT & all Entrepreneurs spread across the  
Globe and all the aspiring young entrepreneurs are cordially invited to participate &  
make the event a successful one.

## **Brief Profile of Mr. T. Kumaresan:**

**T. Kumaresan – DMIT in Instrument Technology passed out In 1974 with 36 years experience in multi –faceted areas such as Application Engineering, Process Computer software, Sales & Marketing, Services Management, Start-up Operations, General Management. Served with Foxboro/Siebe/Invensys Company for 26 years, out of which 21 years in Australia, Middle East and Europe. The last position as on December 2002 was Managing Director, Invensys India Pvt. Ltd. Founded Profitech Management Consultant Pvt. Ltd in 2004 to 2014, focused on O&M and Advanced Solutions to Integrated Sugar Industries.**

**Passion is Hills, Farming and Wellness ., Integrated all of them in my Family Owned 79 acres TKN Eco Farm, an Organic Farm in the Kodai Hills. At one stage, became the largest Hills based Organic Vegetables, Greens and Fruits producer in Tamil Nadu.**

**Established Ekantha Wellness Destination in Kodai Hills., First of its Kind, Sustainable and Wellness oriented Farm living. Started offering Wellness Programs and Wellness oriented stays with Wellness Experts both from India and Overseas. Have a vision and aspiration to get an accreditation for Ekantha Wellness, Kodai Hills as “ Blue Zone - first in India and possibly top ten Globally”.**

**Blue Zones are accredited by “ National Geography ” wherein the people living in these “ Blue Zones” live beyond 100 years healthily. There are less than ten “ Blue Zones” globally, none in India.**

**All our Wellness programs and Wellness oriented stays use Organic Plant based Food as Core concept complimented with Wellness sessions of Kaya Kalpa Yoga, Unpolluted Natural ambience, Healthy Food Workshops, Forest bathing, Hands-on Organic Farming, Ayurvedic therapies etc.**

**Dr.Saravanan, BHMS, PGDHSC (Applied Nutrition), ACLM, FCN. ( Wellness Facilitator & Expert )**



**Dr Saravanan has a BHMS degree from the Tamilnadu Dr. MGR Medical University and a PG Diploma in Health Science in Applied Nutrition from the Faculty of Medicine, Annamalai University. He holds an advanced certificate in Lifestyle Medicine and a Fellowship in Clinical Nutrition from Medvarsity. He has a certificate in Plant-based Nutrition from The University of Winchester. He has also received hands on training in Whole Food Plant Based Nutrition from SHARAN.**

**In addition to this, he has contributed a section in the best life changing book ‘Rethink Food: 100 plus doctors can’t be wrong’. He has written articles on nutrition, health & wellness in reputed magazines and health blogs and has facilitated a number of seminars, workshops, webinars and wellness programs on nutrition and healthy living since 2012.**

## Ekantha Wellness—Kodai Hills

### One *Unique* Destination Multiple *Lifestyle* Benefits



**Ekantha wellness** is a unique wellness destination situated in the beautiful Kodai hills. The wellness centre set in this pristine environment, offers the best natural lifestyle modification programmes to lead a healthy, happy life for you and your family.

The preventive health practices of right food intake, breathing unpolluted air etc., in this lifestyle programme improves your immunity, builds strength and even reverses health disorders.

We have created special diets with nutrient rich foods featuring fresh organic fruits and vegetables sourced from our farms nearby.

**The multiple benefits of our programmes also include adopting healthy food habits, losing excess weight, lead a stress-free life, experience nature first-hand, learn to grow your own healthy organic fruits and vegetables, transformative yoga and meditation led lifestyles, even remote working options and much, much more.**

*And here are more reasons to choose Ekantha for your Wellness*

- Adaptation of traditional, time-tested wellness practices.
- Acres of floral gardens to beckon your senses and enrich the soul.
- Our gardens have over a thousand trees, for pure unpolluted air.
- You can walk alongside our beautiful ponds and streams.
- Safe nature trails within our farms.
- Experience forest bathing with the chirping of birds.
- Relax at our waterfront gazebos, with our smoothies & salads.
- Our wellness cottages are designed with sustainable architecture.
- Meditate and practice yoga in a natural environment.
- 'Mindfulness' techniques to restore your inner balance.
- Soft hill sunlight that replenishes your vitamin D levels.
- The granite pathways for a rejuvenating barefoot experience.
- Deep Sleep practices for relaxed peaceful nights.

*Come to Ekantha wellness and discover & a whole new way of living, naturally. Even after getting back home you can return as frequently as possible to practice the natural ways of healthy living at Ekantha wellness.*



**EKANTHA**  
*wellness*

A Unique Wellness Destination at Kodai Hills.

For more details Call : 86675 27171 or mail us at [thiruvensun@yahoo.com](mailto:thiruvensun@yahoo.com)  
[www.ekanthawellness.com](http://www.ekanthawellness.com)