

● SPEAKER PROFILE

Amrita Khurana

Author & Keynote Speaker

Ideas that question the way we live, eat, age, gather and care for ourselves.

AUTHOR OF

UNTRENDED

India's Modern Ancient Wellness Playbook

KEYNOTES · CONVERSATIONS · CORPORATE EXPERIENCES



We have never had more information about wellbeing — and yet so many of us feel *further away from ourselves.*

Amrita Khurana's work explores what happens when we stop treating wellbeing as another trend to optimise, and start looking at the wisdom, rituals and rhythms that have sustained people for generations.

Through her book UNTRENDED, Amrita brings ancestral Indian wisdom into contemporary life — not as nostalgia, but as a practical lens for how we eat, age, work, gather, rest and care. Her talks sit at the intersection of culture, modern living, women's wellbeing, ageing, food and the rituals that make life feel richer.

QUESTION

What if better living is not about adding more?

SHIFT

From optimisation to rhythm. From trends to timeless wisdom.

TAKEAWAY

Ideas audiences can actually carry into everyday life.

A different kind of wellness conversation — grounded, intelligent and deeply human.

Three conversations to open a room.

01 Stop Chasing the Trend

A provocative conversation about the wellness industry's obsession with what is new — and why the answers we need may be much older. A compelling keynote on discernment, simplicity and choosing what genuinely serves us.

02 You Are Not Broken. You Are Out of Rhythm.

Modern life has normalised living against our natural rhythms. This keynote explores the invisible cost of constant stimulation, speed and self-optimisation — and how small shifts in daily rhythm can change the way we experience work and life.

03 The Art of Positive Ageing

Ageing is often presented as something to fight, hide or reverse. Amrita offers a more expansive idea: ageing well as an art of vitality, identity, curiosity and self-respect — a timely conversation about growing older without shrinking our lives.

IDEAL FOR

Women's leadership forums · Employee wellbeing · Premium consumer audiences · Lifestyle & luxury events · Conferences

Deepening the dialogue.

04

The Ancient Table

Food is more than nutrition. It is memory, culture, seasonality, community and care. Drawing from UNTRENDED, Amrita explores what an Indian understanding of the table can teach us about eating with awareness in an age of diets and constant food noise.

05

The Rituals That Keep Us Well

Before wellness became an industry, everyday rituals quietly held families and communities together. This keynote explores the power of repetition, routine, sensory rituals and simple acts of care — and why the ordinary can be transformative.

06

The New Luxury: Time, Connection & Wellbeing

As the world becomes faster and more digital, true luxury is increasingly found in what cannot be automated: time, presence, meaningful connection and the ability to feel well in one's own life. A strong keynote for premium brands and leadership audiences.

CUSTOM KEYNOTES

Amrita can also tailor a keynote around a company's audience, theme or leadership agenda — while retaining the core UNTRENDED lens of timeless wisdom, contemporary relevance and practical change.

FOR CORPORATE & LEADERSHIP AUDIENCES

Beyond the traditional wellness session.

Amrita's conversations create a cultural dialogue around how people live, work and sustain themselves.

Women & Leadership

- Identity beyond roles
- Redefining success
- Positive ageing & longevity mindset
- The pressure to have it all

Wellbeing & Culture

- Sustainable performance
- Rituals & everyday wellbeing
- The culture of care
- Connection in a high-speed world

Future of Living

- Ancient wisdom, modern life
- The return to slower living
- What becomes luxury next
- Meaning in a distracted world

Experience & Consumer Culture

- Why people are tired of trends
- Authenticity & cultural relevance
- Designing meaningful gatherings
- Wellness beyond consumption

AVAILABLE FORMATS

Keynote

Fireside Conversation

Moderated Dialogue

Leadership Offsite

Women's Wellbeing Session

Premium Brand Experience

Intimate Salon / Gathering

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Grounded, intelligent and deeply human — conversations that sit at the intersection of culture, modern living and everyday wellbeing.



ABOUT AMRITA

Storyteller. Interpreter. Provocateur.

Amrita Khurana is an author, keynote speaker, experience curator and cultural observer exploring the intersection of ancestral Indian wisdom and contemporary living.

Her work is rooted in a simple question: what have we forgotten in our pursuit of more? Through writing, speaking and curated experiences, she brings timeless ideas around food, rituals, ageing, connection and everyday wellbeing into conversations that feel relevant to modern audiences.

She is the author of UNTRENDED — India's Modern Ancient Wellness Playbook, a contemporary exploration of ancestral wisdom and the everyday practices that help us live with greater intention. With a background in creating high-touch experiences and communities, Amrita brings a distinctive perspective to the stage.

WHY AMRITA

- 01 She makes ancient wisdom feel contemporary — never nostalgic.
- 02 She turns wellness into a cultural conversation, not a checklist.
- 03 Her ideas are accessible, memorable and designed for real life.
- 04 She brings the warmth of storytelling with the clarity of a keynote.

Part storyteller, part cultural interpreter, part provocateur — designed not simply to inform, but to make audiences pause, question and rethink.

More than a book — a foundation.

UNTRENDED is the intellectual and experiential foundation for a wider conversation around modern ancient wellbeing.

The Book

**UNTRENDED — India's
Modern Ancient Wellness
Playbook**

The Conversation

Keynotes
Fireside conversations
Panels & salons

The Experience

Workshops
Curated gatherings
Retreats & experiences

THE CENTRAL MESSAGE

*We do not necessarily need a newer version of
ourselves. We may simply need to remember what
already works.*

This is the heart of Amrita's speaking work: helping audiences move from information to discernment, from pressure to rhythm, and from trend-chasing to a more meaningful way of living.

UNTRENDED · QUESTION THE TREND · REMEMBER THE WISDOM

GET IN TOUCH

Let's create a *conversation* worth remembering.

*For keynote speaking, corporate conversations, leadership forums, premium brand
experiences and curated gatherings.*

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