

EVERYDAY WELLNESS

YOUTH SEMINAR 2026

Evolution of 5 to 9

3rd

October 2026
1 pm to 5 pm
30A Yishun Central 1
Singapore 768796

This is where passion meets purpose.
Build healthy habits, boost your mindset,
and level up your life—every single day



KEYNOTE SPEAKER

Dr Rinkoo Ghosh

Founder, The Resilience Edge;
Senior Consultant and Coach
Resilience Institute, South-East Asia

PANEL MODERATOR

Sivakumar Palakrishnan

Counsellor

EXPLORE & DISCOVER !



Mindful Moment

Expert insights on mental wellness by
keynote speaker & panel of youths
with unique stories and lived
experiences



Everyday Boosters

Engaging wellness workshop &
fringe talks



Live Music

Enjoy the vibes of youth artists



Lunch & Networking

Eat. Mingle. Make Friends

YOUTH PANELISTS



Millard Ang

Grassroots Leader,
Pasir East CC –
Youth Sustainability
Collective



Talya Jane Shelley

Founder,
Mind in the
Mountains



Ricqo Rafiezuwan

A pool life guardian,
once a stateless
youth

WELLNESS VIBES



Irene Law
Emcee



Raaj



Rhapsody

WORKSHOP LEADS



Jyo K
Acting and Voice Coach,
Alumna of Intercultural
Theatre Institute (ITI)
Singapore.



Kavitha Krishnan
Artistic Director,
Maya Dance Theatre

Lucky draw
10 attractive
Prizes to be won !

Jointly Organised

