



WELLNESS TO VITALITY

Future of Workplace Health in
the changing landscape

9:30 AM **Registrations**

10:00 AM **Welcome Remarks**

- *Dr. Nalini Saligram, Founder & CEO, Arogya World*

10:10 AM **From Employee Engagement to Wellbeing: Arogya World's Approach**

- *Swati Saxena, Head, India (Growth and Strategy), Arogya World*

10:30 AM **Unlocking Workplace Wellness for Sustainable ESG Impact**

- *Karan Verma, CEO, Bridge Health Medical & Digital Solutions*
- *Ajay Bhatt, Group Head - Corporate Services, Godrej Industries Limited and Associated Companies*
- *Jayen Naik, Chief Operations Officer, Nexus Select*
- *Anderson Philips, Head GSC India CAO, HSBC India Global Service Centres*
- *Dr. Saurabh Jain, Head Global Delivery Centers, Indegene*

Tea Break

11:50 AM **Role of AI in revolutionizing Workplace Wellness - Expert Insights**

- *Dr. Geetha Manjunath, CEO and Founder, Niramai Health Analytix*

12:10 PM **Best Healthy Workplace Practices 2023**

12:20 PM **A blueprint to impact & measure employee well-being practices in the changing business landscape**

- Pacesetter address by *Ashwani Prashara*
Chief Human Resources Officer - Hydrocarbons, Reliance Industries Limited

Insights from Arogya World Healthy Workplaces

- *Salil Lal, Chief Human Resources Officer, Maruti Suzuki India Ltd.*
- *KS Harish, Country Group H.R. Head - South Asia, Bayer Group*
- *Suma PN, Director - Human Resources, Otis India*
- *Dr. R Rajesh, Group Head - Medical Services, Reliance Industries Limited*
- *Dr. Rahul Kalia, Head - Health, Wellness & Medical Services, Bosch Limited*
- *Mohana M D, Chief People & Culture Officer, BetterPlace*

Lunch Break

2:00 PM **Revitalize & Thrive, Ignite Your Drive**

- Energizer Activity

2:30 PM **Integrating Mind, Body & Soul - A Holistic Framework for Well-being**
A Fireside Chat between Ashwin Naik, Founder, Mannah Wellness

&

Dr. Shyam K Bhat, Psychiatrist, Psychotherapist & Integrative Medicine Specialist (Founder, Nirvikalpa)

3:10 PM **A Health Alert - Calling Attention to Obesity**

- *Dr. Divyang Doshi, Chief Medical Officer, Godrej Group*
- *Dr. Arun Kale, GM - Corporate Health & Wellness, Tata Motors*
- *Dr. Nalini Saligram, Founder & CEO, Arogya World*

4:00 PM **ESG Investing - An Opportunity for Organisations to advance Nutrition Security & Health**

- *Greg S Garrett, Executive Director, Access to Nutrition Initiative*

4:20 PM **Growth, Transformation & New Milestones for the Future**

- *Srabani Banerjee, Head - Healthy Workplace Program, Arogya World*

Tea Break

5:00 PM **Healthy Workplace Awards & Recognition Ceremony**

*7-15 pm
awards
Cocktails +
Snacks*