

HEALTHY WORKPLACE CONFERENCE & AWARDS 2024

WELLNESS TO VITALITY

Shaping New Frontiers of Workplace Health

9.30 AM

Registrations

10.00 AM

Journey of a New India - Shaping New Frontiers of Corporate Wellness

- Welcome address by *Srabani Banerjee*, Chief of Programs, Arogya World

10.10 AM

Leadership in Action: Championing Preventive Health Beyond the Workplace

- *Swati Saxena* – Head, India Growth & Strategy, Arogya World

10.20 AM

Special Address

- *Deepa Prahalad* – Author, Speaker, global thought leader on Innovation & design strategy Board member - Arogya World & Global Peter Drucker Forum

10.30 AM

Exploring Innovative & Sustainable Health and Wellbeing models in the Changing Business Landscape

High level Roundtable:

- *Manoj Ladi* – Managing Director - Finance, Caelon Global Solutions
- *Dr Vishnumohan Janardhanam* – Chief Medical Officer, Mahindra & Mahindra Ltd
- *Lt Col Ramesh Menon* – Director, GAR Corp Pvt Ltd
- *Bhaskar Verma* - Regional Director, NASSCOM
- *Jaideep Nath* – Trustee, Art of Living Corporate Programs
- *Shubha Sankar Chatterjee* – Consulting Editor, ET Edge - Moderator

Networking Break

11.45 AM

Leading Workplace Practices on Employee Health and Wellbeing

12.00 PM

Nourishing ESG: The Intersection of Health, Nutrition & Sustainability

Panel Discussion:

- *Christopher Board* – Responsible Investor, Engagement Manager, ATNI
- *Tarun Vij* - Country Director, GAIN
- *Smriti Pahwa* – Regional Director, Arogya World
- *Vivek Arora* - Regional Advisor Asia, ATNI
- *Prof. Anju Singh* – Professor, IIM Mumbai

Lunch Break

2.00 PM

Revitalize, Thrive and Ignite your drive

- Stand-up Comedy

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2.20 PM

The Workplace Mental Health Bingo - Building a step-by-step approach to workplace wellbeing

- Ashwin Naik – Founder, Manah Wellness

3.00 PM

Application of Data Analytics & Research to Demonstrate Impact of Employee Health & Wellness

- **Case study presentation** by Arun Kale – Chief Medical Officer, Tata Motors

3.20 PM

Enhancing the Resilience of Workforce to Health & Climate Change

Action Ideation Workshop

- Jose Jacob K – Director & Curator, Future ICT Forum & TIA Summit
- Nalini Saligram – Founder & CEO, Arogya World
- Shubnum Singh – Principal Advisor Health Policy, CII
- Dr Nikunj Desai – Occupational & Industrial Hygienist & Specialist, Reliance Industries Limited

4.00 PM

Proactive Management of Employee Heart Health: The Keystone of Corporate Sustainable Strategy

Panel Discussion:

- Adarsh Holavanahalli - Venture Leader - CAD Venture, Philips GBS, India
- Mai Tlau - Head of Wellness - Employee Health Risk Management, Prudent Insurance Brokers
- Dr Rahul Kalia - Head - Health, Wellness and Medical Services, BOSCH Limited
- Vrinda Parasnis – Head – Wellness, Persistent Systems Limited

4.45 PM

Closure Remarks

- Nandan Bhatia – Director, Arogya World Healthy Workplace

Networking Break

5.15 PM

Mindfulness Session by Art of Living

5.30 PM

Guest Speaker – Mr. Ravi Saligram – President, CEO and Board member, Newell Brands

5.45 PM

Healthy Workplace Awards & Recognition ceremony

6.30 PM

Hall of Fame Award

Cocktails & Snacks