

AGENDA

8.00 - 9.00 Registrations Open

9.00 - 10.00 Inaugural Session



Dr. J. Radhakrishnan IAS
Addnl. Chief Secretary of
Co-operation, Food &
Consumer Protection
Tamil Nadu State Govt



Mr. R. Sudhakar IPS
Addnl. Commissioner
of Police (Traffic)
Greater Chennai
Traffic Police



Dr. Prithvi Mohandas
Managing Director of
MIOT International &
Director of Hip Arthroplasty at the
Department of Orthopedics



Dr. Raju Sivasamy
Vice President
Medical & Senior
Consultant



Mr. Prem Singh
NHRDN President



Mr. Kabilan J
President - NHRD
Chennai Chapter

10.00 - 11.00 Theme: DISCOVER & ENGAGE



Dr. Pal Manickam
Consultant, Gastroenterologist, Co-founder-NewME

Bite by Bite Wellness

A fun filled educational stand-up content rendered by Dr.Pal on "Bite by bite" wellness focusing on an individual making small, manageable changes to one's diet and lifestyle, development of sustainable habits that promote long-term wellness and the impact of social media on food choices.

Organizations can gain valuable insights on raising awareness about the importance of diet and lifestyle choices, thereby fostering a healthier and more productive workplace.

11.00 - 11.20 Coffee / Tea Break

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11.20 - 11.40 Theme: ENGAGE



Dr. V V Bashi, Director & Senior Consultant
Institute of Cardiac & Advanced Aortic Diseases

New Age Wellness

Explore the evolving landscape of New Age Wellness, where innovative cardiac care meets holistic health practices

11.40 - 12.25 Theme: ENGAGE



Moderator:

Mr. Krishna Chakravarthy
General Manager,
HR Business Partner &
Wellness Leader, John DEERE



Panelist:

Ms. Anuradha Kumar
HR Leader,
AstraZeneca India



Panelist:

Mr. Sanjeev Magotra
Founder & CEO, Joye



Panelist:

Ms. Niroopa Paulson
Head
Safety & Wellbeing, TCS

"Journey to Health" - Wellness in Organizations

A panel of distinguished leaders from various industries convening to discuss the diverse dimensions of workplace wellness, encompassing mental health, work-life balance, and organizational support.

The panel will discuss how organizations are adopting holistic health plans, measuring wellness program success, leaders' roles as advocates, and the ROI/maturity curves of wellness programs.

12.25 - 12.50 Theme: DISCOVER



Mr. Raj Ganpath
Co-Founder & Coach, Quad

"The Get-Fit Program" - Start Small & Finish Strong

Physical Wellbeing: Designed to educate the audience on the importance of prioritizing physical health to foster resilience, boost energy levels, combat lifestyle-related issues, and enhance overall quality of life.

Organizations can further educate employees on the benefits of physical health, helping them develop personalized health regimes. This approach boosts energy levels and enhances overall performance.

13.00 - 14.00 Lunch Break

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14.00 - 14.15 Theme: ENGAGE



Ms. Vijaya Rajagopalan

Head of Product & Preventive Health (Apollo Hospitals)

Artificial Intelligence in Preventive Health care

Delve into the transformative role of Artificial Intelligence in Preventive Healthcare, where technology anticipates and mitigates health risks before they arise.

14.15 - 15.00 Theme: ENGAGE



Big Fish LIVE Percussionists

The Power of You - "DRUMMING FOR WELLNESS"

Musical Workshop: Engage in a pioneering session designed to provide an outlet for self-expression and exploration of the therapeutic power of percussion.

15.05 - 15.30 Theme: RENEW



Mr. Sriram Sadras

Chief Happiness Expert, Our Happiness Matters

"Happiness by Design" - Think Positive, Be Positive

Emotional Well-being: Delving into the importance of prioritizing emotional health, cultivating a positive mindset, achieving happiness, fostering strong social connections, and practicing gratitude in life. This session aims to guide organizations in exploring practical strategies to break down barriers and cultivate a culture of understanding and support.

15.30 - 15.55 Theme: RENEW



Ms. Ayshwarya Desikan

Director & Head South India - HSBC

"Money Matters Mastery" - Empowering informed financial decisions

Financial Well-being: Guidance on the importance of financial growth for ensuring stability, reducing stress, emphasizing the role of investments and insurance in securing the future. This session aims to provide guidance on how organizations can foster savings, investment planning, risk management, retirement planning, debt management, emergency funds, and credit counseling for their employees.

16.00 - 16.20 Break 2

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16.20 - 16.45 Theme: DISCOVER



Prasiddhi Singh
 Founder - The Green Pillar Foundation / Prasiddhi Forest Foundation

"Breath of Fresh Air" - Encouraging Greener Pathways

Social Wellbeing - Talk on how exposure to nature and connecting with the environment significantly reduces stress and enhances overall well-being. Immersing oneself in natural surroundings promotes relaxation, boosts mood, and fosters a sense of peace and balance. Organizations can recognize how sustainability fosters a culture of innovation by supporting environmentally friendly behaviors among employees, thereby creating an engaged workforce.

16.45 - 18.15 Theme: ENGAGE



Mr. Badrinath Subramanian
 Former Indian Cricketer, Indian Cricket Team

Valedictory + RnR

Live Interaction with Badri where Badri answers your questions that came via #AskBadri

14.00 - 14.45 **Doodling for Wellness** CONCURRENT SESSIONS



Ms. Jayapreethi
 Founder & Owner - Sol & Vervain

Creative Workshop: Engaging in calligraphy and doodling to calm the mind, reduce stress, promote relaxation, focusing on mindfulness, leading to improved mental clarity and overall well-being.

11.00 - 12.00 **MasterClass for Decision Makers on Mental Health Audits @ workplace** CONCURRENT SESSIONS



Ms. Erinda Shah
 Founder & Managing Director, Mental Health First Aid India

(Max 12 to 15 participants)
 Focused Session on Mental Health Wellness in the Corporate Workplace: This session will cover how to audit current investments and actions related to mental health in the workplace, identify key focus areas, and develop an approachable model for mental health conversations by breaking down existing barriers. This session aims to highlight the ROI of ensuring leaders actively participate in mental health initiatives and demonstrate their commitment to creating a stigma-free workplace. By normalizing mental health conversations, leading by example, and providing comprehensive resources, leaders can cultivate a supportive environment that promotes employee safety and well-being.