

2nd Edition Total Wellbeing Summit 2024 (Agenda)

“Workforce Wellness, Organizational Success”



Tuesday, 20th February 2024
Federation House, New Delhi

20 th February 2024	
0930-1000 Hrs	Welcome & Registration
1000-1040 Hrs	Inaugural Session
	Opening Remarks: Ms Jyoti Vij, Additional Director General, FICCI* Special Address on Future of Wellbeing: Mr Premkumar Sheshadri, Chief Mentor & Advisor to the Board, 1 to 1 Help Theme Address: Ms C Lakshmi, Managing Director-HR Lead, Accenture India Knowledge Partner: Dr Amit Malik, CEO & Founder, Amaha
	Launch of Mental Wellbeing Portal & Walkthrough Release of Knowledge Paper on "Impact of social media on Mental Wellbeing"
	Track 1 (Inaugural)- Beyond the Scroll: Exploring the impact of social media on Individuals & Organisations <i>Presentation by Knowledge Partner: Dr Amit Malik, CEO & Founder, Amaha</i>
1040-1130 Hrs	Track 2- Building a Supportive Workplace Culture: Enhancing Social and Mental Wellbeing
<p>Session Brief: Recognizing that a supportive culture is the bedrock of employee satisfaction, engagement, and overall mental health, this discussion will explore practical strategies and initiatives that organizations can implement. The panel aims to identify the key components that contribute to a supportive culture, including effective communication, empathetic leadership, and a sense of belonging among employees. Particular emphasis will be placed on the interplay between social connections and mental wellbeing, elucidating how a positive work environment, characterized by collaboration and camaraderie, can act as a buffer against stress and contribute to enhanced mental health outcomes. By sharing experiences and expertise, the panellists aim to equip organizations with actionable strategies to create supportive cultures that contribute to both social fulfilment and positive mental health in the workplace.</p> <p>Session Format: Panel Discussion Moderator: Dr Amit Malik, CEO & Founder, Amaha</p> <p>Speaker 1: Ms. Shefali Kharabanda Mian, Director Compensation & Benefits, India Region, Abbott Speaker 2: Ms. Seema Ajwani, Managing Director, Employee Relations, Accenture India Speaker 3: Ms Kshama Dhir, Partner, EY Global Delivery Services (GDS) Strategy and Transactions (SaT) Leader Speaker 4: Ms Rachana Singh Bhal, Chief General Manager- HR, NTPC</p>	
1130 – 1200 HRS	Tea Break
1200- 1245 HRS	Track 3- The Role of Financial wellness initiatives in Career Performance: A Two-Way Street to Productivity
<p>Session Brief: Explore the symbiotic relationship between financial incentives and career performance in our panel discussion. Speaker will engage in a nuanced exploration of effective incentive structures, the psychology behind financial motivations, and the long-term implications on career trajectories. The panel will also consider the role of non-monetary incentives and the delicate balance required to create a culture where financial rewards align harmoniously with professional goals. This session seeks to provide actionable insights for organizations aiming to optimize financial incentives to foster employee growth, elevate individual career trajectories, and consequently propel overall workplace productivity to new heights.</p>	

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Session Format: Panel Discussion

Moderator: Mr Bhargav Mallemala, Project Leader, BCG

Speaker 1: Ms Sugandha Vatrana, Head of Rewards Indian Sub-Continent, Middle-East, Turkey, Africa & Pakistan, Signify

Speaker 2: Mr Raj Tanwar, CHRO & CSO, Advantage Club

Speaker 3: Mr. Uttam Agarwal, Chief Business Officer, LaPremier, Bajaj Capital Ltd

1245- 1330 HRS

Topic 4- Fuelling the Mind, Body, and Spirit: The Triad of Nutrition, Exercise, and Mindfulness in Employee Wellness

Session Brief: In the pursuit of a thriving workplace, the significance of employee health cannot be overstated. This panel discussion our experts will delve into the interconnected realms of nutrition, exercise, and mindfulness. Gain practical insights on fostering a workplace environment that nurtures physical health, mental resilience, and spiritual growth. This session promises to illuminate the path to a balanced and thriving workforce, promoting not only individual wellness but also organizational success. The speakers will explore around building healthy habits, workplace nutrition, incorporating physical activity into workday and fostering a culture of prioritizing health. They will also aim to provide actionable insights for organizations seeking to enhance employee health through thoughtful and strategic nutrition and exercise initiatives.

Session Format: Panel Discussion

Moderator: Ms Shweta Uppal, Global Talent Partner, Concentrix

Speaker 1: Dr Ashish Mishra, Chief Health and Wellbeing Officer, South Asia, at Hindustan Unilever Limited

Speaker 2: Dr Mickey Mehta, Global Leading Holistic Health Guru/ Corporate Life Coach

Speaker 3: Mr Sudhir Patro, Business Head, HCL Healthcare

Speaker 4: Ms Shristy Agarwal, Psychologist and Program Associate, The MINDS Foundation

1330-1430 HRS

Lunch

** To be confirmed*