

3rd Edition

TOTAL WELLBEING SUMMIT 2025



**FROM PERKS TO PURPOSE:
CREATING WELLBEING-FIRST WORKPLACES**

📍 FICCI, New Delhi

Day 1 (19th May 2025) 10am to 4 pm: Masterclass: From Awareness to Action: A Framework for Psychological Wellbeing at Workplace

**Day 2 (20th May 2025) 10am to 2:30pm:
Total Wellbeing Summit 2025**



BACKGROUND

In today's rapidly shifting world of work, employee wellbeing has become a cornerstone of sustainable organizational success. As businesses adapt to hybrid models, technological acceleration, and rising expectations of purpose-driven work, wellbeing must evolve from being a set of peripheral perks to a central driver of culture, leadership, and performance.

The Total Wellbeing Summit 2025, themed "From Perks to Purpose: Creating Wellbeing-First Workplaces", builds on the momentum of previous editions by challenging organizations to move beyond surface-level initiatives and embrace deep-rooted, strategic wellbeing frameworks.

As defined by the World Health Organization, health is "a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." In this spirit, the summit will emphasize a holistic model of wellbeing—one that integrates mental, physical, emotional, financial, social, occupational, and spiritual health.

Despite rising awareness, stigma and systemic barriers still prevent many employees from accessing support. HR and business leaders now hold a unique opportunity—and responsibility—to not just respond to wellbeing needs, but to embed purpose, empathy, and equity into the very design of work. This involves shaping cultures of psychological safety, supporting gig and non-traditional workers, and embracing India's rich heritage of wellness practices such as Yoga, Ayurveda, and mindfulness.

This year, the event will be hosted over two days:

- **19th May 2025 | Masterclass: From Awareness to Action: A Framework for Psychological Wellbeing at Workplace** by Dr. Era S. Dutta, Consultant Psychiatrist Founder MIND WELLNES — an intensive and interactive Masterclass designed to equip HR leaders, wellness champions, and business professionals with cutting-edge insights and practical tools to drive holistic wellbeing initiatives within their organisations, ensuring participants leave with actionable strategies tailored to their workplace realities.
- **20th May 2025 | Total Wellbeing Summit 2025:** A half-day conference featuring keynote addresses, expert panels, and case studies exploring strategic wellbeing, psychological safety, integration of traditional wellness wisdom, and progressive policies for future-ready workplaces.

Total Wellbeing Summit 2025 will serve as a platform to share progressive policies, success stories, and actionable frameworks to help organizations transform into wellbeing-first workplaces.

By shifting the narrative from perks to purpose, this summit aims to inspire organizations to reimagine their role in supporting human potential, fostering resilience, and building truly inclusive and thriving ecosystems of work.



TOTAL WELLBEING SUMMIT 2025

Day 2 (20th May 2025) 10am to 2:30pm

TRACK 1

Beyond Perks: Building a Holistic Employee Wellbeing Strategy

TRACK 2

GIG Economy & Wellbeing: Addressing Challenges of Non-Traditional Workers

TRACK 3

Creating Psychologically Safe Workplaces: Policies, Practices & Leadership Role

TRACK 4

Traditional Wisdom Meets Modern Wellbeing: Leveraging Ayurveda, Yoga & Mindfulness in Corporate India

WHY ATTEND

With a target audience of 70+ CHROs, HR Leaders, business leaders, Experts and the best-in-class partners, this conference provides a great opportunity to:

- Stay on top of latest Wellbeing trends, best practices, debating points and innovative solutions to Employee wellbeing.
- Learn from peers', industry's best practices to understand what's working and what's not and visualize and be a part of the future and build for it today
- Explore, find ideas and solutions to help you make a difference in your respective organization.

WHO SHOULD ATTEND

- Chief Executive Officer / CXOs across all functions
- Head of Human Resources / Business Heads
- Wellbeing experts & Professionals
- HRBPs
- SME / Start-ups Promoters and Heads
- Organizational Development & Change Management Experts
- HR Analytics professionals / AI professionals Ideapreneurs

PARTICIPATION FEE

Both Days: Masterclass (19th May 2025) + Summit (20th May 2025)
₹5,000 (plus 18% GST) per participant

Single Day:
Participation (Masterclass OR Summit)
₹3,000 (plus 18% GST) per participant



PARTNERSHIP PROPOSAL

Why Partner with us

- Network with Peers
- Network Collaborate: Share
- Build Brand Awareness
- Gain Actionable Insights that truly drive market performance.
- Pickup high quality leads

Partnership Slots

Principal Partner

Associate Partner

Session Partner

Tech Partner

For Delegate & Partnership Enquiries Please Contact:

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