

# Total Wellbeing Summit 2024

1st February '24 | Federation House, New Delhi



## ABOUT THE SUMMIT

A "Total Wellbeing Summit" focuses on holistic well-being, encompassing various aspects of wellness. WHO quotes, "Health is a state of complete physical, mental & Social Well-being, and not merely the absence of disease or infirmity", this doesn't just confine to individuals but organizations as well.

In unprecedented times, maintaining the financial stability of individuals and businesses is crucial to mitigate stress, anxiety, and related psychological challenges. However, it's imperative to adopt a more comprehensive perspective on health and well-being, considering broader aspects such as social, physical, occupational, and spiritual well-being. This holistic approach is essential to ensure a well-rounded sense of well-being within an organization, ultimately driving productivity and performance.

There has been increased awareness amongst masses, stigma continues to play a key role in inhibiting

reach or access to care. Organisations today, have the greater responsibility of not only empowering employees by providing access to resources, but going beyond to identify, highlight, and prevent behaviours that could contribute to adverse effects amongst the workforces.

For HR leaders and the wider HR functions, this presents a significant opportunity to take a leading role in guiding organizational leaders through change and aligning strategies to navigate turbulent times effectively.

The Total Wellbeing Summit will delve deeply into the elements that can make your well-being programs more comprehensive, adaptable, personalized, and equitable, particularly in times of instability. Along with that, we will also release Knowledge Paper on "Impact of social media on Mental Wellbeing".

### Presentation on

The Influence of social media on the Well-being of Individuals and Organizations.

#### Track 1

**Building a Supportive Workplace Culture: Enhancing Social and Mental Wellbeing**

## KEY THEMES

#### Track 3

**The Role of Nutrition and Exercise in Employee Health**



#### Track 2

**The role of Financial Wellness initiatives in Career Performance: A Two-Way Street to Productivity**



# 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



## DELEGATE FEES

**Delegate Fee: INR 2000 (plus 18% GST)**

**Early Bird Discount 15% (till 17th Dec'23)**

## 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:

**Supriti Banerjee**, Assistant Director  
M : +91-8447790907 | E : Supriti.banerjee@ficci.com  
FQF HR Desk | E : fqfhrdesk@ficci.com

**Mritunjay Kumar**, Additional Director  
M : +91- 9911164501 | E : mritunjay.kumar@ficci.com