

CORPORATE HEALTH SUMMIT



RECAP 2018

A platform for Corporate
India's wellness
stakeholders to chart the
path for holistic support,
wellness thought
leadership and integrated
solutions.



OUR SPEAKERS

KEYNOTE



**DR NANDAKUMAR
JAIRAM**

CHAIRMAN AND GROUP
MEDICAL DIRECTOR,
COLUMBIA ASIA HOSPITALS,
INDIA

PHYSICAL WELLNESS PANEL



SHALINI PILLAY

HEAD OF PEOPLE,
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KPMG



**SWAMI
SUBRAMANIAM**

PRINCIPAL CONSULTANT,
NUTREA



HEATH MATTHEWS

HEAD OF SPORTS MEDICINE,
SIR H. N. RELIANCE
FOUNDATION HOSPITAL

MENTAL WELLNESS PANEL



PRIYA ARUNACHALAM

INDIA TOTAL REWARDS
DIRECTOR,
ACCENTURE



DR PRATIMA MURTHY

PROFESSOR OF PSYCHIATRY
AND HEAD OF CENTRE FOR
ADDICTION MEDICINE,
NIMHANS



LEKHA A

SENIOR MANAGER, HUMAN
RESOURCES,
CAFÉ COFFEE DAY



DR SAFIYA M S

DIRECTOR,
MIND & BRAIN HEALTH CARE
PVT LTD

OUR SPEAKERS

WELLNESS PROGRAM MANAGEMENT



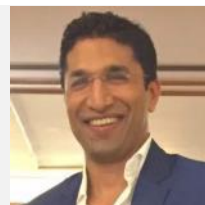
DANIEL PICARDO

DIRECTOR - PAY & BENEFITS,
TARGET INDIA



**DR. DEEPAK
NANJUNDASWAMY**

HUMAN RESOURCES,
IBM INDIA



NANJAPPA B S

VP, HEAD OF EMPLOYEE
RELATIONS & HEAD HR FOR
ENABLING FUNCTIONS,
INFOSYS

MODERATORS



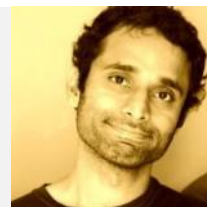
ARVIND KRISHNAN

FOUNDER,
THE FULLER LIFE



MONICA PILLAI

HEAD - HR & COMM,
THE FULLER LIFE



DHARMENDRA D

COACH & CONSULTANT



WORDS OF WISDOM

The cost of healthcare is increasing and the availability of skilled manpower is decreasing. Therefore there is an urgent need for a healthcare system reform.

As HR professionals, it your responsibility to ensure that the requirements for the health of your colleagues are suitably addressed

**DR NANDAKUMAR
JAIRAM**
KEYNOTE



Just like ACL commonly prevents athletes from performing their best, lower back and neck pain prevent employees from being their best, thus lowering productivity.

HEATH MATTHEWS

SIR H. N. RELIANCE FOUNDATION HOSPITAL

If you haven't slept in over 18-19 hours, you are as intoxicated with sleeplessness as someone who has consumed alcohol above the legal limit.

SWAMI SUBRAMANIAM

NUTREA

Healthcare should be looked at as an investment rather than a cost... Wellness is core to the way we see the future of our workforce.

SHALINI PILLAY

KPMG

Please stop doing the master health check-up, what you do need is a health coach. Customize health check-ups to the needs and the profiles of the employees.

SWAMI SUBRAMANIAM

NUTREA





Mental health itself is possibly a non communicable disease.

DR PRATIMA MURTHY
NIMHANS

Sensitization across supervisors and peers, support is needed from everybody to tackle mental health issues at the workplace.

LEKHA A
CAFÉ COFFEE DAY

We ran a campaign called 'Stop the stigma', to increase awareness and to sensitize the management.

PRIYA ARUNACHALAM
ACCENTURE

Once mentally ill, always mentally ill does not hold good. It is a treatable condition and that has to be emphasized.

DR SAFIYA M S
MIND & BRAIN HEALTH CARE PVT LTD





Basics of a health and wellness program are the AEIOU framework: Awareness and Alliances, Executive sponsorship, Innovation, Outcomes and User experience

NANJAPPA B S
INFOSYS

It takes one hard hitting incident to make people question 'what are we doing as an organization to make sure this doesn't happen again?'

DANIEL PICARDO
TARGET

Statistics such as outcomes, participation numbers, insurance claims and tracking people who have moved from high to low risk help us drive wellness programs

**DR. DEEPAK
NANJUNDASWAMY**
IBM



INTERESTING FACTS

INDIA

is and will continue to remain the

DIABETIC CAPITAL

of the world



WHO reports
5 CR. Indians are
suffering from
DEPRESSION



INDIA
is the
4th LARGEST

consumer of nicotine in
the world



Indian Labour
Organization
(ILO) says

80 MILLION work
hours are lost due to
mental illness



A midday nap of
20-30 mins
at the workplace is
extremely effective in
terms of improving
cognitive performance



AT A GLANCE



Companies do not need health checks for everyone. Better to design specific tests for specific people based on questionnaires.



Helping people with mental health is going to require inputs from the entire ecosystem of companies, families, medical professionals and support groups.



Health and wellness programs don't necessarily have numbers to justify the spend or show ROI, but they improve productivity and are certainly needed.



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