

CORPORATE  
HEALTH SUMMIT | the fuller life

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,  
PERFORMANCE AND CULTURE,  
KPMG



**SWAMI  
SUBRAMANIAM**

PRINCIPAL CONSULTANT,  
NUTREA



**HEATH MATTHEWS**

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

## MENTAL WELLNESS PANEL



**PRIYA ARUNACHALAM**

INDIA REWARDS LEAD,  
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

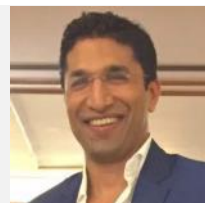
## WELLNESS PROGRAM MANAGEMENT



**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

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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

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

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  
**4<sup>th</sup> 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



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# 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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