

The Fuller Life  
CORPORATE  
HEALTH SUMMIT  
Panel Discussion | Keynote | Workshops



**RECAP**  
**2019**

The Fuller Life  
CORPORATE  
HEALTH SUMMIT  
MAKING CORPORATE INDIA HEALTHIER

A blurred background image of a conference audience. In the foreground, a man in a light blue shirt is seated at a table, looking towards the right. He has his arms crossed and is wearing a lanyard with a badge. Other people are visible in the background, some looking towards the same direction. The setting appears to be a professional event or conference.

# WHAT IS CHS?

India's only corporate workforce wellness conference that brings experts, practitioners and service providers together.

Conduct  
**in-depth**  
dialogues

Understand  
**current**  
challenges

Identify  
**solutions**



**150+**

DELEGATES

**16**

SPEAKERS

**7**

EXHIBITORS

**113**

COMPANIES

# OUR SPEAKERS

## KEYNOTE



**KRISH SHANKAR**  
GROUP HEAD, HUMAN  
RESOURCES, INFOSYS

## TECH + WELLNESS PANEL



**SUBHASISH SIRCAR**  
FOUNDER & CEO,  
HEALTH VECTORS



**DR. AJAY PATWARDHAN**  
MEDICAL DIRECTOR,  
CONNECT AND HEAL



**DR. NOEL COUTINHO**  
SENIOR VICE PRESIDENT,  
BUSINESS DEVELOPMENT,  
EKINCARE

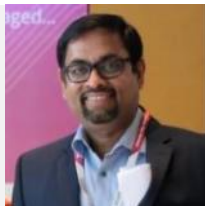


**NIKHIL CHOPRA**  
CHIEF BUSINESS  
OFFICER,  
MEDIBUDDY

## EMOTIONAL WELLNESS PANEL



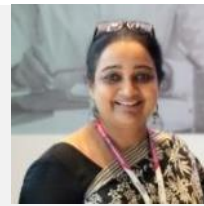
**AMBER ALAM**  
DIRECTOR,  
PREVENTION &  
WELLBEING APAC,  
OPTUM



**SRINATH KRISHNAN**  
COUNTRY MANAGER,  
TOTAL REWARDS,  
HEWLETT PACKARD  
ENTERPRISE, INDIA



**DR. PALLAVI JOSHI**  
CONSULTANT PSYCHIATRIST,  
COLUMBIA ASIA HOSPITALS



**GANGAPRIYA CHAKRAVERTI**  
DIRECTOR, HUMAN  
RESOURCES, FORD MOTOR  
COMPANY, GLOBAL BUSINESS  
SERVICES

# OUR SPEAKERS

## INVISIBLE STRESSORS PANEL



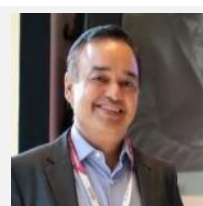
**ADITI TANDAN**  
DIRECTOR –  
PERFORMANCE  
AND REWARDS,  
FLIPKART



**DR. KAKOLI LAHKAR**  
CONSULTANT,  
CANCER CARE,  
MANIPAL HOSPITAL



**NIMITHA MENON**  
SENIOR VP, PRACTICE LEADER  
– HEALTH RISK MANAGEMENT  
CONSULTING, MARSH INDIA



**VAIBHAV TEWARI**  
CHIEF OPERATING  
OFFICER,  
PORTEA MEDICAL

## MODERATORS



**ARVIND KRISHNAN**  
FOUNDER & CEO,  
THE FULLER LIFE



**SUMAN JOSHI**  
PROCESS AND QUALITY,  
THE FULLER LIFE



**MONICA PILLAI**  
PEOPLE FUNCTION  
CATALYST

# KEY TAKEAWAYS

Organizations have to enable employees to spend some time on their health, maybe even incentivize them.

**KRISH SHANKAR**  
INFOSYS

People in leadership are the key ambassadors for change in the overall health any organization.

**ADITI TANDAN**  
FLIPKART

Your 5kg workload could be 50kgs for someone else. And your manager's 5kg could be something you are struggling with, and it feels like 50kgs to you.

**DR. PALLAVI JOSHI**  
COLUMBIA ASIA HOSPITALS



Using technology without having a human layer to it reduces value & sustainability.

**NIKHIL CHOPRA**  
MEDIBUDDY



Wellness has to be a well-drawn out long term plan for the organization. Technology can only be an enabler.

**DR. AJAY PATWARDHAN**  
CONNECT AND HEAL

Using engagement tools in health and wellness initiatives will help to increase awareness and keep it going on a sustained basis.

**SUMAN JOSHI**

Depressed people are not weak people. They are strong people who have been subjected to great stress.

**DR. PALLAVI JOSHI**  
COLUMBIA ASIA HOSPITALS



People still don't know that 70% of the corporate Indian workforce will need mental health support.

**MONICA PILLAI**







The youth are taking the lead in tackling the stigma associated with talking about mental health.

**GANGAPRIYA CHAKRAVERTI**  
FORD MOTOR COMPANY



The adoption rate of company employee assistance programs is seldom more than 10%.

**ADITI TANDAN**  
FLIPKART



Lack of sleep is the most common stressor for an employee.

**VAIBHAV TEWARI**  
PORTEA MEDICAL

# Survey on corporate health & wellness programs

93%

ADOPTION

Use participation as means to measure adoption

69%

ADVOCACY

of respondents have said increased participation is the measure for word-of-mouth

**EFFICACY** FOR MOST :  
SUCCESS = HIGHER PARTICIPATION

51%

KEY DECISION  
MAKERS

of respondents say that CHROs of their company get to decide on starting a corporate health and wellness program.

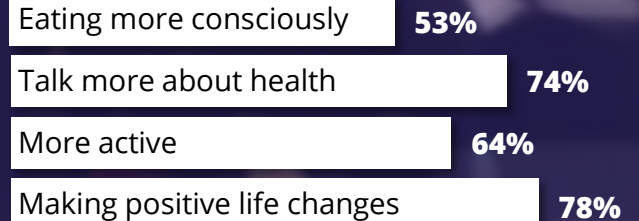
Still use email, posters, and danglers to communicate the HWP's message to employees

82%

AWARENESS

CULTURE

Program's effect on employee behaviour



# **PARTICIPATING COMPANIES in 2019**

ACCENTURE | BARCLAYS | BOSCH |  
CERNER | COGNIZANT | COLUMBIA ASIA  
| CONCENTRIX | DELPHI | FLIPKART |  
FORD | HCL | HPE | INFOSYS | INTEL |  
MANIPAL HOSPITALS | MARSH |  
MERCEDES | MINDTREE | OPTUM |  
PRUDENT INSURANCE BROKERS |  
TARGET | TAVANT | TITAN | UNILEVER |  
VOLVO | WIPRO and more...



# CORPORATE HEALTH SUMMIT

Property of

The Fuller Life

India's most experienced employee wellness &  
engagement company with 18 years of experience

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