



HIGHLIGHTS 2020

A large audience is seated in a conference hall, facing a stage. The stage features a large screen displaying a logo with stylized 'X' and 'O' shapes. The audience is diverse, and the atmosphere appears to be a professional conference or event.

WHAT IS CHS?

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

150+

DELEGATES

18

SPEAKERS

4

EXHIBITORS

80+

COMPANIES



OUR SPEAKERS ⁰⁴

PANEL 1

Helping employees before they reach the point of emotional fracture



UNMESH PAWAR
PARTNER, HEAD - PEOPLE,
PERFORMANCE & CULTURE,
KPMG



ANJALI RAO
INDIA HR DIRECTOR,
INTEL TECHNOLOGY INDIA



KARUNA BASKAR
DIRECTOR,
RESILIENCE WORKS

PANEL 3

Wellbeing for the extended workforce



SUTANU CHOWDHURY
SR. VICE PRESIDENT - HR,
MAX HYPERMARKET INDIA
PRIVATE LIMITED (SPAR INDIA)



JUDE VIJAY
SENIOR CONSULTANT,
TALENT & REWARDS - INDIA,
WILLIS TOWERS WATSON



MANOJ CHANDRAN
CEO,
WHITE SWAN FOUNDATION

PANEL 2

Is your companies wellness plan working?



SAILESH MENEZES
SENIOR DIRECTOR - HR,
HEWLETT PACKARD
ENTERPRISE



CHETAK LODAYA
DIRECTOR -
TOTAL REWARDS,
SAP



BRUNDA AMRUTHRAJ
CONSULTANT CLINICAL
PSYCHOLOGIST,
ZEITGEIST

OUR SPEAKERS 05

YOU HEARD IT FIRST AT CHS

Hacks and fails in running wellness programs



SHWETHA KALAPPA
SENIOR VICE PRESIDENT - HR
KOTAK MAHINDRA BANK



GAURAV JAIN
DGM - TALENT AND REWARDS, EXECUTIVE DIRECTOR,
QUESS CORP LTD.



HIMANSHU PURI
DGM - TALENT AND REWARDS, EXECUTIVE DIRECTOR,
MORGAN STANLEY



PREETI MAJGI
SOCIAL COUNSELLOR ,
ROBERT BOSCH ENGINEERING
AND BUSINESS SOLUTIONS
PVT. LTD.



PRASHANTI MUKUND
HEALTH, OPERATIONS &
BENEFITS STRATEGY,
CERNER CORPORATION

CASE STUDY ON FORD'S WELLNESS PLAN



GANGAPRIYA CHAKRAVERTI
DIRECTOR-HR, FORD MOTOR CO.
- GLOBAL BUSINESS SERVICES

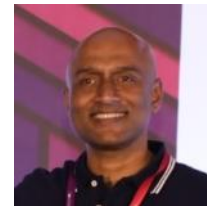
MODERATORS



MONICA PILLAI
PEOPLE FUNCTION CATALYST
FOR SMALL AND GROWING
ORGANIZATIONS



RAJIV S
HEAD - CLIENT MANAGEMENT,
THE FULLER LIFE



ARVIND KRISHNAN
FOUNDER & CEO,
THE FULLER LIFE

KEY TAKEAWAYS

The first thing the CFO will cut is the wellness budget if you can't show an ROI.

SAILESH MENEZES

HPE

At least a good part of our waking time is spent at work...

So if you are spending eight hours out of 12 hours that you are awake - working, it just means that your workspace has to be something that aids you to be happy

ANJALI RAO

INTEL TECHNOLOGY INDIA

One important thing about this conference, dissent is perfectly okay. Because (between) the solutions for a company that's 500 people versus a few lakh, all the problems are different and all the solutions are different. One size does not fit all.

ARVIND KRISHNAN

THE FULLER LIFE



In the last decade or so, India has seen the highest productivity enhancement after China, which goes to say, possibly we're trying to crunch in far more in the hours that are available for it. And I think, that is not the answer going forward.

UNMESH PAWAR
KPMG

Build awareness and normalize it (emotional health). It's not a sign of weakness, it's a sign of strength to reach out and get it, people need to recognize that there is professional help, it's not the same as an agony aunt

KARUNA BASKAR
RESILIENCEWORKS

The fundamental problem remains that people might not know what's the right time to ask for support. 50% of everyone in India and statistically half of this room, has its own experience with the mental health outage.

MONICA PILLAI



We do health checks for parents also, (not only the employees and spouses), because that's where the majority of the claims are.

CHETAK LODAYA

SAP

In fact, even the WHO initiatives are going with the advocacy movement because that is one way by which stigma is reduced and mental health promotes effectiveness.

BRUNDA AMRUTHRAJ

ZEITGEIST

I think the way we approach evaluating efficacy should be a different (between fun engagements and serious activity) because certain activities only bring people who are in a certain frame of mind. Fun activities will attract pretty much everybody.

RAJIV S

THE FULLER LIFE



20% of gig workers of the world are in India.
Bangalore had the highest number of gig workers
in 2019.

JUDE VIJAY

WILLIS TOWERS WATSON

There are almost 450 million (people) in the extended
workforce) across India in formal or semi-formal

SUTANU CHOWDHURY

SPAR INDIA

If you look at from the mental health perspective,
one of the major reasons why we will have (these
problems) in particular areas, is environment

MANOJ CHANDRAN

WHITE SWAN FOUNDATION





A FEW WAR STORIES

Hacks and fails in running wellness programs

We have really not stepped into the space of ROI and I must say that it's luxury that we have at this point of time.

GANGAPRIYA CHAKRAVERTI

FORD MOTOR COMPANY

We had everything under the sun running in parallel, then we realized we don't have that much of manpower to handle all of that in one stretch.

PREETI MAJGI

ROBERT BOSCH ENGINEERING AND
BUSINESS SOLUTIONS PVT. LTD.



Considering the distributed network and the fact that we are not able to easily connect with employees, the immediate thing we thought of was a digital solution; and of course there are now so many options in terms of apps. But over six months we realized that that's not something that really has an uptake.

SHWETHA KALAPPA

KOTAK MAHINDRA BANK

PARTICIPATING COMPANIES

AB INBEV | ACCENTURE | ADITYA BIRLA |
APOLLO TYRES | BIAL | BOSCH | BRITANNIA
| CERNER | COGNIZANT | CSGI | DIAGEO |
FORD | HARMAN | HPE | INFOSYS | INTEL |
INTUIT | KOTAK MAHINDRA | KPMG |
MICROSOFT | MORGAN STANLEY | ORACLE
| PRUDENT INSURANCE BROKERS | SAP |
SPAR INDIA | TATA CAPITAL | TAVANT |
TCS | THRYVE | UNILEVER and more...



CORPORATE HEALTH SUMMIT

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The Fuller Life

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engagement company with 18 years of experience

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