

CONFERENCE AGENDA

Hotel Lalit Ashok, Bengaluru

DAY 1: NOVEMBER 14, 2018 | Morning - Healthy Eating
MC- NHRD Bangalore

Time	Session	Details
9.30 AM	Registration	
10.00 AM	Welcome	Dr Susheela Venkataraman Trustee, Arogya World India Trust.
10.15 AM	Keynote Address – Eating Right is Hard	Archana Sinha Change Leader Health and Nutrition Initiative Ashoka: Innovators for the Public
10.30 AM	How We Serve Millions of Meals a Day	Dr Gajendra Kumar Principal Executive Director – Health, Ministry of Indian Railways
10.45 AM	Panel Discussion The Challenges of Providing Healthy Foods in the Workplace	Moderator: Priya Arjun - Head – Food & Beverage Dept, Faculty of Hospitality Management and Catering Technology, M. S . Ramaiah University of Applied Sciences Panelists: <ul style="list-style-type: none"> • Nitin Trikha, Country Segment Director, Education, Sodexo India • Dr Sandeep Sharma – Deputy General Manager , Corporate Health, Safety & Environment, IndianOil Corporation • Nandan Bhatia - Head - Administration & Facilities, Britannia • Rijuta Pandav, FSSAI • Dr Arun Gowda, Director, Focus Scientific Research Center
11.45 PM	BREAK	
12 Noon	How Arogya’s MyThali Helps Encourage Healthy Eating	Jayanthi Krishnamachary Head, MyThali, Arogya World Dr. Meghana Pasi, Nutritionist, Arogya World
12.15 PM	Learn How to Change your Lifestyle - A Workshop	Anand Valavi, Founder, Aadit Life
1.05 PM	LUNCH	

DAY 1: NOVEMBER 14, 2018 | Afternoon – Health Metrics
MC- NHRD Bangalore

Time	Session	Details
2.00 PM	The Arogya Way <i>Our Platinum Story</i>	Dr. Geeta Bharadwaj Head, Healthy Workplaces and Usha Chander, Senior Consultant, Healthy Workplaces, Arogya World
2.15 PM	Keynote Address <i>Why Metrics Matter</i>	Mr. Naganagouda S J, Vice President & Head, Human Resources, GlobalEdge Software
2.35 PM	Panel Discussion <i>Leveraging Technology & Metrics to Drive Behavior Change</i>	Moderator: Chitra Byregowda Head – Sustainability & Diversity, Mindtree Priya Gilbile, Head of Total Wellness, CignaTTK Dr. Chandra Tripathi, Chief Medical Officer, GAIL Chetna Arora, TRM Analyst, Qualcomm
3.35 PM	BREAK	
3.55 PM	The myArogya Corporate Challenge	Meeta Walavalkar, mHealth Lead, Arogya World
4.10 PM	Best Practices & Model Companies	Dr Dinesh Thakare, Deputy Gen Mgr, Health Services, Mahindra A Nashik Dr Kowshik Kupatira, Chief Medical Officer, Toyota Kirloskar Harvinder Pal Singh Pall, Gen Mgr P&A, Torrent Power
4.30 PM	Comments from an Industry Insider/Outsider	Devi Mani, Founder SKOOC
	NETWORKING & HIGH TEA	

DAY 1: NOVEMBER 14, 2018 | Evening – Award Event

MC- Shreya Krishnan, VP Anviti Insurance Brokers Pvt. Ltd.

6.15 PM	The Arogya Story	Dr Nalini Saligram, Founder & CEO, Arogya World
6.30 PM	A word from our Sponsors	Priya Gilbile, Head of Total Wellness, CignaTTK Dhruv Bhalla, Sr. Vice President Head- International Relations Corporate Strategy & Planning, SREI Infrastructure Finance Ltd. Dr R Rajesh, Group Head – Medical Services, Reliance India Ltd. and President, IAOH
6.55 PM	Spotlight on Exemplary Healthy Workplaces	Dr Balaji Santanam, Chief Medical Officer Godrej Industries & Associated Cos Mr Galla Vijay Naidu, President of CI, Quality Management and HSE, Amara Raja
7.20 PM	Awards	
8.10 PM	Remarks from the Chief Guest	Sri Jawaid Akhtar, IAS, Principal Secretary to Government of Karnataka, Health & Family Welfare Services
8.30 PM	Reflections on the Day	Deepa Prahalad, Board Member, Arogya World
	COCKTAILS & DINNER	

DAY 2: NOVEMBER 15, 2018 | Mental Health @ Work.
MC- Sumathi Rao, Country Head India, Arogya World

Time	Session	Details
9.30 AM	COFFEE	
10.00 AM	Welcome	Dr Nalini Saligram, Founder & CEO, Arogya World
10.15 AM	The State of Mental Health in India's Workplaces	Dr Pratima Murthy, Professor, National Institute of Mental Health & Neurosciences
10.35 AM	Importance of Sleep in Working India	Dr Ramadevi Gourineni, Managing Director, Amara Sleep Clinic
10.55 AM	I am not Ashamed <i>The Voice of a Working Professional</i>	Bharath Divakar, Okay; Not Okay
11.05 AM	How Companies Can Advance Mental Health in the Workplace	Moderator – Amber Alam, VP Business Development APAC, Optum
	Pacesetter Remarks – Integrating Mental Health with Physical Health	Sunita Cherian Sr VP, Human Resources, Wipro
	Roundtable Discussion	<ul style="list-style-type: none"> • Preeti Chopra, VP Human Resources, EXL Service • Ashwini Thakkar, Campus Lead – India, Australia- New Zealand – Global Health Services, J& J • Siddharth Srinath Manager, HR, Infosys
	Pledges + Commitments	
12.05 PM	The Bangalore Statement on Advancing Mental Health in the Workplace	Arogya World
	LUNCH	