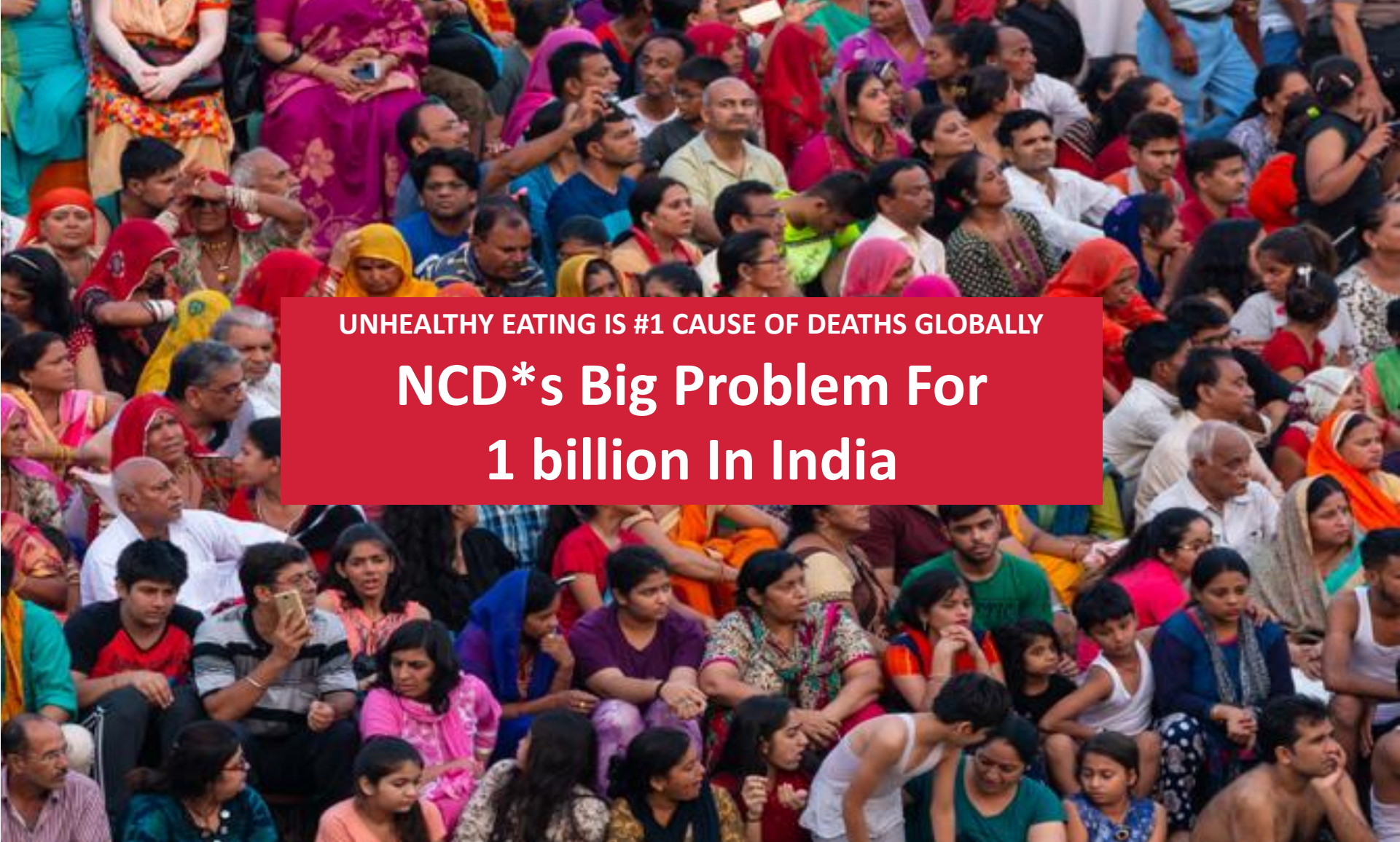


Changing the Course of Chronic Disease

One Community At A Time

Nalini Saligram, Ph.D.





UNHEALTHY EATING IS #1 CAUSE OF DEATHS GLOBALLY

NCD*s Big Problem For 1 billion In India

80%

Deaths In developing
countries

63%

die from NCDs

75%

of adults are diabetic
or pre-diabetic

\$47 trillion

global economic output loss by 2030

*NCDs = Noncommunicable diseases = heart disease, diabetes, cancer, lung diseases + mental health



Urbanization



Modern Lifestyle



Big Tobacco and Big Food

Systems That Drive the Big Problem



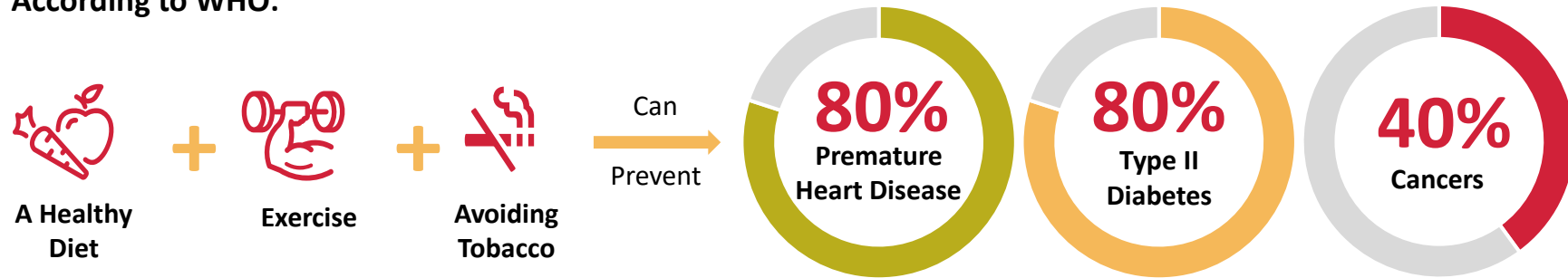
Health Systems



Employers

The Solution: Prevention!

According to WHO:



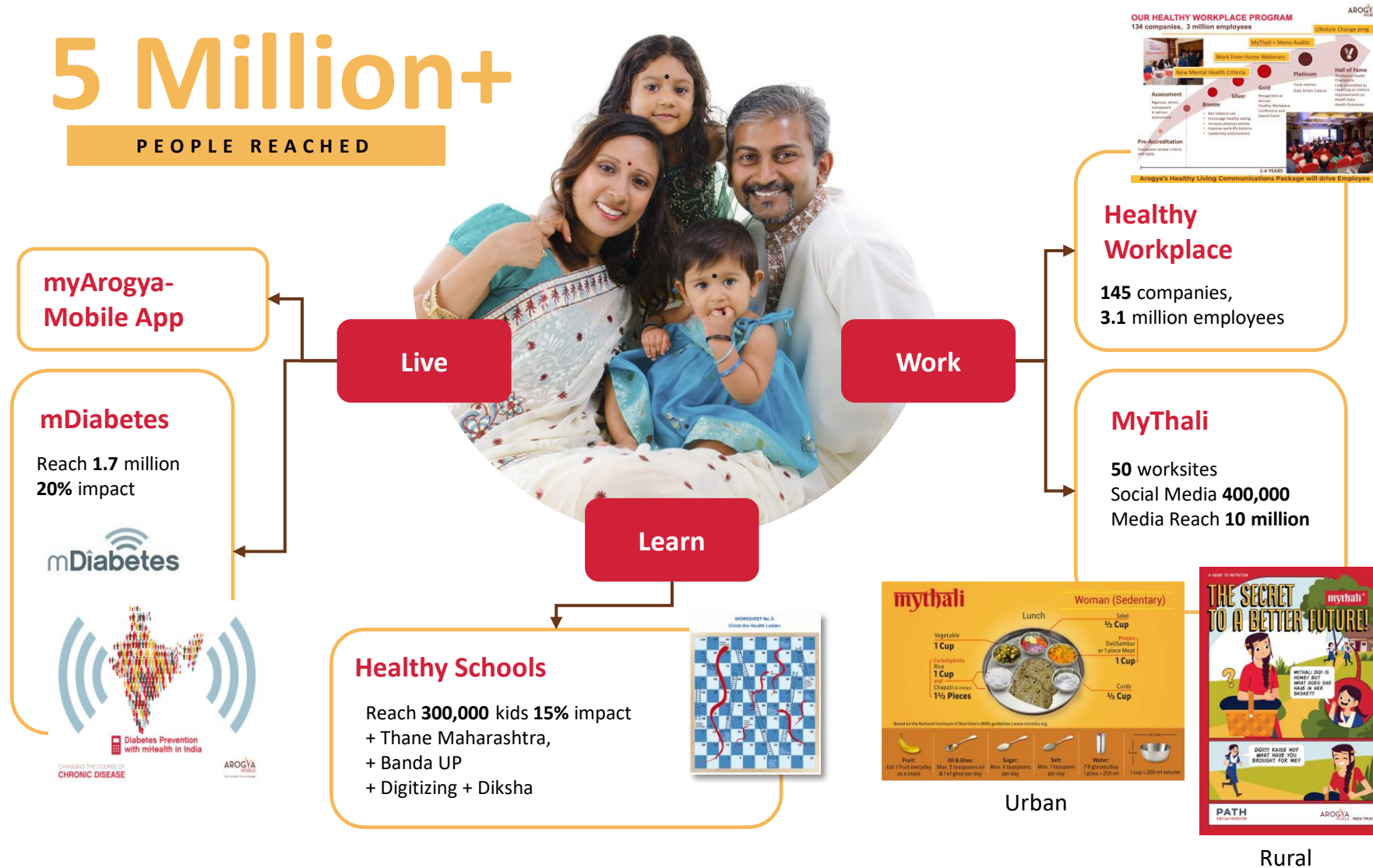
- **Arogya World**: a global health non-profit organization working to prevent non-communicable diseases (NCDs)—diabetes, heart disease, hypertension, and chronic lung diseases—through health education and lifestyle change.
- It is **registered in Chicago**, is a 501(c)3 tax-exempt organization, and has been deemed a public charity by the Internal Revenue Service (Employee Identification Number 27-2091051).
- **Mission**: to change the course of chronic disease – through a focus on partnerships and innovative technology, and by implementing scalable, sustainable programs with measurable impact.

OUR DOORSTEP HEALTH MODEL

We Make Prevention Accessible.....

5 Million+

PEOPLE REACHED



OUR BIG VISION

India's Billion plus people lead healthier lives and thereby contribute to the best of their potential to society.
The vast country is less burdened by NCDs and meets SDG #3 indicators.



Covid-19 Pandemics - Healthy Workplace & Employee Well-being



shutterstock.com • 3627632577

- The rapid outbreak of the coronavirus presents an alarming health crisis that the world is grappling with. In addition to the human impact, there is also a significant commercial impact being felt globally.
- The Covid-19 pandemic has put the spotlight straight on how our built environment impacts our lives. Wellness is no longer a 'good to have' feature, it is a MUST HAVE fundamental.
- Indian companies are advising employees to adopt simple health measures during this prolonged lock down to be physically and mentally upbeat.
- Epidemic don't last long, but the leanings from the epidemics will last very long.

"It is unethical and short-sighted business practice to compromise the health of workers for the wealth of enterprises." Evelyn Kortum, WHO

Corporate Preparedness during pandemics

Covid-19

- Encourage employees build strong immune systems to be healthy, prevent illness and stay productive.
- Prioritise employee health not as 'nice-to-have', but a fundamental 'must-have' pillar of every business strategy.
- Promote healthy habits, drive eat right concept, implement the right measures and lead by example to make sure the workforce is best set up to tackle any possible illness or disease.
- Promote physical exercise. Communication from the organization, recreational activities should be organized.
- Mental health is important and needs to be focussed. Minimise stress and burnout by running mindfulness and meditation sessions.
- One needs to engage in relaxing activities, shutting down blue screens and having bed time routines

Preparedness: Employee Health & Wellness

Role of Arogya

- Arogya World Healthy Workplace Program provides the solution to better manage COVID-19 and prevent other chronic diseases.
- Healthy Workplace initiative is to motivate companies to invest in employee health and wellness through pioneering awards.
- Health Policy is a must for any organization and if existing it should be revisited to ensure it is appropriate for the present situation.
- This innovative approach leverages workplaces as a platform for chronic disease prevention since working Indians spend maximum time at the workplace.
- Arogya World would like to guide companies as a strategic partner and provide evidence based, data driven and outcome-oriented solution towards employee health and wellbeing.
- It is a time to come together and support each other as a community

WHAT DISTINGUISHES AROGYA'S WORK

- We are committed to changing the course of chronic disease in India through prevention.
- Arogya's Doorstep Health Model is a viable solution to a huge societal problem
- Thoughtfully Designed Programs.
- Population Level Impact.
- Science-based work.
- Evidence based advocacy.
- Having shown proof of concept, we are now in scale-up mode.
- Our work meets India's CSR requirements.
- We have partnerships in place that have delivered impactful results across the country.
- We leverage mHealth to extend our reach.
- We are committed to impact measurement

SDG #3



- Aligned with Sustainable Development Goals (SDGs) and Government of India priorities (Ayushman Bharat, Fit India, Eat Right campaign, Poshan Abhiyan).
- We believe our work will help India meet SDG #3.



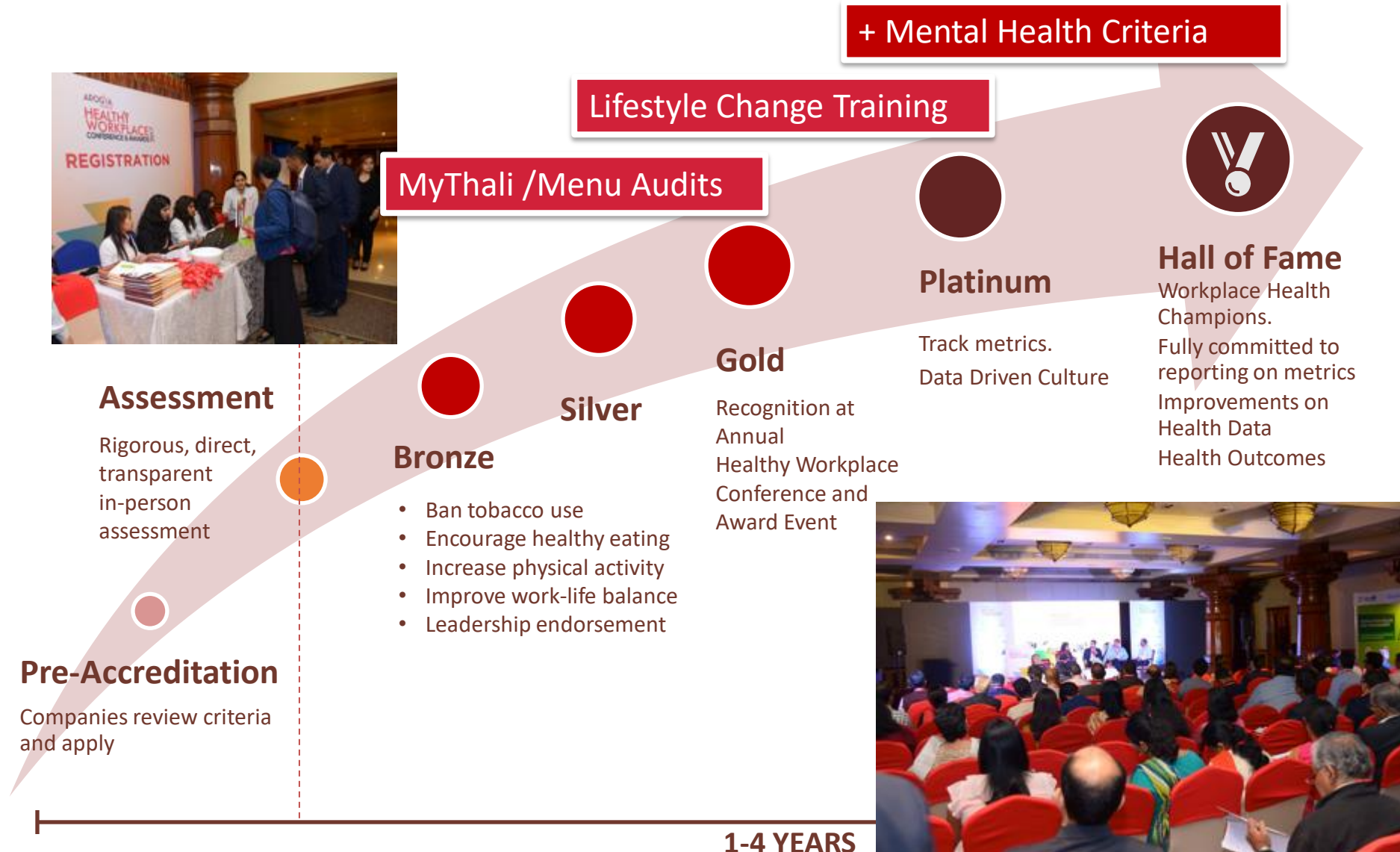


Our Programs are Thoughtfully Designed



Our Healthy Workplace Program

145 companies, 3.1 million employees



Criteria Co-Created with Industry in 2012;
Mental Health Criteria Added in 2020 with Librum (Harvard profs)

WHY WORKPLACES?

Workplaces offer a unique avenue to promote healthy living. Why?

- India is a young country. 2/3rds < 35 yrs. India's population pyramid expected to "bulge" across 15-64 age bracket increasing the working age population from 761 million to 869 million in 2011-2020.[FICCI, EY, 2014].
- ***ASSOCHAM study 2018: Indian corporates can save \$20 Billion through initiating corporate wellness programs for their employees. On an average for every rupee being spent on employee wellness programs, the employers get Rs. 132.33 as a saving on absenteeism cost and Rs.6.62 back as reduced health care costs.***
- **Workplaces employ millions of young Indians: Sedentary jobs Long, unpredictable hours Long commutes and stress; Irregular eating, sleep, & exercise People spend much of the day at work.**
- **Workplaces Attractive platform for NCD Prevention. Mobilize the private sector in fight against NCDs. Ensure productivity of future workforce and economic competitiveness of India.**



Arogya World's New 2021 Healthy Workplace Criteria

Covering NCD Prevention and Mental Health

DOMAIN	BRONZE	SILVER	GOLD
NCD PREVENTION			
TOBACCO POLICY	<p><u>Ban On-Site Tobacco Use</u></p> <ul style="list-style-type: none"> No smoking or use of smokeless tobacco and other tobacco products throughout the campus, in all the company's sites. Communicate this policy and promote no tobacco use to all employees including those working remotely. 	Support all employees, including those working from home, to quit tobacco by providing counseling, and using technology (pharmacological and non-pharmacological) to support cessation.	Reimburse nicotine replacement/other therapies. (pharmacological and non- pharmacological) to support tobacco cessation.
HEALTHY EATING	<p>Promote healthy eating to all employees including those working from home.</p> <ul style="list-style-type: none"> - <u>No junk food or sugary soft drinks at meetings.</u> - Make available subsidized/affordable Healthy Foods, in cafeteria, and in catered meals at every worksite. 	<p><u>Healthy Meals should be accessible and available every day.</u></p> <ul style="list-style-type: none"> Food should be prepared hygienically. As appropriate, company to be HACCP (Hazards Analysis and Critical Control Point) certified. Employees should be encouraged to eat balanced meals with whole grains and millets Meals should be below national thresholds of sugar, salt, fat and calorie guidelines. Communicate reducing salt, sugar and fat, and promote adequate water consumption. 	<p><u>Foods in company cafeterias should have zero (<2%) trans fats and strictly adhere to national guidelines.</u></p> <ul style="list-style-type: none"> Company should use a variety of oils (mustard, soya, rice bran, groundnut, sesame, coconut) in the canteen. Company should discourage reusing oil and deep frying. <p>Company should support weight loss programs for all employees including those working remotely.</p>
PHYSICAL ACIVITY	<p>Promote use of stairs, cycling, daily walking, and tips to increase physical activity to all employees including those working remotely.</p> <p>Hold annual sports competitions and encourage employees to play team-sports after work.</p>	<p>Promote and offer access to onsite and online group exercise sessions. (e.g. yoga, Zumba, aerobics, Pilates, etc.) for all employees including those working from home.</p> <p>Mark distance for walk paths (indoor & outdoor)</p>	<p>Provide access to well-equipped fitness centers onsite or off-site.</p> <ul style="list-style-type: none"> Allow employees to take physical activity breaks during working hours. Encourage employees to track the number of steps taken per day. Provide sit/stand workstations at the workplace.

DOMAIN	BRONZE	SILVER	GOLD
NCD PREVENTION			
SHIFTING MINDSETS	<p>Leadership is key to success.</p> <p><u>Show visible endorsement for healthy workplace campaign in CEO town halls, in company emails, posters etc.</u></p> <p>Initiate a Healthy Workplace communications campaign promoting healthy living, in all worksites and among all employees.</p>	<ul style="list-style-type: none"> Set up health committees comprising representatives from management, employees and invited experts (Physician, Nutritionist, Exercise Expert) to assess, plan, guide, implement and evaluate Healthy Workplace Program, especially mindset and policy changes needed for improved physical activity, diet, reduced tobacco and alcohol usage. Ensure that all business leaders participate in wellness activities. 	<ul style="list-style-type: none"> <u>Include employee health and wellbeing goals in managers' appraisals/scorecards.</u> Motivate teams by rewarding health goals achievement of the team. Identify change agents/ambassadors to champion healthy workplaces within company.
MENTAL HEALTH @ WORK			
PROMOTE WELLBEING	<ul style="list-style-type: none"> <u>A zero-tolerance policy for workplace bullying and protocol for complaints of any form (emotional, physical or sexual harassment)</u> A work-life balance policy, including: <ul style="list-style-type: none"> Self-scheduling of shifts or flexible work hours, especially for persons with other responsibilities (e.g. child or elder care) After-hours "lights out" where there is zero or only exceptional expectation of email or phone call response. 	<ul style="list-style-type: none"> Awareness programs which aim to de-stigmatize mental health through activities: Informational workshops and sensitization talks by specialists and persons with lived experience ("experts by experience") Intranet portal with resources, videos, articles, forums to encourage discussion Informational resources such as pamphlets, posters +signposts to services. 	<p><u>A mandatory mental health and well-being module in workplace induction and training for all new employees</u></p>
MANAGING STRESS	<ul style="list-style-type: none"> Stress reduction & management activities (including internet based approaches) at regular intervals, e.g. stress management workshops, meditation, yoga and physical activity within and beyond the workspace. <u>Train managers and occupational nurses/physicians in identification of early signs of stress, burnout and mental and substance use disorders</u> 	<ul style="list-style-type: none"> Train employee volunteers to be Mental health ambassadors (MHAs) to spread awareness about mental health resources, provide guidance and referrals, and support employees in need. Recommended routine and regular (for e.g. annual) mental health (including substance use) screening for employees 	<p><u>Targeted early intervention strategy for employees at a high risk for mental disorders,</u></p> <ul style="list-style-type: none"> Exhibit absenteeism, accidents or reduced productivity Demonstrate excessive use of alcohol or drugs Are struggling with a chronic medical problem such as diabetes Have at-risk family members (e.g. neurodevelopmental disorders, chronic illness, dementia)

DOMAIN	BRONZE	SILVER	GOLD
MENTAL HEALTH @ WORK			
LEADERSHIP	<p><u>Implement a values-based mental health program throughout the company</u>, including:</p> <ul style="list-style-type: none"> • A senior leader in charge of its execution • An appointed steering committee with inclusive representation of all key employee categories. 	<p><u>Continuing monitoring & evaluation:</u></p> <ul style="list-style-type: none"> • Impact of program evaluated annually • Employee satisfaction surveys routinely conducted 	<ul style="list-style-type: none"> • Leadership should invest in making mental health programs sustainable • Affirmative recruitment and career advancement policy for persons with disabilities including psychosocial disabilities
SUPPORTING RECOVERY	<p>Provision of support during treatment and recovery phase of mental disorders such as:</p> <ul style="list-style-type: none"> • Workspace modifications • Sick leave allowances • Modified supervision • Provision of additional technology or equipment 	<ul style="list-style-type: none"> • <u>Health care for employees (e.g. within Employee Assistance Programs (EAPs)) for psychiatric care, psychotherapy and counselling services</u> • Enable a collaborative approach involving the occupational nurse/physician working with the employee's mental health provider 	<ul style="list-style-type: none"> • Encourage employees with lived experience of mental disorders to run peer support groups (e.g. recovery from mental or substance use disorders or alcohol abuse) • Treatment for mental health conditions is covered by insurance (e.g. for depression and anxiety disorders, psychoses, substance abuse, panic and acute crisis reactions, Sleep Disorders, Adjustment Disorders)
OTHER			
OTHER	<p>Promote environmental health and hygiene including safe drinking water, clean bathrooms, sanitization, handwashing, etc.</p>	<ul style="list-style-type: none"> • Have doctor/nurse on site /on call. • Encourage annual health check-ups for employees. • Bring about greater awareness of ergonomics and healthy posture among employees, including those using home offices. • Emphasize awareness of women's health issues among employees. 	<ul style="list-style-type: none"> • Companies are encouraged to follow the guidelines of the WHO COVID preparedness package: https://www.who.int/docs/default-source/coronaviruse/getting-workplace-ready-for-covid-19.pdf • Start tracking metrics for employee health programs.

Underlined criteria are mandatory

Platinum Healthy Workplaces

- Designed to shape the culture of the company to become health promoting and data driven
- 33 companies through 2020 recognized as Platinum Healthy Workplaces
- Promising health trends

The 7 Platinum companies of 2018, over the previous two years, showed:

- **28% reduction** in smoking or tobacco use
- **48% increase** in employees who exercise regularly
- **25% reduction** in those who had difficulty sleeping
- **30% reduction** in stress
- **17% increase** in those that completed health risk assessments.
- **3.9% reduction** in average recorded blood pressure and
- **> 14% reduction** in triglycerides

INTRODUCING
AROGYA WORLD'S HEALTHY WORKPLACE
HALL OF FAME
NOV 5, 2019

Workplaces in India gear up!
Take your company to new heights in employee health!

Hall of Fame is the highest level a company can achieve in its Healthy Workplace journey as it makes its way from Arogya World's Bronze/Silver/Gold level to Platinum and beyond.

Entering the coveted Hall of Fame means a Healthy Workplace is known for –

- Excellence in Employee Health
- Strong leadership and championship of workplace health inside and outside the company
- A formal workplace Non-communicable Disease prevention program
- A formal workplace mental health Program
- Demonstrated data driven culture of health
- Tracking Outcomes Data
- Use of Data to improve health programs and policies
- Innovation in Employee Health
- Sustainability of Employee Health programs

We invite interested Platinum Healthy Workplace companies to reach us at infoindia@arogyaworld.org or contact usha@arogyaworld.org to learn more about Hall of Fame.

We cant wait to announce the first Hall of Fame Healthy Workplaces at next year's conference and award event in November 2020.



LIFESTYLE COACH TRAINING



Arogya World brings this proven program for the first time to Healthy Workplaces in India, offering in-person 2 day training for a small group of your employees to become lifestyle coaches, so they can then further roll out the program to high risk employees .

The landmark clinical trial Diabetes Prevention Program (DPP) showed that people with pre-diabetes who take part in a structured lifestyle change program, can reduce their risk of diabetes by 58%, with moderate exercise and healthier eating habits.

Lifestyle modification program, is promoted by the Centers for Disease Control and Emory University in the US.



A Train the Trainer Program

We encourage companies to send 2-3 employees to be trained as lifestyle coaches in group setting.

The coaches in turn will conduct 16 week behavior change sessions with small groups of high-risk employees in your company.

We will give coaches all the materials and training needed.



We believe healthy living is a learnable skill.

Our master trainer was trained at Emory Univ in the US.



In addition, lifestyle change programs can reduce the risk for heart attacks and stroke and improve participants' overall health.



Coaches learn how to use facilitation techniques and group dynamics, and teach participants how to make positive health behaviours a habit.

LIFESTYLE COACHING PROGRAM HIGHLIGHTS

Communication on program, preliminary materials and the checklist for identification of suitable employees to be trained as coaches was shared with all 31 platinum companies.

The program has been initiated for the following companies, and consists of 22 participants.



MyThali in Healthy Workplaces

CREATING A HEALTHIER LIFESTYLE WITH A BALANCED DIET



HOW WE DO IT?

- Arogya World team develops a custom plan for each Healthy Workplace
- Our Nutritionist visits the workplace for a talk and to observe the portions sizes consumed by the workforce
- Based on the observation and the cafeteria menu plan shared by workplace, our nutritionist suggests ways to improve healthy eating options
- We send emails with eating right tips to interested employees and also promote MyThali with chef demos, posters, danglers, flyers etc.
- We send a simple questionnaire to employees and to Canteen supervisor once in 6 months
- Work with Nielsen on eating habits questionnaire + to interpret results
- We will share results with the workplace



WHAT WILL THE WORKPLACE GET?

1. Engaging employees on eating right
2. Nutrition assessment of the current cafeteria menu
3. Suggest revisions to menu (if needed)
4. Impact assessment of MyThali education

mythali

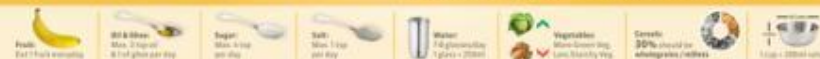
AROGYA
WORLD

LUNCH

WOMAN (SEDENTARY)



Based on the National Institute of Nutrition's (NIN) guidelines | www.ninindia.org



Mythali helps you understand what foods to eat and in what quantities per meal.

To learn more, visit: www.arogyaworld.org/mythali or write to us at mythali@arogyaworld.org

'PROTEINS MUST FOR HEALTHY MUSCLES'

With a mission to raise awareness around muscle health by positively changing attitudes and practices around consumption of protein-rich diets, Danone India, Arogya World India Trust held a meet at Taj Dwarika in Bangalore this Monday.

Through the initiative of 'The Protein Week 2019', Danone India and its partners aim to sensitise 1,00,000 working Indians through workshops on nutrition by experts and live muscle health assessment at various corporates in India.

The initiative is celebrated annually from July 24 till July 30, with the objective of creating awareness around the role of proteins for healthy muscles.

Dr. Sankaranarayanan said, "Proteins are essential at all stages of life. The estimated daily requirement of protein through food is 10 to 15% of calories. Loss of muscles leads to decreased strength and slow movements and a greater risk of falling, particularly in older adults. The key to maintain muscle health is to consume required amount of good quality proteins and be physically active."



PROGRAM HIGHLIGHTS



31 platinum companies have been reached out and given communication campaign materials which contained:

- Communications Material for dissemination (Posters, Flyers, Cafeteria danglers on MyThali)
- Arogya World Social Media Links
- Cooking demo by Chef Saby
- MyThali Nutritional emailers

7 companies have availed sessions with the nutritionist and participated in a pre session questionnaire survey. Nutritionist video and Narrated PowerPoint - Why One Should Eat Right.

Menu audit and recommendation done in 2 companies

Healthy Living Communications Package



Our Communications Package offers a variety of material centered around NCD prevention to assist in making your workspace a healthy one.

The types of communications available are:

- 1) Emails
- 2) Posters
- 3) Standees
- 4) TV Screenfill
- 5) Danglers
- 6) Tentcards

The space at the top left corner is for your organization's logo.



AROGYA WORLD HEALTHY WORKPLACE CONFERENCE & AWARDS 2018

Nov 14-15 2018, Bangalore



HEALTHY WORKPLACE CONFERENCE 2020



Arogya World's first virtual Healthy Workplace Conference and Awards.

India's Number 1 Workplace Wellness Award

AROgya WORLD INDIA TRUST
HEALTHY WORKPLACE
CONFERENCE & AWARDS 2020

November 4, 2020 | 10:00 AM To 01:30 PM

WATCH THE HWP 2020 CONFERENCE HERE

Arogya World HWCA 2020

AROgya WORLD INDIA TRUST
HEALTHY WORKPLACE
CONFERENCE & AWARDS 2020

Mr. Anandakrishnan
Executive Vice President, HR & IT, TVS Motor Company Ltd

Dr. Kranti Rayamane
Head - Health Vertical, Cipla Foundation

Mr. Alank Ranjan
Head Employee Experience at Sonnet, Coleman & Co. Ltd

Dr. Sujatha Kelkar Shetty
Author of '99 Not Out: Your Guide to a Long and Healthy Life' in Hindi and English

Mr. Himanshu Tewari
CHRO, Tata Power

India's Number 1 Workplace Wellness Award

THANK YOU TO ALL OUR PARTICIPANTS!

AROgya WORLD INDIA TRUST
HEALTHY WORKPLACE
CONFERENCE & AWARDS 2020

Kundan Babu
Very Much Informative and true... Thank you Dr. Velumani

Dr. Sandeep Sharma
Thanks Arogya for sharing our joint efforts for Healthy Workplaces across India Regards Dr Sandeep Sharma Secretary AEOHD

Dr. Sandeep Sharma
Congratulations Dr Nalini Saligram & Team Arogya for maintaining the continuity of the Arogya Activities during these gloomy uncertain times Greetings from AEOHD

Sohail Shaikh
We are proud to be associated with Arogya World ... Suhil Shaikh from INFHRA !

Kundan Babu
Very Much Informative and true... Thank you Dr. Velumani

sushma trivedi
Thank you Dr. Nalini Saligram and Arogya World team for sharing - joint efforts for healthy workplaces across country in this pandemic.

AROgya WORLD INDIA TRUST
HEALTHY WORKPLACE
CONFERENCE & AWARDS 2020

WITNESS SESSIONS WITH INDUSTRY LEADING SPEAKERS AT THE HEALTHY WORKPLACE CONFERENCE AND AWARDS 2020

Dr. A. Velumani
CEO, Promoters

Krishnamurthy Shankar
Group Head - HR, Infosys Health Vertical - HRSD

Dr. Sujatha Kelkar Shetty
Author of '99 Not Out: Your Guide to a Long and Healthy Life' in Hindi and English

Mr. Anandakrishnan
V.P. HR & IT, TVS Motors

Dr. Kranti Rayamane
Head - Health Vertical, Cipla Foundation

Dr. Shikhar Saxena
President at the President of Global Mental Health, Global Health and Population, Harvard T.H. Chan School of Public Health

Mr. Himanshu Tewari
Chief Human Resources Officer of Tata Power Group

Mr. Alank Ranjan
Head Employee Experience at Sonnet, Coleman & Co. Ltd

Arogya World's first virtual Healthy Workplace Conference and Awards.

November 4, 2020 | 10:00 AM To 01:30 PM

Medi Assist
6,446 followers
3mo • Edited •

The **#pandemic** has put the focus on **#healthcare** across the country and recognize workplaces that address **#employeehealth** and prevention of non-communicable diseases. Medi Assist would like to thank **#ArogyaWorld** to identify our offices as the top 14 **#healthyworkplaces** in India. **Arogya World**

We thank our admin superheroes for keeping us safe and healthy in these times. **Anthony Manoraj**

Satish Gidugu Anitha Manikantan Nikhil Chopra Himanshu Rastogi Dr. Vikram Chhatwal विक्रम छतवाल

Click here to read more: <https://bit.ly/2HZkywv> **#healthyworkplace #happyworkplace #happyemployees**

Ashwin Naik • 2nd
Author, Entrepreneur, Advisor | TED Fellow | Ashoka Fellow | WEF Young ...
3mo •

Congratulations to **Arogya World** and **Nalini Saligram** on the launch of Mental Health Criteria for Healthy Workplaces. Proud to partner with you as **Manah Wellness**

CONGRATULATIONS! HEALTHY WORKPLACES



TATA CONSULTANCY SERVICES



CONGRATULATIONS to HERO MotoCorp
#1 Healthy Workplace in the World. 1 Nov 2019.
Global Centre for Healthy Workplaces



HERO MOTOCORP IS A 2017 AROGYA WORLD HEALTHY WORKPLACE AND A 2018 PLATINUM HEALTHY WORKPLACE.

Testimonials

The entire journey with Arogya from the point of first connect, to the patient coaching and the thoughtful assessment has been extremely fulfilling. The assessment team was tremendously observant, asked the right questions and generated fresh and actionable insights for us to work on.



We fully endorse Arogya World's programs as being credible. NTPC has from participating in the Arogya World programs by getting scientific and evidence-based approaches for prevention of NCO and better networking and approach to agencies working in the area.



NHPC has benefitted with our partnership with Arogya by implementing a tobacco policy at the workplace, and teaching employees about Healthy Eating (Balance Diet) and Work Life Balance.



Arogya Platinum worked as a booster to strengthen our common goal of holistic care for employees. Their Platinum award questionnaire and assessment has in a way created a global benchmark, to take workplace wellness to new heights. Thank you Arogya team and we are proud to be associated with you.



HWP ONLINE



EMERGING STRONGER DURING COVID - 19

A Webinar Series on Managing Business Continuity in these Complex and Uncertain Times

[WATCH OUR WEBINAR SERIES HERE](#)



PRESENTED BY CII IN ASSOCIATION WITH AROGYA WORLD

'Corporate Employee Health & Mental Well-being in the Reboot Era of Covid-19'

19 May | 3 PM-5 PM
| Digital Seminar

MODERATOR
Mr. Nandan Bhatia
(Senior Consultant, Healthy Workplaces
Arogya World India Trust)

SPEAKERS

Ms. Usha Chander
(Head - Healthy Workplace Program,
Arogya World India Trust)
Dr. Poornima Bhola
(Addl. Professor, Dept. of Clinical Psychology,
NIRBHANS)
Ms. Ashwini Thakker
(Regional Director, Arogya World India Trust)
Dr. Geeta Bharadwaj
(Senior Consultant, Arogya World India Trust)
Dr. Kowshik Kupatira
(Chief Medical Officer, Toyota Kirloskar Motor
Pvt. Ltd.)

ADMIT THE COVID-19 PANDEMIC. ORGANIZATIONS ARE TAKING STRATEGIC MEASURES TO ENCOURAGE EMPLOYEES TO WORK REMOTELY OR FROM HOME. Let us collectively share some insights to best address this situation while caring for our employee wellbeing.



EMERGING STRONGER DURING COVID - 19

A Webinar Series on Managing Business Continuity in these Complex and Uncertain Times

AROGYA WORLD IN COLLABORATION WITH CII BRINGS A WEBINAR ON

MENTAL WELLBEING IN THE NEW NORMAL

May 6, 2020 3.00 PM
Wednesday | 1 hour 30 minutes | (UTC+05:30)
Chennai, Kolkata, Mumbai, New Delhi

SPEAKERS

Mr. Sarthak Ranade
(Managing Director, Janssen India,
Johnson & Johnson Private Limited)
Dr. Kowshik Kupatira
(CMO, Toyota Kirloskar Motor Pvt. Ltd.)
Dr. Ramadevi Gourineni
(Managing Director, Ananta Hospital)

MODERATED BY

Dr. Ashwin Naik
(Founder, Manoh Wellness, Ashoka Fellow)

WHAT TO EXPECT

1. Enhancing Health and Mental Wellbeing in the New Normal
2. Lifestyle Modification for a Healthy Mind
3. Emerging Workplace Strategies around Mental Wellbeing

Institutional Partner



Association Partner



AROGYA WORLD IN COLLABORATION WITH CII BRINGS A WEBINAR ON

Emerging Employee Well-being Trends in the Reboot Era

May 22, 2020 4.00 PM

Friday | 1 hour 30 minutes | (UTC+05:30) Chennai, Kolkata, Mumbai, New Delhi

SPEAKERS

Dr. Guruprasad
(Country Head, Occupational Health and Medical Services,
ABB Power Products and Systems India Ltd.)
Dr. Naresh Tyagi
(Chief Sustainability Officer, Aditya Birla Fashion & Retail Ltd.)
Ms. Namita Venkatraman
(General Manager, HR, Robert Bosch Engineering and Business Solutions Pvt. Ltd.)

MODERATED BY

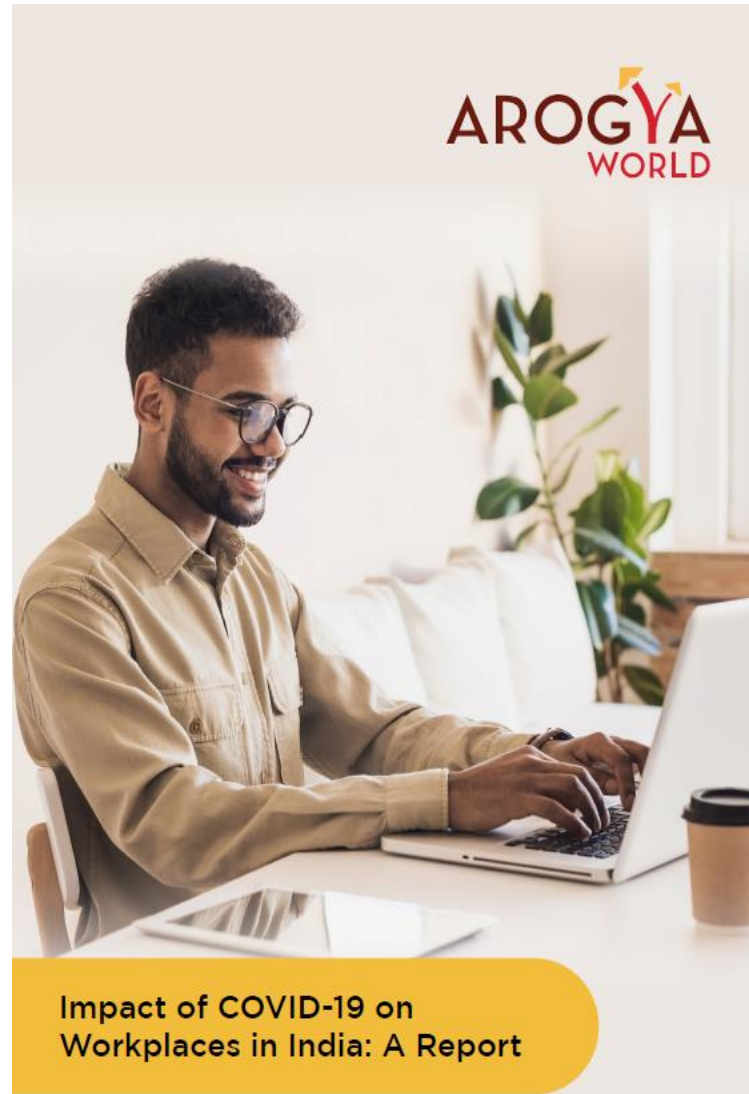
Mr. Sumeet Sharma
(Global Contracts Director, Workplace Services | CRES,
Cognizant)

WHAT TO EXPECT

1. In the reboot era, when return-to-work protocols are being developed, there may be inevitable job eliminations or realignments. Plan to prepare your employees during this transition phase of reconnect, recharge & rejuvenate.
2. Covid-19 has created an opportunity to fundamentally transform the workplace. Proposal to capitalize on new possibilities and opportunities.
3. Current institutional policies and programs supporting healthy lifestyles.
4. Idea to integrate workplace health into the aspect of business strategies. Plan to execute in the new circumstances.



Our Work From Home Survey 2020



Arogya World issued a report on the Impact of Working from Home on Workplaces in India.

The report includes findings from a formal well-being survey (adapted from the one from Institute for Employment Studies (IES), UK) and a series of webinars exploring issues top of mind for employers during the lockdown.

<https://arogyaworld.org/wp-content/uploads/2020/08/Impact-of-COVID-19-on-Workplaces.pdf>

Partners We Work With to Advance Workplace Health



Confederation of Indian Industry



manah
WELLNESS

CBRE



Thank You!