



# Wellbeing at Workplace – Ideas for India

Healthier and Happier Employees  
for Successful Businesses

**When: November 22nd, 2016**

**Where: India Habitat Centre, New Delhi**



Delegation of the  
European Union to India



REPUBLIC OF SLOVENIA  
MINISTRY OF FOREIGN AFFAIRS  
EMBASSY OF THE REPUBLIC OF SLOVENIA  
NEW DELHI



AIMA  
ALL INDIA MANAGEMENT ASSOCIATION

Organised by 24alife, Embassy of the Republic of Slovenia New Delhi and Delegation of European Union in India and supported by EBG Federation and All India Management Association.

# Agenda

November 22nd, 2016

09:00—09:30



Registration & Coffee

## Inaugural Session

09:30—10:30

### Welcome

Mr. Janez Uplaznik,  
CEO and Founder of Mikropis and 24alife

### Special Address

Ambassador Jožef Drogenik,  
Embassy of the Republic of Slovenia in India

### Special Address

Ambassador Tomasz Kozlowski,  
European Union Delegation

### Indian perspective

Prof. Ragunath A. Mashelkar,  
Knowledge Economy Network, KEN

### A word of thanks

Mr. Stane Baša, 24alife Team

10:30—10:40



Healthy Break



## Theme 1: Why Healthy Workplaces are Vital

Session Chair: Ms. Sanchita Sharma (Health Editor of Hindustan Times)

10:40—13:00

### 12 Habits of Highly Healthy Professionals

Prof. Dr. Kerry Olsen, Mayo Clinic

### Happy Teams, Healthy Bottom Lines

Mr. Sanjay Singh,  
Tata Sons

### How healthy are employees in India? (top reasons for absenteeism in India: frequent infection, diabetes, heart disease, depression, poor diets)

Dr. Prof. Anoop Misra, Chairman, Fortis Hospital; Director & Head, Internal Medicine; President, National Diabetes Obesity & Cholesterol Foundation

### Healthy workplaces in India –Volvo experience

Mr. Kamal Bali, CEO, Volvo India

### Diabetes: the unseen danger at workplace

Dr. John M. Miles, M.D.,  
Professor for Endocrinology, Diabetes, Metabolism, and Nutrition at Mayo Clinic

13:00—14:00



Lunch & Networking Break



## Theme 2: “How To” Sessions: Master Class by Experts

Session Chair: Mr. Raman Sidhu (Chairman, EBG Federation)

14:00—16:00

### 5 Ways to Stay Motivated in the Office

Prof. Matej TUŠAK, Ph.D.,  
Head of Sport Psychology Department, University of Ljubljana, Faculty of Sports

### How to Lower Workplace Stress

Dr. Samir Parikh,  
Director of Mental Health and Behavioral Sciences, Fortis Healthcare India

### How to make Exercise Part of Your Day

Prof. Vojko STROJNIK, Ph.D.,  
Head of the Laboratory for Kinesiology at University of Ljubljana, Faculty of Sports

### How to Eat Healthy on the Move

Ms. Ishi Khosla, Nutritionist,  
Indian perspective for employees

### Health Score: The Changing Face of Measuring Wellbeing

Prof. Alojz IHAN, M.D.,  
Head of the Laboratory for Flow Cytometry, University of Ljubljana, Faculty of Medicine

16:00—16:15



Networking & Coffee Break



## Theme 3: Employee Wellness Program: Sharing Experiences

Session Chair: Eva Kovač, (24alife Team)

16:15—18:00

### How to Make Workplaces Healthy (Pilot Project 24alife-Corporate)

Paul Jiménez, Ph.D.,  
University of Graz

### Round Table:

### How technology can help us manage wellbeing; Sharing experiences and ideas.

Ms. Shobha Mishra Ghosh, Senior Director, FICCI

Ms. Maja Segota, Sr. Economic Adviser, Embassy of Slovenia

Mr. Shri Manoj Lal, General Manager, NSIC

Mr. Neeraj Kapoor, Director, AIMA

Mr. Kush Kapoor, Area General Manager,  
Roseate Hotels and Resorts

Download the application form [here](#) and send it to [HLSindia@24alife.com](mailto:HLSindia@24alife.com)