



27 – 28 MARCH 2025 | Holiday Inn, Mayur Vihar, New Delhi

## CONFERENCE PROGRAMME

### DAY 1 | 27<sup>th</sup> March 2025

0900 – 1000

Registration

1015 – 1030

Exhibition Inauguration & Opening Remarks

1030 – 1100

#### Keynote Session 1

The Global Landscape of Mental Health & Wellbeing: Current Barriers, Opportunities & Strategies for Success

**Dr. Monika Misra**

Global Head of Associate Health & Wellbeing  
Mars Incorporated

1100 – 1130

#### Keynote Session 2

Mental Health @work : Changing Landscape in a Increasingly Digital World - The South East Asia Perspective

**Dr. Sathya Subramaniam**

Honorary Secretary  
Academy of Occupational and Environmental Medicine Malaysia (AOEMM)

1130 – 1200

#### Flagship Session 1

The Current Landscape of Well-Being in India - Challenges & Way Forward

**Sourabh Deorah**

Co-founder & CEO  
AdvantageClub.ai

Concurrent Tea-Coffee Discussions

1200 – 1300

#### Leadership Panel 1

Changing the Equation – Elevating Workplace Culture with the Key Pillars of Well-being

#### MODERATOR

**Sourabh Deorah**

Co-founder & CEO  
AdvantageClub.ai

#### PANELISTS

**Dr. Ashish Vijay Jain**

Vice President, AEOHD &  
Chairperson  
GMHWS

**Dr. Kamla Fartyal**

Ex Group General Manager  
Head of Medical Division  
NHPC Ltd

**Dr. Shriniket Mishra**

Chief Medical Officer, Head of Medical  
& Employee Wellness Services  
Hero MotoCorp

1300 – 1400

Networking Lunch Break & Exhibition Visit

1400 – 1430

### Keynote Session 3

**Decoding Your DNA for Longevity: How Nutrition and Fitness Can Optimize Your Genetic Potential for Healthy Aging**

**Dr. Marcus Ranney**

Founder & Chief Medical Officer  
**Human Edge**

1430 – 1530

### Technical Session 1 : Role of Shift Work, Sleep and Mental Health

**Future-Proofing Shift Work: Innovative Approaches to Promoting Mental Health in a Continuous Evolving set up**

**Swati Chawla**

Psychologist & Global Director Wellbeing  
**MNC**

**The Impact of Sleep and Mental Health on Workplace Accidents and Mitigation Strategies**

**Dr. Guruprasad H S**

Country Occupational Health Manager  
**Exxon Mobil**

### Concurrent Tea-Coffee Discussions

1530 – 1630

### Technical Session 2 : The Support System For Mental Wellbeing

**Building a Resilient Workforce: Creating a Systemic Support Structure for Mental Wellbeing in a Global Multinational**

**Dr. Mohit Mangla**

India Health & Wellbeing Lead  
**Haleon**

**Creating a Systemic Strategy towards building a Wellbeing & Mental Health in an Indian Multinational**

**Dr. Arun Kale**

General Manager - Corporate Health & Wellness  
**Tata Motors**

1630 – 1730

### Leadership Panel 2

**Organizational Policies, Procedures & Advocacy of Wellbeing & Mental Health To Create Strategic Business Advantage**

#### MODERATOR

**Dr. Rajiv Kumar Jain**

President  
**Association of Environmental & Occupational Health Delhi (AEOHD)**

#### PANELISTS

**Dr. Shubnum Singh**

Principal Advisor Health Policy  
**Confederation of Indian Industry (CII)**

**Dr. Ranjan Kumar Mohapatra**

Independent Director, OFB Tech Pvt Ltd,  
Former Director (HR)  
**Indian Oil**

**Shikha Saxena**

President  
**HCL Healthcare**

1730 – 1830

### Inauguration & Lamp Lighting

### Keynote Session 4

**My Story on Health & Mental Wellbeing**

**Dr Mohit D. Gupta**

Professor of Cardiology,  
**GB Pant Hospital & Medical Suptd of Cardiac Sciences**

1830 – 1930

**ENOCH Global Mental health & Wellbeing Awards Ceremony**

1930

**Networking Dinner**



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**CONFERENCE PROGRAMME**

**DAY 2 | 28<sup>th</sup> March 2025**

**0900 – 1000**

**Registration & Exhibition Visit**

**1000 – 1030**

**Keynote Session 5**

**Developing an Organizational Strategy: Chevron's Approach to Building a Mental Wellbeing Culture**

**Dr. Riyaad Karriem**

Asia Pacific Regional Medical Manager  
**Chevron**

**1030 – 1100**

**Flagship Session 2**

**The Importance of Preventive Medical Check-ups and Early Diagnosis – HCL Healthcare**

**Dr. Amit Kumar Gupta**

Senior Medical Director  
**HCL Healthcare**

**1100 – 1130**

**ENOCH Live Quiz**

**Concurrent Tea-Coffee Discussions**

**1130 – 1200**

**Flagship Session 4**

**Driving Engagement and Crafting High-Impact Well-being Programs That Work**

**Smiti Bhatt Deorah**

Co-founder & COO  
**AdvantageClub.ai**

**1200 – 1300**

**Leadership Panel 3**

**The Role of Employee Assistance Programs (EAPs) in Supporting Workplace Wellbeing**

**MODERATOR**

**Dr. Ashwin Naik**

Co-Founder & Chief Executive Officer  
**Manah Wellness**

**PANELISTS**

**Dr. Monika Misra**

Global Head of Health and Wellbeing  
**Mars Incorporated**

**Dr. Nidhi Chopra**

Manager - Global Health & Well-being  
**Hindustan Unilever Limited**

**Dr. Apurba Krishna Chowdhury**

Chief Medical Officer Jhajjar Power Ltd.  
**Apraava Energy**

**1300 – 1400**

**Networking Lunch Break & Exhibition Visit**

1400 – 1430

### Keynote Session 6

Bringing Everything Together To Build a Successful Organizational Mental Health & Wellbeing Culture

**Dr. Sandeep Sharma**

Chief General Manager, Corporate (HSE Medical)  
IndianOil

1430 – 1500

### Technical Session 3

Best Practices in Mental Health Across Indian Corporates

**Usha Chander**

Technical Lead  
Arogya World

1500 – 1530

### Technical Session 4

Harnessing the Power of Sound Healing for Mental Health and Well-being

**Yogacharya Dr. Manoj kumar**

Founder & Director  
Shree Sanjeevani Kriya Yog, Foundation

1530 – 1600

### Technical Session 5

The Power of Mindfulness: Cultivating Inner Peace and Resilience

**Dr. Amayraa Yadav**

Motivational Speaker

1600 – 1630

### Technical Session 6

Role of Effective Counselling in Managing Mental Health Challenges

**Kirti Verma**

Co-Founder and Director  
Manastha Health Solutions

1630 – 1700

Valedictory Session & Release of Global Policy Document in Mental Wellbeing

Concurrent Tea-Coffee Discussions