

# Asia Knowledge Associates

Presents

## Employee Health & Corporate Wellness 2009

One day Conference & Workshop



Creating a healthier workforce to minimise your downtime and increase profitability

Date: 8th October 2009    Venue: Hyatt Regency Hotel, Mumbai



# Employee Health & Corporate Wellness 2009

Dear Colleague,

*"Are your staff healthy, fit and happy?"*

The health of employees should be of utmost importance to any organisations. Unfit or unwell employees cannot deliver their optimum, which in turn affects the financial bottom-line. Corporate houses across the globe are accepting this fact. Moreover in the west the ever-rising cost of paying for the health insurances of employees is making the corporate sector sit up and take notice of the health issues of employees. They have realized that it is better to take care of their employees health in the workplace than bear the cost of insurance. In India the Health and wellness of employees is slowly becoming an issue of contention.

Key factors like recession, layoffs, attrition and other problems that employees face in today's most demanding times, are taking a huge toll on their mind and body. Some corporate houses in India have installed fitness centers on their premises, some also provide basic yoga and fitness & Nutrition programs within the premises, but very few employees go and utilize and enjoy these services provided to them, due to the long working hours and deadlines many of them feel that they just don't have the time to do anything else, which in turn is creating an unhealthy lifestyle with dire consequences. An increasing no of people recently fewer than 40 have died of heart attacks due to the highly strenuous environment that they have been working in. There are many such instances like this that has clearly thrown light to the fact that Senior Management of Corporate India needs to wake up now and take some serious initiative to address this growing crisis, before it's too late.

Most corporate's that we have been speaking to regarding the same: brush this issue aside as not being on the priority list of things to be done. Unlike India in the west, where there are extensive programs put in place to address the wellbeing of employees, in India most companies only do pre medical checkups for employees before they join the organisation and even providing medical insurance is not mandatory in India, so some companies give it as an added perk before he or she joins the organisation. Beyond that nothing much is done to address this problem. Most employees that we have spoken to during the creation of this program said that they lacked a sense of belonging in their organisation.

By creating a comprehensive health and wellness program, institutions can help educate their employees about benefits of leading a healthier lifestyle. Research has shown that Health and Wellness programs reap many benefits to the corporate's in return. That is why we have put together this Conference, where HR people will be able to successfully understand, create and manage a comprehensive health and wellness program for their employees which can reap huge benefits for their organisation.

We are confident that by taking part in this event, you and your company will be ready to adopt proactive actions to enhance and maintain employee health, happiness and wellbeing.

In Association with

Your's Truly,



Prasanna Arumugam  
Head of operations  
Asia Knowledge Associates



**National HRD Network**

# Employee Health & Corporate Wellness 2009

Each year 160 million new cases of work-related illness occur and take 1.7 million lives (3% of all deaths).

Selected occupational risks are responsible worldwide for:-

37% of back pain

16% of hearing loss

13% of chronic obstructive pulmonary diseases

11% of asthma

8% of injuries

9% of lung cancer

2% of leukaemia and caused 850,000 deaths worldwide.

Needlestick injuries accounted for about

40% of Hepatitis B and C infections

4.4% of HIV infections in health care workers

Studies in industrialized countries demonstrate that psychosocial hazards and work-related stress affect one fifth of the working population

Stats provided by WHO

There are a number of different benefits of having in place a good Corporate Health and wellness program within your workplace.

### **Employee benefits for the body include:**

- Increased energy levels
- The proven health benefits of exercise
- A healthy lifestyle
- Decreased back, neck and shoulder pain

### **Employee benefits for the mind include:**

- Controlled feelings of anxiety and depression - stimulates serotonin production
- A feeling of well-being and self satisfaction
- Increased self confidence and social ability
- Increased self awareness and psychological well-being
- A positive team spirit and workplace morale
- Happier and healthier employees
- Increased health status and energy levels, decreased body fat, and a more youthful, fit body
- A work / life balance
- Employees who feel that they are important and valued for their work contributions

### **Benefits of the Workplace as a unit include:**

- Employees that are more productive at work (up to 12.5% in personal productivity)
- Reduced stress and increased ability to cope with the pressures of work and deadlines
- Stimulated, clear thinking and focus
- Reduced risk of injury
- Decreased number of sick days employees take by up to 20%
- Decreased staff turn over
- Decreased recruitment and retraining costs
- Improved employee concentration and creativity
- Attracting and retaining the right workforce

**What you will be taking back from this conference:**

- Integrating employee health and well-being within business processes
- Identifying the drivers for a holistic wellness programme
- Creating a health-enhancing culture that supports informed, empowered and motivated employees in making healthier choices
- Learn how to identify workplace hazards
- The link between stress, depression, low self-esteem and low productivity
- Managing nutrition in the corporate world
- Learn how to stay calm and control your stress at your workplace
- Implementing emergency medical management at workplace
- Measuring the ROI on your Health plan programme
- Training session: assistance that can be provided by you before the medical services arrive



The secret of health for both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and earnestly.

Buddha (563 BC-483 BC) Founder of Buddhism

**Who Should Attend:**

CEO

CHRO

CMO

CFO

Corporate Wellnes Consultants

Corporate Doctors

Directors Human Resources

Wellness Managers

Head Human Resources

Head H.S.S & E

Occupational Health Managers

Health & Safety Managers

HR Managers

Admin Managers

Training managers

Health , Safety, Occupational, HR, Admin and Training Team Members

## Conference Agenda

### Track 1 9:30am

Speaker: Mr. G Krishnamurthy (CEO) - People Health

#### Building the Corporate Health Plan for your Organisation

- Why employee Health Plans fail
- What do you want your Corporate health Plan to accomplish
- Engaging staff in the decision making process
- Education and support tools
- Align benefit design to reward and drive participation
- Senior management support and participation

### Track 2 10:15am

Speaker: Dr. Sivaramakrishnan (Vice President - Medical and Occupational Health) - Siemens

#### Life Style Management

- Corporate Life Style today
- Work life Balance
- Stress today
- Role of Exercise & Diet

11:am to 11:30am Refreshment Break

### Track 3 11:30am

Speaker: Dr. Shefali Batra (Psychiatrist, Therapist, Counsellor & Founder) - MINDFRAMES

#### Managing Executive Stress

- Stress and the Executive today
- Maladaptive Stress Coping
- The Tripartite Mess
- The Patriarchal Responsibility
- Holistic Health: In Mind Body & Spirit

### Track 4 12:15pm

Speaker: Mr. Zubin Zarthoshtimanesh (Teacher) - IYENGAR Yoga Institute

#### Developing a Holistic wellness programme Within the Organisation

- Totally integrated wellness program
- Identifying multi dimensional factors that influence healthy behaviour
- Creating a health-enhancing culture that supports informed, empowered and motivated employees in making healthier choices
- Utilising data to direct resources and measure impact

1:00pm to 2:00pm Lunch Break

### Track 5 2:00pm

Speaker: Dr. Aashish Contractor (Head of Department: Preventive Cardiology and Rehabilitation) - Asian Heart Institute

#### The Workplace: Health Concerns

- Common Health problems in the corporates sector
  - Genetically inherited disorders
  - Infectious diseases
  - Addictions
- Preventive Measures

### Track 6 2:45pm

Speaker: Ms. Naini Setalvad (Founder) - Health 4 You

#### Managing Nutrition in the Corporate Environment

- Corporate India is in bad shape
- Disease of lifestyle
- The convenience facts
- Stress
- Physical activity
- Nutrition management

3:30pm to 4:00pm Refreshment Break

### Track 7 4:00pm

Speaker: Ms. Gagan Jyot (Head HR) - RMSI

#### Case Study: Reaping the Benefits & Measuring the Return on investment for your Health and Wellness Programme

- Demonstrating the link between Health & wellness and commercial return
- Aligning wellness to bottom-line business performance
- Calculating the real cost of unwell employees
- Integrating health & wellness into your strategic planning
- Measuring the ROI of such a programme

4:45pm

#### Panel Discussion

#### Creating the Blueprint to a Healthier Workforce

##### Panelists:

- Dr. Aashish Contractor (Head of Department: Preventive Cardiology and Rehabilitation) - Asian Heart Institute  
Mr. Zubin Zarthoshtimanesh (Teacher) - IYENGAR Yoga Institute  
Dr. Sivaramakrishnan (Vice President - Medical and Occupational Health) - Siemens  
Dr. Shefali Batra (Psychiatrist, Therapist, Counsellor & Founder) - MINDFRAMES  
Ms. Naini Setalvad (Founder) - Health 4 You

**Moderator:** Mr. G Krishnamurthy (CEO) - People Health

## Delegate Registration Form

### Delegate Information

Name: \_\_\_\_\_

Designation: \_\_\_\_\_

Direct Phone / Extn: \_\_\_\_\_

Email: \_\_\_\_\_

Name: \_\_\_\_\_

Designation: \_\_\_\_\_

Direct Phone / Extn: \_\_\_\_\_

Email: \_\_\_\_\_

Name: \_\_\_\_\_

Designation: \_\_\_\_\_

Direct Phone / Extn: \_\_\_\_\_

Email: \_\_\_\_\_

For more delegates, please send delegate information on another page

Company: \_\_\_\_\_

Address: \_\_\_\_\_

### Authorized by / Billing Information:

Signatory must be authorized to sign on behalf of contracting organization

Name: \_\_\_\_\_

Designation: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Completed contracts can be e-mailed

Email: [reg@asiaknow.com](mailto:reg@asiaknow.com)

Please make cheques / DDs payable in favour of:  
"Asia Knowledge Associates"

and send to:

Suite 20, Mayfair, Raviraj-Oberoi Complex,

Off New Link Road, Andheri West,

Mumbai 400053 INDIA

Phone: 91 (22) 32951668

Avail 10% discount before 30th September 2009

### Delegate Fees

- 1 Delegate INR 8,800
- 2 Delegates INR 8,200 per Delegate
- 3 Delegates INR 7,400 Per Delegate

Your Signature & Company Seal

This booking is invalid without a signature.

Date: \_\_\_\_\_

Delegate fees is to reach us  
within 7 days of contract date

### Terms & Conditions:

1. Confirmation: Telephone bookings are provisional until written confirmation is received, either by fax with credit card details or by post with a cheque. Alternatively an invoice can be sent out in which payment must be made within 5 working days of booking.  
2. Payment: All payments must be received within 5 working days of booking. Failure to pay within this time may result in the course palce being cancelled subject to the cancellation terms below. 3. Cancellations: Cancellations must be received in writing and are subject to the following charges: cancellations received more than 2 weeks prior to the date of the course will be charged at 50% of the booking cost. Cancellations received within 2 weeks of the course date will be charged at 100% of the booking cost.  
4. Substitutions: Deligates substitutions are welcome at any time and do not incur any charge. Please fax or mail your changes to us. 5. Transfers: Transfers to alternative events or dates may also be subject to changes. Transfers received before 2 weeks prior to the course date will not be charged. Transfers received within 2 weeks of the course date will be subject to 50% of the initial booking cost. A credit note will be issued for the remaining 50%. 6. Alterations to the advertising course: We put the greatest care and effort to ensure solidity of the program schedule. AsiaKnowledge will not be responsible for covering airfare, hotel or any other cost incurred by the registrants. In the event that AsiaKnowledge cancels the course, AsiaKnowledgge reserves the right to transfer this booking to another course to be held in the folloeing 12 months or to provide a credit note of an equivalent amount to another course within the following 12 months. 7. Liability: By completing this registration form the client hereby agrees that AsiaKnowledge will not be able to mitigate its losses for any less than 50% of the total booking cost. 8. Once signed and returned by e-mail, mail, or fax, this form is regarded thereafter as a firm contract.