

[illegible]

19 July, 2025
PHDCCI, Delhi



Introduction



Mental health issues, including **anxiety and depression**, are silently **crippling workplaces**, leading to massive productivity **losses** and economic costs worldwide. With billions of working days lost annually, the impact on businesses is undeniable. Yet, many organizations struggle to address these challenges effectively due to stigma, lack of awareness, and inadequate support systems. This roundtable provides a much-needed platform for open dialogue, sharing solutions, and driving cultural change, learning about the best industry practices and making it essential to start prioritizing employee well-being. The Happiness and well-being roundtable is vital because:

Survey reports of WHO and International Labour organizations suggest :

15% of working-age adults were estimated to have a mental disorder in 2019.

12 billion working days are lost every year to depression and anxiety at a cost of US\$ 1 trillion per year in lost productivity.

There are effective actions to prevent mental health risks at work, protect and promote mental health at work, and support workers with mental health conditions.

Effective mental health solutions exist, but many organizations lack the know-how to implement them.

Reference:



International
Labour
Organization



World Health
Organization



Why is this roundtable important?

- The mission is to **humanize mental health conversations.**
- These discussions emphasize **it's okay to not be okay** and that vulnerability can be powerful.
- Real change calls for **empathy, transparency, and collective action.**
- it fosters open communication and a culture where **concerns are heard** and addressed, not silenced.
- These conversations break stigma, build better workplaces, and remind everyone that **their well-being truly matters** not just in theory, but in practice.

Agenda

Arrival and registration 9.30 am to 10.00 am



Opening address - 20 min

Setting up the agenda - Keynote on the challenges and the significance of the roundtable. How it is globally impacting the productivity. It is increasing like silent epidemic rapidly effecting huge part of the workforce.

Walk the Talk with Ambassdor- 20 min

Ambassador address : How countries are now putting the happiness index as part of the agenda. learnings from the nation ; putting Happiness as a key priority. Learning about the best practices.

The Burning issues - 40 min

Mental Health at workplace - Inputs and observations of the visible problems. the challenges that leaders are seeing and trying to cope within organisation. Leadership view of the future managing the New Gen workforce.

Break - 10 min

Let the Expert talk - 20 min

Big Ideas : Mental health experts view on - How holistic happiness and wellbeing is the need of the hour and how it has a 360 degree impact across work and home environment

Lonely at the top - 20 min

Struggles of Top management: the pressures, the challenges and complexities

Lets talk solutions and AI- 40 min

Mental Health at workplace - The Indian context , how Indian organisations are observing the trend and preparing themselves to respond and making a difference for their employees.

Big ideas : **How Tech solutions can help in identifying, engaging and helping individuals and organisations.**

Open house and Felicitations 30 min

Lunch 13:30pm -15:00pm



Participation and Sponsorship details

For registration please reach out to :

Anil Ghoshal - 8860021999

Divya Shah - 9971800241

Registration fees : 1,500 /-

Venue

PHDCCI

PHD House, 4/2, August Kranti Marg,
Siri Institutional Area,
New Delhi, Delhi 110016