Workshop on

Mind Matters: Mental Health, AI & the Future of Work

Date: October 9, 2025 | Time: 10:15 AM – 1:15 PM

Venue: The Lalit Suri Hospitality School, Sector 48, Faridabad, Haryana *(Location)*

AGENDA

TIME	SESSION
10:00 AM – 10:45 AM	Registration
10:45 AM – 11:10 AM	**Inaugural Session:** Opening Remarks by **Uma Seth**, Assistant Secretary General, FICCI Setting the context by **Amrita Tripathi**, Founder, The Health Collective Special Address by **Keshav Suri**, Chair FICCI DE&I Committee & Executive Director of the Lalit Suri Hospitality Group
11:10 AM – 12:10 PM	**Panel 1: Mental Health & AI: Bold New Frontiers or Guardrails Please?** This panel will explore the intersection of Mental Health and AI, examining how rapid advances in GenAI can be harnessed responsibly. Experts will discuss emerging innovations, best practices, and the need for ethical guardrails to ensure technology supports mental well-being. The session will highlight critical considerations and potential risks to watch out for in building a future where tech and mental health progress hand in hand. **Moderator:** Amrita Tripathi, Founder, The Health Collective **Speakers:** • Smriti Joshi, Chief of Clinical Services and Ops, Wysa • Vaishnavi J, Founder & Principal, Vyanams Strategies (Vys), Former Head Youth Policy, Meta • Aparajita Bharti, Co-Founder, The Quantum Hub & YLAC • Dr. Achal Bhagat, Senior Consultant Psychiatrist and Psychotherapist, Apollo Hospitals and Chairperson, Saarthak

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12:10 PM – 1:10 PM	**Panel 2: Mental Health & The Workplace** This panel will address the growing mental health challenges in today's digital workplaces, from burnout and extreme stress to the pressures of always-on corporate culture. It will also examine the rising dependence on GenAI tools, the importance of boundaries, and how organizations are navigating anxieties around technology and job security. **Moderator:** Karan Thakur, Group Vice President – Corporate Affairs & Sustainability, Apollo Healthcare **Speakers:** • Ratna Golaknath, Mental Health Rights and Development Professional • Pranab Barui, Mental Health Counsellor, Keshav Suri Foundation • Dr. Neatu Narang, Professor of Psychiatry, Amrita Hospital • Milan Dang, DE&I Consultant, Natwest* • Pallavi Kumari, Director-Diversity Equity & Inclusion and CSR, AGS Health*
1:10 PM – 1:15 PM	Closing Remarks
1:15 PM onwards	Lunch and Networking

To be confirmed

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