

## **Report on Healthy Workplace Conference 2018 14<sup>th</sup> November 2018, The Lalit Ashok, Bengaluru**

A two-day workshop “Healthy Workplace Conference 2018” was organized by Arogya World on 14<sup>th</sup>-15<sup>th</sup> November at Bengaluru. In order to promote Safe and Nutritious Food at Workplaces, representative from FSSAI attended the conference on 14<sup>th</sup> November as a panel member of “The Challenges of Providing Healthy Foods in the Workplace”. HR heads of more than fifty corporates were present at the time of panel discussion. The purpose of the panel discussion (list of panel members attached at Annexure A) was to:

- Discuss about the definition of the healthy food
- Highlight the challenges in providing healthy food in company cafeterias
- Discuss the consumers demand towards convenience food even after knowing they are unhealthy
- Responsibility of companies in providing healthy food options to their employees and others
- Provoke thoughts and motivate listeners to do more research on their own on the topic of healthy eating
- Encourage HR managers to get their companies to do more for providing healthy foods in their companies

Representative from FSSAI sensitized the participants on the different initiatives government is taking to encourage companies to provide safe and nutritious food in the workplace. They were briefed about Swasth Bharat Yatra, Eat Right India movement, SNF@Workplace and fortification. The video RajKumar Rao’s Thoda Kam was shown to the participants which was very well received.

### **Key Outcomes:**

- Corporate Heads excited to watch thoda kam video and proposed to disseminate it in their respective companies
- Key Corporates such as Britannia, Sodexo and The Fuller Life shown interest to adopt the initiative
- Companies such as GSK, Britannia, Steel and cement industry to share their success stories to be displayed on SNF@Workplace website

### **Way Forward:**

- Create an implementation plan for adoption of SNF@Workplace
- Connect with Britannia, Sodexo, The Fuller Life and other corporates to roll out the plan

**Annexure A****Moderator/Session Chair**

Priya Arjun - Head – Food & Beverag Service Dept, Faculty of Hospitality Management and Catering Technology, M. S. Ramaiah University of Applied Sciences

**Panelists:**

- Nitin Trikha, Segment Director, Education, Sodexo India
- Dr Sandeep Sharma – Deputy General Manager, Corporate Health, Safety & Environment, IndianOil Corporation
- Nandan Bhatia - Head - Administration & Facilities, Britannia
- Sakshi Jain, FSSAI
- Dr Arun Gowda, Director, Focus Scientific Research Center