



Future of Work Conference
Session 2: Emotional Wellness
Speakers Bios



Dr. Akshay Kumar

Dr. Akshay Kumar has been a Professor at IIT Delhi University (State University), where he received University Faculty Excellence Awards 5 years in a row. He is also Consultant Psychologist and Head of Dept. of Mental Health at Artemis Hospital. Akshay is Director and Co-Founder of Ask Insights. Being A Senior Fellow of the Indian Council of Medical Research (ICMR), He is involved in various International research projects. He has been awarded certificates of research by Defence and Research Development Organization (DRDO), Indian Army, Research Council of Norway, Indian Council of Medical Research and more.

He has also presented numerous keynote research papers in international including The American Psychological Association (APA) Conference, San Francisco; International Congress of Psychology, Prague (ICP); Middlesex University Business Conference, London; United Nations Conference, New Delhi; Forum on Work Place Inclusion, University of Saint Thomas, Minneapolis, USA etc. He has several accepted and published Journal Publications in International Journals like Nature, International Journal of Medical and Health Sciences, Delhi Psychiatry Journal, Journal of Positive Psychology, Academy of Management Review, Journal of Organizational Behavior and more. Dr. Akshay is also a member editor of The Delhi Psychiatry Journal.

Dr. Akshay has been awarded the Emergent Psychologist Award by The National Academy of Psychology and he has also been listed as the one of the top 10 Psychologists of India by LBB India. He is a Clinical Psychologist, trained in several modalities like CBT, Clinical Hypnosis, Neuro-Linguistic Programming, Mindfulness, Positive Psychological Interventions and basic Clinical Interventions. Dr. Akshay is the 1st professor to bring Positive Psychology and The Science of Happiness to Indian Universities, an extremely popular module that he developed with Professors of Harvard University, USA.

As a part of Ask Insights team, he is a consultant, coach and trainer to leading organizations like PepsiCo, Coca-Cola, SAP, Vodafone, Walmart, Microsoft, Concentrix, American Express, Aditya Birla, Yum, Ernst&Young, TATA, Aditya Birla, Cairn-Vedanta, PwC, State Bank of India, Diageo, Reckitt-Benckiser, Thales, Royal Bank of Scotland, Bank of America, Intel, IBM and more. Ask Insights team has trained over 20000 people in the space of D&I which is the largest in India, among the highest in the world.



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**Achal Khanna
CEO for SHRM India & Business Head – APAC & MENA**

Ms. Achal Khanna is the CEO for SHRM India and Business Head – APAC and MENA. SHRM India is a wholly owned subsidiary of the Society for Human Resource Management (SHRM), which is the world’s largest association devoted to human resource management with more than 310,000 members worldwide.

She serves on the SHRM Executive Team and is responsible for building SHRM brand, expanding its business and developing professional relationships with government agencies, and other HR and business associations, to influence the work, worker, workplace and build better workplaces for tomorrow in India, APAC & MENA region.



Achal has over 30 years of work experience. Prior to joining SHRM, she was Managing Director for Kelly India Operations; Vice President for GE; and Country Manager for Polaroid India. She has also worked with Dupont, ITC and Cosmo Group in various capacities.

She is a recipient of the “Best Women Executive in India” award.

Achal holds a Bachelor’s Degree in Economics; a Master’s Degree in English Literature & Economics; an MBA from Delhi and a three tier MDP program from IIM Ahmedabad.