

WELLNESS@WORK: ERGO EXPO ORGANISED

Dehradun: Godrej Interio, a leader in Ergonomic Office Seating believes that just getting the right chair for wellness of the body is not sufficient. One also has to adopt the right posture in order to achieve and maintain healthy seating, said Parag Shastry Ergonomic Expert from Godrej Interio organised an Ergo Expo in ONGC, Petro University to share thoughts and create awareness about importance of being healthy inspite of having a tedious lifestyle. Commenting on the occasion Parag Shastry Godrej Interio said, "Wellness@work is an initiative by Godrej Interio designed to help people understand the core health concept and to avoid work related injuries like back pain, neck pain, wrist pain or numbness, etc which are most commonly referred to as Muscular Skeletal Disorders (MSD's). Currently 7 out of 10 people in today's highly computerised workspaces and job profiles complain of such health issues. While these start as small irritating niggles, ignoring them results in lifetime persisting disease called MSD's." He further added, "With Wellness@work initiative, Godrej Interio aims to spread awareness on importance of healthy living aspect of employees and also undertakes various measures to improve lives of individuals in a given organisation."

Please click [here](#) for Jain TV Interview with Mr. Parag Shastry: