

# Godrej's ergonomic initiative

**G**odrej Interio, a leader in Ergonomic Office Seating & Research believes that just getting the right chair for wellness of your body is not sufficient. Based on their study, it was very evident that apart from research, constant communication with the young employee-base regarding Muscular Skeletal Disorders and the right posture was of utmost importance. Taking this thought further, Parag Shastry, Chief Ergonomic expert from Godrej Interio organized an ERGO EXPO in Jaipur to share thoughts on Wellness@work.

Commenting on the occasion, Parag Shastry said, "According to a recent research by Godrej Interio's Ergonomics Cell, it has been revealed that approximately 71% of IT and ITES employees have been hit badly by the pain and discomfort. This has been caused due to the lack of awareness regarding the right posture and corrective measures taken at the work place. Wellness@work, an initiative by Godrej Interio is designed to help people understand the core concept of health & how to overcome such disorders in-turn increasing the efficiency and productivity of the organizations." He further added, "Apart from providing ergonomically suitable chairs, the brand also aims to spread awareness on the importance of healthy living."