



Date: 9th Sepy'2015

To,

Dr. Reena Valecha,
Godrej Interio Ergonomics Cell
Mumbai (MS)

Subject: Feedback on Wellness @ Work Workshop, conducted on 7th September 2015 at Tata Motors Ltd, Pantnagar(Uttarakhand)

Dear Dr. Valecha,

I would like to thank you on behalf of Tata Motors Pantnagar for taking out time and conducting the "Wellness @ Work" Workshop in our plant. The employees who attended the session conveyed their appreciation for the workshop.

The session was a lively, interactive, with the employees learning the various aspects of how to keep themselves healthy. It is significant how five minutes spent on yourself can go a long way in making a healthy body and healthy mind. Post the workshop, there is a marked increase of employees doing the short exercises taught during the workshop. With the communication via mail also being done, we believe our employees will put their best foot forward staying fit and healthy, thus boosting their and their organization's performance in turn.

We appreciate your time and efforts in increasing awareness about wellness at work. Looking forward to having more sessions with you, in the near future.

Regards,

A handwritten signature in blue ink, appearing to read 'Vikram Sharma', with a horizontal line underneath.

Vikram Sharma

Head Human Resources- TML Pantnagar