



WBPDC

THE WEST BENGAL POWER DEVELOPMENT CORPORATION LIMITED

(A Government of West Bengal Enterprise)

Corporate Identity No. : U40104WB1985SGC039154

: Registered & Corporate Office :

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To

**Dr. Reena Valecha, OT, M.I.S.E
Occupational Therapist and Ergonomist
Godrej Interio Ergonomics Cell**

Dear Madam,

It was a pleasure to have you conduct the Wellness@Work session at WBPDC Corporate Office on 23rd July 2014.

The session proved to be highly informative and showed how rapid lifestyle changes are affecting our daily life, working habits, and overall health. It was full of practical tips and simple precautionary measures that should be incorporated by individuals to lead a better lifestyle. The session provided good insights regarding how simple ergonomic changes enhance productivity and well-being.

All the participants who attended the session appreciated the time and effort that you put in for such an informative session.

Thanking you,
Yours faithfully,

(S.S.Sengupta)
Executive Director (HR)