



**CORPORATE WELLNESS CHRONICLES MARCH**

Your monthly insights into creating healthier, more productive workplace

**EVENTS CONDUCTED IN THE MONTH OF MARCH**

Employee Participants	Sites Covered	Locations
<b>4500+</b>	<b>14</b>	BANGALORE, NOIDA, GURGAON, HYDERABAD, MUMBAI

**List of Activities**

NUTRITION COUNSELLING, ERGONOMICS, FIT CIRCUIT, WOMEN'S DAY (WD) SPECIAL EVENT, PHYSIOTHERAPY COUNSELLING, TABATA FIT, MEDITATION, PHYSIOTHERAPY CONSULTATION, PLANK CHALLENGE, SELF - DEFENSE



**NEW LOGOS & CENTRE ADDED**



**FOLLOWD BY EVENTS**



**Note :** We offer flexibility programs including customization type of events, duration, dates and timing as per your requirement

Mail Us For More Enquiries:  
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**FOUNDER WRITE UP**

**Dr. Shardul Sinha**  
Founder & Chairman

**Satya Sinha**  
Co- Founder & Board of Director

"At Medifit, we partner with organisations to embed wellness into everyday work life. Our customised fitness and wellness solutions align seamlessly with workplace culture, helping employees stay healthier, more engaged, and productive—at work and beyond."

