



## CORPORATE WELLNESS CHRONICLES MARCH

Your monthly insights into creating healthier, more productive workplace

### EVENTS CONDUCTED IN THE MONTH OF FEBURARY

Employee Participants

**4200+**

Sites Covered

**20**

Locations

BANGALORE, PUNE, NOIDA, INDORE, LUCKNOW, HYDERABAD, CHENNAI, NOIDA

#### List of Activities

FITNESS CHALLENGE/DIET COUNSELLING /YOGA EMPOWERHER/YOGA SANA/POWER PUSH UPS/ZUMBA/DANCE AEROBICS/ ERGONOMICS/TREADMILL & DUMBBELL CHALLENGE/HOLI CELEBRATIONWITH DHOL/ 2 DAYS FITNESS EVENT/ PHYSIO CONSULTATIONS



SAMSUNG

HCL



TATA COMMUNICATIONS

tcs TATA CONSULTANCY SERVICES

LSEG

Microsoft

### UPCOMING APRIL PAID 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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### Message from Founders

**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."



### ABOUT MEDIFIT

With **20+ years of expertise**, Medifit Consultants Pvt. Ltd. is a pioneer in corporate wellness, delivering impactful healthcare and fitness solutions across **17+ cities, 280+ locations**, with a network of **650+ expert wellness trainers**.

Empowering **2M+ employees daily**, we lead the way in transforming workplace wellbeing with innovation, energy and excellence. Trusted by top corporates. Driven by outcomes. Focused on you.



Website: <https://www.medifitwellness.in>

SCAN TO EXPLORE



Instagram



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