Improving corporate health

'All work and no play' is making the Indian professional very prone to lifestyle diseases. A study conducted by the WHO has made some startling revelations. This survey looked at the health of 35,000 employees and their family members aged 10-69 years in 10 different industries and 20,000 randomly selected individuals, found workers at greater risk of developing chronic diseases like heart attack, stroke and cancer. Almost 47 per cent of the people working in the organized sector in Indian companies are overweight, 27 per cent suffer from hypertension and almost 10 per cent suffer from Diabetes.

Hospital is already working in improving the health of corporate and industrialworkers in Gurgaon.

Paras Hospitals has recently launched a `Corporate Health Week' in which all the employees and family members of two corporates would be provided Free consultation for one week. Marketing Head of Paras Hospitals, Kuldeep Chaudhary informed that their hospital is already working in improving the health of corporate and industrial workers in Gurgaon. The focus of the check-up would be on prevention and early detection of major killing diseases like Heart Disease, Brain Stroke, Cancer, Diabetes, Hypertension, Arthritis etc. The idea behind this initiative is to increase the awareness amongst the employees about health, good dietary and lifestyle habits. Better health of the employees would result in increased productivity and would benefit both the corporate sector and the society, said Mr. Chaudhary.

Amongst the many companies of Gurgaon, every week two companies would be picked up and the programme would run for one full year during which 104 companies of Gurgaon, Manesar, Dharuhera, Neemrana and Bhiwadi would be covered. The hospital would also be offering discounts ranging from 25-50 per cent on tests. This programme started with eight health check-up camps.

Route to Engineering