

Metro Now

WELLNESS AT WORKPLACE



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Wellness at workplace is a serious issue with stress-related illness like cardiovascular diseases. Our jobs make a significant impact on our physical, mental and social health. Some jobs are also responsible for the development of unhealthy lifestyle characterised by stress, depression, chronic back problems, unhealthy eating habits and reduced physical activity.

Now such wellness programmes are recognised by more and more organisations for their value in improving health and the well-being of their employees. According to Dr Praveen Chandra, director, Cath Lab and acute MI services, Max Hospital, lifestyle-related heart problems are on the rise. So we need to take care of the factors that are responsible for it, like unhealthy eating patterns, sedentary lifestyle with no exercise and smoking.

Wellness programmes at workplace include educational activities, diagnostic activities and preventive activities.

Dr T.S. Kler, HOD of cardiology, Escorts Heart Institute and Research Centre, says, "Even for our hospital employees we have regular yoga and other exercises to keep them fit and keep at bay cardiovascular diseases."

For most, a healthy work environment is one that is conducive to good



lifestyle habits and where respect, support, security, safety, opportunities for learning and developing skills are prominently taken care of.

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Dr Sanjeev Bansal, CMD, Bansal Hospital, says, "Whenever we go for check-ups in corporate houses or other organisations, we find that 5 per cent to 10 per cent of the staff has problems

related to cardiovascular diseases that they are not even aware of." Bansal insists that even normal healthy persons should go for a check-up once in a year.

CMO Dr Natsha Singh, Genpact, who has to take care of 10,000 strong workforce, says, "To create a thriving and productive workplace, we have to take care of employees' well-being." At Genpact, they have regular medical check-ups for cardiovascular diseases.

"The average age group of the staff at Genpact is between 28 and 35 years. We try to correct their lifestyle. Diet control, smoking and exercises form a crucial part of it," Singh said.

With support from Escorts Hospital, GenPact recently held a heart camp where senior cardiologists from the hospital did staff check-ups. Those who required further check-

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ups were referred to other hospitals.

Chandra says, "If a person has a heart attack then the chances of him dying is about 20 per cent, but if he is able to detect the attack beforehand then the chances are less than .1 per cent.

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one's tendency towards getting stressed is the key to avoid hypertension and high BP that eventually leads to heart diseases. For 32-year-old Meen Bhardwaj, who always get excited or worried at the drop of a hat, it is not about slowing down but only about calming down. She says, "Meditation can improve a person's attention and response to stress."

Dr C.M. Bhagat, director, Bhagat Hospital, too, prescribes meditation as a necessary tool for reversing coronary heart disease. "Spiritual activities goes a long way in reducing mental stress. In many cases such methods have known to be responsible for reversal of coronary artery diseases," Bhagat states.

All heart surgeons believe that a work-life balance can prevent people from various psychosomatic disorders.