

Tata Technologies: Wellness olympiad

Tata Technologies prioritises the well-being of its diverse workforce. Seeking to promote a culture of wellness, it hosted the inaugural Wellness Olympiad, a unique and engaging event designed for its employees from March 18-20, 2024, in Pune. This followed the establishment of a state-of-the-art wellness centre at the Hinjawadi, Pune, corporate office staffed with qualified trainers and housing cutting-edge equipment.



The Wellness Olympiad included a variety of activities and challenges that encompassed various aspects of health and wellness. Going beyond just physical fitness, this innovative approach aimed to motivate employees to embrace a holistic approach to well-being.

Components

- **Physical fitness challenges:** Activities like push-ups, crunches, squats and a treadmill run tested the participants' strength, endurance and cardiovascular health.
- **Holistic wellness practices:** Introduction to yoga postures (*asanas*) like Sun Salutations, Bow Pose, Forward Fold Pose, Triangle Pose, and a selection of optional *asanas*, fostered relaxation and stress management.



Participation Guidelines

- A fitness certificate from the company's medical officers was mandatory for participation
- Separate categories were established for male and female participants across various age groups
- Gym and yoga events had to be completed in entirety on the designated day

Winners in each category received Appreciation Certificates and gifts for their outstanding performance.



Benefits

The Olympiad offered a multitude of benefits for participating employees, such as:

- **Improved physical health:** Encouraged regular physical activity and fitness challenges
- **Enhanced mental well-being:** Raised awareness of mental health and provided opportunities for stress management through yoga
- **Focus on holistic health:** Introduced participants to diverse wellness practices, potentially sparking lifelong interests in yoga and other holistic approaches

The Wellness Olympiad's success lay in the fact that it encouraged a culture of well-being not just through physical challenges but also by incorporating mental and holistic practices. By addressing various aspects of wellness, the Wellness Olympiad emerged as a comprehensive initiative for promoting a holistic approach to well-being among the employees of Tata Technologies.

