



**ELISTA
CONSULTANCY
SERVICES**



Corporate Wellness Programs

Feeling engaged is evidently good for employees!!

Engaged Employees are healthier, happier, more fulfilled, or more motivated. For organizations, research has repeatedly shown that measures of engagement go hand in hand with higher performance.

We offer three programs under Corporate Wellness

WHAT WE DO



Understand your needs



Suggest and discuss suitable program



Plan and deliver- Our programs are delivered by experienced experts



Discuss findings of the program

OUR PROGRAMS :

YOGA @ WORK



Discover Yoga, Discover Yourself' is the mantra. Our Corporate Yoga Program will aid you and your employees in today's always-on-the-run world to give time to your body- the best way to nourish and blossom the divinity in you and your team.

EMPLOYEE FITNESS



Let us help you unlock your mind by busting myths about diet, exercise & nutrition. Our program aims at nurturing healthy workforce and embedding it into your culture

EMPLOYEE WELLNESS



Unlock your team's potential with help of our Clinical psychologist and therapist. We offer three modules of wellness catering to your needs.

CONTACT US



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"We help you Hire, Manage and Retain your Talent"