

WELLNESS PROGRAMMES IN ORGANIZATIONS: A TIP & TAP

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ABSTRACT

Wellness is not only limited with the health of a person, it even leads to change in the perception of human being to achieve the set goal. In this century, change is the only thing which remains constant. Wellness programs make too indispensable contributions.

- Wellness programs are an essential mechanism through which many jobs are created.*
- They are an integral part of the renewal process*

Wellness programs within organization play a crucial role in the change in lifestyle and growth in productivity.

This research paper aims at understanding how the organizations contribute towards the employee wellness programs and what is critical for same.

KEYWORDS: *Wellness Programs, Organizational Venture, Employees Transforming*