

Dear All,

As we welcome 2025, I extend my warmest wishes for a year filled with abundance, success, and most importantly, good health! May this new year bring positivity, growth and well-being to you and your loved ones.

To ensure that your health and wellness remain a top priority, we are excited to announce the launch of 'We care' our comprehensive health & wellness initiatives.

Professional	Availability	Venue	Contact
Physician- Dr. Soniya Rathi	Monday to Friday 24x7 on-call for emergencies	Doctor's consultation room, Ground Floor, Worli	Click here to schedule your appointment.
Physiotherapist- Megha Arolkar	Every Monday & Thursday		
Nutritionist- Aditi Khanduri	Every Wednesday		khanduri.aditi@mahindra.com
Counsellor- Neha Gogate	Every Tuesday	Crew Room, 5th Floor, B Wing, Worli	be.heard@mahindra.com

I wish you a fantastic start to the new year and a journey towards better health in 2025!

You matter. We care!



Sakshi Handa

SVP- Corporate HR
Group Talent & Ethics
Mahindra & Mahindra Ltd.