

Cadila Pharma gives emphasis to kneecare

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As a part of its Employee Wellbeing initiative under its HappyShift program



Ahmedabad-based Pharma major Cadila Pharmaceuticals hosted a session on knee care as a part of its Employee Wellbeing initiative under its HappyShift program recently.

Dr Dhaval Patel, consultant knee surgeon from the team of Dr KC Mehta from Apollo Hospital, addressed the participants at the session on December 27. The session was attended by Cadila Pharma employees across all age groups.

Addressing the session, Dr Patel emphasized on how the younger generation should make healthy living a part of their lifestyle for leading a long and healthy life. He gave simple tips to take care of one's knees so as to help prevent unnecessary wear and tear, and to avoid the need for knee replacement at a later stage. He spoke about the advances made in the field of knee replacement and busted myths about who can and who cannot undergo the surgery.

Dr Patel educated the participants as to how they can ascertain if their knees might be weak and they may have the need for medical help in the future. Dr Dhaval also shared some real-life case studies with the audience.

He talked about basic health tips such as reducing weight to reduce pressure on the joints, exercise regularly to keep the joints active, incorporate stretching exercises in your daily lifestyle, avoid long period of bending of knees or high impact activities such as jumping, high intensity aerobics exercises, and advice to wear the right kind of shoes while exercising.

The session was followed by a Question & Answer round where the employees cleared their doubts about knee replacement surgery and how they should ensure the right kind of treatment.

Cadila has been taking employee wellbeing initiatives throughout the year. **'Employee wellbeing is a very important part of our strategy. We want to focus on enriching the journey of all our employees and making sure that they are happy'**, shared Dr Sunil Singh, CHRO Cadila Pharmaceuticals.