

De-Stress Camp & Health Check Up at Apeejay House-Mumbai

InterGlobe Technology Quotient Mumbai team arranged a De-stress camp and health check-up for ITQ and for other offices in premises of Apeejay House, Mumbai. The health check up was done by “Four Fountain Labs” in the month of October 2016

They checked stress levels of each participant and advised the tricks and methods to remove the rate of stress. The event was appreciated by everyone including the offices in the premises. This event was a huge success and around 95 people participated in the camp.

