



TRUST BOOK

T R I J O G

**BREAKING THE
SILENCE, REVITALIZING
MINDS**

Beyond The Boundaries

At Trijog, we daily commit to surpassing expectations in mental healthcare. With precision and dedication, we're shaping a reality where mental wellness is genuinely embraced and understood.



INTEGRITY

ACCESIBILITY

COMPETENCE

THE TRIJOG CHRONICLE

Elevating Lives, Enriching Futures



Thoughts Shaping Our Horizon

Trijog's impactful journey is reflected in its successful service of over an impressive number of 3+ Million session hours to over 15+ Million users, earning an outstanding user rating of 4.9. Their expertise reaches far and wide, partnering with over 250 esteemed organizations and institutions, including industry giants like Zee Group, Indian Railways, Red Bull, HPCL, Burger King, and BMW India. Trijog stands as the partner for mental health care and wellbeing, providing aid to these organizations, championing healthier and more supportive environments, where the well-being of their workforce is nurtured with care and dedication.

Trijog stands proudly at the forefront of mental healthcare and holistic wellness in India, pioneering transformative change since 2015. With visionary leadership, Trijog has reshaped the landscape of mental healthcare, reaching individuals and partnering with diverse sectors. Recognized by leading media outlets like The Hindu Business Line and India Today, Trijog's impact resonates far and wide.



Today, Trijog stands as a pioneering thought leader, illuminating the path toward exceptional Mental Healthcare in India. With unwavering dedication, Trijog not only shapes the future of mental wellness but also profoundly impacts the private and public sectors, enriching lives and fostering a healthier society.



Our endeavors, celebrated by media giants such as Times Now and CNBC, reflect our commitment to innovation and excellence in mental healthcare. Trijog: Where Innovation Meets Compassion, Redefining Mental Wellness



THE VISIONARY ARCHITECT

“ Together, we nurture minds, shape futures, and build a nation where mental health awareness and holistic development are not just goals but guiding principles.

Anureet Sethi stands as the vanguard, serving as the Director & Chairperson at Trijog - Know Your Mind, India's esteemed institution dedicated to mental health care and holistic wellness. With a distinguished career spanning over four decades, she holds the

esteemed title of RCI Licensed Clinical Psychologist, earning unparalleled respect in her field. Anureet Sethi's visionary contributions have been pivotal in shaping India's Mental Health and Clinical Psychology landscape, setting new standards and inspiring change.

Shaping Mental Health and Education in India

Her far-reaching impact is evident through her instrumental role in crafting policies, curricula, frameworks, and resource rooms, all pivotal in reshaping India's mental healthcare sector. Through tireless dedication, she has transformed countless lives, imprinting an enduring legacy on the nation's mental health framework.

Moreover, as the General Manager (GM) for 140 schools within the Podar Education Network, Anureet Sethi extends her her influence across institutions, embodying a steadfast dedication to nurturing mental health awareness and holistic development within the educational landscape.



“THE TRAILBLAZING LEADER

Arushi Sethi's visionary leadership charts a course for innovative mental health solutions at Trijog, steering the organization toward a brighter, healthier future.

Championing Mental Health Transformation

As the Co-founder & CEO of one of India's leading organizations for mental healthcare, Arushi Sethi Shah is at the forefront of changing the mental wellness space. In her journey so far, Arushi has not only touched 25 million lives and minds in India but also has taken India's position a notch higher in the global mental healthcare landscape. Arushi's journey started with her personal battle with mental health followed by her observing an evident gap in India's mental healthcare space

to then co-founding Trijog with one core vision, 'Make mental health accessible for all' True to its vision, Trijog has diversified and works towards every aspect of mental health and caters to both corporates and individuals alike. Arushi's efforts and her dedication towards driving impactful change have been recognized across the globe and today Arushi represents India as one of the youngest Chairpersons for the youth section of the World Federation for Mental Health.

Redefining Mental Health Advocacy Through Bold Initiatives

Arushi is also working closely with the health ministry and associations like Great Place to Work, Indian Railways, CII, Indian Ministry of Chambers, and more to make mental healthcare available at the industry and the grassroots level, initiating additional dialogue on best practices for mental healthcare across the spectrum.

Fittingly, her commitment to mental health awareness and de-stigmatization has led her to launch several initiatives, including -

- **#StrongerTogether** with Shaheen Bhatt, to provide psychosocial support to our nation amidst the second wave of COVID-19
- **#UnmindMatters** with Radio One - a show focused on youth mental healthcare. Conceptualized by Arushi, the show reached 15 million+ listeners in just one month
- Another key campaign helmed by Arushi include Sneha: **A Ray of Hope**, which dealt with postpartum depression, and The Artidote, which promoted healing through art across key cities in India
- Additionally, Arushi has also worked closely with brands including **Wellness Forever, Audi, BuzzFeed India**, and more to encourage mental health conversations.



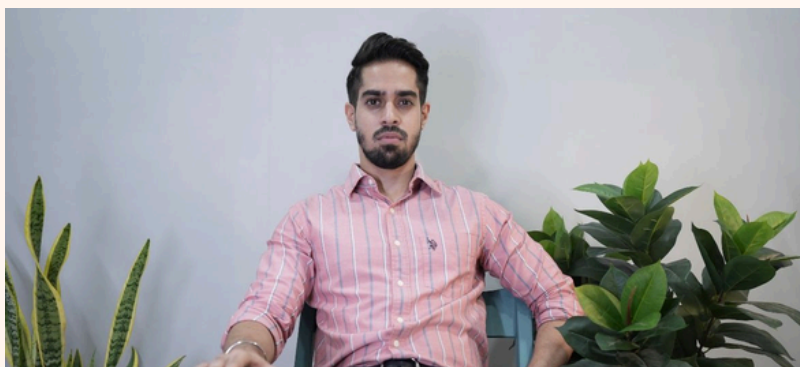
THE TRANSFORMATIONAL PIONEER

“

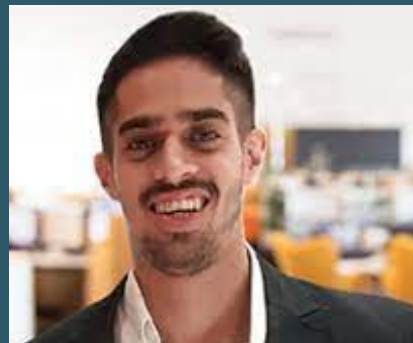
In mental health, our mission is clear: dissolve barriers, one conversation at a time. Let's rewrite the narrative, making well-being a right and an open dialogue. Together, illuminate the darkest corners with understanding, hope, and resilience.

As the COO of a leading mental healthcare organization in India, Sahej Sethi, alongside his sister Arushi Sethi Shah, is spearheading a transformative journey in the realm of mental wellness. With a collective impact that has touched 25 million lives in India and elevated India's standing in global mental healthcare, their mission is crystal clear.

Sahej Sethi is not only an exceptional entrepreneur but also a passionate advocate for mental health. He is driving impactful change and strives to destigmatize mental health conversations while creating a safe and supportive environment for those in need.



Sahej's Approach To Meticulous Operations



Sahej Sethi is committed to ensuring seamless access to mental healthcare for individuals and corporations. Sahej manages the core operations. With a background in professional growth hacking and a post-graduation in digital marketing and metrics from SP Jain College, Sahej has been a co-founder of three disruptive enterprises: Xyra, Motivus, and Sstorm. His multifaceted role at Trijog includes enhancing therapy quality through performance data, optimizing customer experiences, and leading performance marketing and sales efforts across various verticals.

THE BUSINESS DOMAINS

Sectors That We Operate In For EAP



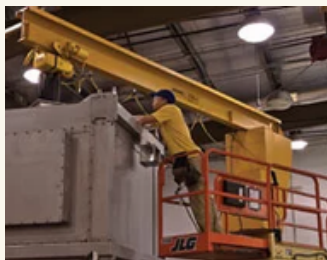
»»» **Media & Entertainment**

ZEE ENTERTAINMENT

Zee Entertainment operates in the media industry, encompassing television broadcasting, content creation, and entertainment services.

Freudenberg Gala operates in the manufacturing sector, specifically in industries such as industrial and household cleaning equipment.

»»» **FREUDENBERG GALA Manufacturing**



»»» **Information Technology**

SRIJAN

Srijan operates in the construction or engineering sector, involved in construction projects, infrastructure development, or engineering services.



»»» **Government & Transportation**

INDIAN RAILWAYS (AIRF)

Indian Railways primarily operates within the Transportation sector, being one of the key players in the realm of rail transport and logistics. Additionally, it falls under the Government sector due to its ownership and operation by the Indian government.



»»» **Food & Beverage**

BURGER KING

Burger King operates in the food and beverage industry, specializing in fast-food chains and restaurants.

NUSI/ITF Trust is primarily associated with the Maritime Industry, dedicated to providing support, welfare, and advocacy for Indian seafarers.

»»» **NUSI/ITF TRUST FOR INDIAN SEAFARERS**

»»» **Maritime**



»»» **Healthcare**

MEDLINE

Medline Industries operates in the healthcare sector, likely involved in medical equipment, supplies, or healthcare services.

TRIJOG REVIEW & INSIGHTS (EAP)



5L+
SESSION HOURS
COMPLETED



15M+
LIVES TOUCHED



4.9 ★
USER RATING



250+
PARTNERED
ORGANISATIONS



TRIJOG'S CARE STANDARDS

- Staff Competency and Training
- Client Assessment and Personalized Care
- Facility Standards and Safety
- Confidentiality and Privacy Practices
- Effective Treatment Protocols
- Medication Management Compliance
- Client Feedback Integration
- Continuous Quality Improvement System

INDIAN RAILWAYS (AIRF)

BUZZ >

Joining Minds With Trijog

In 2023, the first-ever mental healthcare helpline was launched for the Indian Railways, thanks to the International Transport Workers' Federation (ITF) and All India Railwaymen's Federation (AIRF, as well as AIRF's Employee Wellbeing Initiative), which now offers mental health services to more than 12 lakh personnel and their families, as inaugurated by Trijog-Know Your Mind. Trijog is committed to its mission of democratizing mental healthcare, exemplified through its dedicated services for The Indian Railways and AIRF employees. Staffed by highly experienced mental health professionals with over 35 years of expertise, the helpline ensures accessible and reliable support, aligning with Trijog's vision for inclusive mental health services.



INDUSTRY >

Prior Challenges/ Opportunities

The railway sector faces immense challenges due to its demanding job requirements, leading to mental health neglect in the past. Exposure to traumatic incidents,

irregular hours, and emergencies create stress. For employees in safety-critical roles, mental well-being is vital for alertness and concentration. Trijog's helpline fills these gaps, allowing employees to address concerns, preventing performance and health issues.



DETAIL >

Triumph of Excellence

This groundbreaking initiative has taken mental health to the grassroots, addressing concerns ranging from stressful work conditions to family and interpersonal relationship issues through counseling conducted by qualified professionals. Every caller

is assured and encouraged to maintain a timely connection with the therapist any time they feel the need to express themselves and be guided through means that strengthen their emotional well-being.

DATA INSIGHTS

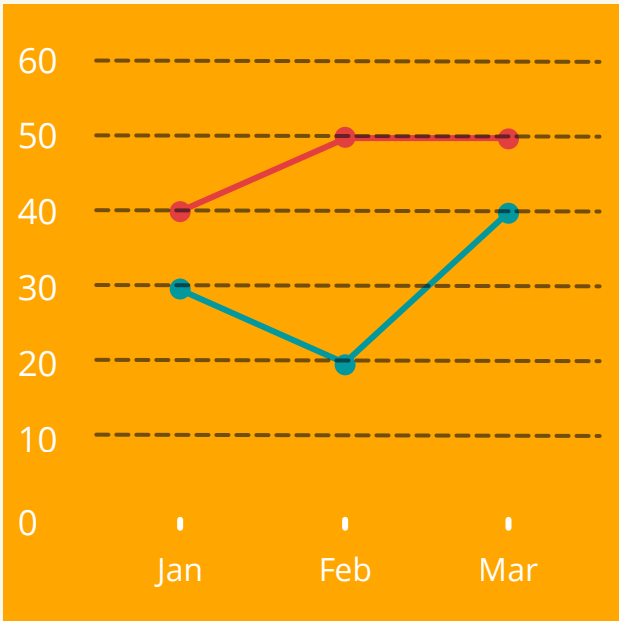
A Statistical Perspective

12L+ **Employee size**

24+ **Number of Sensitization Programs**

1.5K+ **Number of session hours**

5 **Overall user rating**



Trijog has made a substantial impact at AIRF, a prominent organization with a substantial employee base of 12L+.

DATA

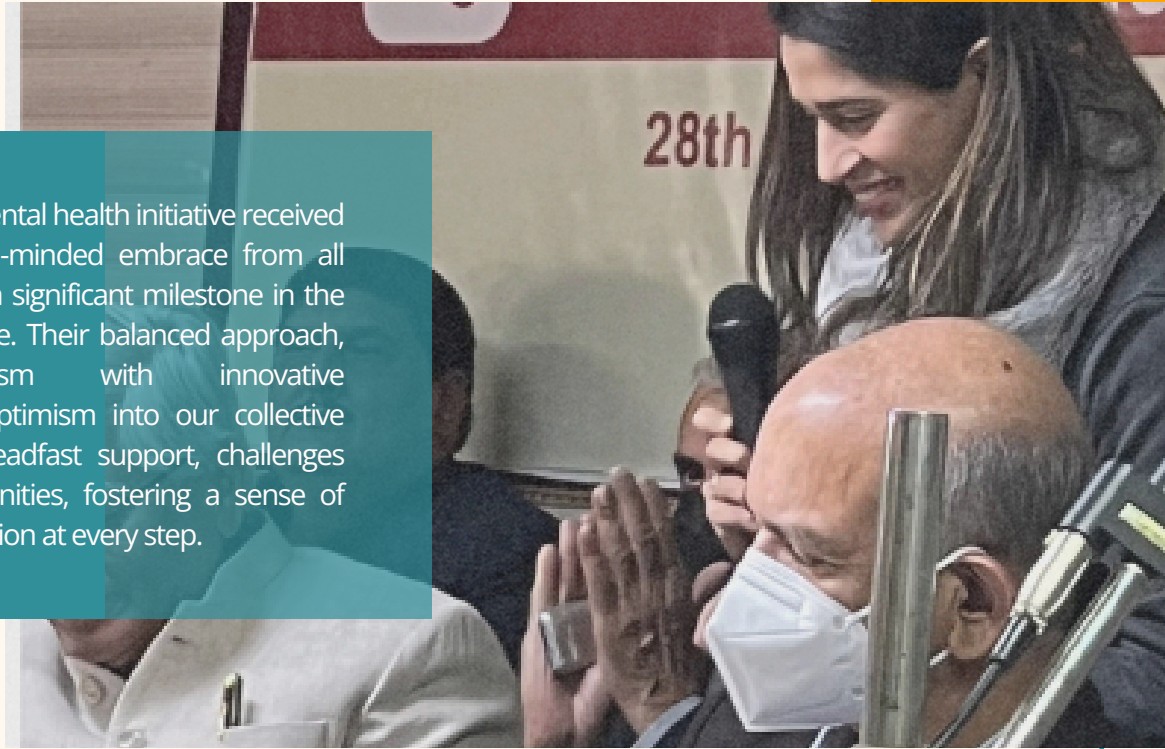
Through the implementation of 24+ sensitization programs and conducting 1.5K+ sessions, Trijog has showcased a strong commitment to promoting mental health and well-being among AIRF's extensive workforce. The outstanding overall user rating of 5 underscores the effectiveness and quality of Trijog's services, reflecting the high level of satisfaction among AIRF's employees. Trijog's tailored mental health initiatives have created a supportive and empathetic environment within AIRF, empowering employees to manage their mental health challenges effectively.

DATA

Trijog's extensive experience and focus on mental well-being ensured that each session conducted by fostering a positive and understanding workplace culture, Trijog has played a pivotal role in enhancing employee morale and ensuring the overall well-being of AIRF's vast workforce, making a significant difference in the organization's success and employee satisfaction. It had a profound and lasting positive impact on the lives of those within the Burger King community.

CLIENT TESTIMONIAL

Trijog's groundbreaking mental health initiative received an enthusiastic and open-minded embrace from all parties involved, marking a significant milestone in the realm of mental healthcare. Their balanced approach, blending professionalism with innovative methodologies, infused optimism into our collective direction. With Trijog's steadfast support, challenges transformed into opportunities, fostering a sense of confidence and determination at every step.



Trijog's unwavering commitment and boundless enthusiasm continue to be our guiding light, propelling our progress to new heights. Their consistent support not only defines excellence and resilience in our pursuit but also infuses our journey with renewed energy and purpose, driving us toward a brighter future.

ZEE ENTERTAINMENT

BUZZ >

Joining Minds With Trijog

On 13th June 2022, Trijog – Know Your Mind joined hands with Zee Entertainment as its mental health partner to offer quality mental health care to its employees, touching the lives of next to 5k+ employees. It has been a year-round campaign with a number of activities and workshops conducted to inculcate healthy mental health practices and provide professional counseling to any concerned employee. Their partnership with Trijog has borne multifaceted fruits: beyond enhancing physical health, it has elevated the importance of mental well-being. This collaboration drives heightened awareness of self-care and the imperative of addressing mental health needs, particularly in the post-pandemic landscape. Together, they've fostered a comprehensive approach to health, forging a path to resilience and well-being.

INDUSTRY >

Prior Challenges/ Opportunities

The entertainment sector faces immense challenges due to its demanding job requirements, leading to mental health neglect in the past. Exposure to traumatic incidents,



irregular hours, and emergencies create stress. For employees in safety-critical roles, mental well-being is vital for alertness and concentration. Trijog's helpline fills these gaps, allowing employees to address concerns, preventing performance and health issues.



DETAIL >

Triumph of Excellence

Zee Enterprise's initiative spanned 13 locations across India, engaging over 5000 employees with active participation and positive feedback. This quarter, engagement skyrocketed, reaching 4 times the usual level, with continuous check-ins ensuring individual well-being. The initiative's success continued with 24

impactful workshops attended by 3000+ employees, both nationally and internationally. Accessible to all Zee Enterprise staff, this approach significantly enhanced the workplace environment, fostering a healthier, more engaged workforce.

DATA INSIGHTS

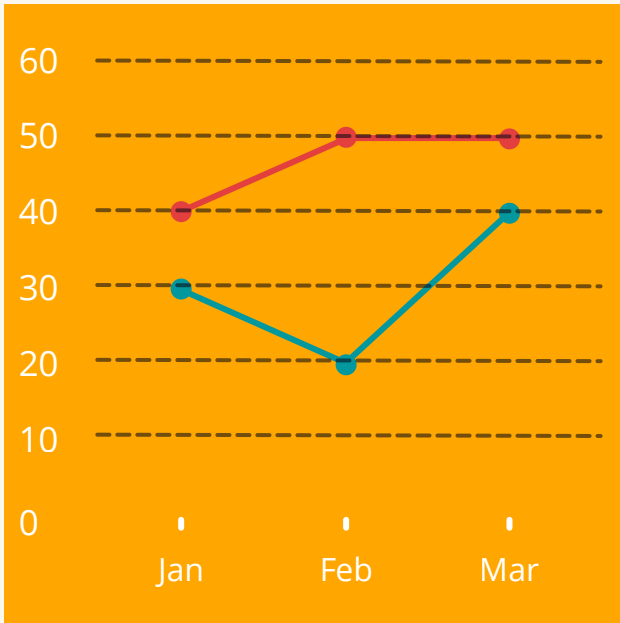
A Statistical Perspective

3.5K+ **Employee size**

12+ **Number of Sensitization Programs**

600+ **Number of session hours**

5 **Overall user rating**



Trijog has made a remarkable impact at Zee, a company with a significant employee base of 3.5K+.

DATA

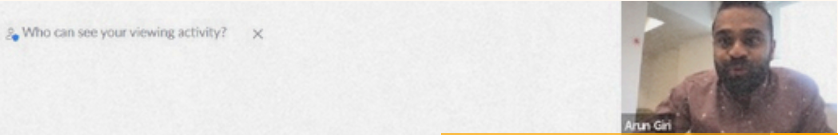
Through the implementation of 12+ sensitization programs and conducting 600+ sessions, Trijog has demonstrated a steadfast commitment to promoting mental health and well-being among Zee's workforce. The exceptional overall user rating of 5 speaks volumes about the effectiveness and quality of Trijog's services, reflecting the high level of satisfaction among Zee's employees. Trijog's tailored approach to mental health initiatives has created a supportive and understanding environment within Zee, empowering employees to address their mental health concerns with confidence.

DATA

By fostering a positive work culture, Trijog has played a pivotal role in enhancing employee morale and ensuring the overall well-being of Zee's workforce, contributing significantly to the organization's success and employee satisfaction.

CLIENT TESTIMONIAL

The introduction of this initiative was met with open arms, and its long-term impact was readily acknowledged and appreciated. The innovative nature of the opportunity resonated with all parties involved, fostering a spirit of open-mindedness and collaboration. Trijog's exceptional professionalism, combined with their systematic yet adaptable approach, injected a breath of fresh air into the endeavor.



Acing Anxiety: Adopting Flexibility

This partnership has instilled a strong sense of confidence that we are indeed heading in the right direction, paving the way for progress and growth. Trijog's unwavering support and infectious enthusiasm have become the driving force behind our collective aspirations, serving as a solid stepping stone towards a brighter future.

FREUDENBERG GALA

BUZZ >

Joining Minds With Trijog

Freudenberg Gala has been collaborating with Trijog Know Your Mind since January 10, 2023, to provide comprehensive mental health care services to its employees, prioritizing their well-being and mental health.

This partnership demonstrates a commitment to fostering a supportive and healthy work environment.

Freudenberg Gala Household Products (FGHP) was formed in 2009 as the result of a joint venture between Gala Brush (based in Mumbai) and Freudenberg Home and Cleaning Solutions (based in Weinheim, Germany).

Its rapid growth led to its collaboration with Trijog as its large target audience was identified as a potential area for mental healthcare development.

INDUSTRY >

Prior Challenges/ Opportunities

Like many large organizations, neglecting to provide adequate oversight and counseling on operational and organizational dynamics can lead to mounting frustration among employees,

ultimately undermining individual and overall company performance. Under Trijog's expert guidance, a psychological framework was adopted to foster an inclusive and supportive workplace, valuing diverse opinions and lifestyles. This approach not only cultivated a productive environment but also raised awareness and understanding.



DETAIL >

Triumph of Excellence

A comprehensive employee support program was implemented, offering one-to-one counseling, personalized employee care, efficient management and educational resources. Additionally, group well-being sessions and informative webinars were conducted to promote a holistic approach.

These initiatives catered to our entire workforce, engaging 5000 employees in sensitization programs and providing quarterly check-ins to ensure ongoing support and growth. This holistic approach prioritized the well-being and development of our team members.

DATA INSIGHTS

A Statistical Perspective

250+



Employee size

24+



Number of Sensitization Programs

100+

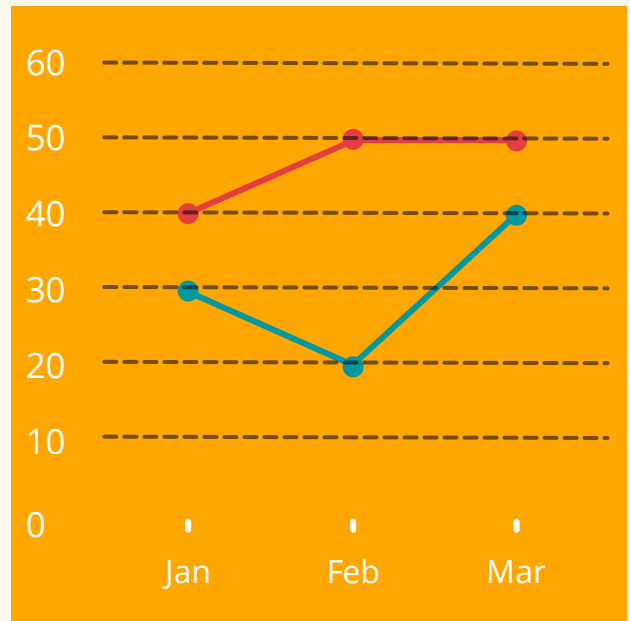


Number of session hours

4.6



Overall user rating



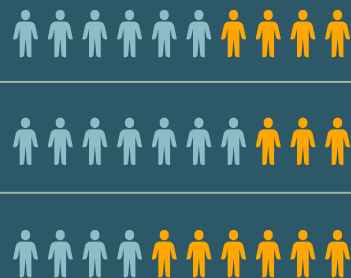
Trijog has played a pivotal role in nurturing a mentally resilient workforce at Gala, a company with a substantial employee base of 250+.

DATA



By conducting 24+ sensitization programs and hosting 100+ sessions, Trijog has demonstrated its dedication to promoting mental health and well-being among Gala's employees. The impressive overall user rating of 4.6 highlights the effectiveness and quality of Trijog's services, indicating a high level of satisfaction among Gala's workforce. Trijog's tailored approach and comprehensive programs have created a supportive environment within Gala, equipping employees with valuable tools to manage their mental health effectively.

DATA



Through these initiatives, Trijog has significantly contributed to enhancing the overall workplace atmosphere, fostering a positive culture, and ensuring the holistic well-being of Gala's employees.

CLIENT TESTIMONIAL

The initiative's launch resonated as a remarkable success, embraced warmly and celebrated fervently throughout the community. Its enduring impact, defined by far-reaching advantages, was cultivated through the extraordinary enthusiasm and open-mindedness exhibited by every participant. In this diverse tapestry of backgrounds, an unwavering commitment elevated the initiative, nurturing a space where creativity flourished and propelling it to exceptional heights.



Trijog's distinctive approach, marked by unwavering professionalism and a harmonious fusion of systematic and liberal methodologies, sparked a revolution in mental healthcare. The unity formed and wisdom gained are poised to leave an indelible legacy, illuminating the path toward a future steeped in compassion and understanding.

SRIJAN | A MATERIAL+ COMPANY

BUZZ >

Joining Minds With Trijog

On April 11th, 2023, a groundbreaking partnership was initiated between two companies, offering mental health services to a diverse community of over 5,000 employees and their descendants. This collaboration

encompasses a range of innovative programs and facilities, symbolizing a shared commitment to prioritizing mental well-being in the workplace. Together, we aim to make a lasting impact on the mental health and overall quality of life for our extended corporate family.

Srijan, A Material+ Company is a global engineering firm that builds transformative digital paths to better futures for Fortune 500 enterprises to nonprofits all over the world. Srijan has built a reputation over the past two decades for solving some of the most complex business and technology problems. Empowering enterprises in modernizing their digital systems, Srijan has been leading the change for the last 15+ years.

INDUSTRY >

Prior Challenges/ Opportunities



Srijan is staffed by a team of over 450+ engineers working on Drupal projects across roles in back-end development, site-building, theming and quality assurance.

For a company with such a broad area

of operation, even extending internationally, a limited staff can suffer the consequences of extended work and limited resources.

Teaming up with a company like Trijog with access to 250+ qualified psychologists, coordinators, and programming officers to handle the operation conclusively.



DETAIL >

Triumph of Excellence

One-to-one counselling sessions were provided for the entire employee base, covering sensitization initiatives with the complete employee base along with quarterly check-ins throughout the year. Over 24 workshops were delivered, focus group sessions for senior and mid, and junior management, designing of all internal mental health

committees' policies and programs.

The successful execution of all provided services was a testament to high employee satisfaction levels.

It underscored the alignment between employee needs and the company's offerings, fostering a harmonious and content workforce.

DATA INSIGHTS

A Statistical Perspective

10K+



Employee size

36+



Number of Sensitization Programs

750+

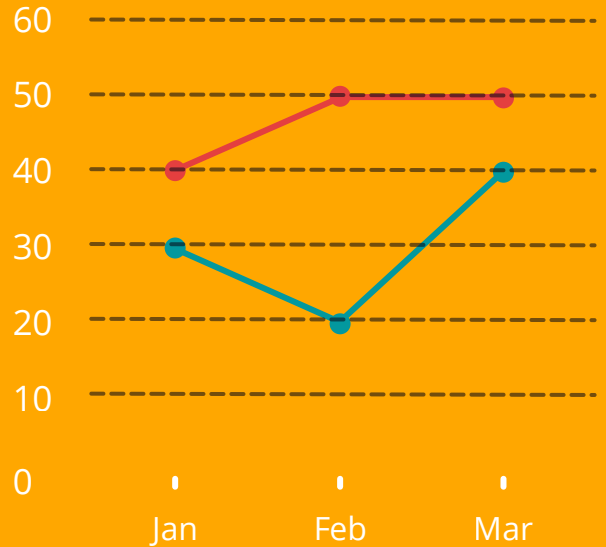


Number of session hours

5



Overall user rating



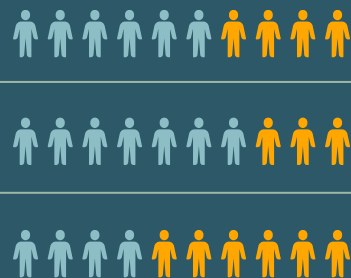
Trijog has made a significant impact at Srijan, a company with a robust workforce of 10K+.

DATA



Through the implementation of 36+ sensitization programs and hosting 750+ sessions, Trijog has demonstrated a strong commitment to promoting mental health and well-being among Srijan's employees. The remarkable overall user rating of 5 underscores the exceptional quality and effectiveness of Trijog's services, reflecting the organization's dedication to providing top-notch support to its clients.

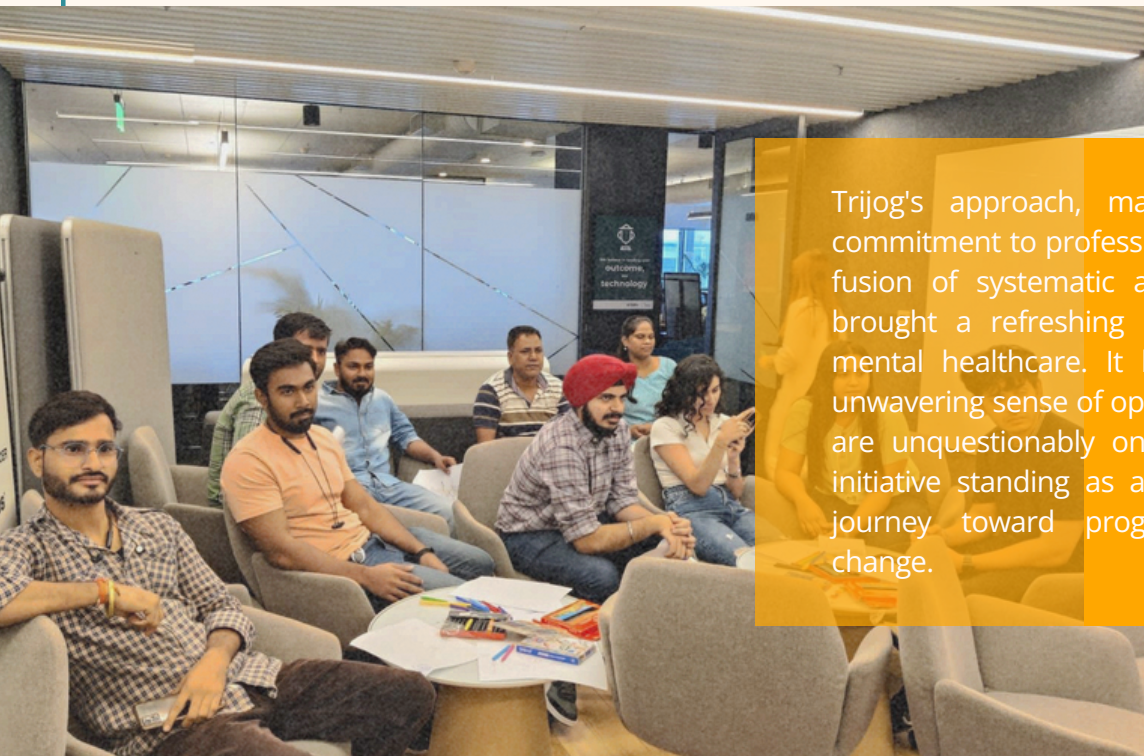
DATA



Trijog's comprehensive approach has created a positive and supportive atmosphere within Srijan, empowering employees with the necessary resources and knowledge to address mental health challenges. Their efforts have undoubtedly contributed to fostering a healthy work culture, enhancing employee morale, and ensuring the overall well-being of Srijan's workforce.

CLIENT TESTIMONIAL

The unveiling of this initiative was met with an exceptionally warm reception, and its enduring benefits have surpassed all expectations, especially when considering its far-reaching, positive impacts in the long term. What truly set it apart and rendered it truly remarkable was the wholehearted, open-minded embrace of this innovative opportunity by every party involved.



Trijog's approach, marked by an unwavering commitment to professionalism and a harmonious fusion of systematic and liberal methodologies, brought a refreshing breeze into the realm of mental healthcare. It has instilled within us an unwavering sense of optimism, assuring us that we are unquestionably on the right path, with this initiative standing as a pivotal milestone on our journey toward progress and transformative change.

BURGER KING

BUZZ >

Joining Minds With Trijog

Trijog's strategic partnership with Burger King, which commenced on July 1st, 2022, has proven highly lucrative, benefiting a substantial workforce of over 7,500 employees.

This collaboration remains an ongoing commitment, as stipulated in the agreement, bolstered by the launch of multiple helplines and counseling campaigns. Together, they signify a steadfast dedication to prioritizing the mental health and well-being of all those engaged in the partnership.

The burger king franchise was introduced in the Indian subcontinent in 2014, and has unsurprisingly garnered immense popularity in the fast-food industry of India. It is the second-largest burger chain globally and one of India's fastest-growing QSR chains with more than 250 outlets across 50 cities.

This strategic alliance evolved organically to ensure the smooth operation of the company's expanding workforce and intricate organizational structures.

INDUSTRY >

Prior Challenges/ Opportunities



The trajectory of an average working day in the fast food service industry can be fast-paced and highly demanding thus inducing stress for employees, leading to low performance, reduced job satisfaction, and even high turnover rates.

There are many social misconceptions as well that come with being a part of the food service industry, especially in India and is assumed to be a sector individuals choose when their actual career has been compromised on. Such stressors can be solved such as the organization's development through the provision of proper mental healthcare and one-on-one attention.



DETAIL >

Triumph of Excellence

The initiative ensured all employees had access to one-to-one counseling sessions, prioritizing their mental health. An employee care service team was swiftly assembled, with dedicated account managers assigned to provide personalized support. Furthermore, group wellbeing webinars were conducted to foster a holistic

approach to employee well-being, demonstrating a comprehensive commitment to their welfare. The impact of the initiative included covering sensitization initiatives with all employees across 250+ stores. Quarterly check-ins were conducted throughout the year, manager sensitization was also insisted upon alongside other launch plans.

DATA INSIGHTS

A Statistical Perspective

10K+



Employee size

12+



Number of Sensitization Programs

150+

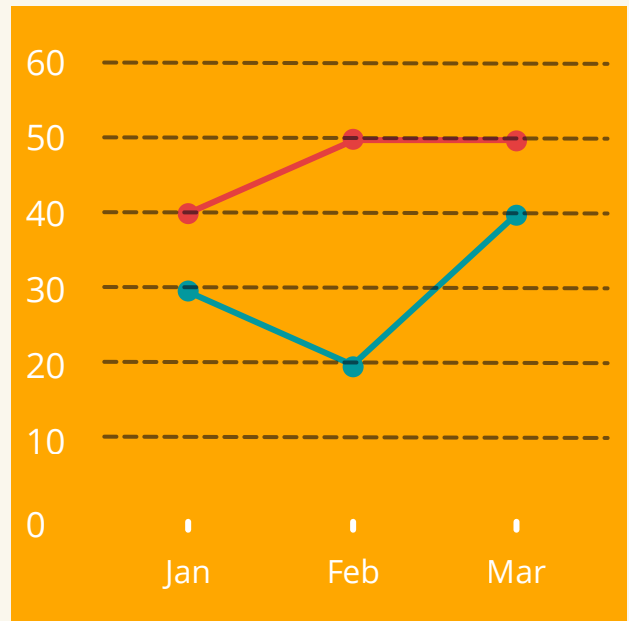


Number of session hours

4.9



Overall user rating



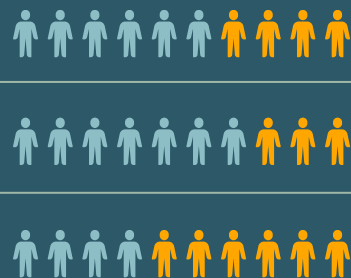
Trijog's impact at Burger King is nothing short of commendable, catering to a vast employee base of 10K+. By conducting 12+ sensitization programs and hosting 150+ sessions.

DATA



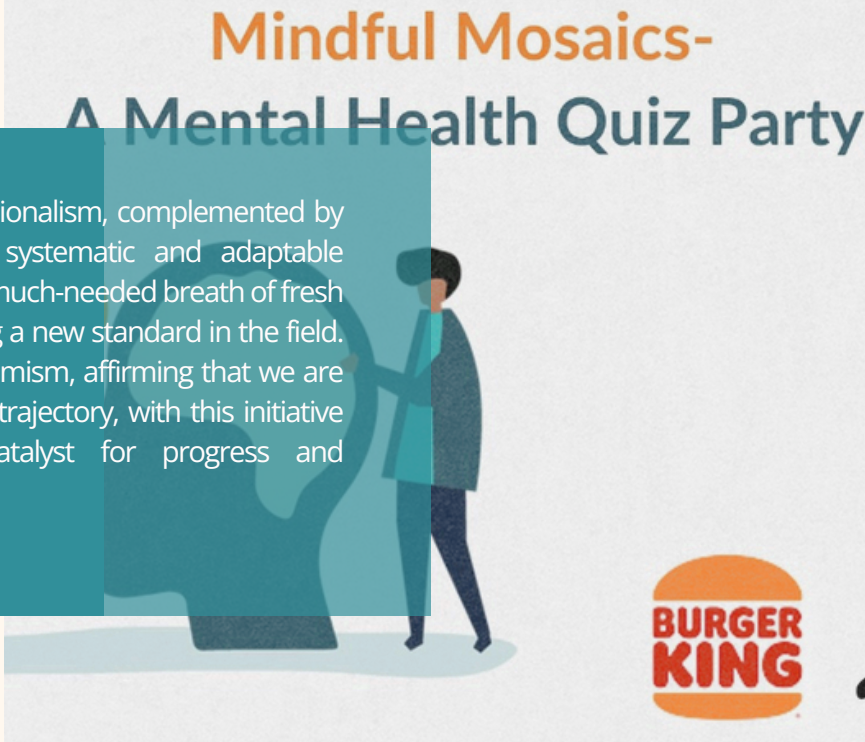
Trijog has actively fostered a mentally healthy workplace environment within Burger King. The impressive overall user rating of 4.9 reflects the outstanding quality and effectiveness of Trijog's services, showcasing their dedication to ensuring the well-being of Burger King's employees. Through their comprehensive approach, Trijog has contributed significantly to creating a positive atmosphere within the organization, empowering employees with the necessary tools and support to navigate mental health challenges.

DATA

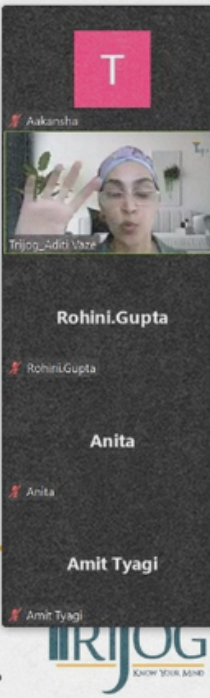


Trijog's efforts have undoubtedly made a meaningful difference in enhancing the overall work culture and employee satisfaction at Burger King.

CLIENT TESTIMONIAL



Trijog's exceptional professionalism, complemented by their balanced blend of systematic and adaptable methodologies, injected a much-needed breath of fresh air into the initiative, setting a new standard in the field. It has left us filled with optimism, affirming that we are unmistakably on the right trajectory, with this initiative serving as a pivotal catalyst for progress and transformation.



TH Counseling is only for crazy

H A counselor does not know me and c

MYTH Counselors just sit the stay silen

I will never have mental health issues because I have weak people. I'm too strong-minded, I have outlook in life

Trijog's approach is a beacon of excellence, distinguished by its unwavering dedication to professionalism and the harmonious fusion of systematic and liberal methodologies, which have breathed new life into the landscape of mental healthcare. The initiative itself stands as a pivotal milestone on our journey towards progress and transformative change, symbolizing the profound impact that thoughtful, holistic approaches can have in reshaping the way we approach and provide mental health care.

NUSI/ITF TRUST FOR INDIAN SEAFARERS

SCI BUZZ >

Joining Minds With Trijog

On May 1st, 2022, Trijog established a partnership with NUSI/ITF, aiming to extend mental health care support to the latter's extensive workforce of over 100,000 employees and their dependents. This collaboration represents a significant commitment to prioritize the well-being of a vast and diverse community, underscoring the importance of mental health care in today's workplace.

The paramount mission of the NUSI ITF Trust is the comprehensive welfare of seafarers and their families. To fulfill this mission, the trust vigorously employs an array of initiatives, encompassing financial aid for medical treatments, financial support for widows of seafarers, the provision of insurance policies, and the implementation of cost-free skill enhancement programs.

These diverse initiatives enable the trust to extend its reach to a wide community of seafarers and their families, safeguarding their overall well-being and security comprehensively.

INDUSTRY >

Prior Challenges/ Opportunities

NUSI/ITF is a charitable trust established to support seafarers and their families. Their responsibilities encompass a wide variety of areas including the financial well being of the seafaring families, ensuring the widows and children of

those lost at sea are well provided for, facilitating quality education for their children, etc. An important part of their program is to ensure the mental health of the seafaring community for which they tied up with Trijog.

Trijog deployed a team of professionals including clinical programming officer, 8 psychologists chief operations and tech coordinators to serve their needs round the clock and to attend to them on one-on-one basis and through physical workshops and coaching services.



DETAIL >

Triumph of Excellence

This partnership encompassed a comprehensive range of services, including 24/7 one-on-one support, educational programs focusing on learning and organizational development, year-round sensitization efforts for seafarers and their dependents, and emotional wellness initiatives with quarterly reports.

Notably, it also featured the execution of over 120 physical workshops, addressing various aspects of seafarer mental health. Together, these initiatives exemplify a holistic commitment to enhancing the well-being and mental health of seafarers and their families, fostering a resilient and thriving community within the maritime industry.

DATA INSIGHTS

A Statistical Perspective

1L+



Employee size

50+



Number of Sensitization Programs

2.5K+

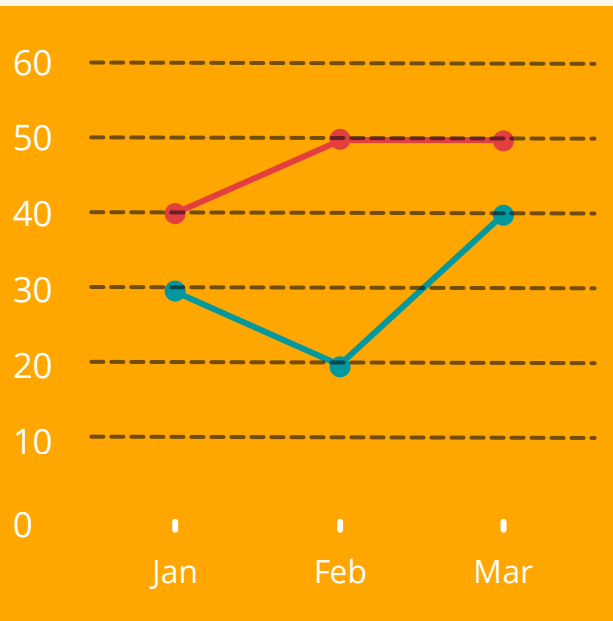


Number of session hours

5



Overall user rating



At NUSI, Trijog has played a pivotal role in promoting mental health and well-being among their substantial employee base of 1L+.

DATA



Through the implementation of 50+ sensitization programs and conducting an impressive 2.5K+ sessions, Trijog has demonstrated their commitment to nurturing a mentally resilient workforce within the organization. The exceptional user satisfaction is evident from the remarkable overall rating of 5, reflecting the high-quality and effectiveness of their services.

DATA



Trijog's dedicated approach has significantly contributed to fostering a positive and supportive work environment at NUSI, ensuring the mental well-being of their employees and enhancing overall workplace satisfaction.

CLIENT TESTIMONIAL

The initiative's introduction garnered a warm reception and demonstrated remarkable long-term benefits. What truly set it apart was the enthusiastic, open-minded embrace from all parties involved. Trijog's approach, marked by professionalism and a harmonious blend of systematic and liberal methodologies, revitalized mental healthcare. This initiative instilled a profound sense of optimism, confirming our course toward positive change. It stands as a pivotal stepping stone for progress in the field.



Together, we have transformed what initially appeared as challenges into golden opportunities. With Trijog by our side, we stand as a shining example of what can be achieved when dedication and collaboration converge, propelling us towards even greater achievements on our path forward.



MEDLINE INDUSTRIES INDIA PVT. LTD

SCI BUZZ >

Joining Minds With Trijog

In March 2023, Medline Industries forged a partnership with Trijog to implement comprehensive employee assistance programs. This collaboration included one-on-one counseling services tailored to meet the needs of Medline's workforce, along with the facilitation of well-being webinars. Together, these initiatives underscored Medline's commitment to fostering a supportive and mentally healthy work environment for its employees. Medline Industries is a global healthcare corporation specializing in the production and distribution of medical products and solutions. With a widespread presence, the company serves the healthcare needs of over 125 countries, providing essential resources and support to medical professionals worldwide.



INDUSTRY >

Prior Challenges/ Opportunities

As an offshore Development center established to provide support to their worldwide business and with a mission to make healthcare run better Medline India is a growing

organisation. The employees handle challenging tasks in their various arms including finance and technology ably supporting their international businesses.

The company aims at providing a friendly working environment to its employees with flexible work schedule and fostering employee health and wellbeing. With such an objective Medline joined hands with Trijog who conducted various webinars on employee wellness and care, provided one-on-one counselling services to their entire employee base.



DETAIL >

Triumph of Excellence

Medline Industries strategically collaborated with Trijog to offer a comprehensive employee support program. This initiative included one-on-one counseling services, dedicated employee care and assistance programs, and a series of enlightening webinars, encompassing sensitization initiatives.

Importantly, the partnership incorporated quarterly check-ins throughout the year, demonstrating Medline's commitment to nurturing the well-being and mental health of its workforce in a holistic and ongoing manner.

DATA INSIGHTS

A Statistical Perspective

5.5K+



Employee size

12+



Number of Sensitization Programs

350+

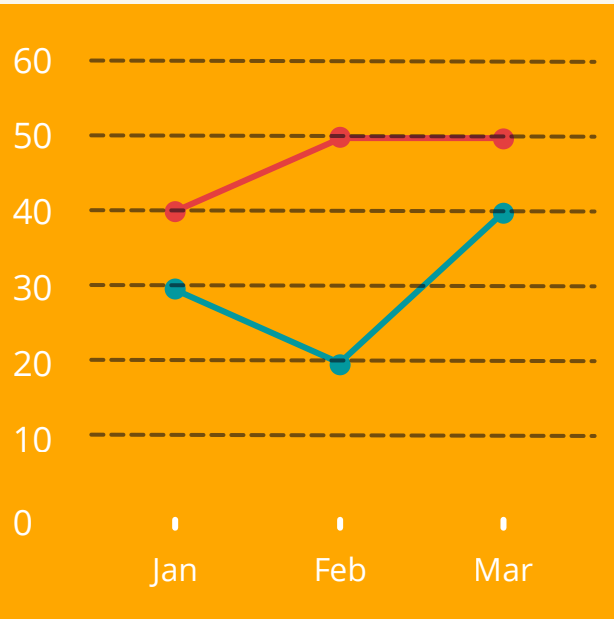


Number of session hours

4.9



Overall user rating



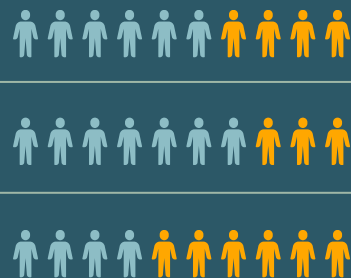
Trijog, a leading mental health and wellness service provider, has significantly impacted Medline, catering to an employee base of over 5.5K individuals.

DATA



Through the delivery of 12+ sensitization programs and conducting 350+ sessions, Trijog has demonstrated its commitment to fostering a mentally healthy workplace environment within Medline. The outstanding user satisfaction is reflected in the remarkable overall rating of 4.9, showcasing the effectiveness and quality of their services.

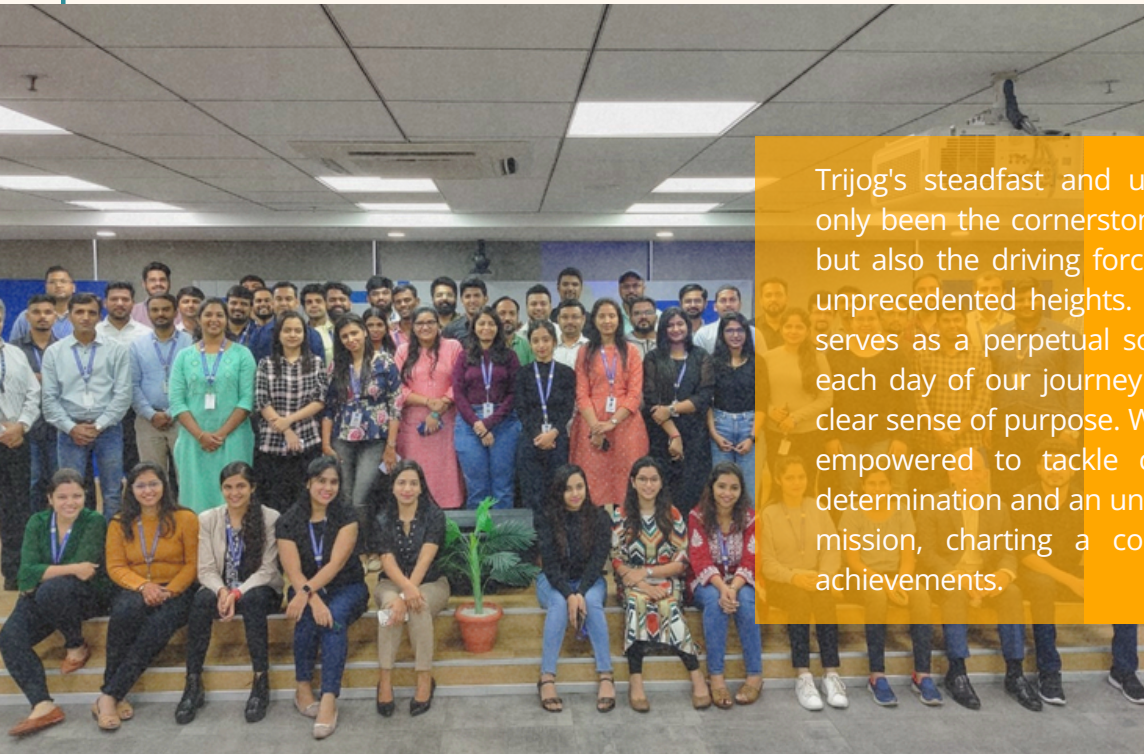
DATA



With their extensive experience and dedication, Trijog has successfully supported Medline's employees, ensuring their well-being and mental health, ultimately contributing to a positive and thriving work atmosphere.

CLIENT TESTIMONIAL

Their involvement breathed new life into the project, serving as a testament to the power of innovation, adaptability, and dedication. Together, this collective effort stands as a beacon of progress, illustrating the profound impact of pioneering thinking and collaborative action in shaping the future. The inception of this initiative was warmly embraced, its enduring impact promptly recognized and deeply appreciated.



Trijog's steadfast and unwavering support has not only been the cornerstone of our enduring optimism but also the driving force propelling our progress to unprecedented heights. Their boundless enthusiasm serves as a perpetual source of inspiration, infusing each day of our journey with renewed energy and a clear sense of purpose. With Trijog by our side, we are empowered to tackle challenges with unwavering determination and an unwavering belief in our shared mission, charting a course towards ever greater achievements.

THE BUSINESS DOMAINS

Sectors That We Operate In For L&D



»»» Insurance Sector

KOTAK LIFE INSURANCE

Provides a wide array of life insurance products, ensuring financial security and stability for customers.

Provides a wide array of life insurance products, ensuring financial security and stability for customers.

»»» USHUR TECHNOLOGY »»» AI- Automation Sector



»»» Consultation Sector

BAIN & COMPANY

Renowned consultancy offering tailored expertise and collaborative solutions across a spectrum of industries.



»»» Energy Sector HPCL

HPCL, a leading energy player, markets petroleum products and diverse energy verticals, leveraging robust infrastructure for quality. It spans refining, distribution, and innovative ventures, venturing into renewable energy while ensuring excellence and sustainability in operations, shaping the energy landscape.



»»» Technology Sector SOLAR SQUARE

Focuses on innovative residential solar solutions integrating advanced technology.

Specializes in market research and ResTech (Research Technology) solutions.

»»» INNOVATE MR »»» Market Research Sector



»»» Reinsurance Sector MUNICH RE

A global reinsurance company providing risk management solutions to insurers and businesses.

THE BUSINESS DOMAINS

Sectors That We Operate In For L&D



»»» Insurance Sector

KOTAK LIFE INSURANCE

Provides a wide array of life insurance products, ensuring financial security and stability for customers.

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»»» Technology Sector SOLAR SQUARE

Focuses on innovative residential solar solutions integrating advanced technology.

Specializes in market research and ResTech (Research Technology) solutions.

»»» INNOVATE MR Market Research Sector



»»» Maritime Sector B W SHIPPING

A prominent international shipping company, contributing to the seamless transportation of goods across the globe.

TRIJOG REVIEW & INSIGHTS (L&D)



150+

Number of Companies



250+

Number of Sessions



88%

Engagement Rate



4.8 ★

Session Rating

anches #DiversifyWithTriJog,
es a safe space for
on of mental health &



with Faye D'souza, Independent Journalist, Sushant
KoHENur, Singer & Performer, Raj Mariwala, Director,
CareInitiative & Karen Thompson, Brand Manager, MAC
India's progressive platform for mental health and
announced the launch of #DiversifyWithTriJog.

TRIJOG'S CARE STANDARDS

- Customization & Personalization
- Participant Engagement
- Trainer Expertise & Engagement
- Content Relevance & Practicality
- Post-Session Support & Resources
- Assessment & Feedback
- Adaptability & Flexibility
- Measurable Outcomes & Impact

NUSI/ITF TRUST FOR INDIAN SEAFARERS

“

The initiative's introduction garnered a warm reception and demonstrated remarkable long-term benefits. Trijog's approach, marked by professionalism and a harmonious blend of systematic and liberal methodologies, revitalized mental healthcare. This initiative instilled a profound sense of optimism, confirming our course toward positive change.



1 Lakh+
Employee Strength

90%
Engagement Rate

9.0
Satisfaction Score

4.9 ★
Project Rating

Joining Minds With Trijog

On May 1st, 2022, Trijog established a partnership with NUSI/ITF, aiming to extend mental health care support to the latter's extensive workforce of over 100,000 employees and their dependents. This collaboration represents a significant commitment to prioritize the well-being of a vast and diverse community.

Notably, it featured the execution of over 120 physical workshops, addressing various aspects of seafarer mental health. Together, these initiatives exemplify a holistic commitment to enhancing the well-being and mental health of seafarers and their families, fostering a resilient community within the maritime industry.

NUSI/ITF is a charitable trust established to support seafarers and their families. Their responsibilities encompass a wide variety of areas including the financial well being of the seafaring families, ensuring the widows and children of seafarers.



INTERNATIONAL WOMEN'S DAY

“

Arushi Sethi's recognition by the Maritime Union of India and the National Seafarers Union on International Women's Day celebrates her commitment to advancing psychological safety in our maritime sector, fostering resilience among our seafarers. NARISHAKTI, inherent within us all, empowers individuals to ignite their light, illuminating a path where each can shine brightly.



100+

Individual Participation



95%

Engagement Rate



9.5

Satisfaction Score



4.9 ★

Program Rating

Joining Minds With Trijog

Arushi Sethi's recognition by the Maritime Union of India and the National Seafarers Union highlights her pivotal role in promoting psychological safety and resilience within the maritime sector. NARISHAKTI, inherent within every individual, serves as a catalyst for empowerment, urging each person to shine brightly.

The esteemed presence of Kavyanjali Dube, Kalpana Desai, and Dr. Ratna Sharma brings invaluable expertise and leadership to the stage. Together, they enrich the discourse on fostering a supportive and resilient environment for our nation's seafarers. Their collective influence inspires collaborative efforts towards improving the well-being and safety of those working in the maritime industry.

United in their dedication, they illuminate transformative pathways, forging positive change and progress within the maritime domain. Their collaborative efforts inspire a future of resilience and prosperity for seafarers and the industry alike.



EQUIFAX

SCI BUZZ >

Joining Minds With Trijog

In 2025, Equifax partnered with Trijog to launch a comprehensive Employee Assistance Program (EAP), aimed at supporting the mental and emotional well-being of its workforce.

Through this collaboration, Trijog provides confidential one-on-one counseling sessions, expert psychological guidance, and engaging webinars focused on stress management, resilience, and overall mental wellness. This initiative reflects Equifax's commitment to fostering a healthier, more balanced work environment where employees feel supported both personally and professionally.

The partnership continues to promote a culture of empathy, awareness, and proactive mental health care across the organization.

INDUSTRY >

Prior Challenges/ Opportunities



Before the implementation of the Employee Assistance Program with Trijog, Equifax faced challenges commonly seen in fast-paced corporate environments

rising stress levels, limited mental health awareness, and hesitation among employees to seek psychological support. These issues often led to reduced productivity, communication gaps, and a general lack of emotional well-being in the workplace. The absence of structured mental health resources made it difficult for employees to effectively manage personal and professional pressures. Recognizing the growing need for support, Equifax sought a trusted partner to build a more resilient and emotionally healthy workforce.



DETAIL >

Triumph of Excellence

This initiative offers confidential one-on-one counseling services, a dedicated care and assistance framework, and a series of insightful webinars focused on mental health awareness, stress management, and emotional resilience. To ensure continuity and engagement, the program also includes quarterly

mental health check-ins, reinforcing Equifax's ongoing commitment to creating a psychologically safe and supportive workplace. This holistic approach underscores the organization's dedication to empowering employees with the tools and support needed to thrive personally and professionally.

DATA INSIGHTS

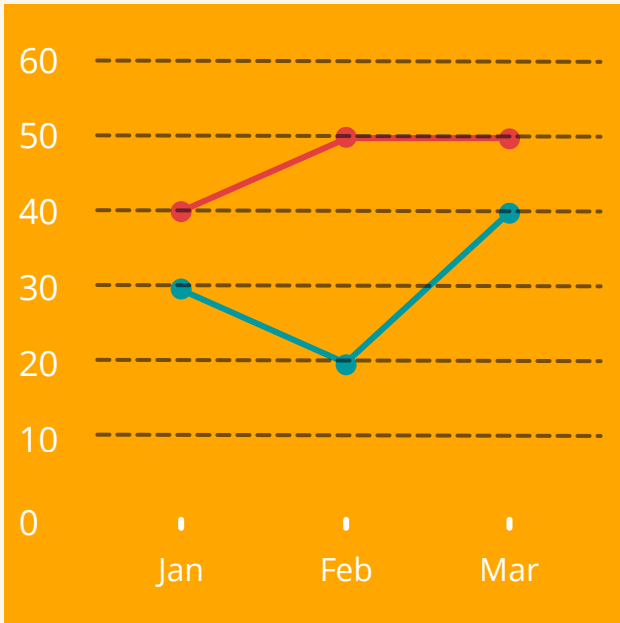
A Statistical Perspective

5 K+ **Employee size**

8+ **Number of Sensitization Programs**

500+ **Number of session hours**

4.8 **Overall user rating**



Trijog, a leading mental health and wellness service provider, has significantly impacted Medline, catering to an employee base of over 5.5K individuals.

DATA

Through the delivery of 8+ sensitization programs and conducting 500+ sessions, Trijog has demonstrated its commitment to fostering a mentally healthy workplace environment within Equifax. The outstanding user satisfaction is reflected in the remarkable overall rating of 4.8, showcasing the effectiveness and quality of their services.

DATA

With their extensive experience and dedication, Trijog has successfully supported Equifax's employees, ensuring their well-being and mental health, ultimately contributing to a positive and thriving work atmosphere.

CLIENT TESTIMONIAL

"Trijog's steadfast support has been instrumental in shaping a more mindful and resilient workplace at Equifax. Their thoughtfully curated webinars on Acing Anxiety and Managing the Mind brought much-needed clarity, practical tools, and emotional strength to our teams. Trijog's boundless enthusiasm and deep expertise infused every session with purpose, sparking meaningful conversations and inspiring lasting change. This collaboration has not only enhanced our employees' mental well-being but also reaffirmed our commitment to fostering a supportive, forward-thinking work environment. We deeply value Trijog's dedication, innovation, and the lasting impact they continue to create.



ACING ANXIETY, ADAPTING FLEXIBILITY

Key aspect of our overall well-being

- 1 Helps us overcome challenges
- 3 Better productivity
- 5 Better quality of life

- 2 Positive self image
- 4 Healthier relationships
- 6 Impacts your physical well-being

"Partnering with Trijog has been a transformative experience for us at Equifax. Their webinars on Acing Anxiety and Managing the Mind were more than just informative—they were empowering, relatable, and deeply impactful. Trijog's ability to connect with our teams, address real challenges, and offer actionable strategies made a significant difference in how our employees approach their mental well-being. Their unwavering commitment and innovative delivery have elevated our wellness initiatives, and we are truly grateful for their continued support in building a healthier, more resilient workforce."

INDIAN NAVY

“

Trijog’s involvement breathed new life into the partnership, reflecting a deep commitment to innovation, adaptability, and purpose-driven care. The collaboration with the Indian Navy stands as a beacon of progress, highlighting the power of united action in promoting mental resilience. The inception of this initiative was met with warmth and optimism, laying the foundation for lasting impact.



10,000+
Employee Strength

96%
Engagement Rate

9.7
Satisfaction Score

4.9 ★
Project Rating

Joining Minds With Trijog

Trijog conducted an insightful workshop titled "Anchored Within: Mental Strength at Sea and Ashore" exclusively for seafarers aboard the ship. The session focused on building emotional resilience, managing stress, and fostering inner stability amidst the unique challenges of maritime life.

With engaging activities and practical tools, it empowered participants to stay mentally strong both on deck and beyond. The workshop was received with enthusiasm, reinforcing the importance of mental well-being in life at sea.



MAERSK

“

The global alignment between Maersk and Trijog marks a powerful collaboration rooted in a shared vision of holistic well-being for seafarers and employees worldwide. By integrating Trijog’s mental health expertise with Maersk’s global reach and commitment to people-first values, this partnership fosters a culture of psychological safety, resilience, and emotional intelligence across borders. Together, they are setting a new benchmark in prioritizing mental wellness within the maritime industry, creating lasting impact both at sea and on shore.



10,000+
Employee Strength

97%
Engagement Rate

9.6
Satisfaction Score

4.9 ★
Project Rating

Joining Minds With Trijog

Trijog conducted a series of impactful virtual sessions for Maersk teams across India, Europe, and the Philippines, addressing key areas of personal well-being, finance and growth. Topics included Mastering Sleep, aimed at improving rest and recovery for optimal functioning, and Savings at Sea – Strategies for Financial Stability and Growth, empowering seafarers with practical tools for managing finances effectively.

These sessions blended psychological insights with real-life applicability, fostering holistic development. The diverse participation and positive engagement reflected a strong commitment to well-being across global Maersk teams.



SPOTIFY

“

Trijog’s alignment with Spotify reflects a shared commitment to fostering mental well-being in creative and fast-paced environments. Through tailored initiatives, the collaboration promotes emotional resilience, self-awareness, and workplace harmony. This partnership highlights the power of mindful engagement in nurturing both people and performance.



5,000+

Employee
Strength



95%

Engagement
Rate



9.5

Satisfaction
Score



4.9 ★

Project
Rating

Joining Minds With Trijog

Trijog conducted two enriching workshops focused on holistic well-being and workplace inclusivity. Building an Inclusive Workplace: Embracing Neurodiversity & Beyond empowered participants to understand, accept, and support diverse cognitive styles, fostering a culture of empathy and belonging.

The Sound Bowl Healing session offered a deeply calming experience, helping individuals reconnect with themselves through vibrational therapy. Together, these workshops promoted awareness, inner balance, and collective growth.

By combining cognitive awareness with mindful healing, Trijog created a safe space for employees to grow both personally and professionally. The response was overwhelmingly positive, reinforcing the value of integrating mental wellness into workplace culture.



NORTHERN MARINE LIMITED

“

Trijog's partnership with Northern Marine Limited marks a dedicated effort toward enhancing mental health support for maritime professionals. Together, they aim to foster emotional resilience, psychological safety, and overall well-being across life at sea and ashore. This collaboration reflects a shared commitment to prioritizing people and building a healthier, more supportive work culture.



2,000+

Employee
Strength



95%

Engagement
Rate



9.5

Satisfaction
Score



4.9 ★

Project
Rating

Joining Minds With Trijog

Trijog conducted impactful webinars for the Northern Marine team, focusing on key areas of mental and interpersonal well-being. Calm Waters: Mental Health Awareness, Stress Management & Resilience equipped participants with tools to navigate emotional challenges and build inner strength.

Another session on Interpersonal Skills, Teamwork & Collaboration emphasized effective communication and unity in high-pressure maritime settings. Together, these webinars fostered a culture of support, awareness, and connectedness within the team.



KOTAK LIFE INSURANCE

“

Trijog, prioritized Kotak Life Insurance employees' well-being this Women's Day 2024 by providing connect sessions with therapists. Organizing engaging activities split into DIY and Connect Corners, including Art Based Therapy and Sound Bath Sessions, Trijog aimed to alleviate stress and foster connections among employees.



Joining Minds With Trijog

Trijog, distinguished for its exemplary L&D services, showcased its commitment to Kotak Life Insurance employees this Women's Day by offering connect sessions with therapists. As the mental well-being partner of Kotak Life Insurance, Trijog Know Your Mind orchestrated captivating activities for International Women's Day.

The initiative, comprising 2 DIY corners and 4 Connect Corners, aimed to provide a holistic experience for employees. Amidst daily work routines, these activities provided a rejuvenating break, fostering stress relief and interpersonal connections through Art Based Therapy and a Sound Bath Session.

Trijog's thoughtful approach nurtured a supportive environment conducive to mental wellness and celebration. Their sessions stood out for their exceptional engagement, seamlessly blending content relevance with the promotion of inclusivity.



VICEROY PROPERTIES

“

Viceroy Properties underwent a transformative collaboration with Trijog, crafting an exemplary certified L&D program tailored to team building needs. Engaging activities such as the Bollywood Maze and Scavenger Hunt fostered active participation and camaraderie, enhancing the vibrant work culture at Viceroy. The success prompted plans for further engagements, marking a commitment to ongoing holistic Learning and Development initiatives.



150+

Employee Strength



95%

Engagement Rate



9.1

Satisfaction Score



4.9

Project Rating

Joining Minds With Trijog

In February 2023, Viceroy Properties embarked on dynamic team-building activities provided by Trijog, for their I&D program. Among these activities were the captivating Bollywood Maze and exhilarating Scavenger Hunt, sparking enthusiastic participation among employees.

Each team member embraced the collaborative spirit wholeheartedly, contributing to a vibrant and cohesive work culture at Viceroy. This collaborative effort, facilitated by Trijog, included thorough Needs Assessments to identify employee concerns, followed by immersive learning workshops and personalized 1 to 1 sessions.

Viceroy's partnership with Trijog epitomizes their steadfast dedication to nurturing a supportive work environment, prioritizing employee well-being. Through these collaborative endeavors, Viceroy reinforces its commitment to fostering a workplace culture that empowers individuals to thrive and grow.



INDIA GLOBAL FORUM

“

Arushi Sethi Engaged in a round table dialogue at India Global Forum 2024, passionately for pioneering innovative partnerships for social impact, positioning youth empowerment at the forefront of transformation. Seamlessly integrating mental health into economic development, towards holistic prosperity, advancing one step forward every day.




1000+
Individual
Participation



95%
Engagement
Rate



9.5
Satisfaction
Score



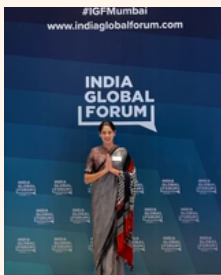
4.9 ★
Program
Rating

Joining Minds With Trijog

Gratefully immersed in the discourse at the India Global Forum, luminaries such as Amit Shah and Devendra Fadnavis align with industry leaders like Sanjeev Sanyal and Rahul Bajoria, driving forward a transformative dialogue on youth empowerment.

Expertly facilitated by a consortium of industry partners, the dynamic round table titled "Empowering the Youth - Private Sector Partnerships for Innovation and Social Impact" illuminates pathways where innovation and social impact converge. With each diverse perspective enriching the dialogue, collaborative strategies are forged to empower the next generation.

This convergence of minds pioneers a visionary path toward holistic prosperity by seamlessly integrating mental health into economic development. It embodies our steadfast commitment to advancing daily, symbolizing the transformative potential of collaborative efforts.



B W SHIPPING

“

Trijog's involvement breathed new life into the project, serving as a testament to the power of innovation, adaptability, and dedication. Together, this collective effort stands as a beacon of progress, illustrating the profound impact of pioneering thinking and collaborative action in shaping the future. The inception of this initiative was warmly embraced.



12,000+

Employee
Strength



91%

Engagement
Rate



9.2

Satisfaction
Score



4.6 ★

Project
Rating

Joining Minds With Trijog

In September 2023, B W Shipping entered into a strategic partnership with Trijog, marking the initiation of a collaborative initiative focused on delivering customized Learning and Development Webinars for B W Shipping employees. Renowned for their excellence in maritime services,

B W Shipping is dedicated to ensuring operational proficiency and excellence in the shipping industry. The alliance with Trijog underscores B W Shipping's commitment to employee growth, offering engaging modules designed to provide a reprieve from daily work pressures.

This collaboration emphasizes a joint dedication to enhancing employee development through interactive learning initiatives, leveraging Trijog's expertise to cultivate a culture of continuous growth and professional development within the maritime sector.



V SHIPS

“

V Ships' integration of Trijog's sessions has invigorated our approach, demonstrating the impactful synergy between innovation, adaptability, and dedication. The enthusiastic reception of this initiative within V Ships reflects a collective embrace of the valuable insights and developmental contributions stemming from our collaboration with Trijog.



10,001+
Employee
Strength

90%
Engagement
Rate

8.5
Satisfaction
Score

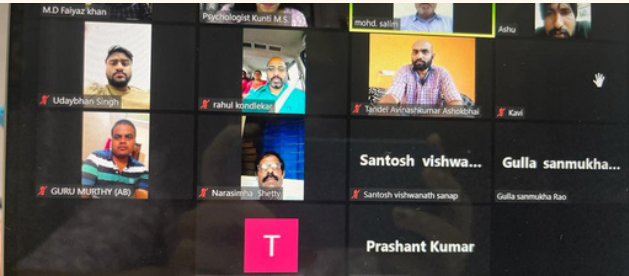
4.8 ★
Project
Rating

Joining Minds With Trijog

In February 2023, V Ships forged a strategic partnership with Trijog, initiating a collaborative effort to deliver tailored Learning and Development Webinars for V Ships employees. Recognized for their maritime excellence, V Ships remains steadfast in ensuring operational

proficiency and industry leadership. The partnership underscores V Ships' commitment to fostering employee growth, providing enriching modules aimed at alleviating daily work pressures and reinforcing a culture of continuous development within the maritime sector.

This alliance with Trijog exemplifies V Ships' dedication to enhancing employee skills and sustaining a thriving professional community.



TOLANI SHIPPING



Our integration with Trijog has surely brought a change to our organizational approach, showcasing the dynamic interplay of innovation, adaptability, and unwavering dedication. The warm reception of this initiative within Tolani Shipping underscores our collective embrace of valuable insights and developmental contributions arising from our partnership with Trijog.




200+
Employee
Strength



91%
Engagement
Rate



8.7
Satisfaction
Score



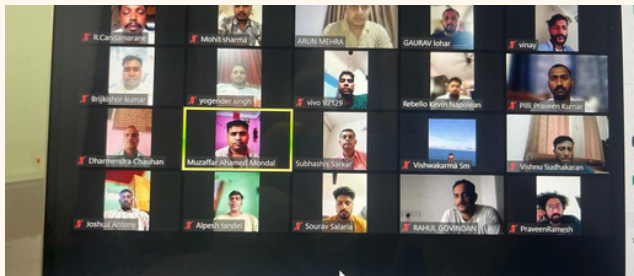
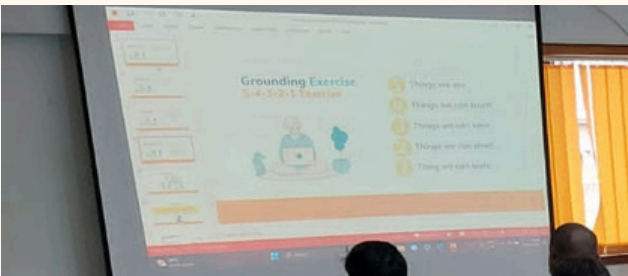
4.5 ★
Project
Rating

Joining Minds With Trijog

In October 2022, Tolani Shipping announced a strategic collaboration with Trijog, signaling a concerted effort to introduce specialized webinars and workshops tailored for Tolani Shipping seafarers. Renowned for its maritime prowess, Tolani Shipping remains resolute in its pursuit

of operational excellence and industry eminence. The partnership underscores Tolani Shipping's unwavering commitment to nurturing employee advancement, offering comprehensive workshops designed to mitigate daily operational challenges as well as challenges off and on

shore and fortify a culture of perpetual growth within the maritime domain. This alliance with Trijog exemplifies Tolani Shipping's steadfast dedication to honing employee competencies and fostering a vibrant professional ecosystem



FLEET MANAGEMENT

“

This collaborative venture highlights the constructive influence of forward-thinking but also underscores the power of teamwork in steering the course of our industry. The enthusiastic embrace of this initiative within Fleet Management echoes our shared receptiveness to valuable insights and developmental contributions stemming from our partnership with Trijog.



10,001+
Employee Strength

90%
Engagement Rate

8.5
Satisfaction Score

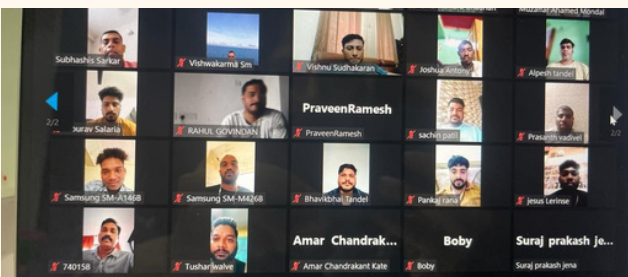
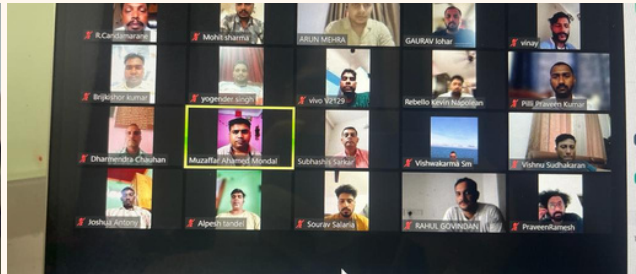
4.5 ★
Project Rating

Joining Minds With Trijog

In April 2022, initiated a significant collaboration with Trijog in the realm of fleet management, marking the inception of a strategic partnership aimed at enhancing wellness and excellence within the maritime sector. This collaboration entails the development and

implementation of cutting-edge strategies to make wellness not just a problem solution constant but implementing it as a lifestyle. By leveraging Trijog's specialized knowledge and experience, the aim was to create a supportive environment at Fleet. The partnership with Trijog reflects

a dedication to advancing fleet management practices and ensuring sustained growth in the maritime industry.



DOCKENDALE SHIP MANAGEMENT

“

The initiation of this endeavor received a warm embrace, with its enduring influence promptly recognized and valued. The inventive aspect of the opportunity found resonance, cultivating an atmosphere of receptivity and teamwork. Trijog's outstanding professionalism, along with their methodical yet flexible approach, brought a refreshing perspective to the undertaking.



50+
Employee Strength

92%
Engagement Rate

8.6
Satisfaction Score

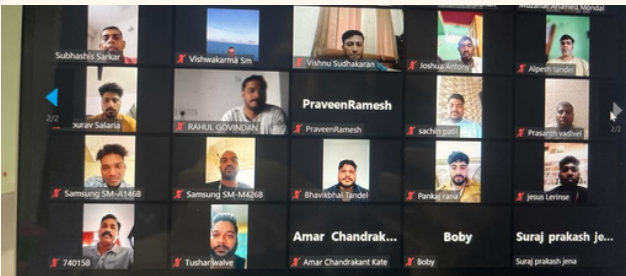
4.8 ★
Project Rating

Joining Minds With Trijog

In July 2023, Dockendale Ship Management announced a transformative collaboration with Trijog to introduce a series of specialized learning and Development Workshops tailored for its workforce. Renowned for its exceptional standards in maritime management, Dockendale Ship

Management remains resolute in fortifying operational efficiency and setting benchmarks within the industry. This strategic alliance underscores Dockendale Ship Management's unwavering commitment to nurturing employee advancement, offering comprehensive

workshops instilling a culture of continual progress across the maritime domain. The partnership with Trijog epitomizes Dockendale Ship Management's dedication to amplifying employee competencies and sustaining a dynamic professional environment.



KOTAK LIFE INSURANCE

“

Personally speaking, we thoroughly appreciated and enjoyed everything because it was delivered with excellent involvement. We are engaged with Trijog on multiple programs as Trijog assists the employees to gain selected perspective that is important to our organization's strategy. Trijog is amongst the best that we have, and we appreciate of this fruitful partnership.



10,000+
Employee
Strength

92%
Engagement
Rate

8.9
Satisfaction
Score

4.8 ★
Project
Rating

Joining Minds With Trijog

In September 2022, Kotak Life Insurance joined hands with Trijog, embarking on a collaborative journey to offer Learning and Development Webinars tailored for Kotak employees. The partnership aimed to introduce engaging and revitalizing modules, offering a reprieve from work-related pressures.

Renowned for innovative life insurance products, Kotak Life Insurance focuses on ensuring financial independence for customers across life's diverse stages. Their commitment to customer-centric solutions reflects their dedication to financial empowerment and security. The collaboration between Kotak Life Insurance

and Trijog signifies a concerted effort to enrich employee development through interactive and refreshing learning initiatives. By leveraging Trijog's expertise, Kotak aims to foster a workforce culture that prioritizes growth and continual professional development within the insurance landscape.



USHUR TECHNOLOGY

“

We experienced a transformative collaboration with Trijog, crafting an exemplary certified L&D program that precisely catered to our needs. The integration of case examples proved instrumental, effectively utilized by our teams. The success of our partnership resulted in multiple sessions, prompting plans for continued engagements in our holistic Learning and Development journey.




150+
Employee Strength



87%
Engagement Rate



7.9
Satisfaction Score



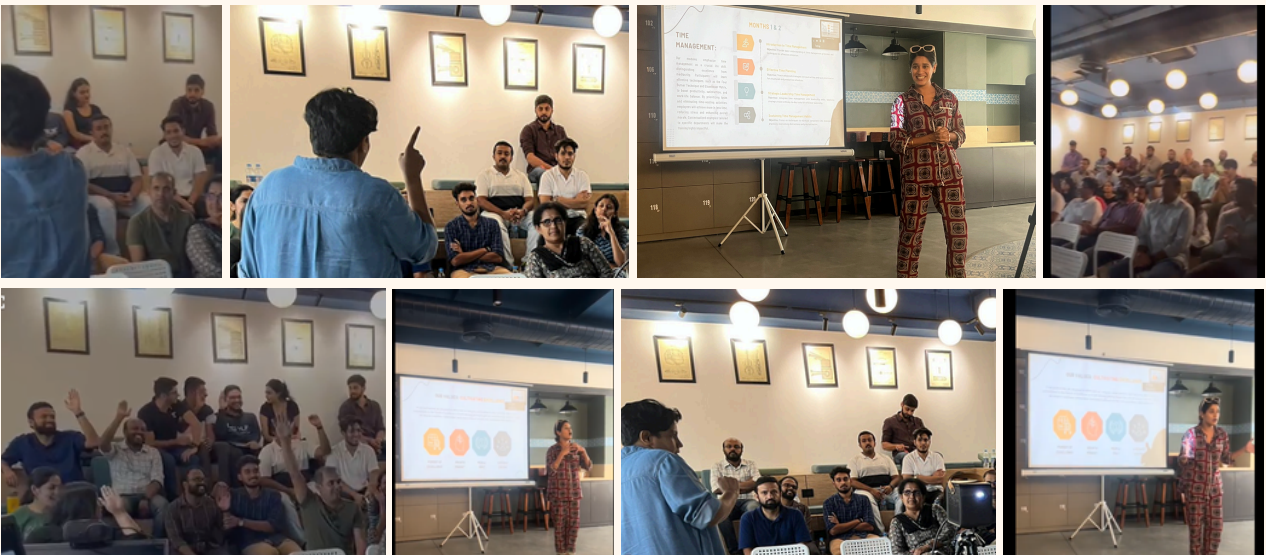
4.7 ★
Project Rating

Joining Minds With Trijog

In February 2023, Ushur Technology solidified a strategic partnership with Trijog to orchestrate an extensive Learning & Development program. This collaboration encompassed Needs Assessments to pinpoint specific concerns, robust learning workshops, and personalized one-on-one

coaching services, all tailored meticulously to address the unique needs of Ushur's workforce. These joint initiatives underscore Ushur's steadfast dedication to nurturing a supportive and mentally enriching work environment for its employees. Ushur stands as a specialized technology company offering AI-powered

automation solutions. Leveraging artificial intelligence (AI), machine learning (ML), and natural language processing (NLP), their platform streamlines communication workflows, empowering businesses to engage with customers more effectively and efficiently.



USHUR TECHNOLOGY

“

We experienced a transformative collaboration with Trijog, crafting an exemplary certified L&D program that precisely catered to our needs. The integration of case examples proved instrumental, effectively utilized by our teams. The success of our partnership resulted in multiple sessions, prompting plans for continued engagements in our holistic Learning and Development journey.



150+
Employee Strength

87%
Engagement Rate

7.9
Satisfaction Score

4.7 ★
Project Rating

Joining Minds With Trijog

In March 2023, Ushur Technology wrapped up its last session with Trijog, culminating a thorough four-part program dedicated to sleep management. This initiative integrated a range of activities to bolster an expansive Learning & Development agenda.

This collaboration included Needs Assessments to precisely identify employee concerns, followed by immersive learning workshops and personalized one-on-one sessions. These joint efforts exemplify Ushur's unwavering commitment to fostering a supportive and mentally enriching work environment.

Renowned for its expertise in specialized technology, Ushur pioneers cutting-edge automation solutions, prioritizing both employee well-being and professional advancement as fundamental pillars of its corporate philosophy.



BAIN & CO.

“

Trijog stood out for its L&D services, prioritizing our employees' yogic well-being. The trainer's vibrant energy resonated, fostering a strong connection during the sessions. Their tailored approach not only addressed our employee needs but also enriched our culture and engagement. Trijog's sessions were exceptionally engaging, covering both content relevance and fostering an inclusive environment.




10,000+
Employee Strength



90%
Engagement Rate



8.9
Satisfaction Score



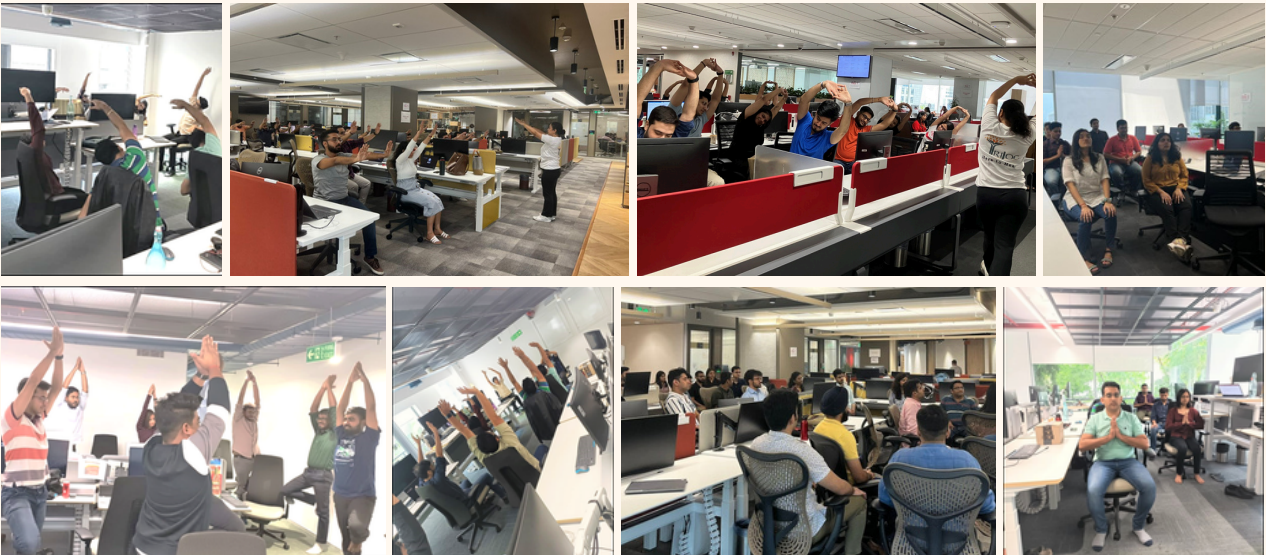
4.7 ★
Project Rating

Joining Minds With Trijog

In June 2023, Bain & Co joined forces with Trijog in a collaborative venture, initiating Learning & Development alongside yoga sessions for Bain's workforce. The aim was to uphold employees' mental well-being while enhancing their physical health, ultimately driving overall productivity. Bain & Co, distinguished for their

tailored expertise, collaborates seamlessly with digital innovators, delivering superior and enduring outcomes. Their commitment to investing over \$1 billion in pro bono services over the next decade underscores their dedication to addressing critical challenges in education, racial equity, social justice, and more.

This collaboration exemplifies the shared dedication of Bain and Trijog in cultivating a workplace that prioritizes both professional development and holistic employee well-being. As Bain & Co continues pioneering innovative solutions, this partnership reflects their proactive stance in promoting employee wellness.



SOLAR SQUARE

“

In the corporate landscape, prevailing instability prompted our session's objective: alleviating mental unease. Trijog's aid in emphasizing mental well-being was invaluable. Positive reviews affirmed the choice to collaborate, reinforcing confidence in Trijog. Keep excelling in fostering a happier, open world.



200+
Employee
Strength

91%
Engagement
Rate

9
Satisfaction
Score

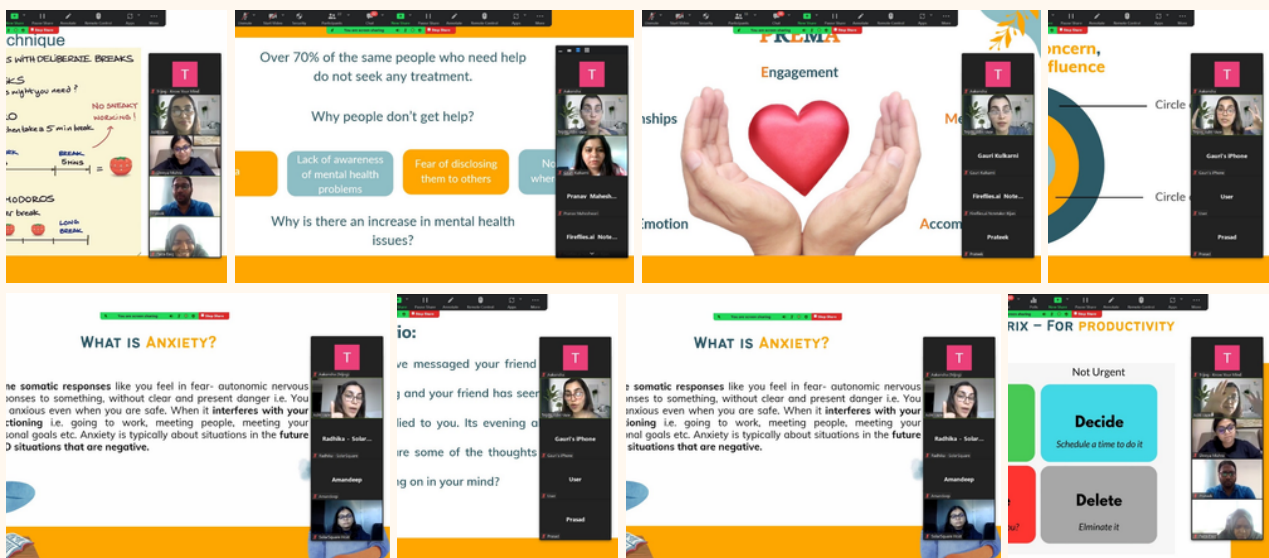
4.9 ★
Project
Rating

Joining Minds With Trijog

In May 2023, a transformative alliance emerged as Solar Square partnered with Trijog for L&D Webinar Sessions. This strategic collaboration aims to boost productivity and prioritize Solar Square's workforce well-being. Solar Square's investment in comprehensive L&D programs highlights their commitment to professional

growth and employee satisfaction. Renowned as India's leading residential solar company, Solar Square epitomizes trust, transparency, and innovative solutions. Specializing in advanced solar offerings, integrated financing, and stellar after-sales service, they cater expertly to homeowners

nationwide. This partnership signifies Solar Square's unwavering dedication to present and future growth, fostering a dynamic workforce culture through Solar Square and Trijog's combined efforts.



HPCL

“

Trijog crafted an exceptional certified training program for HPCL employees, tailored precisely to our needs and executed flawlessly. Case examples were instrumental, well-utilized by our faculty. The success of our collaboration led to multiple sessions, and we're planning further engagements.



Joining Minds With Trijog

In 2022, HPCL and Trijog joined forces to deliver comprehensive Learning and Development sessions for HPCL's workforce. As a Maharatna Central Public Sector Enterprise (CPSE), HPCL stands as an S&P Global Platts Top 250 Global Energy Company, dominating the downstream hydrocarbon sector in India.

Renowned for its significant share in petroleum product marketing, HPCL extends its business footprint across diverse energy verticals and overseas geographies. The company's robust presence and global reach underscore its influential role in the energy landscape. This collaboration between HPCL and Trijog

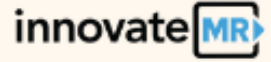
signifies a shared commitment to empowering HPCL's workforce through impactful learning initiatives. By leveraging Trijog's expertise, HPCL aims to further enrich employee development, fostering a culture of continuous growth and innovation within its dynamic energy ecosystem.



INNOVATE MR

“

All participants had an exceptional experience, deeming the sessions excellent. During our sessions, everything, from engagement to energy, was deeply appreciated. The personalized delivery methods made the content highly relatable for our employees. The gained knowledge is poised to seamlessly integrate into our daily practices, fostering growth and enhancing ways to work on our challenges.



200+
Employee
Strength

88%
Engagement
Rate

8
Satisfaction
Score

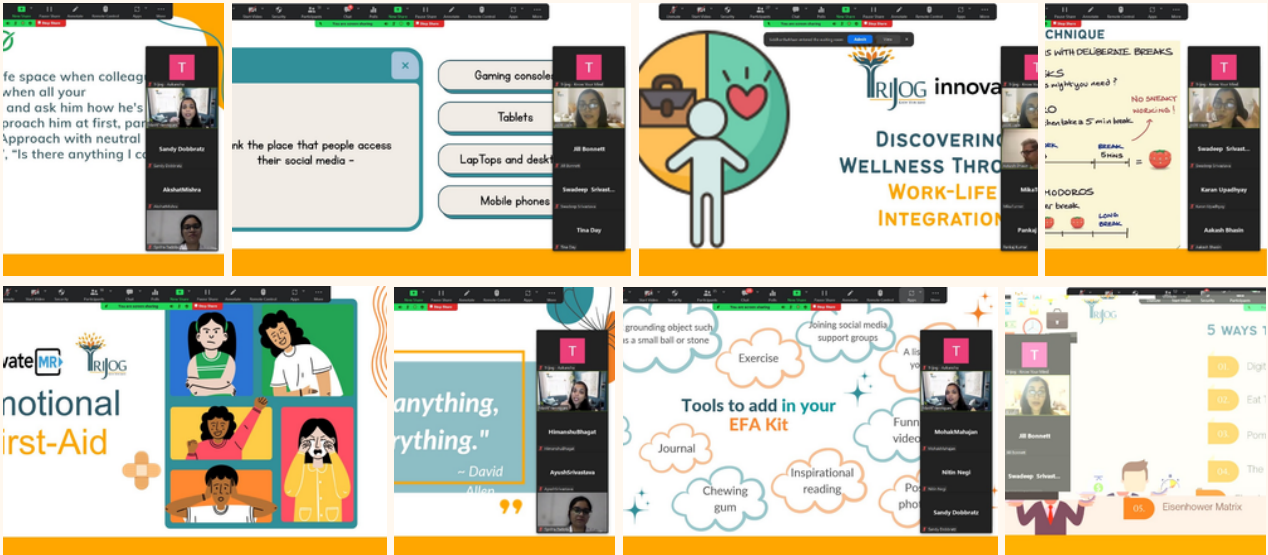
4.9 ★
Project
Rating

Joining Minds With Trijog

In March 2023, Trijog and Innovate MR embarked on a transformative partnership, envisioning an enriched learning and development journey for their committed workforce. Innovate MR, a pioneering ResTech (Research Technology) and full-service sampling company, acknowledges the crucial role of

continuous learning in cultivating a thriving workplace culture. Prioritizing their employees' well-being, Innovate MR sought to curate sessions that nurture professional growth and offer a refreshing break from their dynamic work landscape. The meticulously crafted modules aim to engage and rejuvenate employees,

providing a reprieve from work pressures while imparting valuable skills and insights. The success of this collaboration mirrors a shared vision between both organizations, converging on the creation of an environment where innovation, learning, and employee fulfillment harmoniously thrive.



MUNICH RE

“

Every collaboration with Trijog has consistently surpassed expectations, demonstrating excellence and unwavering engagement. At Munich RE, we prioritize high-caliber work, and Trijog's contributions have truly been exceptional. Our association has seen numerous successful deliveries, with this particular partnership standing out.




10,000+
Employee Strength



80%
Engagement Rate



7.9
Satisfaction Score



4.7 ★
Project Rating

Joining Minds With Trijog

In August 2022, Trijog established a significant partnership with Munich Re, shaping a collaborative effort centered on prioritizing employee well-being through robust Learning and Development sessions. Munich Re, a global powerhouse renowned for reinsurance, primary insurance, and risk

solutions, proactively champions initiatives fostering the mental and physical health of its workforce. Operating globally and encompassing reinsurance, ERGO business segments, and MEAG investment, Munich Re boasts a comprehensive presence across the insurance landscape. This collaboration showcases

how industry leaders unite to craft a workplace that nurtures professional growth and holistic employee health. As Munich Re continues its strides in the insurance realm, this partnership symbolizes their dedication to fostering a thriving workforce grounded in learning, development, and holistic well-being.



MUNICH RE

“

Every collaboration with Trijog has consistently surpassed expectations, demonstrating excellence and unwavering engagement. At Munich RE, we prioritize high-caliber work, and Trijog's contributions have truly been exceptional. Our association has seen numerous successful deliveries, with this particular partnership standing out.

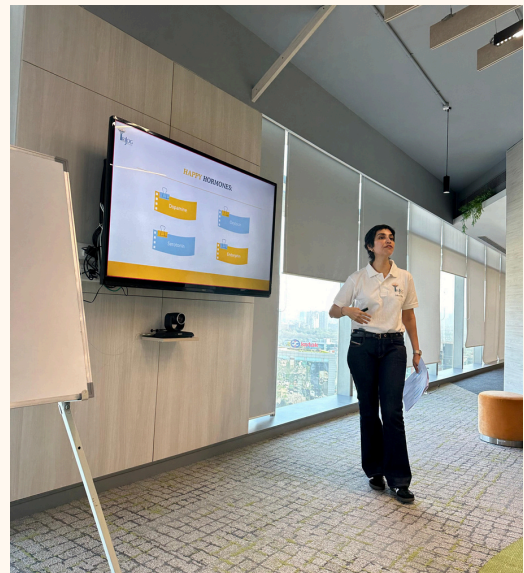


Joining Minds With Trijog

Trijog organized another session at Munich Re office in Bandra for this Women's Day, with Aditi Vaze as the facilitator. The webinar titled "Harmonize Your Hormones" was highly impactful and informative. This women-led session proved to be a powerful and enlightening experience for the entire organization.

Aditi Vaze masterfully steered the dialogue, navigating through the complexities of hormonal equilibrium with finesse. Participants were captivated by the depth of her insights, emerging from the session enriched with practical wisdom on optimizing hormonal health.

Munich Re employees expressed sincere gratitude for the enriching experience of participating in the event, recognizing it as truly empowering. Aditi Vaze's profound expertise illuminated the discussion, offering invaluable insights into the multifaceted realm of hormonal health.



APOTEX RESEARCH

“

Trijog proudly hosted the annual get-together celebration for Apotex. Every collaboration with Trijog has consistently set a new benchmark for excellence, delivering transformative experiences and unparalleled engagement. At Apotex, this event exemplified our dedication to fostering connection, well-being, and shared success.

APOTEX



250+

Employee
Strength



95%

Engagement
Rate



9.8

Satisfaction
Score



4.9 ★

Project
Rating

Joining Minds With Trijog

The Apotex Annual Celebration, crafted by Trijog, was a spectacular event that blended creativity, fun, and connection. The celebration featured three interactive booths designed to engage and delight participants. The cupcake-making station brought out the inner bakers, the wreath-making booth sparked creativity, and the ring-and-toss game added a playful competitive edge.

The energy peaked during the Bingo Talent Show, where every participant confidently took the stage to showcase their unique talents, creating a lively and inclusive atmosphere.

Following the performances, attendees indulged in a lavish dinner spread, savoring flavors that perfectly complemented the evening's vibrant spirit.

The celebration culminated in a lively dance floor where music and joy united everyone in carefree revelry. The seamless blend of activities ensured something special for everyone, making the event memorable and enriching. Trijog's signature touch shone through, transforming the annual gathering into an unforgettable experience of laughter, connection, and shared joy.



It is all possible, and I say it is a living reality of my life. Trijog has been a destiny to a dream seen for over 100 years, which has seen its reality take place in the era of the 2000s.

Together, we would be able to revolutionize the world change when it comes to mental health care. Because we are going to learn how to become the best versions of ourselves so that abundance can flow to and through us.

Every individual on this planet requires the safety of knowing that we are together in this, and it only gets better from here. Every mind matters. You matter. Welcome to the world of wonder. Trijog welcomes you with an open heart and an open mind into the grace of service.

— Arushi Tethi



Investment in mental healthcare must transition from a luxury to our foremost priority. Allocating resources to nurture the minds shaping our present is essential for a better, safer future.

Therapeutic intervention and mental health support serve as the nourishment our thoughts require, providing the clarity necessary to navigate the demands of the world effectively. It is imperative not only to invest but also to enhance our practices, giving dedicated time and attention.

This commitment forms the cornerstone, ensuring that the minds we nurture today pave the way for a resilient, compassionate, and thriving society tomorrow.



Creation of Joy

**WITH
TRIJOG**

*empowering minds through
accessible healing*



TRIJOG