

Sahyog Sandesh

May-June 2025

Established in 2022, TRIGUNA is committed to empowering disadvantaged communities by scaling essential services in education, healthcare, and livelihoods. We aim to break the cycle of poverty and promote dignity through sustainable development initiatives.

Our mission focuses on providing vital resources and opportunities, especially in vocational skills, to uplift individuals. Guided by a unified vision, we work to replicate and expand impactful programs for marginalized groups, ensuring lasting change and inclusive growth across diverse regions.

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Program Updates

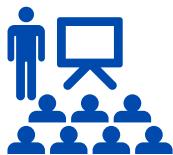


The **Youth Hub E-Placement Program** is making a remarkable impact by empowering young women across Rajasthan, Odisha, and Jharkhand. In partnership with UNICEF's "How to Get a Job" portal, the program provides access to essential digital skilling and certification. Designed to bridge the digital divide in rural India, it equips participants with job-ready skills that align with current market demands.



Orientation Conducted

3 Institutes



Students Trained

243



Students Placed

227



Placement Partners

10+ companies

By focusing on **skill development**, the YouthHub E-Placement Program contributes to broader socio-economic empowerment, fostering positive change for individuals and communities alike. Through improved livelihoods and enhanced economic opportunities, this initiative is driving gender equality and creating a lasting impact on the communities it serves.



Workshops



“Stronger Minds, Brighter Future”

The Stronger Minds, Brighter Futures workshop, held in collaboration with YWCA New Delhi, empowered 30 young women through engaging activities focused on mental health awareness, emotional regulation, and self-care. Participants explored topics like stress, body image, and social media influence, gaining leadership skills, mental health literacy, and tools for resilience in a supportive, open, and reflective environment.

“Smart Moves Tech-Driven”

To mark Road Safety Week, an interactive workshop was conducted to raise awareness about traffic rules and safe road behavior. Through mime acts, VR experiences, quizzes, and real-life simulations, participants explored accident causes, legal frameworks, defensive driving, and tech tools —encouraging responsible road use and safer habits through experiential learning.



“Digital Health Decoded”

The “Digital Health Decoded” online workshop, conducted by Triguna with NSUT Dwarka, engaged 60+ students in exploring how technology can support mental and physical well-being. Through interactive games and discussions, students learned about fitness apps, telemedicine, and digital wellness tools, gaining awareness, emotional resilience, and practical strategies for healthier, balanced tech use in daily life.

Gallery



Youth Hub E-Placement Program



Smart Moves Tech-Driven Road Safety Workshop



Stronger Minds, Brighter Future: Mental Health Workshop



Digital Health Decoded Workshop



We extend our heartfelt thanks to all our donors, partners, and well-wishers for your continued support. Your trust in our mission inspires and strengthens our efforts every day. With sincere gratitude, we look forward to your continued partnership as we work together to create lasting impact and brighter futures for the communities we serve.

Contact Us



Phone

+91 8789638873 , +91 6200373632



Mail

info@teamtriguna.org



Address

WZ-17/18 B-1 Janakpuri New Delhi-110058



Website

www.teamtriguna.org

For Social media updates:



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