

ANNUAL REPORT

FY 2025-2026



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Founder's Note



It gives me great pleasure to present the Annual Report for TRIGUNA for the year 2025-2026. This year has been one of purposeful growth, meaningful collaboration, and impactful outreach, as we continued our mission to drive innovation, awareness, and social responsibility across every initiative we undertook.

At TRIGUNA, we believe in the power of youth, community, and collective action. Whether through our road safety campaigns, educational or vocational skill development programs, or healthcare and other livelihood initiatives, our team has worked tirelessly to create platforms that empower individuals and bring tangible change at the grassroots level.

One of the highlights this year was the national-level Road Safety Campaign, where student participation and public engagement far exceeded our expectations. Triguna Shikshan Saathi initiative, Infosys skilling program etc. The Initiatives like these reaffirm our belief that sustained impact is possible when purpose meets participation.

I extend my heartfelt thanks to our dedicated team, partners, volunteers, who make TRIGUNA what it is—a catalyst for positive transformation. Your passion and perseverance continue to inspire everything we do.

As we move forward, we remain committed to expanding our impact, embracing innovation, and staying rooted in the values that define us. The journey ahead is full of promise, and we look forward to walking it together—with courage, clarity, and conviction.

Adarsh Gupta
(Founder & CEO)

About the Organisation

TRIGUNA The Science of Living is a non-profit organisation committed to advancing sustainable development among underprivileged communities. Since its incorporation in 2020, the organisation has focused on livelihood enhancement, education, healthcare, and vocational skill development, with a vision to strengthen capacity building and expand employment opportunities for disadvantaged groups.

TRIGUNA works with the belief that lasting change comes from equipping people with the right skills, resources, and support systems. TTSOL's programmes are designed to respond to the interconnected challenges faced by marginalized communities, ensuring a holistic approach that promotes both personal growth and community resilience.



Through continuous engagement, strategic partnerships, and on-ground action, the organisation strives to create pathways that help individuals break cycles of poverty, access meaningful opportunities, and lead lives of dignity.

TRIGUNA places strong emphasis on community-driven development, ensuring that every programme is shaped by local needs, voices, and participation to create solutions that are inclusive, sustainable, and rooted in real experiences.



Since 2020

Foundation of Our Work



Vision

To create an inclusive and equitable society where every individual, regardless of background, has the opportunity, skills, and support to lead a dignified and self-reliant life.

Mission

To support individuals and families in the poorest communities by reaching those experiencing extreme poverty and ensuring they receive the care, opportunities, and assistance needed to improve their lives with dignity.

Our Goals

To enhance the quality of education and strengthen access to essential healthcare services for underprivileged communities across India, ensuring better opportunities and improved well-being for all.

Our Philosophy

At Team Triguna, our philosophy is simple yet powerful:

Empower. Impact. Inspire.

We focus on empowering individuals and communities, creating meaningful and measurable impact, and inspiring positive change rooted in compassion, innovation, and sustainable practices.

Core Competencies



Holistic Educational Approach

TTSOL sees education as a catalyst for lasting change. We expand access to quality learning beyond classrooms, fostering holistic growth while building skills, values, and confidence in every learner.



Empowerment Initiatives

TTSOL is committed to empowering individuals and communities by providing the tools, resources, and opportunities they need to thrive and reach their full potential.



Community Engagement

TTSOL actively engages with communities, encouraging participation and collaboration to ensure that every initiative is shaped by and responsive to the unique needs of the people it serves.



Innovative Program Implementation

TTSOL incorporates innovative strategies into its program implementation, ensuring that initiatives remain effective, relevant, and adaptable to evolving societal needs.



Transparency & Accountability

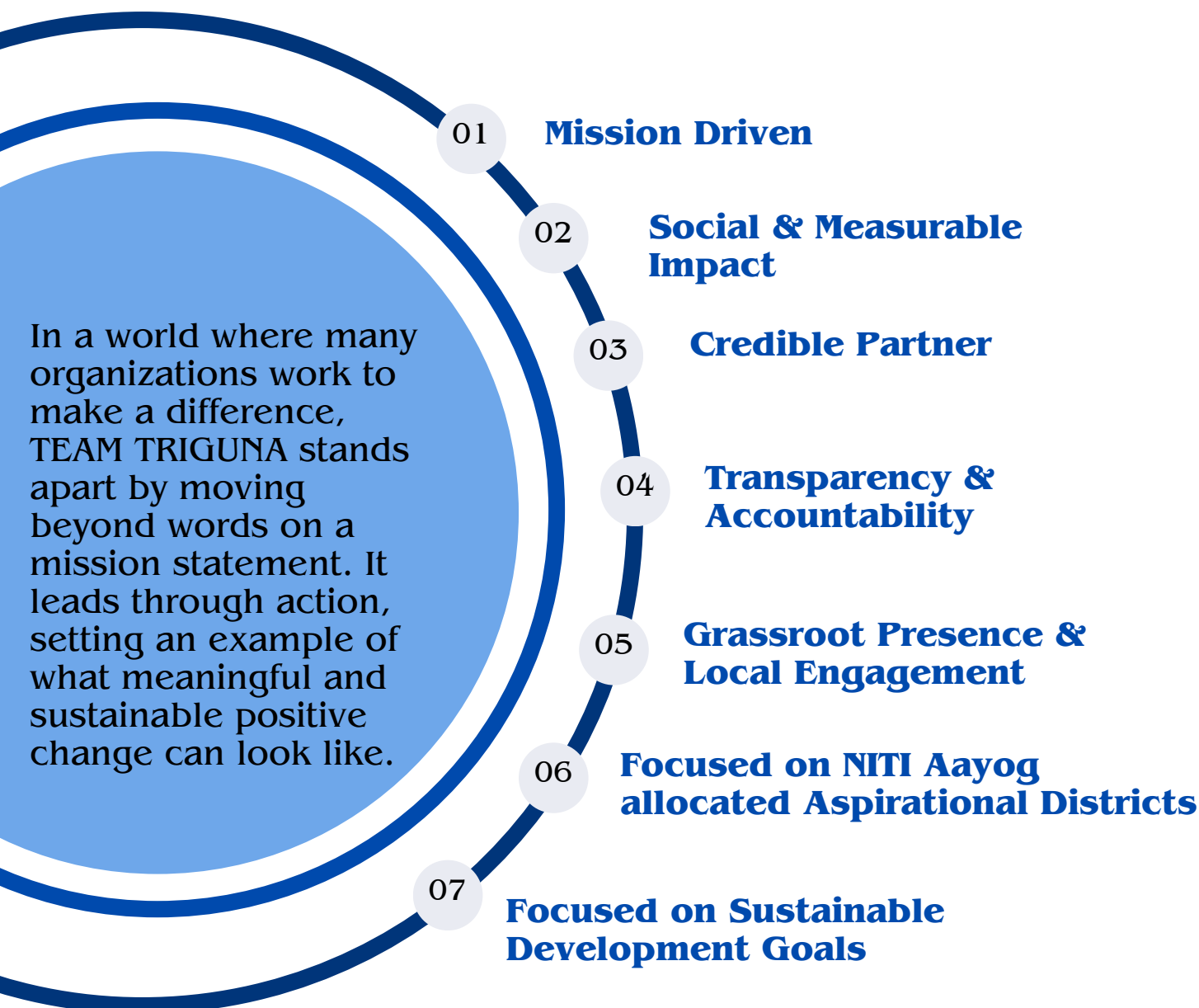
TTSOL upholds a strong commitment to transparency and accountability, keeping stakeholders informed and ensuring that resources are used responsibly and effectively.



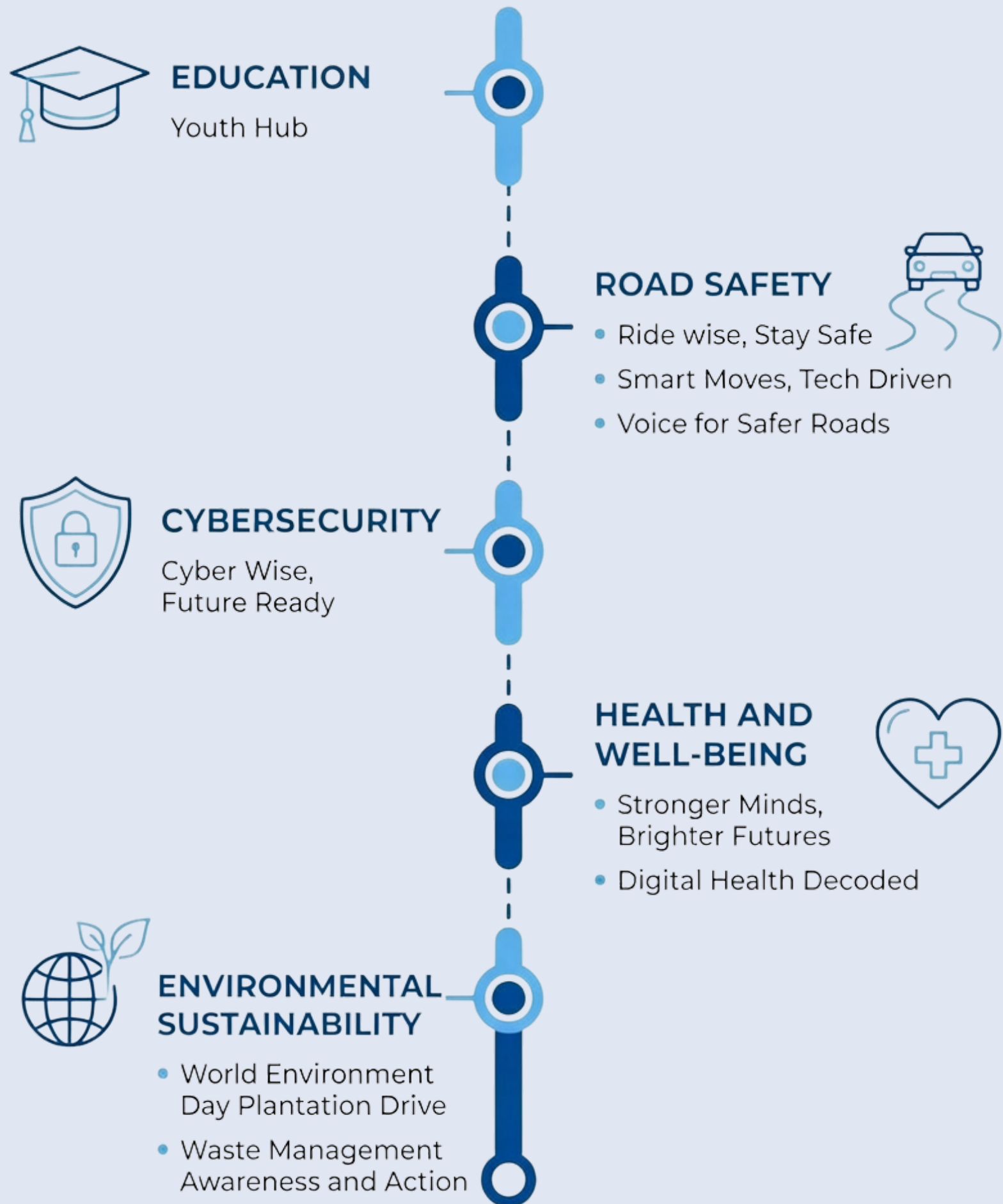
SDG Alignment

TTSOL's programs align with the Sustainable Development Goals, focusing on long-term societal impact. Our work supports SDGs 1, 3, 4, 5, 6, 8, 10, and 11.

What Makes Us Stand Out



Year In Review



"Youth Hub"

Passport To Earning Placement Flagship Training Program

UNICEF's Passport to Earning (P2E) is a global initiative aimed at equipping young people, especially girls and marginalized youth with 21st-century skills to improve their employability and access to decent work. In partnership with platforms like YuWaah, the Placement Flagship Training Program provides free, certified learning modules on digital literacy, financial literacy, life skills, and career readiness.

Total No. of Beneficiaries Reached



1020

No. of Beneficiaries
Registered



977

Total Trained



889

Total Placed



“Ride Wise, Stay Safe”

Road Safety Bootcamp

The “Ride Wise, Stay Safe” Road Safety Bootcamp, implemented by Triguna under the CSR program of Aavas Financiers Ltd., was conducted across Coimbatore, Mysore, Bangalore, Erode, Chennai, Bellary, Belagavi, Delhi, Lucknow, Meerut, Ghaziabad, Nagpur, and Jaipur. Designed for young people, especially women, and corporate employees, the bootcamp combined awareness, experiential learning, and leadership-building to promote lasting road-safe behavior. With support from traffic police officials, VR simulations, hands-on activities, helmet distribution, and Road Safety Ambassadors, the program strengthened a culture of accountability and shared responsibility for safer roads.



**Bootcamps
Conducted**

27



**Helmets
Distributed**

5200



**Government
Collaborations**

20



**Road Safety
Ambassadors**

64



“Cyber Wise, Future Ready”

Cyber Security Bootcamp

The “Cyber Wise Future Ready” Bootcamp is a school-based cyber safety program designed for students aged 14 to 18. Through interactive sessions, real-life case discussions, and hands-on learning, students were trained to navigate the digital world safely and responsibly. They completed a structured assessment at the end of the program and received certification for their improved cyber awareness and skills, empowering them to make smarter and safer choices online.



**Bootcamps
Conducted**

06



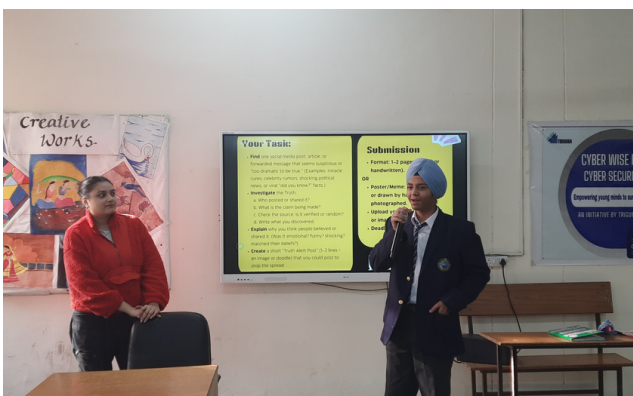
**Beneficiaries
Trained**

864



**Beneficiaries
Certified**

743



“Strong Minds, Brighter Future”

Mental Health Workshop

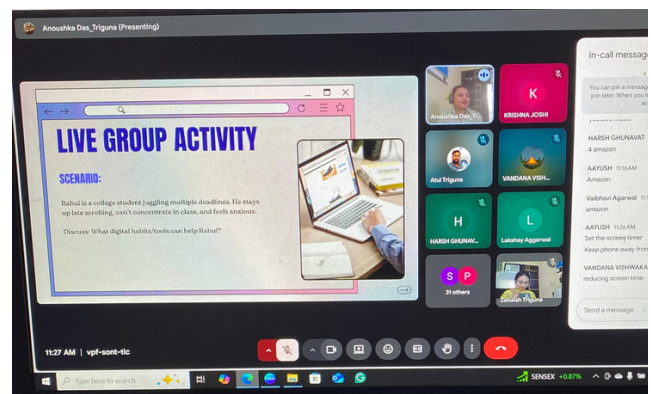
The Stronger Minds, Brighter Futures workshop, held in collaboration with YWCA New Delhi, empowered 30 young women through engaging activities focused on mental health awareness, emotional regulation, and self-care. Participants explored topics like stress, body image, and social media influence, gaining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



“Digital Health Decoded”

Digital Well-being Workshop

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.



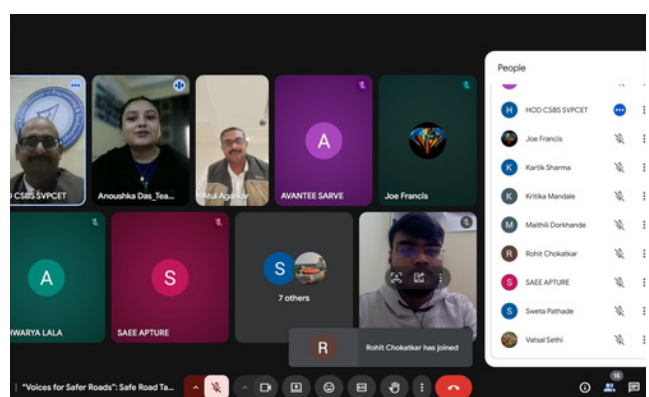
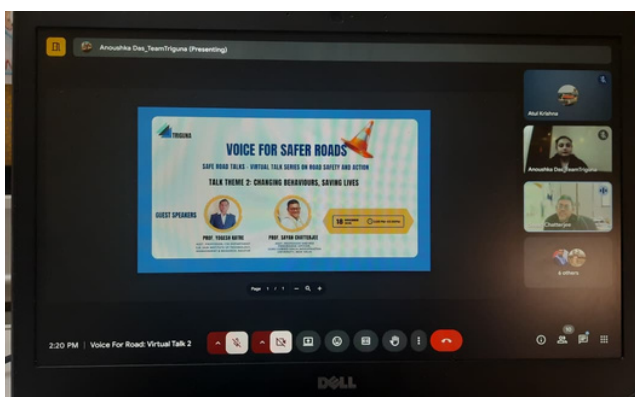
“Smart Moves, Tech Driven” Road Safety Workshop

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.



“Voice for Safer Roads” Virtual Talk Series on Road Safety & Action

Voice for Safer Roads was a virtual talk series marking the World Day of Remembrance for Road Traffic Victims on 17 November. It honoured lives lost, highlighted the human cost of crashes, and urged safer mobility. Academics, officials, and youth voices discussed behaviour change, enforcement, infrastructure, and collective responsibility to inspire empathy, accountability, and lasting action across communities and institutions.



“Waste Management Awareness & Action Initiative”

Community-Led Waste Management & Segregation Drive

The waste management initiative by Triguna – The Science of Living in Delhi NCR promoted responsible waste disposal, segregation, and environmental awareness among communities. Through focused outreach activities, cleanliness drives, school engagement programmes, and a plastic-free campaign, the initiative worked towards building awareness about sustainable waste management practices and their importance in everyday life.

By actively engaging local communities and young students, the programme encouraged individuals to adopt simple yet impactful habits such as segregating waste at source, reducing plastic consumption, and maintaining cleanliness in their surroundings. These efforts not only helped in improving awareness but also inspired collective action and participation at the grassroots level.

The initiative contributed to reducing littering, fostering a sense of shared responsibility, and strengthening community involvement in maintaining cleaner public spaces. Overall, it played a meaningful role in encouraging long-term behavioral change and promoting a more sustainable, environmentally conscious, and responsible lifestyle.



**Volunteers
Engaged**

21



**Students
Engaged**

300+



**Households
Reached**

40+



**Community
Areas Covered**

9

SDG Alignment

As a socially driven organisation, Triguna aligns closely with the United Nations Sustainable Development Goals, embedding these global priorities into its grassroots work and long term vision.

3 GOOD HEALTH
AND WELL-BEING



SDG 3: Good Health and Well-being

Triguna promoted holistic well-being through preventive awareness, behavior change, and safety education. Through road safety bootcamps and digital and mental health workshops, it reduced risks, built resilience, and encouraged healthier choices at individual and community levels.

4 QUALITY
EDUCATION



SDG 4: Quality Education

Triguna delivered experiential learning beyond classrooms, using interactive methods to build awareness, critical thinking, and practical life skills among students and youth.

5 GENDER
EQUALITY



SDG 5: Gender Equality

Triguna created inclusive spaces empowering women and girls with knowledge, confidence, and leadership in safety, mobility, and mental health through Road Safety Bootcamps.

8 DECENT WORK AND
ECONOMIC GROWTH



SDG 8: Decent Work and Economic Growth

Triguna strengthened future readiness by equipping young people with digital safety and life skills for safe participation in education, work, and the digital economy.

11 SUSTAINABLE CITIES
AND COMMUNITIES



SDG 11: Sustainable Cities and Communities

Triguna contributed to safer, more inclusive cities by promoting responsible road behaviour, civic awareness, and shared accountability for public safety and mobility.

Impact Stories



Pranjal Chaturvedi's road safety journey is deeply rooted in a personal family experience that left a lasting impact on her understanding of risk and responsibility. A serious accident—caused by overloading a two-wheeler and neglecting helmet use—became a turning point in how she viewed everyday road behavior. While the memory was difficult, it remained a powerful reminder of how quickly negligence can lead to irreversible consequences.

Through the Road Safety Bootcamp, Pranjal found the space to reflect on this experience with greater clarity and purpose. The sessions helped her connect individual choices—often seen as minor or convenient—to the very real and sometimes devastating outcomes they can cause. She began to see road safety not just as a set of rules, but as a shared responsibility that directly impacts families and communities.

What began as a personal realization soon evolved into a commitment to drive change. Today, Pranjal actively advocates for consistent helmet use for all riders, including children, emphasizing that safety should never be compromised for short distances or convenience. She also speaks out strongly against unsafe practices like tripling and overloading, especially in crowded urban settings where risks are amplified.

By sharing her story, Pranjal encourages families to rethink their habits and make safer choices every day. Her voice carries both empathy and urgency, reminding others that road safety begins at home—with awareness, accountability, and the willingness to put life before risk.

Impact Stories



After attending the Road Safety Bootcamp, Arpita Singh began to reflect deeply on her own experience of a life-altering road crash—an incident that had long stayed with her as a painful and unresolved memory. Through the sessions, she found a safe and supportive space to process that trauma, gradually connecting her personal experience to broader issues such as reckless driving, lack of awareness, and unsafe road behaviour that affect countless lives every day.

What started as a moment of introspection soon transformed into a strong sense of purpose. The bootcamp not only helped Arpita heal but also empowered her with knowledge, perspective, and the confidence to turn her story into a tool for change. She realized that her voice could influence others and prevent similar tragedies.

Today, Arpita actively advocates for road safety within her community and peer groups. She speaks with conviction about the importance of patience, alertness, and responsible behavior on the road, urging others to think beyond the moment. By sharing her journey, she reminds people that a single careless decision can have lifelong consequences—not just for oneself, but for many others. Her transformation stands as a powerful example of how awareness and education can turn personal pain into meaningful action and lasting impact.

Testimonials



"It's a really good initiative, and I am proud to be here. You are not only distributing helmets but also imparting the knowledge of wearing proper helmets and understanding their importance. Many people lose their lives due to a lack of awareness about helmet safety, and this initiative will go a long way in helping the youth stay protected and responsible on the roads."

Mr Ravinder Pandit
(ACP Dwarka, Delhi Traffic Department)



"It is truly remarkable to see organisations like Triguna-The Science of Living and Aavas Financiers Ltd come together to work towards ensuring the safety of our youth on the roads. The younger generation must understand and practice the 4 E's of road safety-Education, Enforcement, Engineering, and Emergency care. Such initiatives help nurture responsible citizens and safer roads for everyone."

Mr Indra Pal Singh
(ACP, Lucknow Traffic Department)



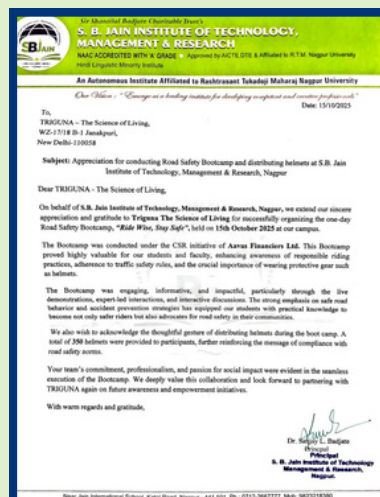
"After attending this Road Safety Bootcamp, I'm confident that my students will make road safety a top priority in their lives. In today's world, it's especially important for women to understand the value of safety gear and responsible commuting. Thanks to Team Triguna and Aavas Financiers Ltd., my students have gained the awareness and motivation to become more mindful and responsible road users."

Prof. Smriti Singh, English Department & NSS-Program Incharge, Matreyi College, Delhi

Gallery







Media Coverage

लोकमत समाचार

एजुकेशनल न्यूज

एसवीपीसीटी में हुआ रोड सेफ्टी वूकेंप



नागपुर : स्टेट विन्सेट पब्लिकीटी कॉलेज ऑफ इंजीनियरिंग एंड टेक्नोलॉजी (एसवीपीसीटी), नागपुर के कम्प्युटर भांडा एंड विजुअल सिस्टम्स (सीएसवीएस) विभाग द्वारा, प्रभावशाली फाउंडेशन लिमिटेड और विगुना-2 साइड ऑफ लियि के सहयोग से "राड्स वाइन, रेड सेफ" एंड सेफ्टी वूकेंप का आयोजन किया जा रहा था कार्यक्रम प्रभावशाली फाउंडेशन लिमिटेड की सीएसआर पहल के तहत 1 अक्टूबर से 12 विजय पार्क में विद्यार्थियों को सड़क सुरक्षा जागरूकता का महत्व बताया. नागपुर टूरिज्म ब्यूरो के हेड कर्नलदेव प्रभुल अग्रवाल मुख्य अतिथि थे. प्रभावशाली फाउंडेशन लि. के रेटो हेड सुरेश भावरे ने विद्यार्थियों से सड़क सुरक्षा को पब्लिकेशन और सामाजिक प्रतिक्रिया के रूप में अपना का भावना किया. इस दौरान 300 छात्राओं को नि: शुल्क हेमोटेप डिस्ट्रिब्यूट किया. यह आयोजन डॉ. प्रवीण सेन, प्रभुश, सीएसएसएस के मार्गदर्शन में हुआ. प्रो. रेणुका रावत और प्रो. प्रज्ञा वोखर फेबरी कोऑर्डिनेटर थीं.

Aarna Nagpur
Page No. 4 | Oct 25, 2025
PageLink: bit.ly/4m3v3v3

रोड सेफ्टी बूट कैंप, युवाओं को सुरक्षा का संकल्प : अपर पुलिस उपायुक्त, यातायात

जन सागर टुडे संवादादत्ता राखियाबाद। ट्रेकिंग निचली के पालन और राहक सुरक्षा को लेकर राखियाबाद पुलिस ने बूट पालन की है। पुलिस अड्डक के निचले पर पुलिस निचले बाजार में राखियाबाद, कालीन में राखियाबाद, ट्रेड सेफ्टी बूट कैंप का आयोजन किया गया।

मिम्मेरी से साहान पत्साए से हादसों को काबजी हट कर रोका जा सकता है।

काचबंस के दौरान 170 सेलैब्रेट निगुलक निगलन किए गए। बाकी राखिया में राख-छकाओं में राख निगल और राख सुरक्षा का संकल्प लिया।

हाली जून में ने सेलैब्रेट-ने पत्सा अड्डक के बाजार पर

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NEWS HEADLINES

24x7 NEWS HEADLINES

खबरों से हकीकत तक



आजकल पाठशालाओं में लिफ्टिडेट एंड गैरिंगु - द साइंस ऑफ लिफिंग के मुद्दे पर तलाश करने में अधिक विद्यार्थियों, मेडल फॉरमें में 'रहस्य' बनाए, 'द रोक' 'रेश' सेरीस ड्यूक्रेम का समर्थन आयोजन किया गया। इस पहल का मुकाम 'दर' में सफ़ल सुरूवा के प्रति आशावादी बनाया और 'दर' और 'विश्वेद' एंड सॉल्ट ज़ख़रत आनेसे के लिए प्रेरित करना था।



कार्यक्रम का सफ़ल आयोजन किया गया। 200 नि-मुकल हॉलेंट का विचार था। यह स-कल सफ़ल सुरूवा के मांश के दरदनी साना प्रतिक्रिया करम था, कलिके पुराजा को आ-दरदिक जीवन में दूर आजा को आनेसे के लिए प्रेरित करना था।



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Hindustan New Delhi 13.09.2025 Saturday Page-C2

यातायात नियमों के प्रति जागरूक किया

गाजियाबाद । अजय कुमार गर्ग इंजीनियरिंग कॉलेज में शुक्रवार को रोड सैफ्टी बूटकैप लगा । इसमें व्यावहारिक सत्रों के माध्यम से युवाओं को यातायात नियमों के प्रति जागरूक किया गया । आवास फाइनेंशियर्स लिमिटेड ने त्रिगुणा-द साईंस ऑफ लिविंग के सहयोग से कैप का आयोजन किया । एसीपी ट्रैफिक जियाउद्दीन अहमद ने नियमों की जानकारी दी । कार्यक्रम में 120 विद्यार्थियों को निशुल्क हेलमेट वितरित किए गए । इस दौरान बड़ी संख्या में लोग मौजूद रहे ।

[illegible]

सड़क सुरक्षा को लेकर गांधीवादाय में बड़ा कदम: रोड सेफ्टी कूट में आर्योहित

नियम पालन ही जीवन रक्षा का सर्वोत्तम उपाय: सचिवादानंद



■ नई हैटेस्ट-नो घुसपैठ अभियान में 13,000 से अधिक वाहन नियमित जांच के अधीन आने के दिवसों में सड़क सुरक्षा को बढ़ावा देने के लिए नए नियमों की घोषणा की गई है। 170 करोड़ से अधिक वाहनों को नियमित जांच के अधीन आने के दिवसों में सड़क सुरक्षा को बढ़ावा देने के लिए नए नियमों की घोषणा की गई है। 170 करोड़ से अधिक वाहनों को नियमित जांच के अधीन आने के दिवसों में सड़क सुरक्षा को बढ़ावा देने के लिए नए नियमों की घोषणा की गई है।

दैनिक
नव इंडियन का प्रसारण

हिन्द न्यूज

12-12-2024
 610 NOIDELHIN201559926

 नई दिल्ली, शुक्रवार 12 दिसंबर 2024
 ₹ 10/-

इसे मिला मुझे कैप का आयोजन का युवाओं को दिया सफाया: राष्ट्रा का मंत्री तो हेल्मेट-नो फ्यूल अभियान की सख्ती



विपक्ष का आरोप
 राष्ट्रा का मंत्री, इंदिरा गांधी स्मृति राष्ट्रीय युवा संघ के अध्यक्ष, डॉ. जयदीप सिंह का आरोप है कि सरकार ने युवाओं को सफाया दिया है, लेकिन फ्यूल का उपयोग नहीं कर रहा है।



कैप का आयोजन
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S B Jain College of Engineering

AS PART of its CSR initiative, Avas Financiers Ltd., in collaboration with Trigna The Science of Living, successfully implemented the 'Ride Wise, Stay Safe' Road Safety Bootcamp at S B Jain College of Engineering recently. The event was organized by The IEEE Computer Society Chapter and Koshish Club CSE Department.

The programme began with a welcome address, followed by insightful remarks from Dr Sanjay Badjate, Principal, S B Jain, and Prof. Yogesh Katre, CSE.

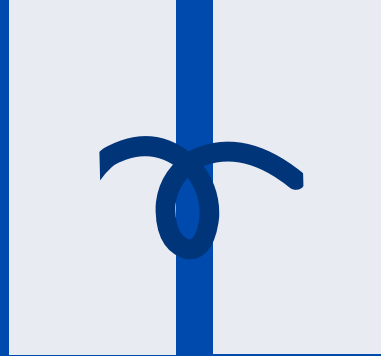
The presence of esteemed dignitaries, Atul Agrawal, Head Constable of Nagpur Traffic Police, and Subas Chaudhri, Police Inspector, Nagpur, ensured that the youth should understand the intricacies of road safety in their city.

Team Trigna conducted engaging sessions, enhancing both technical and behavioural insights on safe driving. The event was held under the guidance and encouragement of CEO Prof. Sanjeev Agrawal and Principal Dr

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Thank You



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.

Let's create the future together!!



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