

Plug Health@Work
Plug Happiness@Work
Plug Harmony @Work



plugH

A Comprehensive Mental Health Programme

Employee Assistance Programme

- 24/7 confidential, secure, short-term counseling service
- Weekly promotion of the service
- Insightful reports for HR every month



One hour of live interaction with a senior counselor in a psychologically safe space (complete anonymity)

Parents ki Pathshala : Curated live conversations with experts on issues and *concerns of parenting*



Empathy Circles | Listening Circles Helping organizations *create psychological safety* within teams and at the workplace

Moneywise – Financial Awareness & Education to ensure financial wellbeing for employees at *all stages in life*



Rewiring for Resilience –Short Impactful sessions to showcase alternative ways of thinking to *build resilience*.

POSH in spirit : Partnering organizations to adhere to the law and drive it in spirit.



Bodhi Stree : devoted to making women realize their true potential and achieve it.



Programmes for Annual Clients



6 Dimensions of Wellbeing

1. Platform to conduct **Surveys** to measure each dimension to identify programmes to focus on
2. Platform to host **Fun Polls** to do some dipstick checks and also gather information on the success of programmes
3. **Engagements** to help you run your own initiatives
4. **Creative support** to internally brand programmes
5. **Newsletters** co-created with you, for you
6. **Ready to use promotions & campaigns** tailored to your organizational needs

OUR CLIENTS



nagarro

BHARTIYA



LXOTICA®

CitiusTech

fiserv.

synchrony
FINANCIAL

SONY

West



SHERWIN
WILLIAMS.

SAFRAN
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contact@plugh.co.in | +919136240796

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