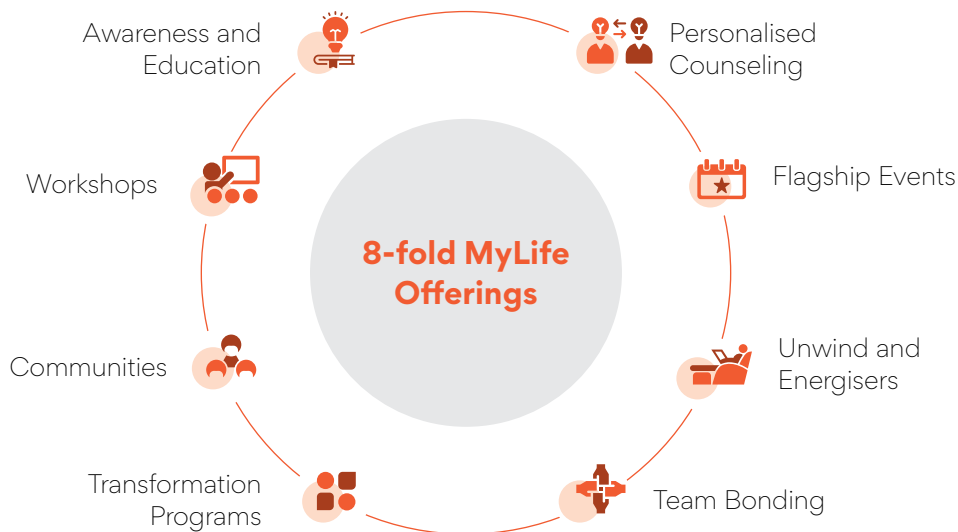


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# MyLife At Persistent: Prioritizing Employee Wellbeing Employee Engagement – Life at Persistent



## Dimension one - Physical Wellbeing

We firmly believe that Physical wellbeing is the foundation on which lays the Happy Life. We run various initiatives and flagship programs that cater to overall wellbeing of our employees and their health.

**55** events

**30,514** participants

### Awareness & Education

- Health Talks
- Individual & Team Step Challenges

### Workshops

- Ergonomics & Cubicle Fitness Session
- Fitness Training
- Yoga, Indoor Sports and Trekking Trails

### Annual Health Check-up

We offer company-sponsored Annual Health Check-up for employees and discounted rates for their family members.

### Sports Fest

The Sports Fest featured cricket and football tournaments to promote participation, team spirit, and camaraderie among employees.

### Persistent Run

Persistent Run is our flagship event promoting physical wellness and teamwork, held annually across all global locations open to Persistent Family and friends to participate in 3k, 5k, 10k run.

**8,746**

Number of people participated in Persistent Run



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### Dimension two : Emotional Wellbeing

It has been a key component of MyLife focusing on promoting mental health and resilience in the workplace. This includes webinar-based sessions, One-On-One counseling with the professional experts.

**46** events

**2,017** participants

#### Education and Awareness

##### Vibrant minds -

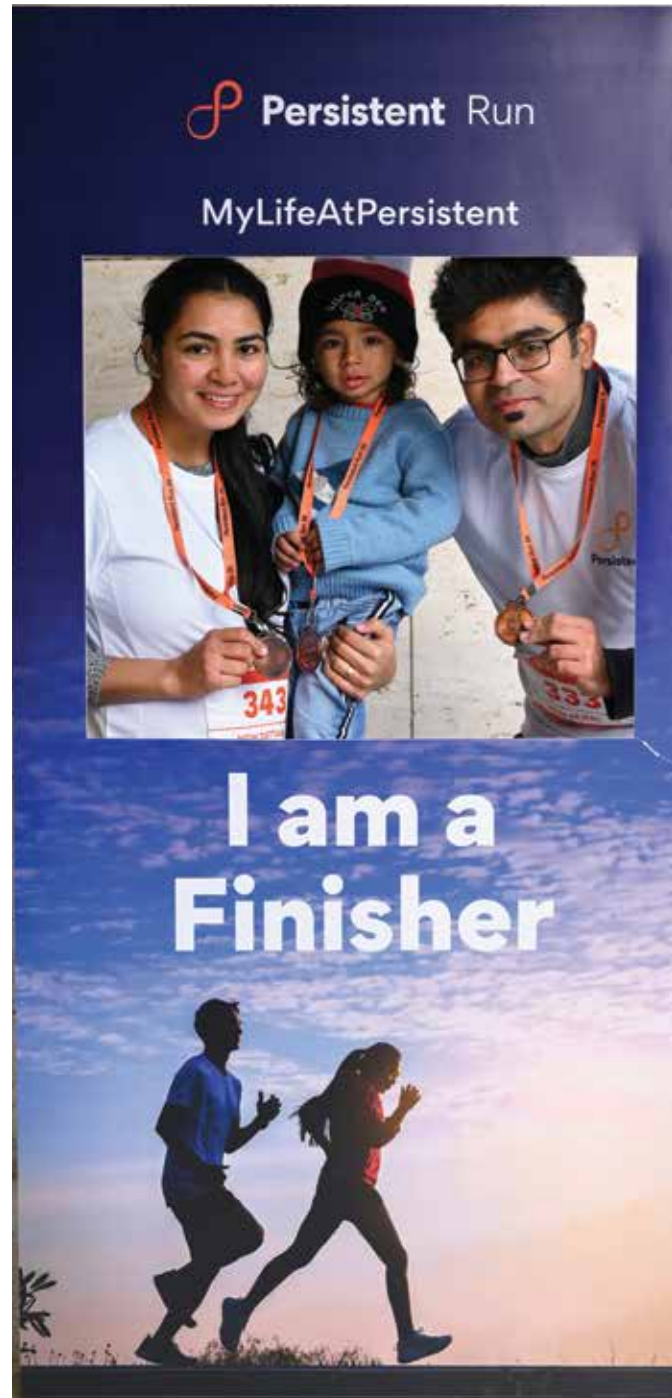
The “Vibrant Minds” series covers topics such as Self-Care, Behavior, Anxiety, Coping Mechanisms, Professional Relationships, Marital Relationships, Parenting Workshops, and Elderly Care, etc.

##### One-on-One counseling sessions -

User offers one-on-one counseling sessions with in-house counsellors to provide personalized support for employees, addressing work-related stress and personal issues with empathetic listening and tailored strategies. These sessions provide employees with a safe space to explore and address their emotions, stressors, and mental health concerns.

##### Workshops

Pranayama or Breathwork sessions  
Meditation sessions



## Dimension three - Social Wellbeing

User emphasizes social well-being, encouraging employees to connect through various programs, events, and competitions.

**174** events

**48,752** participants

### Hakuna Matata -

“Hakuna Matata” is a team bonding session to celebrate teams and promote collaboration. These sessions focus on fun, breaking the ice, and creating lasting bonds among team members.

**8,710**

Number of people participated in Hakuna Matata

### Bring Your Kids to Office -

This is our most cherished tradition - “Bring Your Kids to Office” event showcases the workplace to employees’ children, promoting a family-friendly culture and work-life balance.

**1,238**

Number of people participated in Bring your Kids to Office

### PULSE - Persistent Ultra Large Social Event -

PULSE event is a platform for employees to showcase their talents. The Grand Finale showcases employees’ talents in performing arts and cultural expressions, with leadership involvement to align with organizational values.

**20,848**

Number of people participated in PULSE

### Art Fest -

Our Art Fest provides a platform for employees and their families globally to showcase their creative talents, from painting and sketches to photography and digital art.

**2,250**

Number of people participated in Art Festival

### Persistent Communities -

At Persistent, we nurture communities for employees to connect and enhance individual and team dynamics. Our employees engage in communities like cycle, yoga, running etc.

**6,675**

People are part of the communities

### Milestone Celebrations -

We celebrate competition of 5, 10, 15, 25 years of employee milestones as it gives us an opportunity to appreciate our employees for all the years they have been associated with Persistent.



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### Dimension four - Financial Wellbeing

At MyLife, we conduct financial wellness sessions twice a month to empower employees with techniques to manage finances effectively, reduce stress, and achieve long-term financial goals. These sessions foster a more productive, engaged, and financially stable workforce.

**9** events

**3,100** participants

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### Topics Covered under Make your Money Work

Gold as an Asset

Why and how to save money

Reducing Tax burdens

Finance & Investment Awareness

Goal-based investment

Saving Taxes

Personal Finance

Finance for Women