LETTER OF RECOMMENDATION

Date: 29th May 2026

To Whomsoever It May Concern

I would like to recommend **Solh Wellness Private Limited** for their professional services in the area of employee mental wellness and stress management.

Solh Wellness conducted an onsite Stress Management Program at NTPC Tanda on 29th May 2026. The session was well-structured, interactive, and effectively delivered by their team. The participants found the program insightful and relevant to workplace wellbeing and stress management.

The team demonstrated professionalism, subject expertise, and a practical approach while engaging with the participants. Their efforts in creating awareness around mental wellness and stress management are commendable.

Based on our experience, **I would recommend Solh Wellness Private Limited for conducting employee wellbeing, stress management, and mental health awareness programs for organizations.**

Sincerely,

Manisha

मुख्य चिकित्सा अधिकारी
Dr Manisha Pandey
MS (Obs & Gynae), FICMCH, PGDMH
Chief Medical Officer.

डा.मनीषा पाण्डेय/Dr Manisha Pandey
MS (Obs & Gynae),FICMCH,PGDMH
मुख्य चिकित्साधिकारी/CHIEF MEDICAL OFFICER
एनटीपीसी टांडा/ NTPC Tanda
Seal & Signature: