



2025 On Wheels:

MoveInSync Half-Yearly Report



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In **2025**, mobility is no longer just a matter of getting from point A to B. It's a vital lens through which we understand productivity, inclusion, city planning, and sustainability.

This isn't a report; it's a real-time journal about how India moves. With about **856K** daily users across hundreds of companies, MoveInSync captures something deeper than just kilometers or check-ins. It captures culture in motion.

From changing work rhythms and evolving gender dynamics to traffic-triggered behavioral shifts and the rise of green kilometers, this is the definitive story of how Indian workforces and the cities they move through are changing.

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Introduction

Mobility Without Barriers

When technology is designed with accessibility in mind, mobility becomes a right, not a privilege.



571

visually impaired employees used our WCAG-compliant app independently.



6,300+

employees with unique accessibility needs (pregnant women, people with disabilities, etc.) used MoveInSync with personalized configurations.

Every trip is a step toward inclusivity.



24.41 million trips*

That's enough cab rides to transport the whole population of **Sri Lanka**, every single resident, from one destination to another!

*MoveInSync Half-yearly data



A Commute That Works for Women

In a country where women's workforce participation has historically been low, one trend stands out: **45% of MoveInSync users are women**, a number that exceeds the national workforce average of 40%

Why? Because when safety is engineered into the commute, equity becomes real.



77.5%

of late-night commutes were booked by women in 2025.



385K

women chose MoveInSync for daily travel every month.



9.7%

increase in female commuters since Jan 2025.



Features like **marshal enforcement, emergency alerts, and gender-sensitive routing** helped build trust.

This is not just about women's participation; it's about transformation through safety.

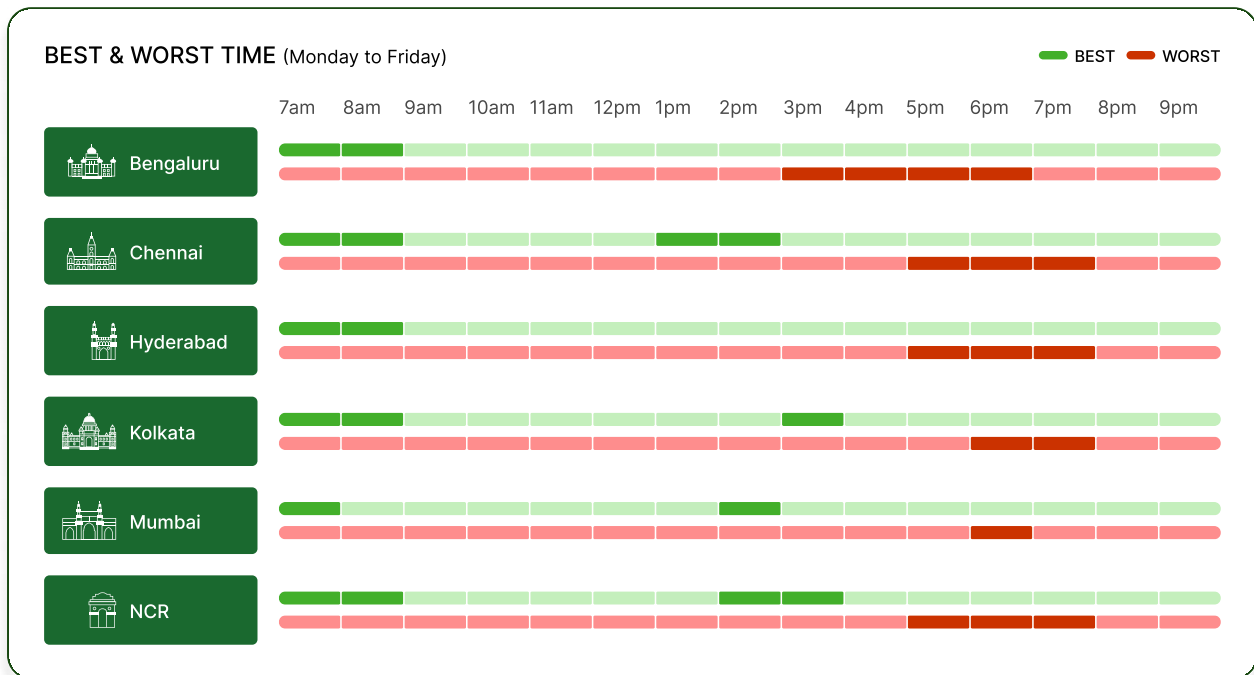




City in Motion: Guide to Beating Daily Gridlock

In the first half of the year, traffic often dictated how our days unfolded. So, we crunched the numbers across tech corridors, business hubs, and coastal metros to uncover weekday traffic patterns in major Indian cities.

Here's what the data tells us so far. You might want to take a look before planning your next commute.



The Verdict?

If you were an early riser in 2025, you were in luck! The calmest roads, shortest travel times, and lowest stress levels belonged to those who beat the sun (and the surge).



The Real Boss Battle of Your Day: Beating Traffic

Every day, millions of Indians face the same nemesis: **Traffic**. In 2025, this daily challenge reached new highs, with cities like Kolkata and Bangalore topping the charts as Asia's most congested.

It's more than just daily frustration; it's a serious loss of time. On average, an Indian employee spends **8.6% of their day** commuting to and from work.

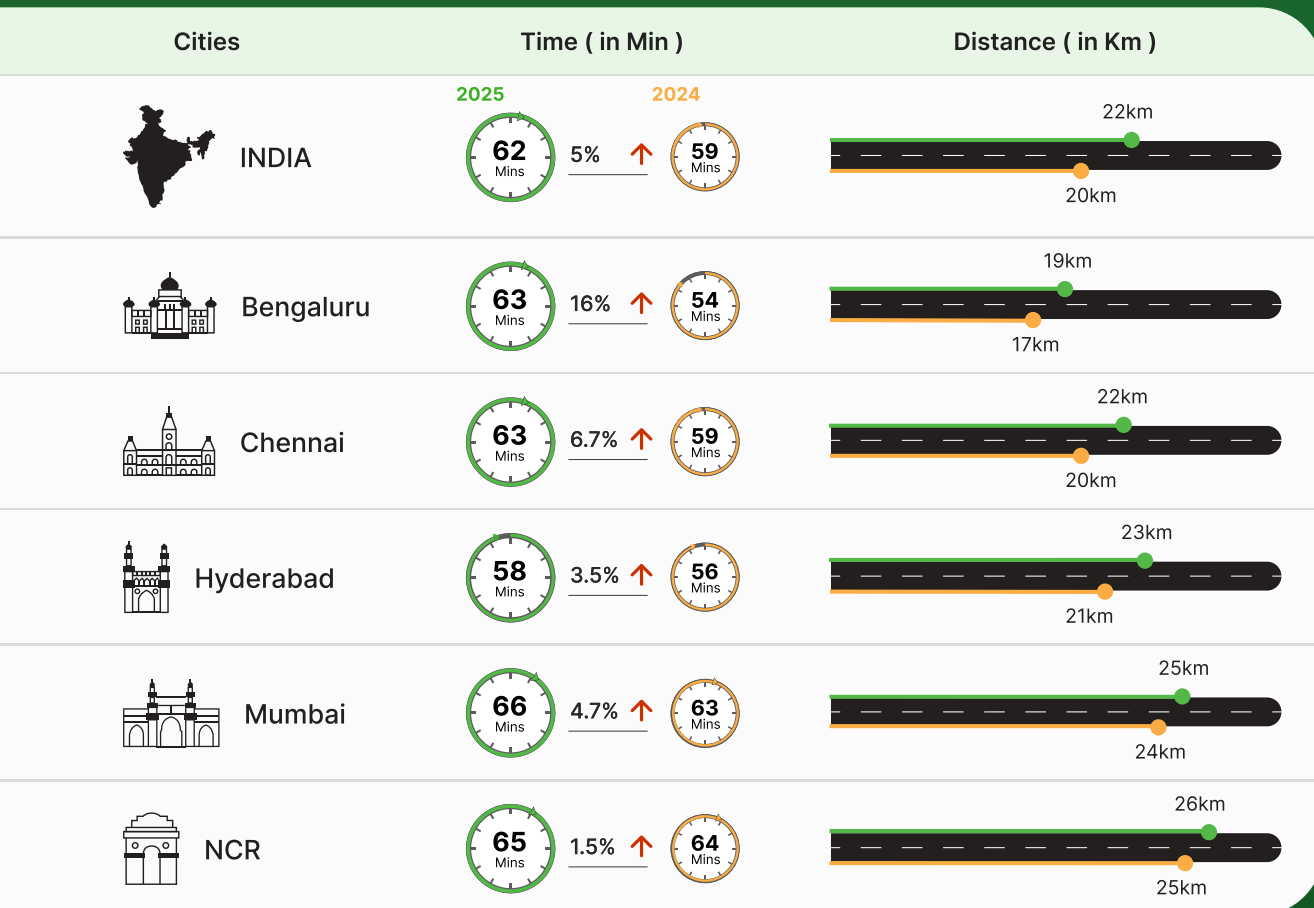
Over the course of a year, that adds up to **754 hours**, or the equivalent of **68* full working days**, gone in traffic.

That's **68* days of lost productivity**, time that could have been spent solving problems, driving innovation, or contributing to business growth, instead of being stuck in traffic.

**Assuming a typical schedule of 22 working days a month and 8-hour shifts.*

Commute time and distance: Average distance and time (one-way)

Our cities are expanding and as highlighted in our previous India on Wheels report, this growth is reflected in the rising commute time and distance for employees. With offices spreading into newer parts of town, employees are traveling farther. Also with traffic mounting, employees are spending more time on the road than earlier.





The office is Buzzing again



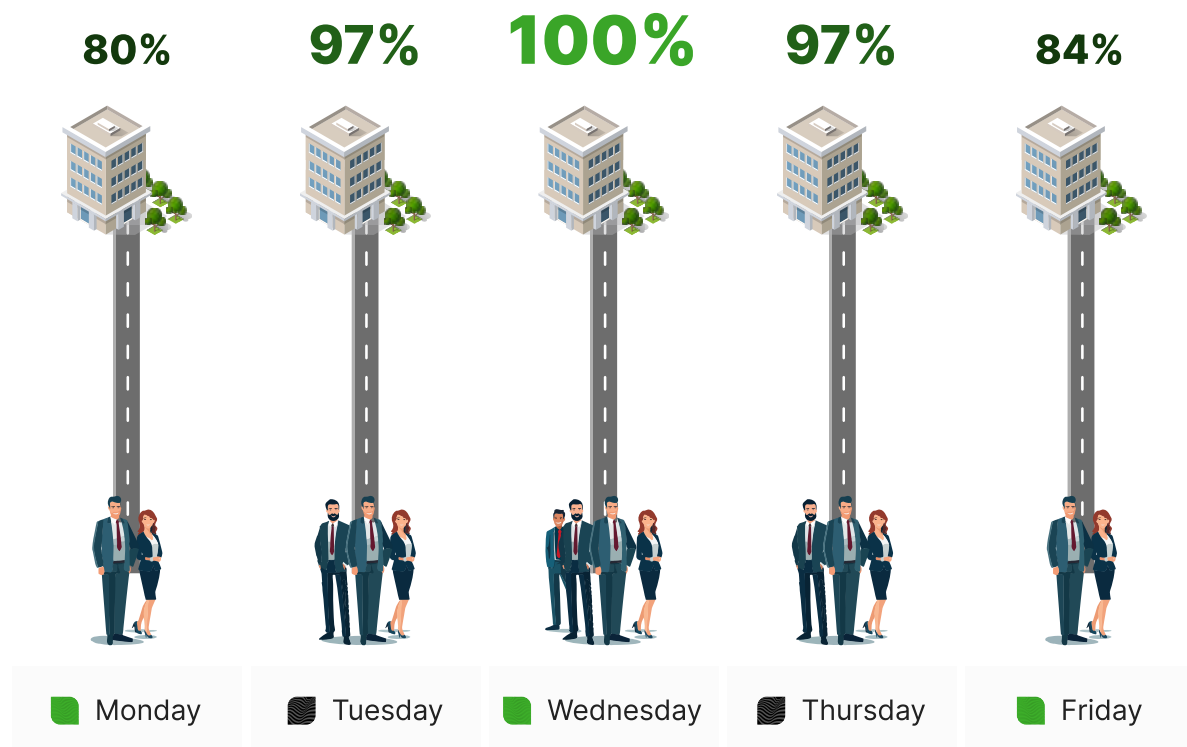
- Employees are back in the office **3.7 days a week**.
- Gurgaon leads with **4 days/ week**, while Bangalore stays steady at **3.6 days/week**.
- Chennai and Kolkata record the lowest attendance at **3.5 days a week**.

But the momentum is clear.



So, which days are employees showing up?

Mondays continue to be a slow start, with only **80%** of employees making it to the office. Attendance builds momentum mid-week, reaching its peak around Wednesday and Thursday. But on Friday, the weekend mindset creeps in, and the numbers begin to slide again.





When the Roads Turn Risky

Data suggests that these are the most **accident-prone areas** across India.**



Hyderabad

- Neighbourhoods of Koti
- Area near Pragathi Nagar
- Area near Toli Chowki



Pune

- Area surrounding Shaniwarwada
- Area near Ambegaon
- Area near Pune International Airport Road

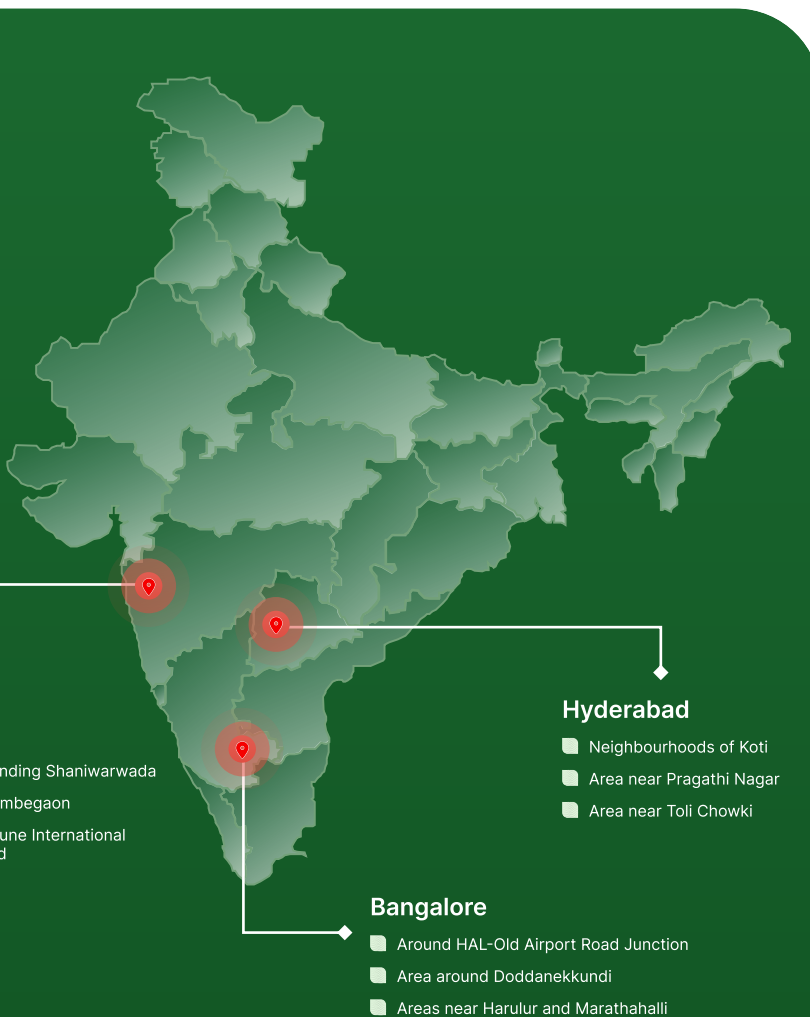


Bangalore

- Around HAL-Old Airport Road Junction
- Area around Doddanekkundi
- Areas near Harulur and Marathahalli

** Moveinsync data from Jan '22 to June '25

How risky is your city?



What's more concerning?

The **peak accident window is between 8 PM and 10 PM***, a time when roads are still busy but vigilance often drops. These numbers are more than just statistics; they're a wake-up call. As traffic intensifies and visibility reduces, safety must become non-negotiable.

At MoveInSync, we take this seriously. Our platform is equipped with features such as a Driver Monitoring System (DMS), over speeding alerts, SOS alerts, and more, all designed to prevent accidents and ensure safe commutes, especially in low-light conditions.

*Moveinsync data



On the Move for A Sustainable Future



138Mn

Kg of carbon emissions saved
since January'25



1.3Mn

Number of EV trips
since January'25**



6.2Mn*

Number of Trees saved
since January'25

**Aggregate client data using Moveinsync platform



Month



Green Kilometers Travelled



Trees Saved*



Jan'25

4.5 Mn



970K



Feb'25

4.3 Mn



883K



Mar'25

4.7 Mn



939K



Apr'25

5.1 Mn



1.2 Mn



May'25

5.2 Mn



980K



Jun'25

5.3 Mn



1.2 Mn

*Notional savings: A mature tree absorbs approximately 22kg of CO2 in a year



AI in Modern Commute

Here's how AI is shaping the way we commute in 2025:

In 2025, **Artificial Intelligence** is a force that is transforming our everyday lives. From reducing commute times to lowering carbon emissions, AI is transforming transportation into a smarter, safer, and more sustainable experience.



Traffic Prediction, Reimagined

AI now goes beyond basic traffic alerts. With tools like MoveInSync's TQI, organizations and commuters get hyper-local, time-specific traffic forecasts with up to 99% accuracy. Whether you're scheduling employee pick-ups or navigating city roads, real-time congestion prediction helps avoid bottlenecks before they form.

Smarter Routing at Scale

AI-powered algorithms are redefining route planning. By analyzing GPS signals, road conditions, and historical data, platforms like MoveInSync dynamically optimize trip schedules, saving hours each week. In 2025, this isn't a nice-to-have; it's a baseline expectation in enterprise mobility.



Predicting Demand Before It Arises

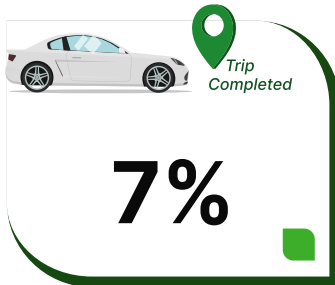
In a hybrid work ecosystem, AI-led demand forecasting has become essential. It enables transport admins to predict which routes will be needed, how many cabs to deploy, and where inefficiencies lie. 70% of transportation companies now report adopting AI solutions, representing a 17% increase from 2024.

Driving Sustainability Through Intelligence

With climate goals at the forefront in 2025, AI is powering the transition to greener mobility. By optimizing cab-sharing, minimizing idle runs, and forecasting EV charging needs, AI helps reduce emissions and operational costs. For companies focused on ESG metrics, AI is the new engine for eco-efficiency.

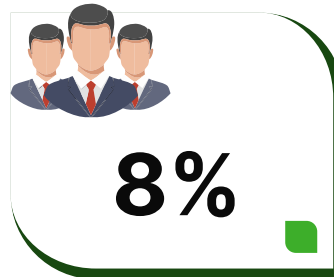


The Rise of India's GCCs: Story Told in Numbers



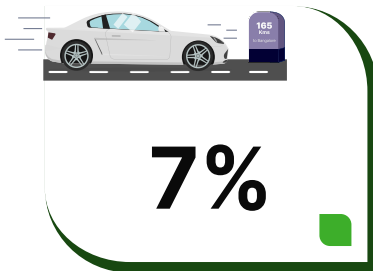
Total Trips

GCCs witnessed a 7% surge in total trips since January, signaling a strong return-to-office trend and increased workforce mobility.



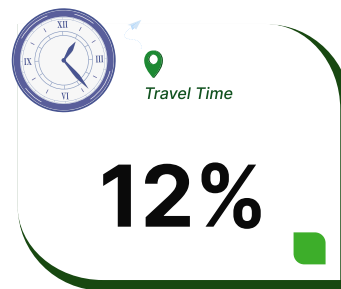
Total Active Users

An 8% rise in active users reflects growing employee participation and deeper platform adoption across centers.



Total Distance Travelled

A 7% jump in distance travelled suggests employees are commuting from wider geographies, underscoring the need for optimized transport planning.



Total Travel Time

With a 12% increase in total travel time since January 2025, the data highlights heightened employee movement and a marked uptick in daily operational activity.

This growth isn't just about numbers; it's about **impact**. India's GCCs are setting benchmarks for how the modern enterprise moves, operates, and thrives, efficiently and responsibly.

As the world looks to build smarter, greener, and more resilient workplaces, India's GCCs are already showing how it's done.



India's Tech Capital Faces a Traffic Test



Bangalore didn't just move in 2025, it *crawled and recalibrated*. The first half of the year revealed the story of a city balancing rapid growth with rising congestion, and MoveInSync's data captured the pulse of every kilometer.



16% spike
in commute time

Bangalore's average one-way commute jumped from 54 min in 2024 to 63 minutes in 2025.



Time traps from
3 PM to 7 PM

This was the most congested window on weekdays, where tech corridors turned into parking lots.



Average distance?
Just 19 km.

But it's taking over an hour, proving that in Bangalore, it's not about how far you travel, but when and where.



Early risers had it best

— BEST — WORST

7am 8am 9am 10am 11am 12pm 1pm 2pm 3pm 4pm 5pm 6pm 7pm 8pm 9pm

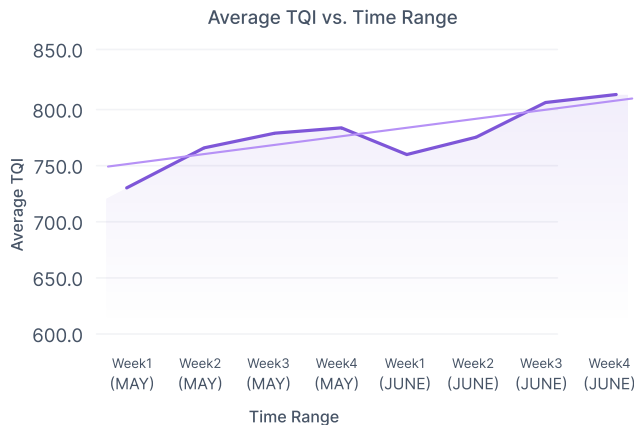


Between 7 AM and 9 AM, Bangalore offered its most peaceful roads.



Bangalore ORR Traffic Chronicles

TQI Trend (May '25 - June '25)



Data Highlights:

- TQI surged by 76 points over 8 weeks: the highest increase recorded in the past year.
- The delay percentage increased by 3x across 8 weeks.
- Peak congestion was observed during the last 2 weeks of June.
- The highest congestions happen on Tuesdays and Wednesdays.
- The probability of delay increased by 6 times for a few congestion hotspots.

Note: While publicly available data suggests an average commute time of 34 minutes, MoveInSync's real-time data reveals it now takes around **38 minutes**, an **extra 4 minutes for every 10 km**, marking the new normal.

What's Causing the Traffic Surge on ORR?



Metro Construction



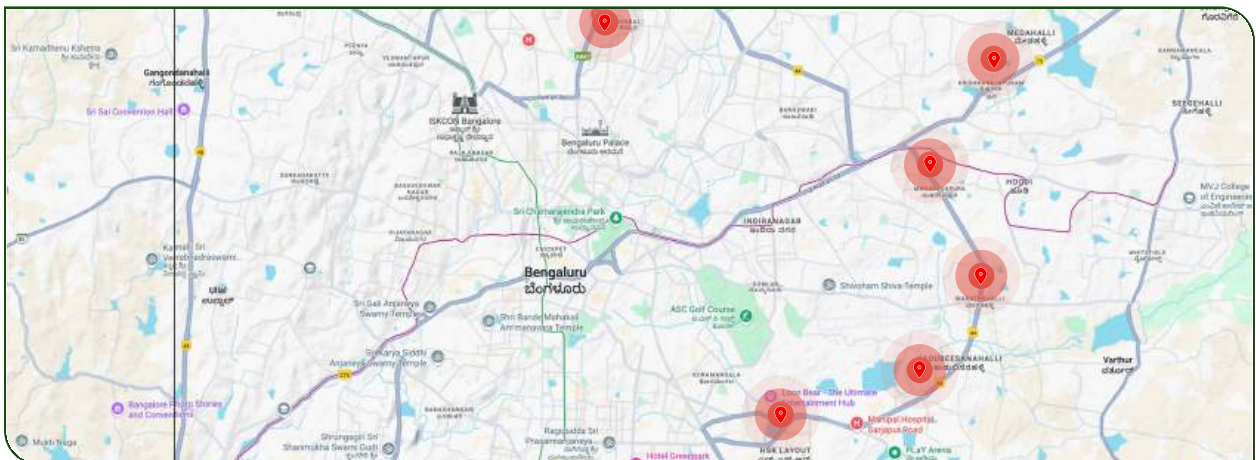
Seasonal Rainfall



Bike Taxi Ban



Return-to-office mandate



Traffic delays continue to rise with return-to-office mandates in full swing. Even if the bike taxi ban is lifted, a return to May 2025-level congestion seems unlikely. With ORR congestion on the rise, companies across IT, BFSI, consulting, and e-commerce must adapt through smarter routing, buffer time, and better commute planning to maintain productivity.



Mumbai's Daily Hustle, Rewired



Mumbai in 2025, lived up to its reputation as the 'city that never stops', though this year, it often did slow down. With the **longest average one-way commute in India at 66 minutes**, covering **25 km every trip**, congestion continued to be a daily reality. Commute time rose **4.76%** from 2024 due to increasing traffic congestion.

Workweek in Full Swing

With employees reporting to work 3.6 days per week, office parks across BKC, Powai, and Lower Parel thrived with activity. Attendance peaked midweek, reflecting Mumbai's consistent work ethic and high in-office presence.

When You Move Matters

— BEST — WORST



Top Traffic Hotspots in Mumbai

These areas saw the heaviest bottlenecks throughout 2025:



Western Express Highway



BKC Junction



Sion-Panvel Expressway

Mumbai's working professionals who travelled outside peak evening hours experienced smoother rides, while others relied on MoveInSync's AI-driven routing to stay ahead of the traffic tide.



How Hyderabad Hits the Road



Hyderabad In 2025, reinforced its place as one of India's most dynamic and rapidly growing work hubs. With an **average one-way commute of 58 minutes** and over **23 km every trip**, the city saw a **3.5% increase in travel time** compared to 2024, a sign of growing workforce movement and increasing urban congestion.

Back to Office, Back in Sync

Employees in Hyderabad embraced the return-to-office trend, averaging 3.8 days per week, one of the highest among major Indian cities. Office parks across Hi-Tech City, the Financial District, and Jubilee Hills saw a noticeable midweek buzz, with weekdays bringing a renewed sense of energy and movement.

When You Move Matters

— BEST — WORST

7am 8am 9am 10am 11am 12pm 1pm 2pm 3pm 4pm 5pm 6pm 7pm 8pm 9pm



MoveInSync's **AI-led traffic predictions and dynamic routing** helped employees navigate around daily slowdowns.

Top Traffic Hotspots in Hyderabad

These key intersections saw the highest congestion levels in 2025:

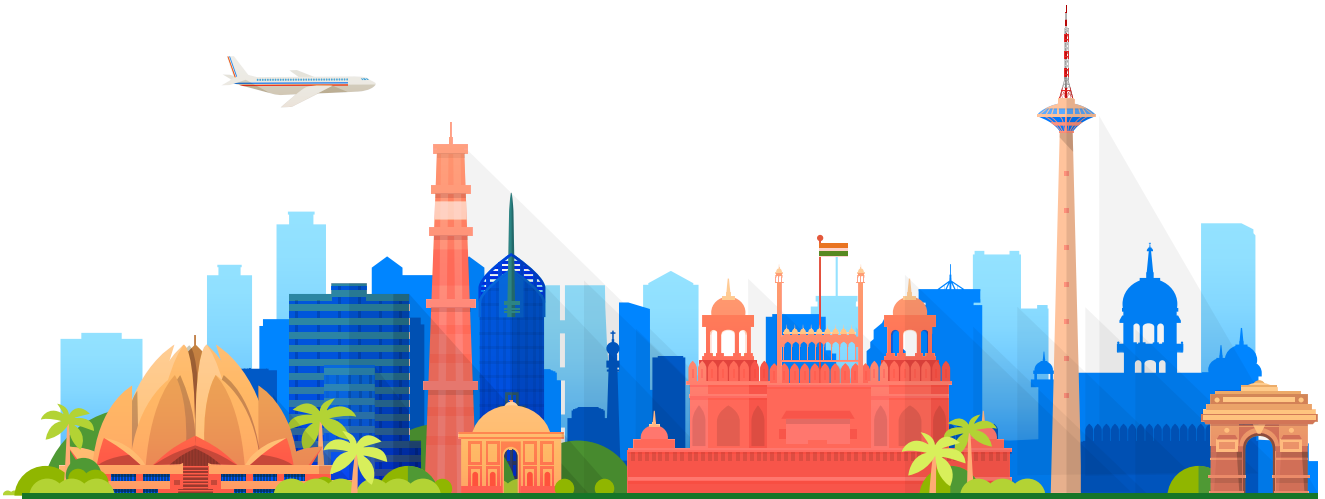
HiTech City Junction

Gachibowli-Miyapur Road

Kondapur Crossroads



Moving the Capital Forward



Delhi-NCR in 2025, remained one of India's most demanding commute zones, with **65 minutes of average travel time** and **26 km covered per trip (one way)**. Despite efforts, traffic congestion **rose by 1.5%** compared to 2024, a clear sign that smarter mobility solutions are no longer a luxury but a necessity.

Office Comebacks & Midweek Peaks

Employees in Delhi-NCR led the return-to-office trend, averaging 4 days in the office each week. Attendance peaked midweek, with Wednesdays consistently seeing full occupancy across offices.

When You Move Matters

— BEST — WORST



With **AI-powered routing and live traffic forecasts**, MoveInSync helped thousands in NCR navigate around peak-hour chaos, saving both time and stress.

Top Traffic Hotspots in Delhi-NCR

Some areas consistently tested the patience of daily commuters:





Chennai on the Move



Chennai in 2025, balanced hybrid work and growing congestion with quiet resilience. The city clocked an **average commute time of 63 minutes** and an **average distance of 22 km per trip**, marking a **6.7% increase in travel time** from 2024, clear signs that the city's traffic is becoming increasingly challenging to manage.

Hybrid is Here to Stay

Employees showed up in the office 3.5 days/week on average, which is among the lowest in major metros. But midweek sees a clear attendance peak, with Wednesdays and Thursdays buzzing with in-office activity.

When You Move Matters

— BEST — WORST



Midday might just be your secret weapon for beating the gridlock.

Traffic Hotspots to Watch

The city saw mounting pressure in several key areas:

- Mount Road intersections
- Kathipara Junction
- Tidel Park and surroundings

These zones consistently caused commuters to experience long delays and bottlenecks during peak hours.



Conclusion In Sync Ahead

This report isn't just about numbers, it's about people. About the woman who feels safe commuting late at night. About the employee with special needs who can travel independently. About teams arriving on time, carbon emissions avoided, and cities slowly but surely moving better. In the first half of 2025, we didn't just track trips, we witnessed progress. Powered by data, shaped by AI, and driven by purpose, India's commute is transforming into something more inclusive, efficient, and sustainable.

At MoveInSync, we're proud to be a part of this journey. And as the roads ahead unfold, we'll keep doing what we do best, helping the world move, in sync.

About MoveInSync

MoveInSync is the world's largest employee commute platform, with over 400 clients, including 97 Fortune 500 companies, and is used by about 856K users every day. Headquartered in Bangalore, India, MoveInSync has been a pioneer in the commuting space since 2009, offering reliable, safe, and sustainable solutions for enterprises.

MoveInSync has consistently been recognized for its excellence, winning several prestigious accolades over the years. In 2024, we were named a Deloitte India Technology Fast 50 company. In 2025, we earned multiple G2 Badges across categories, including High Performer (Mid-Market), Momentum Leader, Regional Leader, Best Usability, Easiest to Use, Best Meets Requirements, Easiest Setup, Easiest Admin, Grid Leader, Users Love Us, and Easiest to Do Business With.

About MoveInSync

To learn more, visit moveinsync.com



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