

CORPORATE SOCIAL RESPONSIBILITY (CSR) PROPOSAL BY SOLH WELLNESS



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Executive Summary

SOLH WELLNESS addresses critical CSR objectives related to skill development, education, and livelihood earning. This proposal outlines SOLH WELLNESS's approach to achieving these objectives and how the collaboration provides the necessary tools and solutions, mental wellness resources and a mental wellness platform along with a dashboard to measure the progress, to make a significant impact.

Introduction

Background

The SOLH WELLNESS, established in 2021, focuses on empowering communities and individuals through inclusive education, nutrition, advocacy, and vocational training. Our mission is to create an inclusive society where everyone has an equal opportunity to learn and grow, contributing to the nation's progress.

We aim to expand our mission by addressing the critical need for mental health awareness and education by empowering individuals with the necessary vocabulary, tools, and framework to attain and sustain optimal mental wellness.

We are delighted to present this comprehensive Corporate Social Responsibility (CSR) proposal. In alignment with CSR objectives of education, environmental sustainability, healthcare accessibility, and skills development, we are proposing a profound collaborative CSR initiative aimed at creating a substantial and enduring positive impact on society.

Need for Mental Health in Skill Development

The importance of mental health in the context of skill development is underscored by a wealth of factual data and research. Here, we present compelling evidence that highlights the inseparable connection between mental well-being and the acquisition of skills, particularly in educational and vocational settings:

1. Cognitive Performance and Learning

- **Cognitive Function:** Numerous studies have demonstrated that mental health directly influences cognitive function. Individuals experiencing high levels of stress, anxiety, or depression may exhibit reduced cognitive abilities, impacting their capacity to learn, problem-solve, and retain information.
- **Academic Achievement:** A meta-analysis conducted by Norris M. Haynes, for instance, found a significant negative correlation between mental health issues and academic achievement. Students facing mental health

challenges often struggle academically, impeding their skill development within an educational context.

2. Attendance and Engagement

- **Absenteeism:** Mental health issues can lead to absenteeism, as students may find it difficult to attend classes regularly due to emotional distress or other mental health-related reasons. Frequent absences hinder skill development and hinder consistent learning.
- **Engagement Levels:** Research by the National Institute of Mental Health has shown that students with better mental health are more likely to engage actively in the learning process. They exhibit higher levels of curiosity, motivation, and interest in acquiring new skills.

3. Resilience and Adaptability

- **Resilience Building:** Mental health plays a crucial role in developing resilience, which is essential for skill development. Individuals with strong mental well-being are better equipped to handle setbacks, challenges, and failures, ultimately enhancing their ability to persist in skill-building endeavors. We also focus on Building Resilience through Courses / Toolkits (stress, anxiety, relationships, overthinking, etc) & Structured Programs (e.g. De-addiction)
- **Adaptation to Change:** In rapidly evolving industries and job markets, adaptability is a valuable skill. Good mental health fosters adaptability, enabling individuals to embrace change, acquire new skills, and remain competitive in their chosen fields.

4. Social and Emotional Intelligence

- **Interpersonal Skills:** Mental health influences an individual's capacity to develop and nurture interpersonal skills. Emotional well-being is closely linked to one's ability to communicate effectively, collaborate with others, and navigate social dynamics, all of which are essential for skill development in a collaborative environment.
- **Conflict Resolution:** Conflict resolution skills are vital in any professional setting. Individuals with good mental health are better equipped to manage

conflicts constructively, promoting a positive and productive learning and working environment.

5. Motivation and Goal Achievement

- **Motivation Levels:** Mental health significantly impacts an individual's motivation levels. Those experiencing mental health challenges may struggle with low motivation, hindering their drive to acquire new skills or pursue educational and vocational goals.
- **Goal Setting:** Setting and achieving goals is an integral part of skill development. Good mental health is associated with effective goal-setting abilities, allowing individuals to plan and track their skill-building progress systematically.

6. Mental Health and Well-Being Programs

- **Efficacy of Mental Health Programs:** Educational institutions and organizations have increasingly recognized the importance of mental health programs. Research by organizations like the World Health Organization (WHO) and the American Psychological Association (APA) has highlighted the efficacy of such programs in improving not only mental health but also academic and vocational outcomes.

Furthermore, it's worth noting that the efficacy of these programs can be quantified and assessed through the utilization of *Dashboard* provision capability. This tool empowers organizations to measure and evaluate the impact of mental health initiatives, ensuring that their effectiveness is comprehensively monitored.

Our Approach

At SOLH WELLNESS, we hold the belief that mental well-being forms the foundation of both personal and professional growth. In alignment with CSR objectives, we put forth the following strategy:

1. **Collaborative Workshops:** SOLH WELLNESS will organize workshops and webinars that integrate mental wellness into skill development and educational programs.

SOLH WELLNESS will facilitate collaborative workshops and webinars designed to seamlessly integrate mental wellness into skill development and educational programs. Within SOLH WELLNESS's offerings, we conduct school workshops targeting teachers and parents to create inclusive environments for children with special needs and embark on awareness campaigns through impactful posters and short. Meanwhile, we also specialize in mental health awareness workshops tailored for communities and educational institutions, covering vital topics such as stress management, teacher sensitization, neurodiversity, and neuro inclusivity. Therefore, SOLH WELLNESS fosters a comprehensive approach to mental wellness across diverse settings.

2. **Assessment and Identification:** We will work to assess the specific skill development and education needs within the communities they aim to support.

While many people focus on the technical or physical aspects of acquiring a skill, the mental and emotional aspects are equally important. Utilizing platform's Self-Help Tools, we can offer valuable insights into the emotional and cognitive requirements of those seeking skill development, thereby preparing them effectively. These tools, such as Self-Assessment and Mood Analytics, can aid in the comprehensive assessment process, enabling us to tailor our support more effectively based on the identified needs. Setting clear, achievable goals can provide direction and motivation for skill development. The Goal Settings feature on the platform will assist us in formulating personalized goals and maintaining the motivation of users and beneficiaries.

3. **Customized Programs:** SOLH WELLNESS will design customized mental wellness programs that complement skill development and education initiatives, ensuring holistic personal growth.

We already offer tailored programs for communities and educational institutes: Schools' Wellness Program (SWP). SWP offers schools customizable access to the mental wellness platform, institutional wellness reports, specialized workshops for students, teacher training, and neurodiversity inclusion programs. These existing programs exemplify our ability to tailor solutions to meet the beneficiaries' unique needs, promoting well-being and personal growth.

A customizable organizational feature can be offered to the recipients, allowing them to access content tailored to their needs. This feature also includes relevant announcements pertaining to skill development and the establishment of a support group specifically designed to address the requirements of the target audience, all within the platform, virtually.

4. **Counseling and Therapy:** Counseling and therapy are indispensable in skill development as they offer valuable guidance in identifying and overcoming barriers, enhancing self-confidence, managing stress, setting achievable goals, improving communication, and building problem-solving abilities. Additionally, they help individuals overcome perfectionism, maintain motivation, and regulate their emotions, which are crucial for successful skill acquisition. By addressing these psychological and emotional aspects, counseling and therapy create a supportive environment, enabling individuals to reach their goals more effectively.

We have a network of over 400 psychiatrists, psychologists, and counselors available on the platform. *The first therapy session will be offered at no cost to beneficiaries,* and individuals can access counselors via chat for free at any time through Talk Now.

5. **Access for All:** We are committed to making mental wellness accessible to all, including marginalized communities, by providing online and offline resources. We are dedicated to democratizing mental wellness, reaching even the most marginalized communities through a comprehensive offering of both online and offline resources as we believe – “Mental Health is a Universal Human Right.”

SOLH WELLNESS exemplifies this commitment by empowering children with diverse needs. We make mental wellness accessible by providing inclusive education, nutritional support, advocacy for children's rights, and vocational training. We ensure that all children have equitable access to educational and developmental resources.

We also play a pivotal role in this mission by offering a range of Self-Help tools, Community Support, and Expert services available online to support individuals in their mental health journeys. The first two sets of tools are free for individuals, and are provided for free to everybody. Individuals can also connect to experts for free 24/7 on the Talk Now feature. The sets of tools also include self-assessment tools, support groups for everybody, and 24/7 access to qualified mental health professionals. Moreover, we extend our reach offline through community support programs and partnerships with schools and corporations, making mental wellness accessible to a diverse array of people, regardless of their circumstances.

Together, SOLH WELLNESS can exemplify a commitment to break down barriers and provide comprehensive access to mental wellness resources for all.

Our Provision

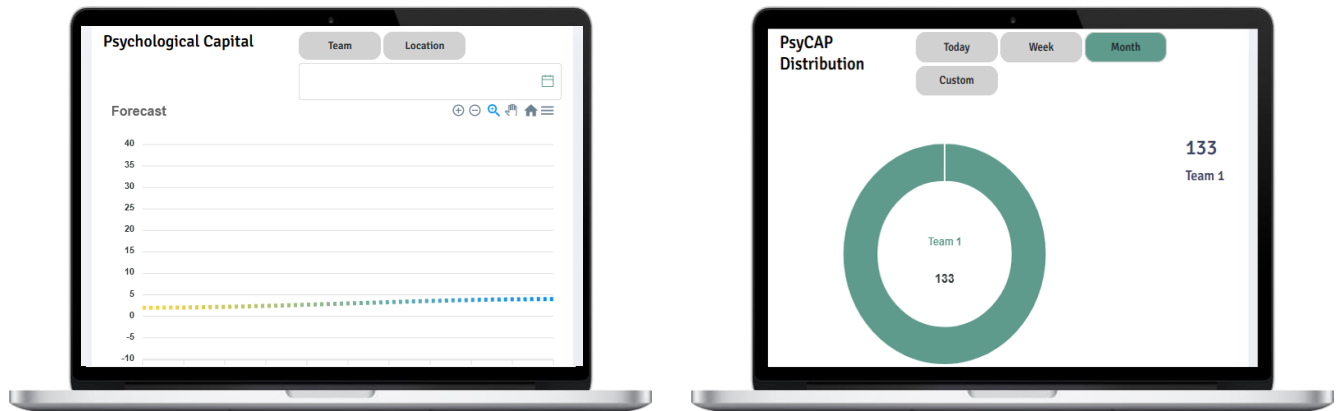
SOLH WELLNESS's provisions can contribute to a more inclusive, socially responsible, and community-focused approach. These provisions may include:

- 1. Expertise in Inclusive Education:** SOLH WELLNESS can provide insights and expertise in inclusive education. We are also a big promoter of Neuro-diversity and Neuro-inclusivity in educational settings.
- 2. Training and Sensitization:** We can conduct training sessions and sensitization programs for target audience, to raise awareness about the challenges and needs of people obtaining a particular skill, promoting a more inclusive work environment.
- 3. Community Engagement:** SOLH WELLNESS may facilitate community engagement initiatives that align with corporate social responsibility (CSR)

goals, focusing on empowering marginalized communities and promoting education and vocational training for individuals with disabilities. This initiative can be supported online with the help of Community Support Tools.

- 4. Collaborative Workshops:** We can organize collaborative workshops and webinars that combine mental wellness, skill development, and educational elements, benefiting the communities we aim to support.
- 5. Advocacy Support:** SOLH WELLNESS's experience in advocating for the rights of children with disabilities can offer valuable insights for CSR initiatives and advocacy efforts.
- 6. Data and Analytics:** SOLH WELLNESS can provide data-driven insights and analytics related to the impact of their joint initiatives, helping measure the effectiveness of their support in real terms.

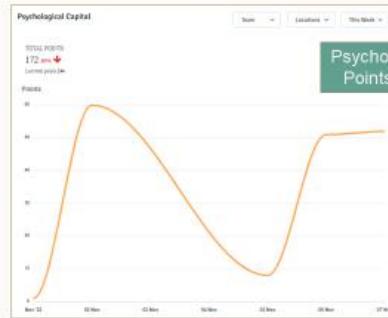
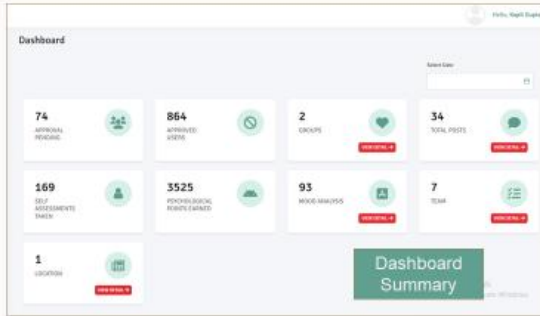
This can be accomplished through the utilization of *Organizational Dashboard*, which allows for the quantification and subsequent control of the mental well-being of beneficiaries.



This absence of biomarkers poses a profound obstacle in the understanding and management of mental health conditions. We have the capability to retrieve the reports indicating the mental health status of the beneficiaries using PsyCap points.

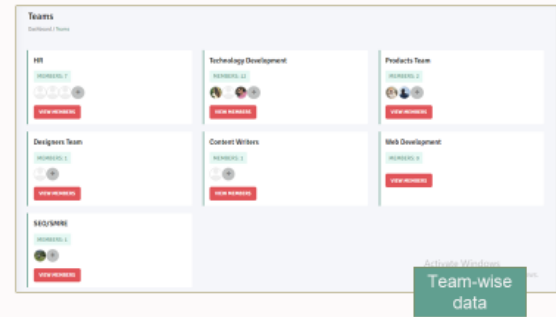
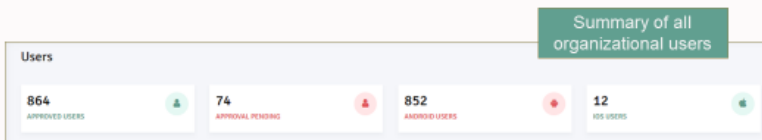
Organizational Dashboard

Comprehensive Wellness Insights for Decision Making



Organizational Dashboard

Teams and Location Based Reporting



Users Listing Team & Location

S. No.	Image	Name	Team	Location
1		Amara Kim	Technology Development	India
2		Neil Ober	Technology Development	-
3		Munish Kumar	Technology Development	India
4		Aditya Gangi	Technology Development	India
5		Kapil Gupta	-	India
6		prjanshu dshay	-	-
7		akash Puhar	-	-
8		Rohit m	-	-

Profile Visits

- 11 FEMALE
- 27 activate Windows

Teams


S. No.	User Profile	Name	Mobile
1		Amara Kim	+91988030261
2		Neil Ober	+91988030260
3		Munish Kumar	+91988030277
4		Aditya Gangi	+91988030267
5		Sumit Shrivastava	+91988030262
6		Rohan Singh	+91988030263
7		Prakash Singh	+91988030275

Detailed view of team members

Organizational Dashboard

Customizations and Co-Branding Opportunities

Organization logo on top



Status: Active

Name: SIS Group Enterprises

Email: rsointha@sisiindia.com

Phone No.: +9182210454273

Landline: 82210454273

Official Phone No.: 82210454273

Choose Theme: Goldenrod Tints

Edit basic details of your organization

FRONT LIST

Find help

Overwhelmed with emotions? Talk to a Soih counselor NOW

Sadness Loneliness Stress More

20+

Start chatting for free right away, with a Soih counselor.

New colour scheme

Self Assessment

Custom self assessment test

OMLOGIC

Bringing Logic To Online Marketing

Job Satisfaction Test

ADHD Test

Groups For You

View All

LENS FOUNDATION

Stress

Joined

Joined

Custom support group for organization members

Team Options

S. NO.	NAME	STATUS	ACTION
1	Team 1	ACTIVE	

+ ADD NEW

Add a new team

Location Options

S. NO.	LOCATION	STATUS	ACTION
1	Ill	ACTIVE	

+ ADD NEW

Integrate a fresh organizational location

Add custom teams, locations and colour schemes

Choose Theme

Goldenrod Tints

Select

Goldenrod Tints

Crimson Red Tints

Sky Blue Tints

Magenta Tints

Comflower Blue Tints

Search by Profession

Special discounts on therapy

Psychiatrist

RD - Clinical Psychologist

Psychologist

Counselors

Here is a chart outlining the provisions that we offer:



Proposal Objectives

SOLH WELLNESS can synergize their efforts to achieve the following multifaceted objectives:

1. **Promoting Mental Health Education:** Develop and disseminate extensive educational programs and resources that increase public awareness about the significance of mental health. These initiatives will emphasize the profound interconnection between mental health and overall well-being, while also highlighting the tools and resources to foster mental wellness.
2. **Community Mental Health Support:** Establish a robust community outreach program designed to provide mental health support to

underserved communities. With this innovative initiative, we can also leverage the self-help tools and facilitate access to mental health professionals, thereby extending essential services to those who need them most. In addition, we place paramount importance on our robust community support tool. Our commitment to community support is not merely an additional feature; it is a cornerstone of our mission to foster mental wellness and inclusivity.

3. **Skill Development for Mental Health Professionals:** Bolster the training and skill development of mental health professionals, with a dedicated focus on addressing the escalating demand for mental health services. By investing in the professional growth of these experts, we can ensure that they are equipped to provide high-quality care and support to individuals seeking assistance.
4. **Environmental Sustainability:** In line with commitment to environmental sustainability, SOLH WELLNESS pledges to integrate eco-friendly practices into its operations and campaigns. This strategic alignment with environmental CSR efforts will contribute to the reduction of our carbon footprint and promote sustainable living practices.

Alignment with CSR Objectives

This proposal seamlessly aligns with CSR objectives:

- **Education:** SOLH WELLNESS will actively engage in educational campaigns, reducing the stigma associated with mental health and providing invaluable resources for personal development.
- **Environmental Sustainability:** SOLH WELLNESS will take decisive steps to implement eco-friendly practices in its daily operations. This includes reducing paper usage, optimizing energy consumption, and actively promoting sustainable practices among its user base.
- **Healthcare Accessibility:** By extending mental health support to underserved communities, SOLH WELLNESS will directly address the

pressing issue of healthcare accessibility, ensuring that individuals from all backgrounds have access to essential mental health resources.

- **Skills Development:** The participation in mental health professional training underscores our commitment to developing a qualified workforce capable of meeting the growing demand for mental health services.

Skills-Based Health Education

- Incorporating skills-based health education is an integral component of our proposal, aligning with the FRESH framework (Focusing Resources on Effective School Health) for children, which is supported by prominent organizations such as WHO, UNICEF, UNESCO, UNFPA, and the World Bank. Skills-based health education is essential in ensuring that individuals are healthy and able to learn effectively within an education system. Numerous studies underscore the inseparable connection between education and health.
- In the early stages of education, the focus predominantly rested on the delivery of factual information. Over time, educational approaches have shifted towards skill development and addressing all facets of health, encompassing physical, social, emotional, and mental well-being. Individuals equipped with these essential life skills are more likely to adopt and sustain a healthy lifestyle during their school years and throughout the rest of their lives.
- SOLH WELLNESS can support skill development mission by integrating health education principles. This includes making skill programs inclusive, offering health modules, promoting a healthy lifestyle, providing mental health support, encouraging peer awareness, using data for improvement, and engaging the community. These actions ensure participants prioritize both skills and well-being.

Terms and Conditions

FUNDS USAGE

Our funds usage is designed to be flexible and align with the scale of engagement. We require funds for the following:

- **Training and Workshops:** Structured workshops to remove stigma, raise awareness and provide solutions
- **Platform Access:** A comprehensive set of tools and solutions through a world-class platform
- **Counseling Resources:** One-free counseling session for every user
- **Organizational Dashboard:** Access to data across locations and structures to study impact and align future interventions
- **24/7 Support:** A key capability for people to be able to chat with a counselor whenever they feel overwhelmed

Conclusion

This comprehensive CSR proposal outlines a visionary view of SOLH WELLNESS's mental wellness initiatives. Our shared goal is to make a substantial and lasting impact on society by addressing critical issues related to mental health, education, environmental sustainability, and skills development. By merging our strengths and resources, we aspire to create a more equitable and sustainable future for all. This partnership not only aligns with CSR objectives but also represents a beacon of hope and wellness for communities in need.

We eagerly anticipate further discussions and the opportunity to transform this proposal into a reality that benefits society at large.

Sincerely,

SOLH WELLNESS