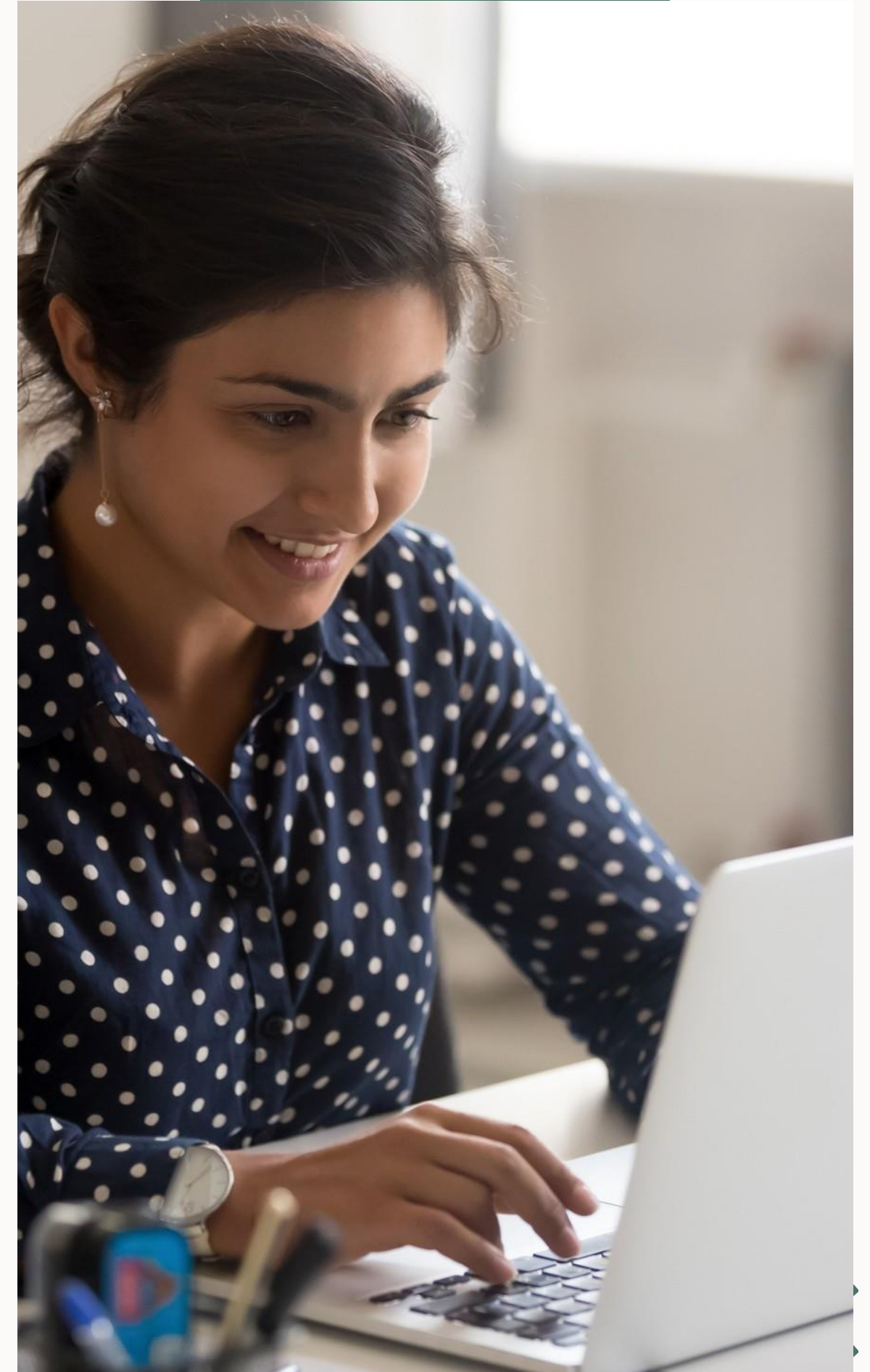


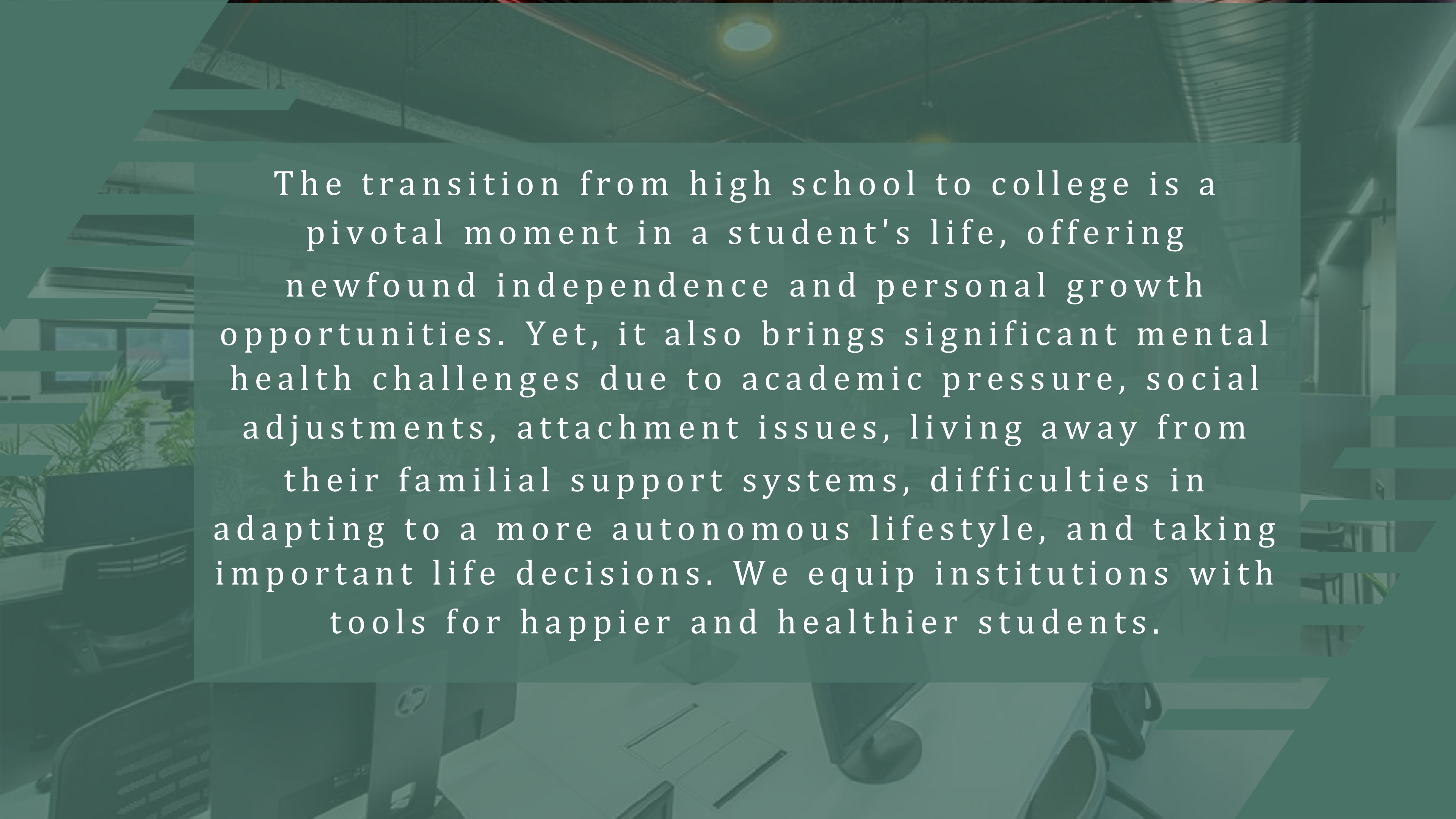


Solh Wellness

Collaboration Proposal

EWIP – Educational Institute Wellness Program





The transition from high school to college is a pivotal moment in a student's life, offering newfound independence and personal growth opportunities. Yet, it also brings significant mental health challenges due to academic pressure, social adjustments, attachment issues, living away from their familial support systems, difficulties in adapting to a more autonomous lifestyle, and taking important life decisions. We equip institutions with tools for happier and healthier students.

Why Students need Wellness Programs



Comprehensive Mental Support:

We ensures all-around mental well-being, from clinical support to fostering creativity and resilience.



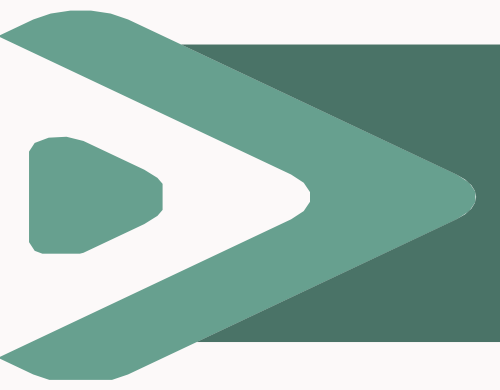
Substance Use Prevention :

These programs can educate students about the risks of substance use and provide coping mechanisms to avoid such behaviors.



Enhanced Concentration:

Our programs address difficulties in concentration, allowing students to stay more engaged in their learning.



Reduced Stress:

We help kids manage and reduce stress levels, enabling them to focus better on their studies and overall well-being.



Life Skills:

Helping students to gain essential life skills like conflict resolution, and healthy relationship building.

How Our Wellness Program Works for Students

Our wellness program for students includes a versatile app, personalized workshops, and holistic support. We address crucial issues like anxiety, depression, substance use, conduct problems, eating disorders, neurodiversity and learning disabilities. Our aim is to promote better mental health and academic success among students and help them regain their balance during this change-filled period of their life.

Why Colleges need Wellness Programs

Promoting Acceptance

Fostering a culture of acceptance, where every individual feels valued and respected is crucial

Wellness programs addressing mental health help everyone in the school ecosystem and promote mental wellness for all

Mental Wellness For All

Building Empathy

Empathy, understanding and compassion enables students to mature into good citizens and great professionals

Recognizing & accommodating varied learning styles and needs supports the growth of all students

Individualized Learning

Dealing with the Real World

The ability to handle stress and life challenges is a skill every college student needs as they transition into young adults

Our 16-Hour Concept

You work on your mental health for
over **16 hours** every single day.

Everything you do in a day, all your
actions & decisions, are driven by your
mental wellness.



Solh Wellness Steps In...



People lack the **vocabulary, tools and framework** required to work on their mental health.



Everyone's mental wellness journey is **unique**, requiring a personalized approach.



What people need is a **comprehensive set of tools and solutions** - affordable, 24/7 available, accessible, and personalized.



**Working on their mental wellness is the best time-investment
for every student.**

Any improvement in mental health quotient for them is reflected
many times in their overall output.

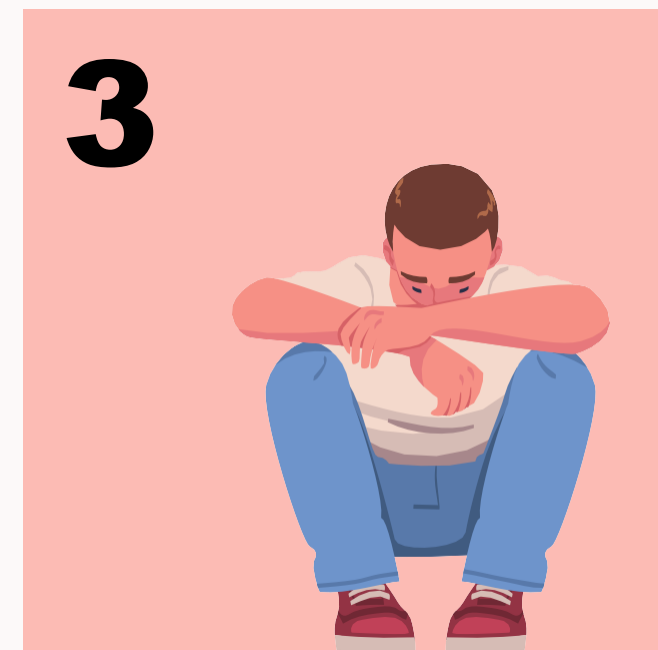
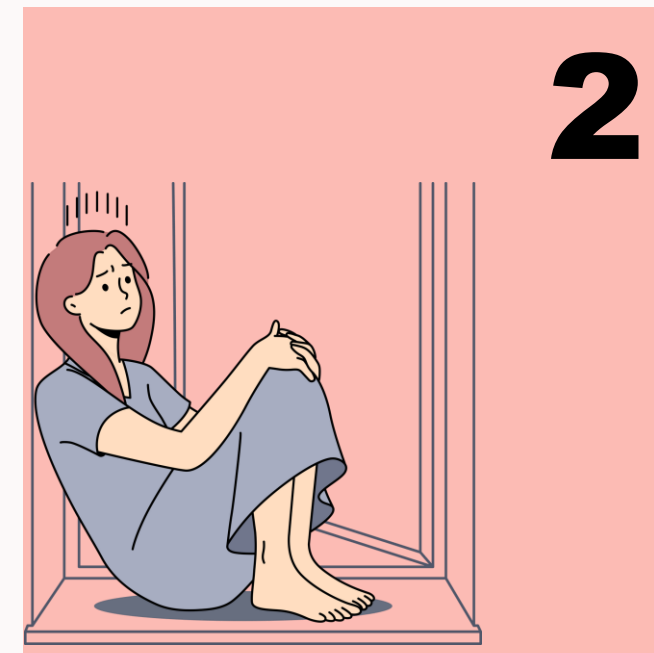
Mental Wellness Needs Immediate Intervention

The 4 C's

- **Contagion:** Fear of disease contraction
- **Conflict:** Geopolitical tensions, war, everyday conflicts
- **Conformity:** Pressure of expectations from self & others, social/ peer/ family pressure
- **Climate Change:** Stress (pollution, lifestyle), worry (self, planet), overpopulation, urban stress

Stigma-Mental Health

Negative attitudes, beliefs, and stereotypes towards mental illnesses lead to discrimination, prejudice, and social exclusion.



Pharma-Neuro Challenges

- Lack of **objective biomarkers**
- Individual **variability** in symptoms and treatment response
- Need to **balance effectiveness & side effects**
- Ethical considerations
- Research and development **costs**
- **Integration** with other approaches

Everyone Needs Help

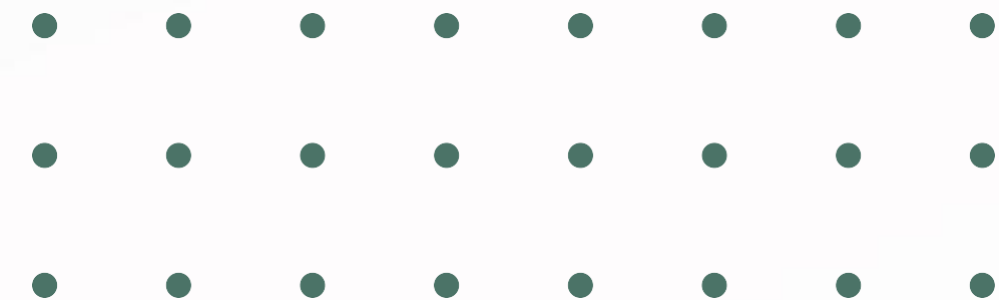
- The ones with **mental health disorders**,
- The ones with **ADHD / Autism / LD**,
- The ones with **stress and emotion related problems**,
- The rest of us.

Solh Wellness & CSR Alignment

We strongly align with SDGs, making us an ideal partner for undertaking meaningful social objectives.

We are committed to promoting mental health and enhancing well-being of every individual.

By collaborating with us, you can contribute to the betterment of society through CSR efforts.



Solh Wellness Key SDG

Focus:

SDG 4: Quality Education

Mental health plays a crucial role in providing a holistic approach to education, empowering students to flourish academically, emotionally, and interpersonally.

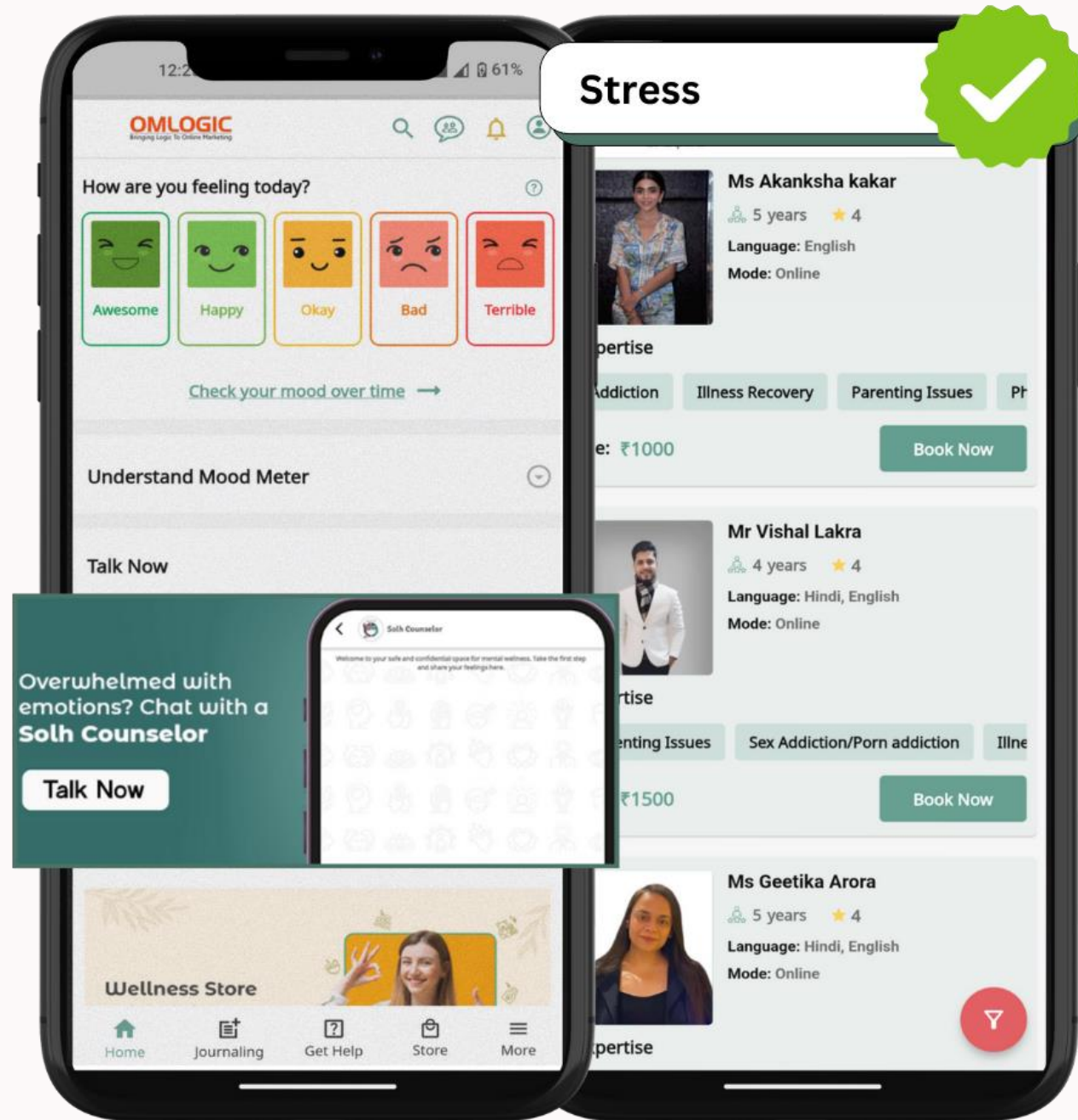
Target 4.1: Ability to access quality education depends on mental health

Target 4.4: Mental health as an important vocational skill

Target 4.7: Importance of mental health for sustainable development

Target 4.a: Promoting disability and gender sensitivity

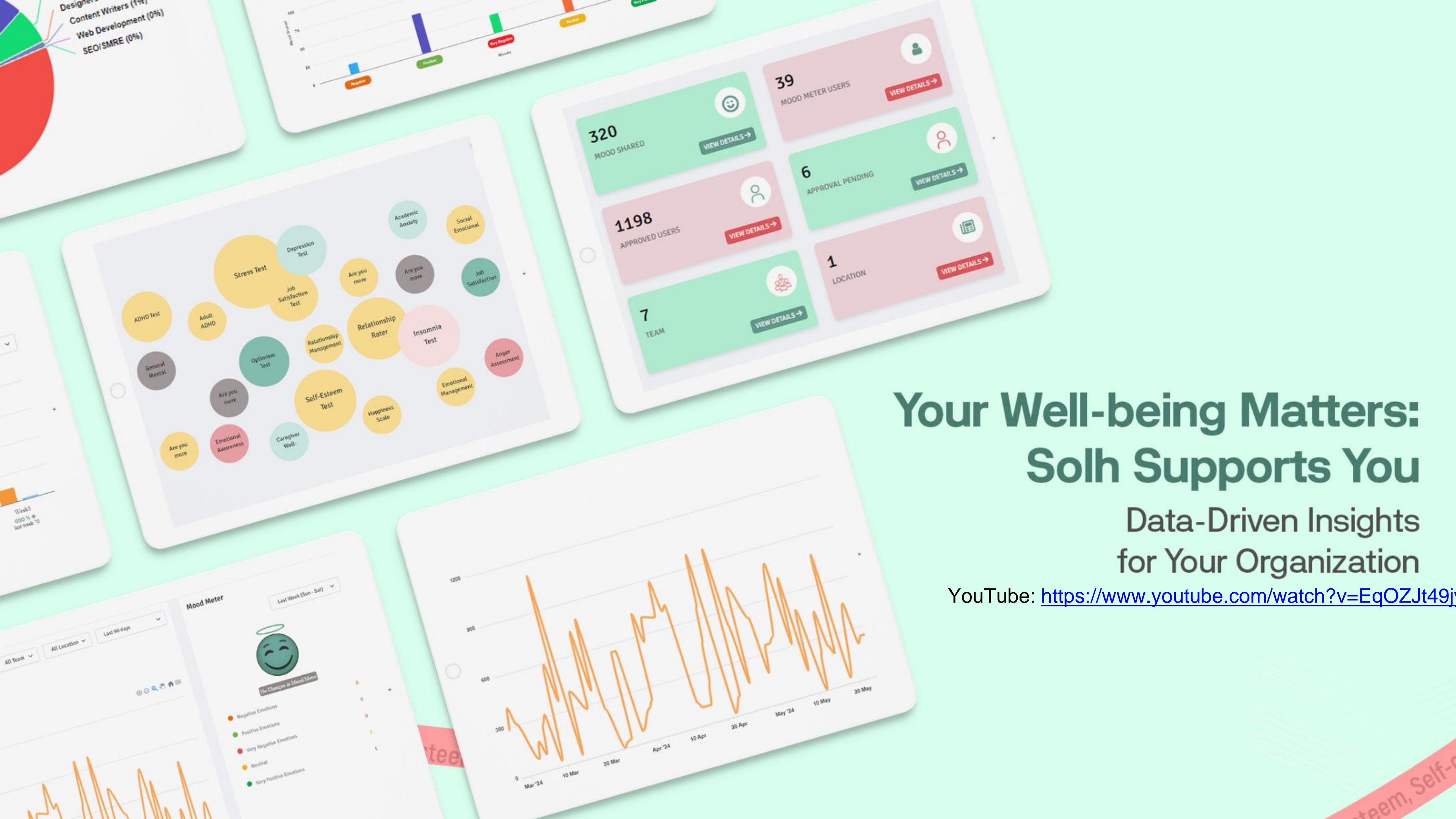




Community Customizations for Educational Institutes

- Specialized support group for the community
- Capability to show specific posts / journals
- Community specific tests
- Announcements / notifications / pop-ups
- Preferred providers, discounts, workshops
- Detailed data reporting dashboard

Our Integrated User Approach



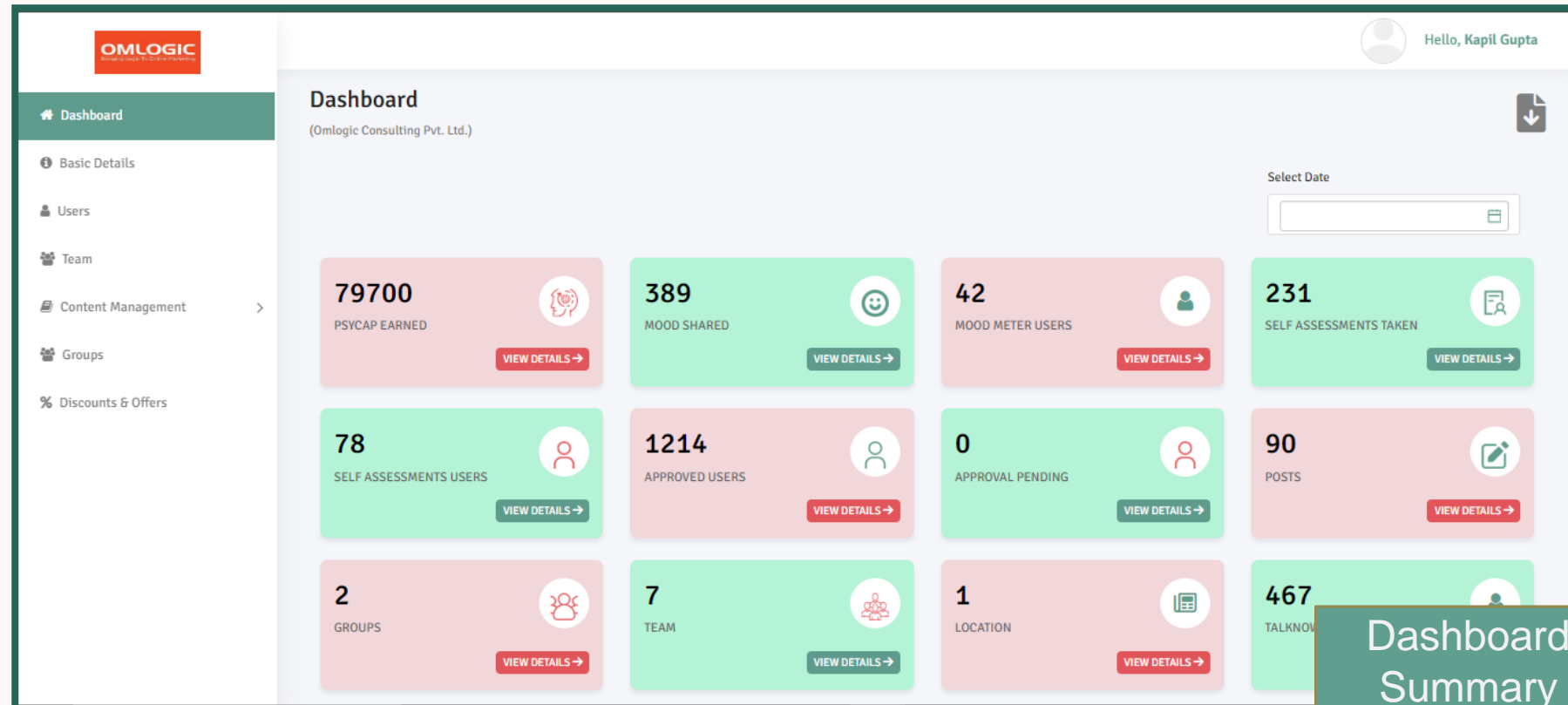
Your Well-being Matters: Solh Supports You

Data-Driven Insights for Your Organization

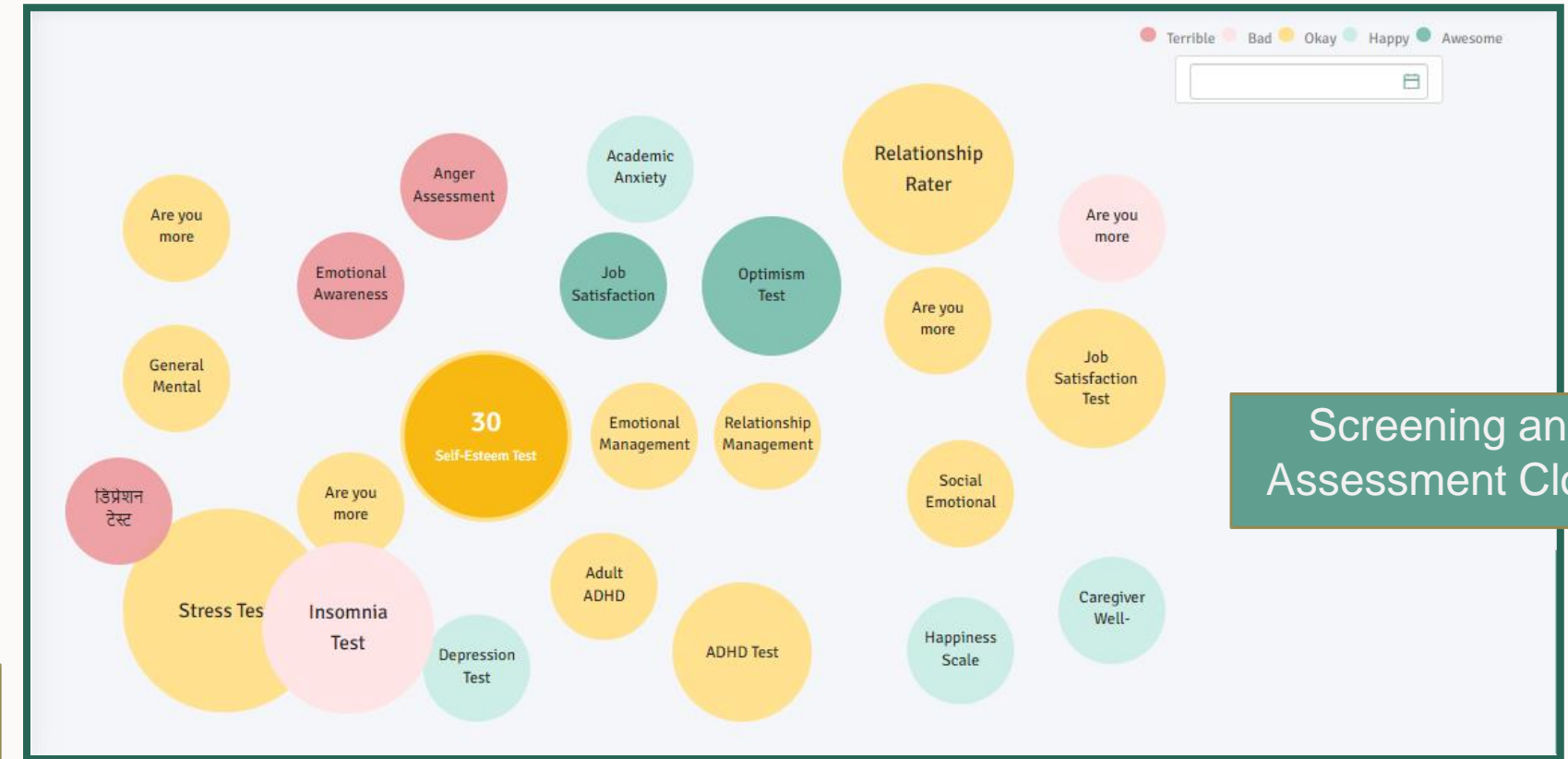
YouTube: <https://www.youtube.com/watch?v=EqOZJt49j>

Organizational Dashboard

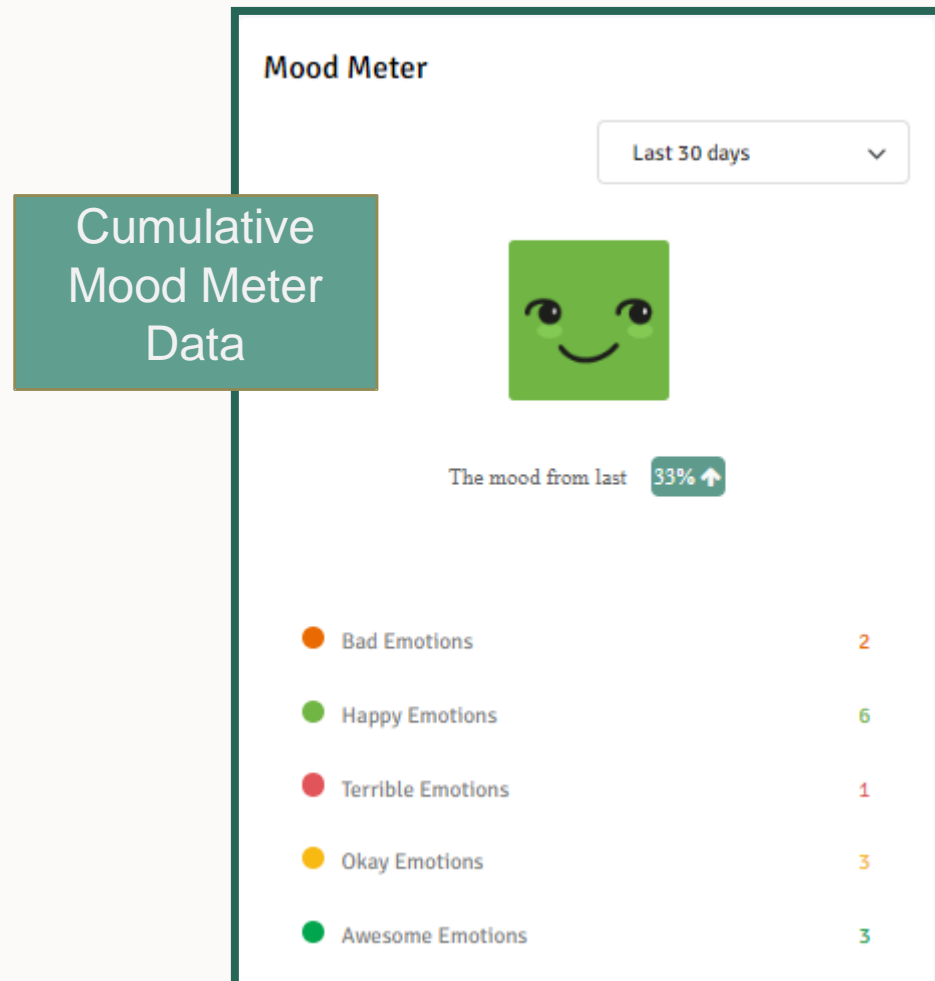
Comprehensive Wellness Insights for Decision Making



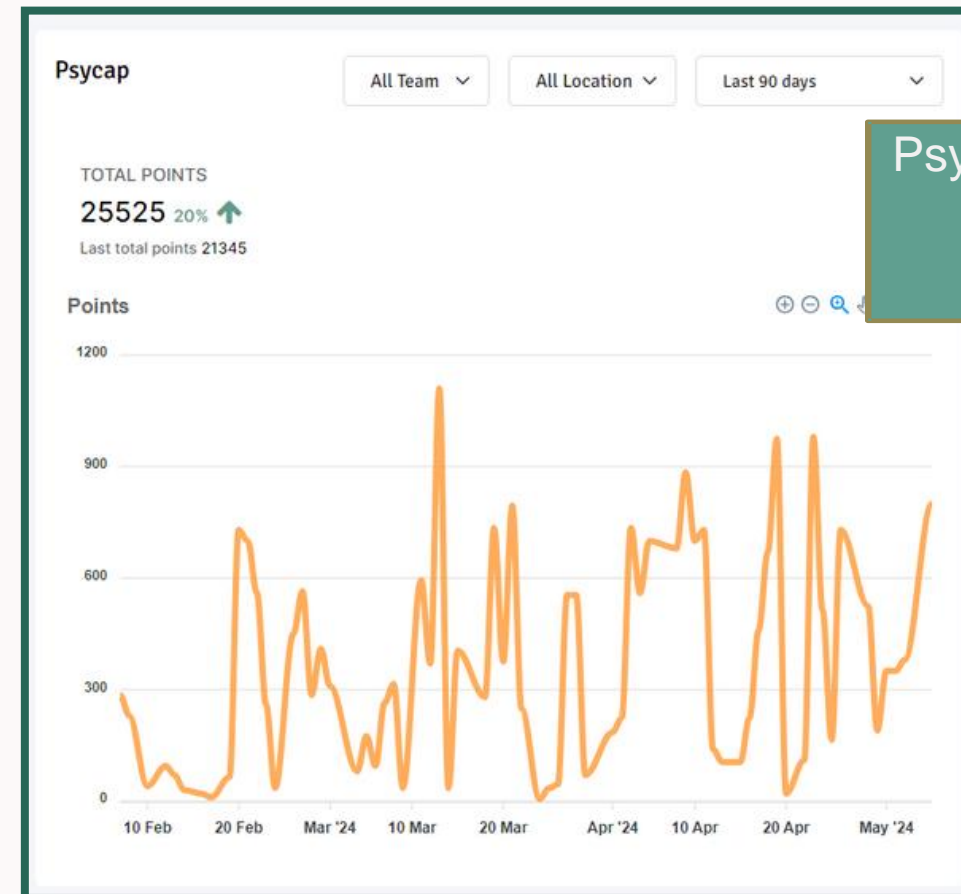
Dashboard Summary



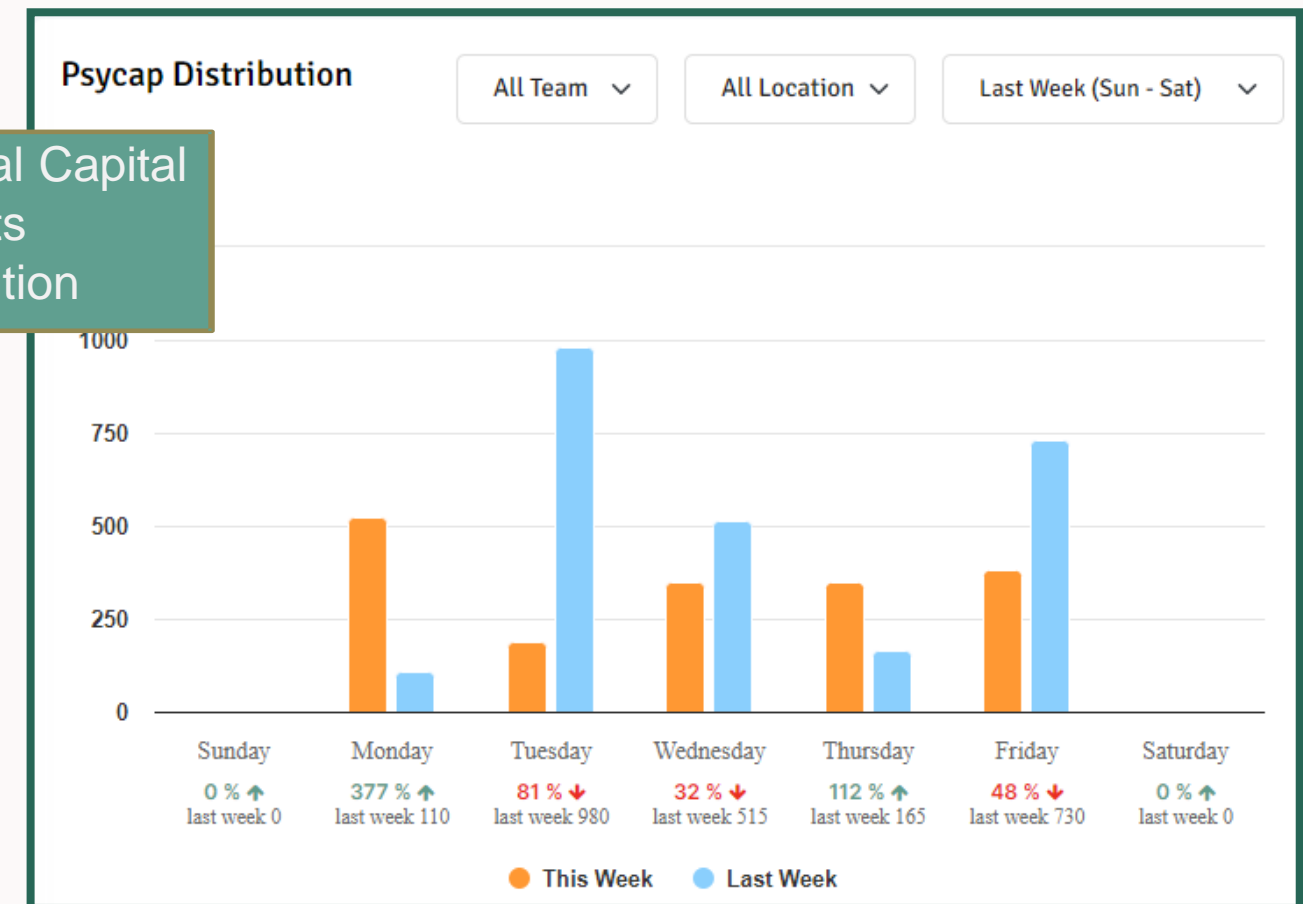
Screening and Assessment Cloud



Cumulative Mood Meter Data



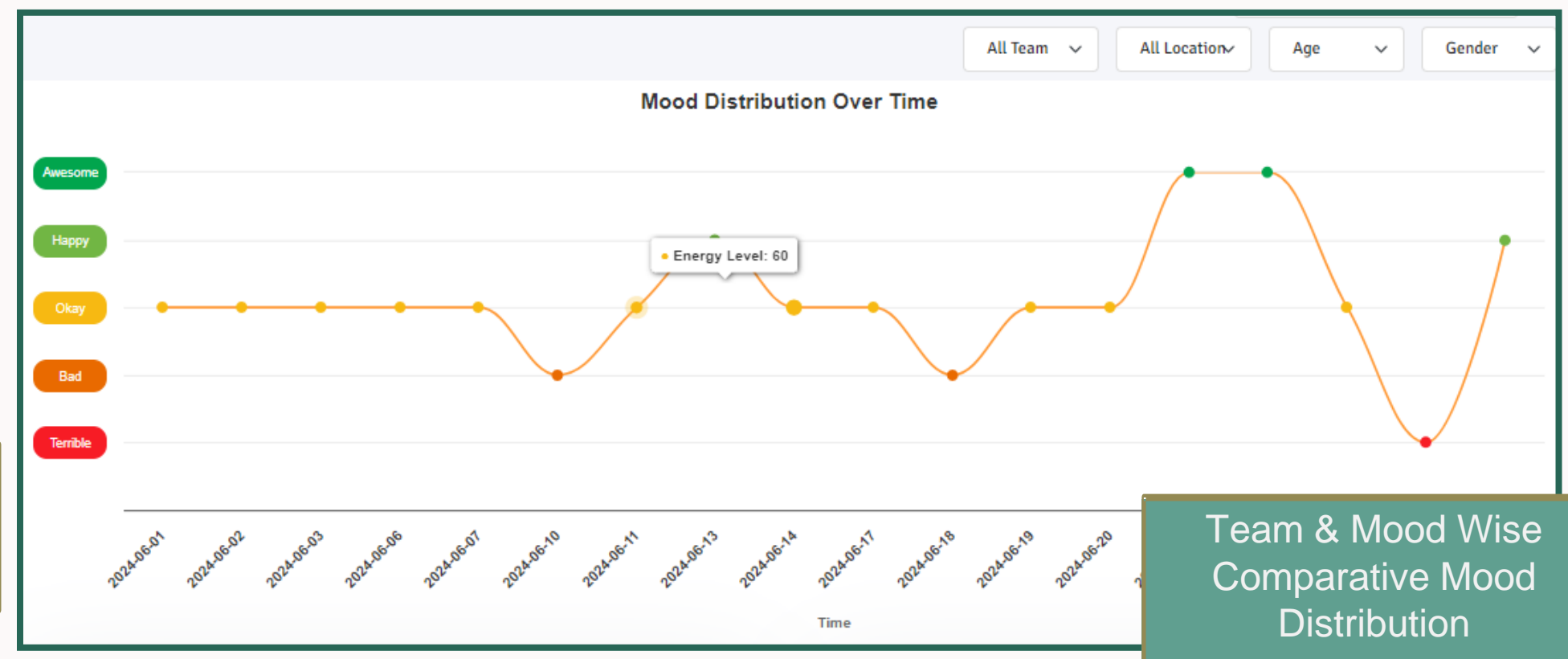
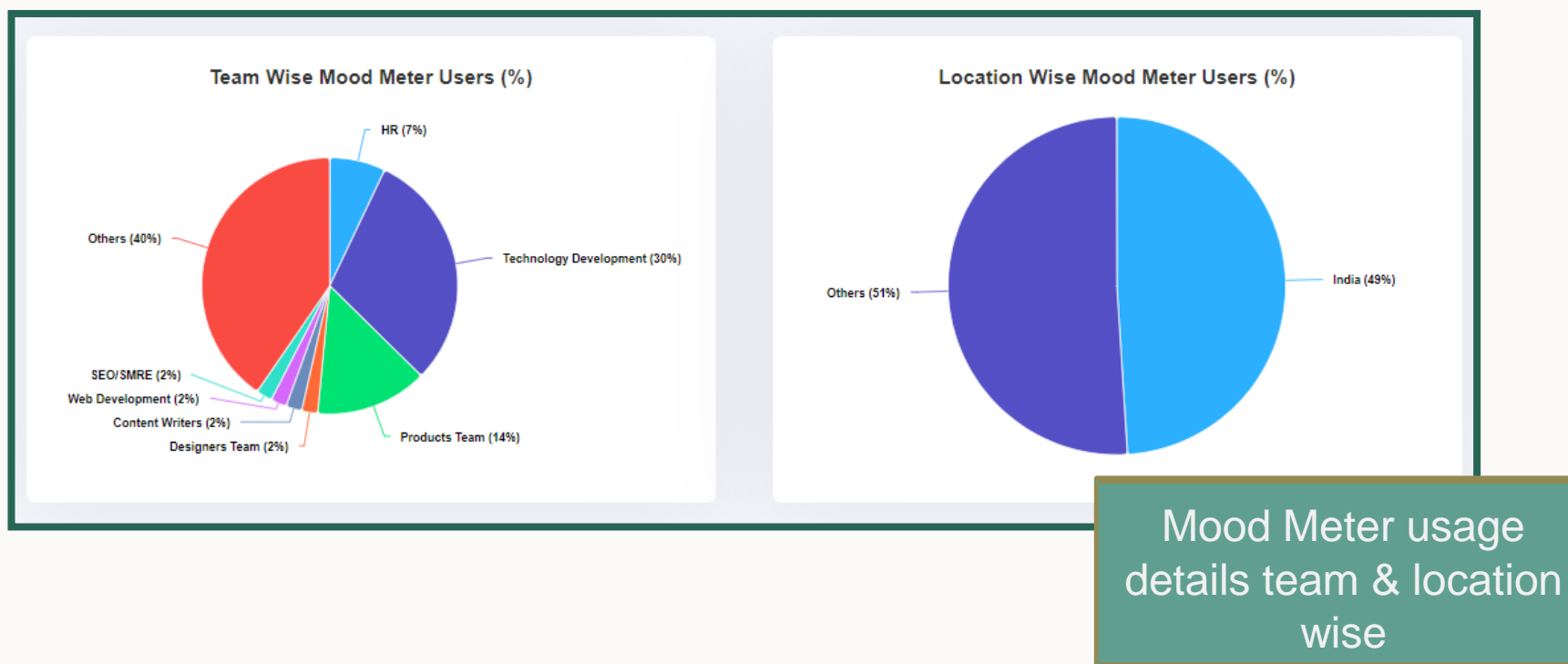
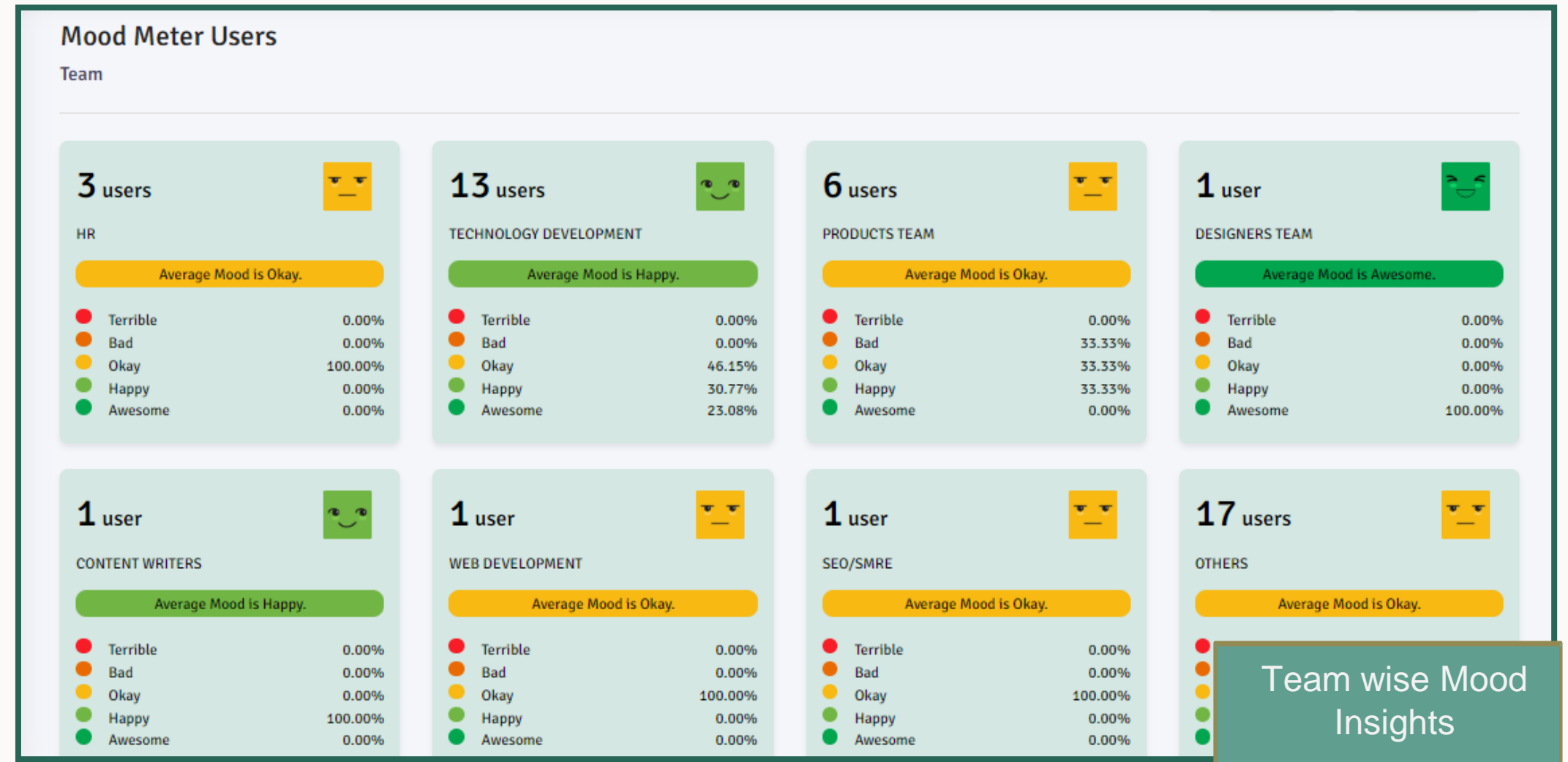
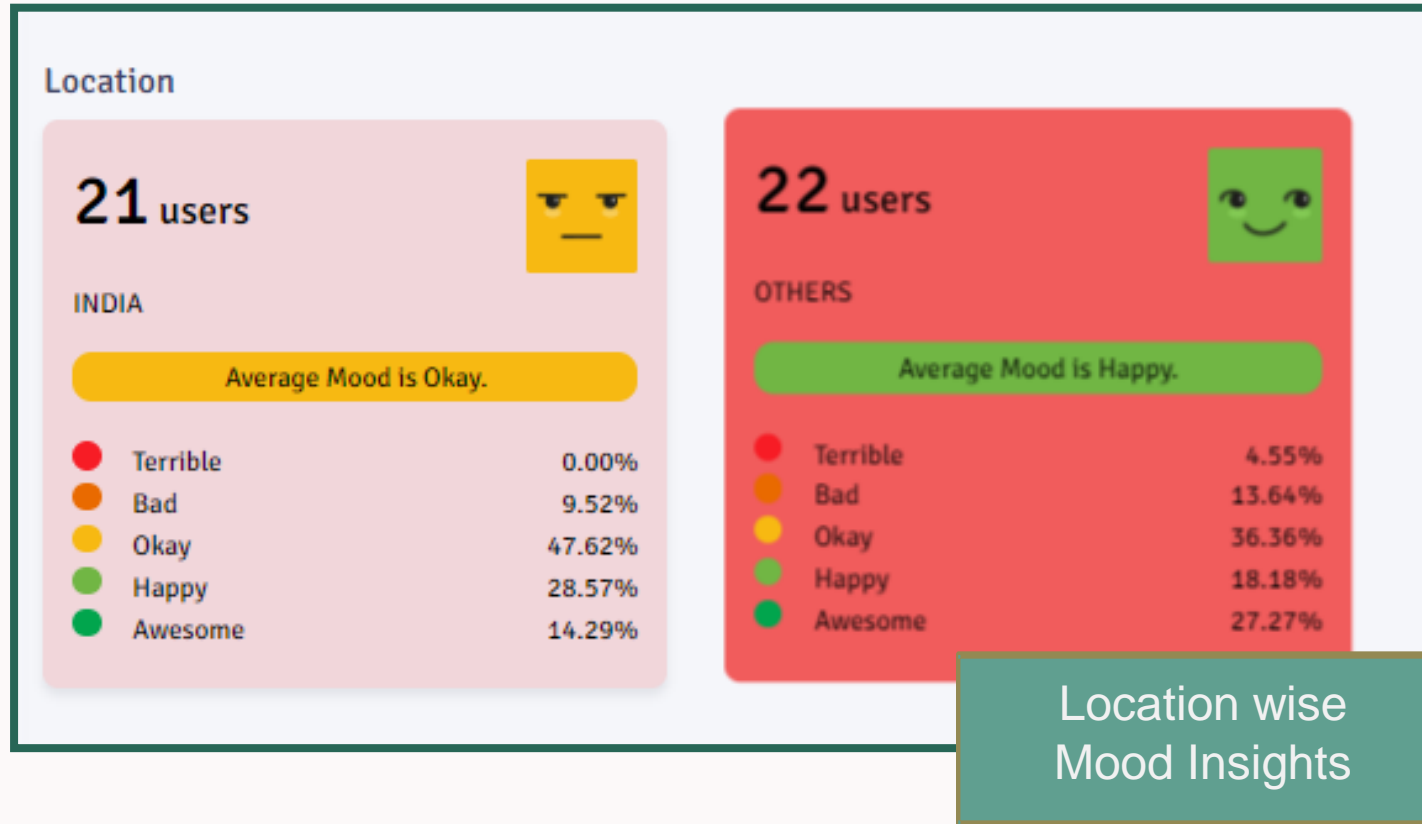
Psychological Capital Points Distribution



Psychological Capital Points Distribution

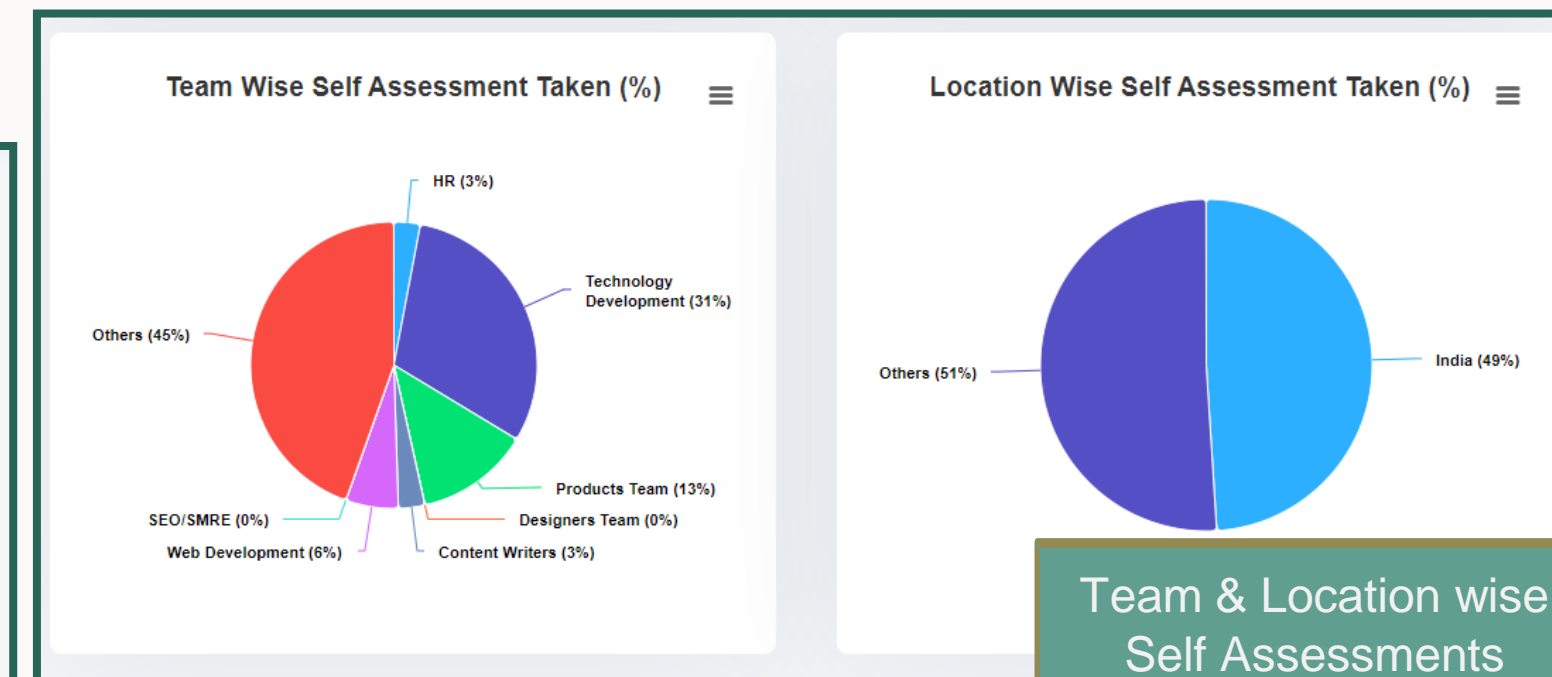
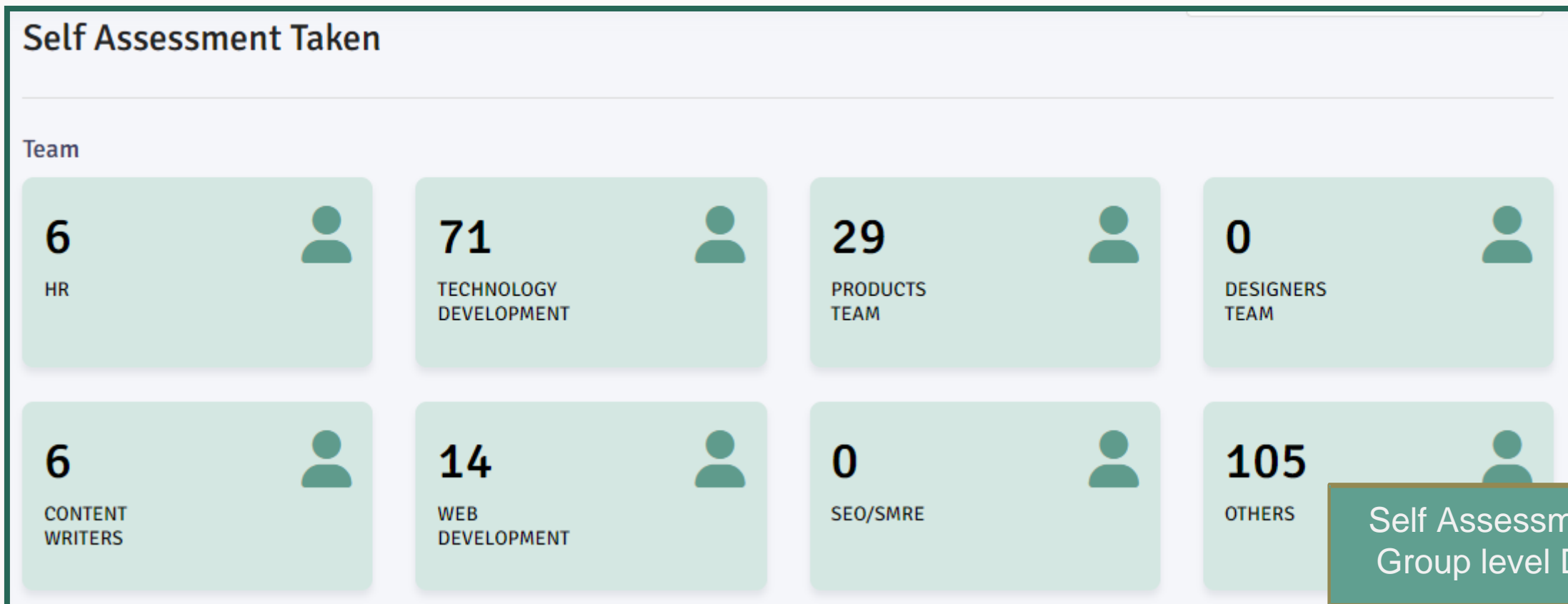
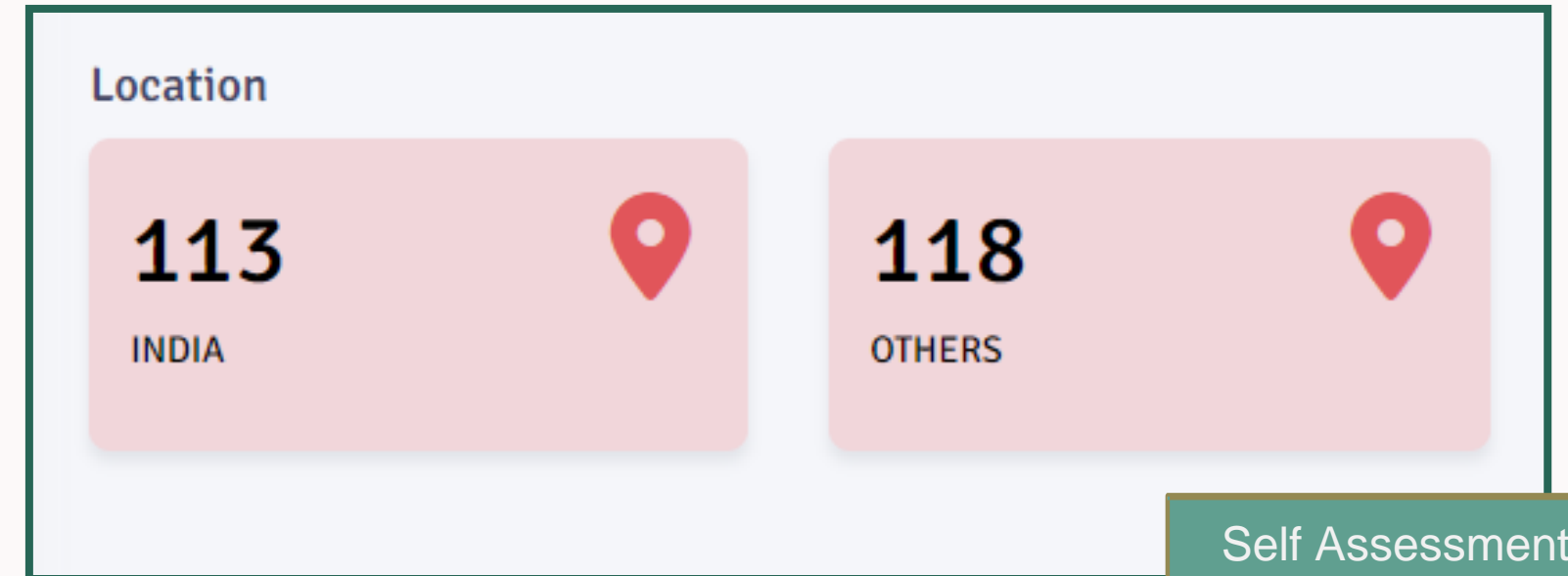
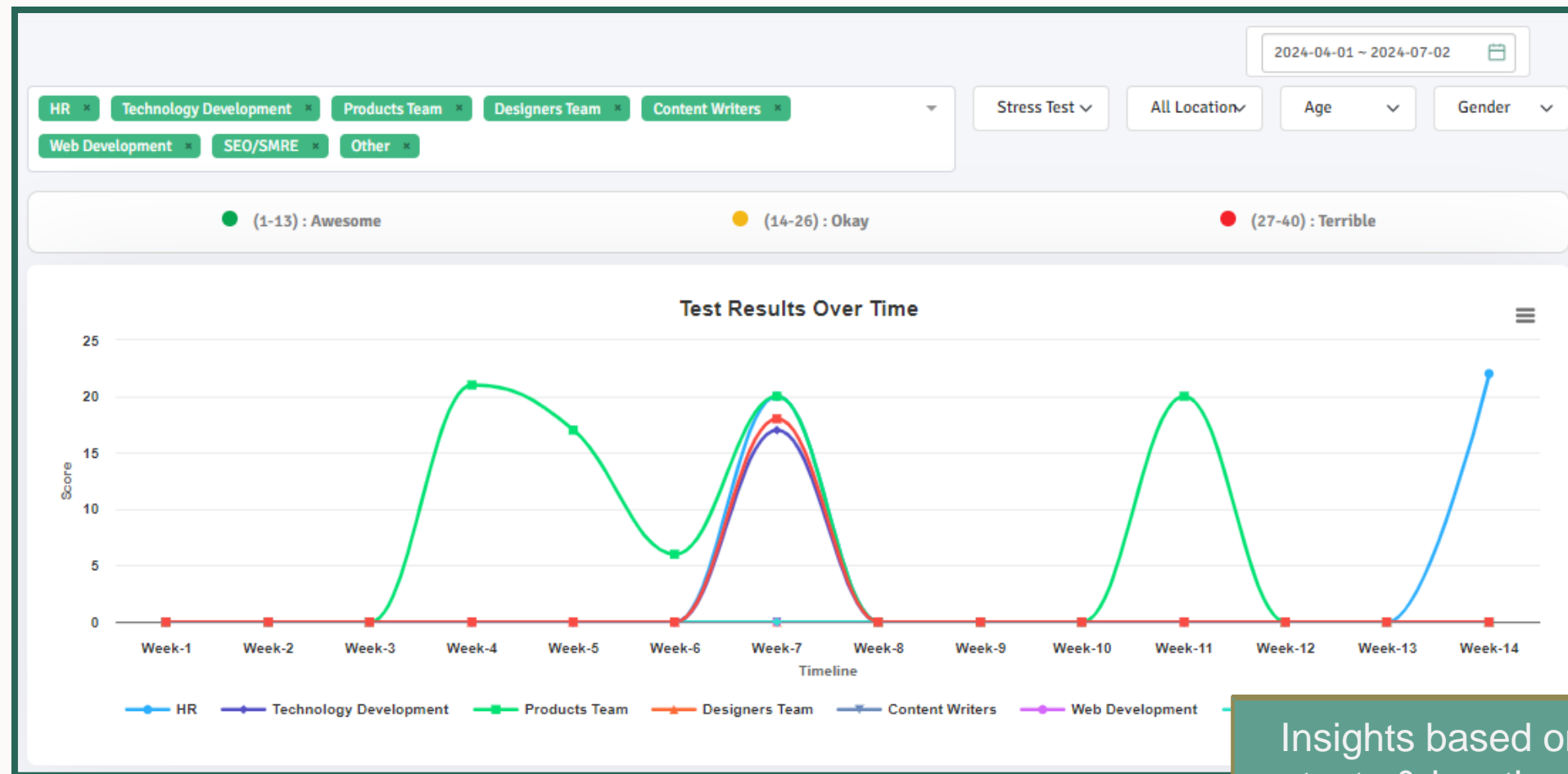
Organizational Dashboard

Teams and Location Based Mood Meter Usage



Organizational Dashboard

Teams and Location Based Assessment Usage



Organizational Dashboard

Teams and Location Based Reporting

Summary of all organisation users

<p>1181</p> <p>APPROVED USERS</p>	<p>1</p> <p>APPROVAL PENDING</p>	<p>1167</p> <p>ANDROID USERS</p>	<p>14</p> <p>IOS USERS</p>
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<p>HR</p> <p>MEMBERS: 8</p> <p>VIEW MEMBERS</p>	<p>Technology Development</p> <p>MEMBERS: 12</p> <p>VIEW MEMBERS</p>	<p>Products Team</p> <p>MEMBERS: 6</p> <p>VIEW MEMBERS</p>
<p>Designers Team</p> <p>MEMBERS: 1</p> <p>VIEW MEMBERS</p>	<p>Content Writers</p> <p>MEMBERS: 1</p> <p>VIEW MEMBERS</p>	<p>Web Development</p> <p>MEMBERS: 0</p> <p>VIEW MEMBERS</p>
<p>SEO/SMRE</p> <p>MEMBERS: 1</p> <p>VIEW MEMBERS</p>	<p>Others</p> <p>MEMBERS: 1152</p> <p>VIEW MEMBERS</p>	

Team-wise Data

Users Listing Team & Location

Team ▼

Location ▼

S. No.	Image	Name	Email	Team	Location
1		Amara Kim	mukul.jangre@omlogic.co.in	Technology Development	India
2		Test User	test@gmail.com	Technology Development	-
3		Muneet Dhanker	muneet.dhanker@gmail.com	Technology Development	India
4		Kapil Gupta	kapgup@gmail.com	-	India
5		priyanshu dubey	-	-	-
6		nilesh thakur	-	-	-
7		Rohit m	-	-	-
8		shoeb sk	-	-	-

< 1 2 3 ... 148 >

Profile Visits

- Male ● Female ● Others ● Not Available
- **18** FEMALE
- **33** MALE
- **2** OTHERS
- **1128** NOT AVAILABLE

Detailed listing of all organizational users with team and location-wise filters

Team

Home / Organization / Teams / Members

S. No.	User Profile	Name	Mobile
1		Amara Kim	+9191919191
2		Test User	+65202020
3		Muneet Dhanker	+919911087177
4		Sumit Srivastava	+918112757822
5		Tarun Sehgal	+61479041993
6		Praveen Negi	+918810614275
		Solh Buddy	+918595370108

Detailed view of team members

Organizational Dashboard

Customizations and Co-Branding Opportunities

Edit basic details of your organization

Organization Logo on Top

Custom assessment test

Custom support group for organization members

Add custom teams, locations and colour schemes

Special discounts on therapy

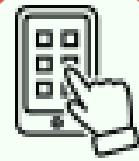
COMPONENTS OF OUR APPROACH

Mental Health Awareness



Solh Interventions

Solh App Integration



Individual Counseling

Screening & Assessment



Organization Dashboard & Reporting

Building Resilience
Courses, Toolkits & More



Approach

1

Awareness Workshops

- Mental health & wellness workshops
- Open discussions around mental health stigma
- Tailored workshops addressing student needs & concerns
- Reinforce learning & track progress post the workshop

Approach 2

Solh App Integration

- Empowerment with self-help for students
- Connect like-minded users with community-support tools
- 24/7 Talk Now support from professional counselors
- Expert professionals for psychiatry, psychology & counseling

Approach 3

Screening & Assessment

- Mental health screenings to identify potential concerns & risks
- Validated & standardized assessment tests
- Confidential screening adhering to legal & ethical guidelines
- Regular update process for measurement & control

Approach

4

Building Resilience

- Building Resilience through Courses, Toolkits & Structured Programs
- Tech-driven & Structured Programs at scale (Ex. De-addiction)
- Toolkits for self help & learn
- Specially curated courses to equip with techniques & resources

Approach 5

Solh Interventions

- Wellness programs for burnout, stress & anxiety
- Mindfulness workshops for relaxation & focus
- Allied therapies (yoga, meditation, performing arts, spirituality)

Sensitization Programs



MANAGEMENT

- Education & training programs for overall institutional emotional intelligence.
- Train them to provide a supportive culture & discuss best practices.
- Regular feedback and Evaluation



COUNSELORS

- Assist counselors in mental wellness friendly Policy development.
- Train them on the availability and utilization of EIWPs according to NEP 2020.
- Emphasize the importance of confidentiality and building trust with students



TEACHERS

- Encourage other teachers to be role models in prioritizing their own mental health & well-being.
- Provide with training on resilience-building techniques to help them navigate challenges and support their classes effectively.

Approach 6

Individual Counseling

- 15-minute complementary counseling for problem discovery
- 250+ experts available (Psychiatrist, psychologist, counselor)
- Confidential and safe environment for their self-expression
- Customized counseling for stress, anxiety, bullying, special needs

Approach 7

Organizational Dashboard

- Intuitive real-time wellness dashboard
- Data-driven reporting to track key wellness metrics
- Classes & location-based reporting
- Advanced analytics to identify triggers, plan interventions
- Actionable insights for strategic decision making

A top-down view of a desk with a silver laptop, a white coffee cup, and an orange notebook. The laptop keyboard is visible, showing keys like 'esc', 'tab', 'caps lock', 'shift', 'control', 'option', 'command', and various alphanumeric keys. The coffee cup is filled with dark liquid. The notebook has a spiral binding and a small white character sticker. The background is a light-colored wooden surface. There are decorative green shapes: a light green one in the top left with a white dot pattern, and a darker green one in the bottom right.

THANK YOU