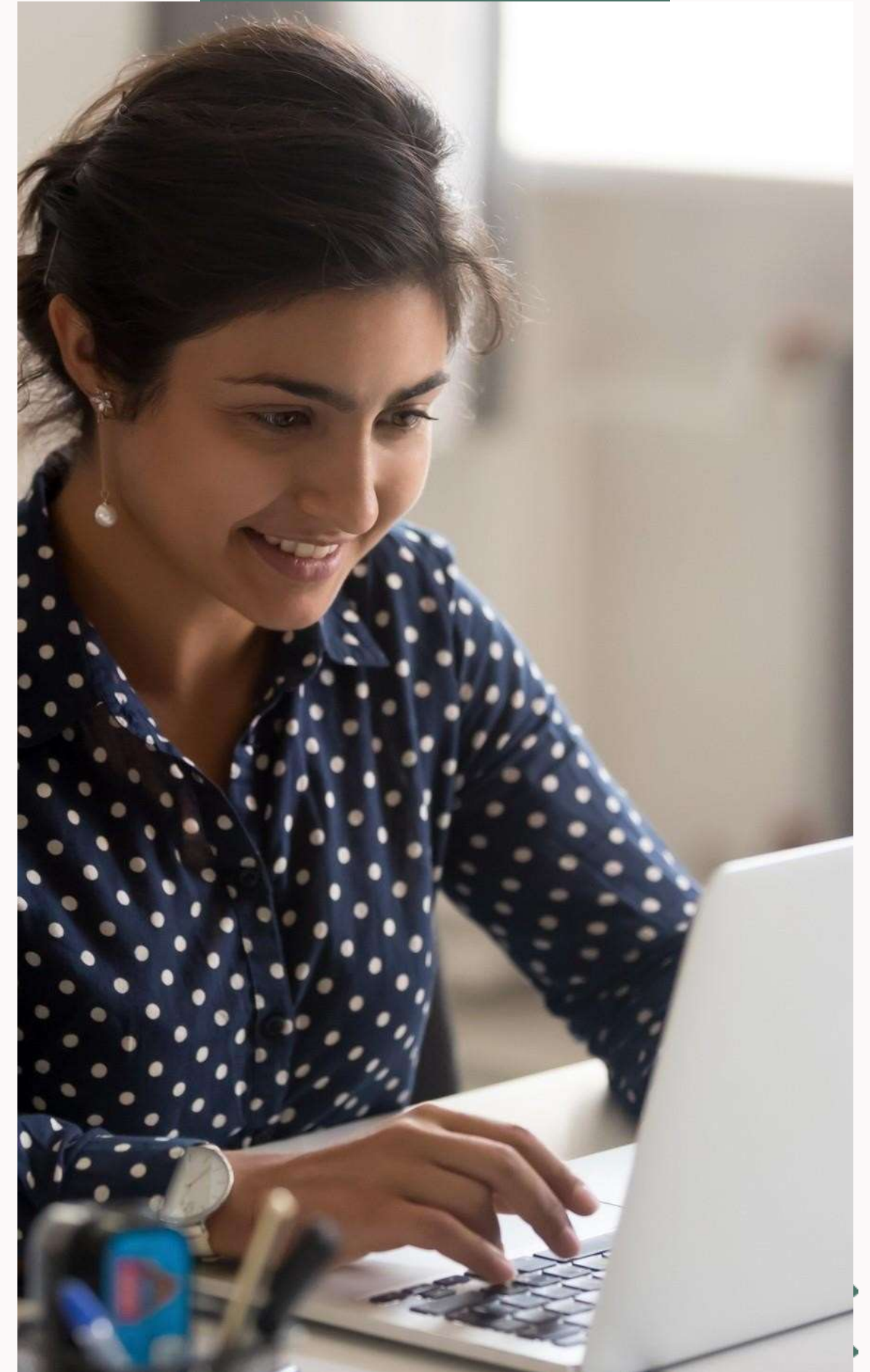


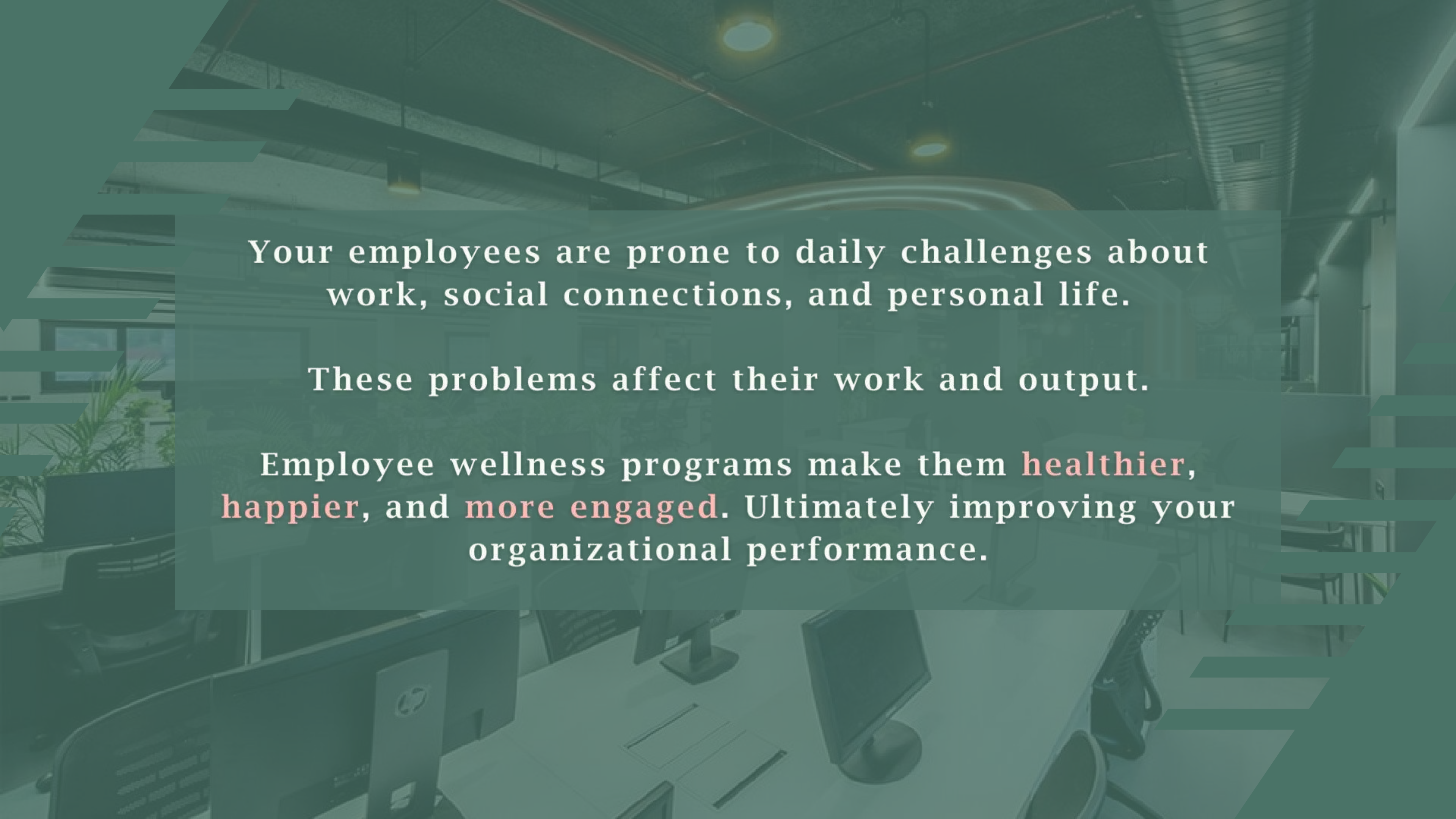


Solh Wellness

Collaboration Proposal

EWP - Employee Wellness Program





Your employees are prone to daily challenges about work, social connections, and personal life.

These problems affect their work and output.

Employee wellness programs make them **healthier, happier, and more engaged**. Ultimately improving your organizational performance.

Why do Organizations need Wellness Programs?

Employee Health and Productivity

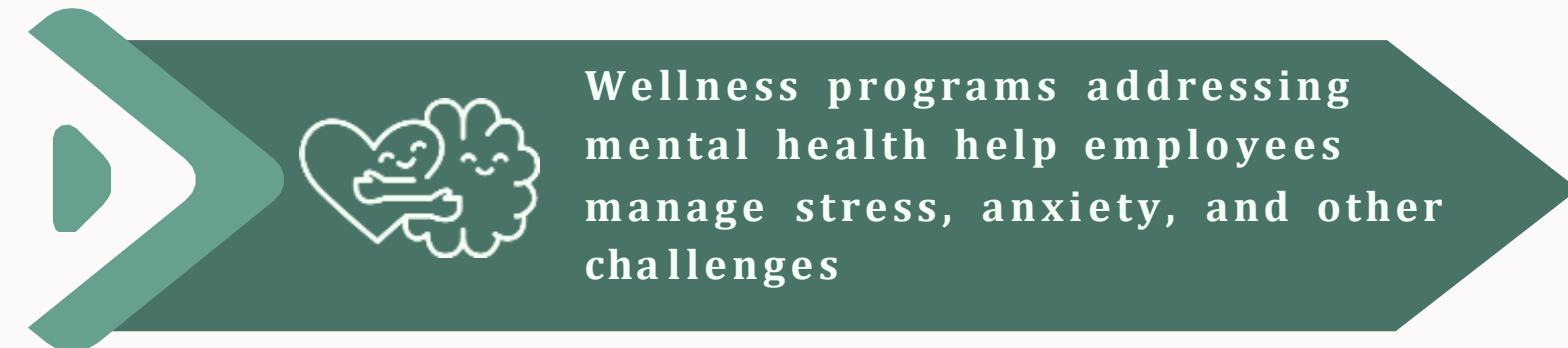


Absenteeism and Presenteeism (working while sick) can negatively affect productivity. Wellness programs address these problems.



Reduced Absenteeism and Presenteeism

Mental Health Support

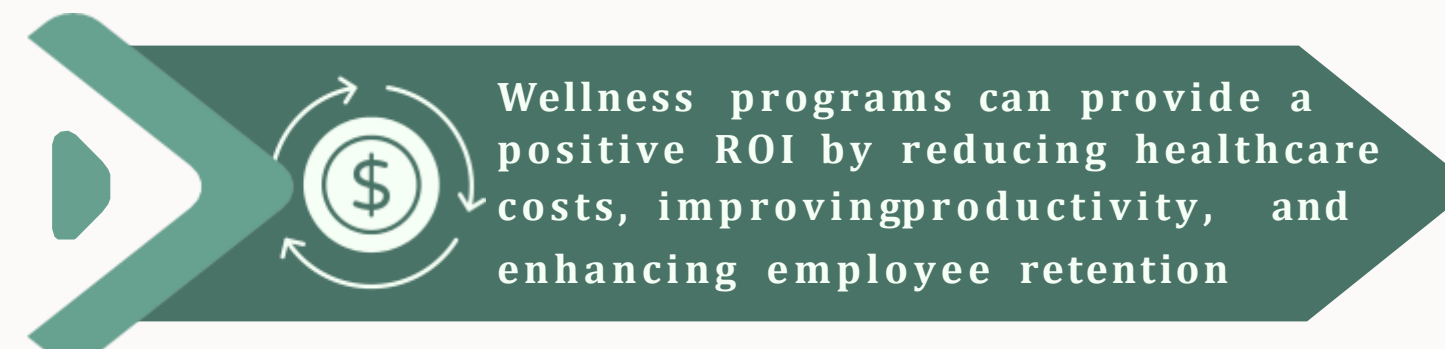


Organizations prioritizing employee well-being have greater reputation and attractiveness as an employer.



Greater Attractiveness as an Employer

Positive Return on Investment (ROI)



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.

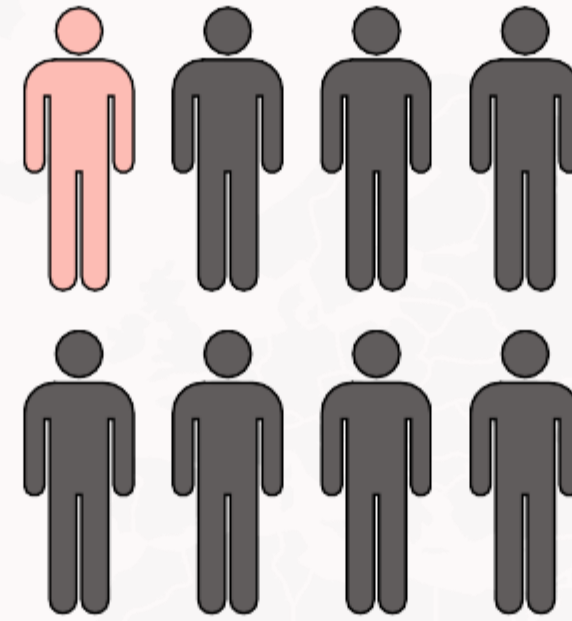


What people need is a **comprehensive set of tools and solutions** - affordable, 24/7 available, accessible, and personalized.

83% of CEOs and 70% of employees report missing work due to burnout, stress, and mental health challenges.

Nearly 1 billion people worldwide live with a mental health related disorder.

75% people don't have access to effective care.



1 in 8

**people live with
a mental health
condition**

42.5% Indian corporate employees suffer from depression or generalized anxiety. 29% suffer from burnout.

Top global stressors for employees: COVID-19, Burnout due to heavy workload or lack of staff, Unhealthy work-life balance, Poor management and leadership.

Failure to implement swift & large-scale actions for mental illnesses has devastating socio-economic impacts.

COVID-19 pandemic has disrupted critical mental healthcare in 93% of countries. This translates into an annual \$1 Trillion economic impact worldwide.

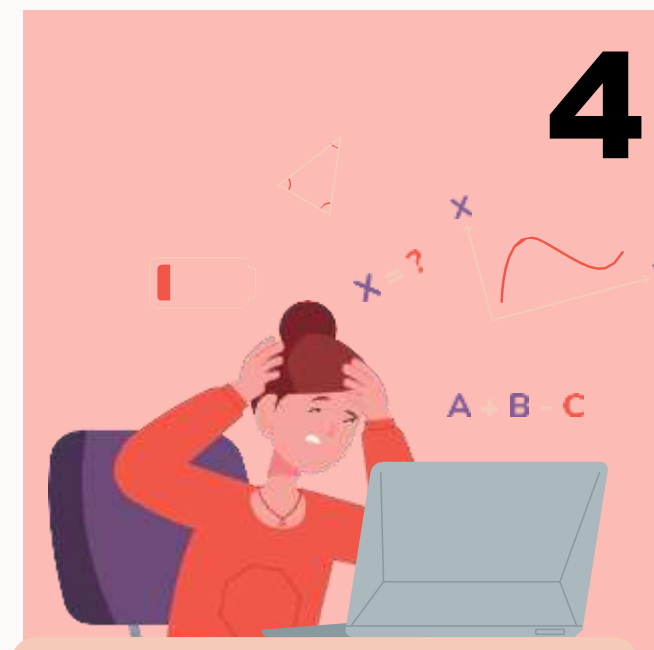
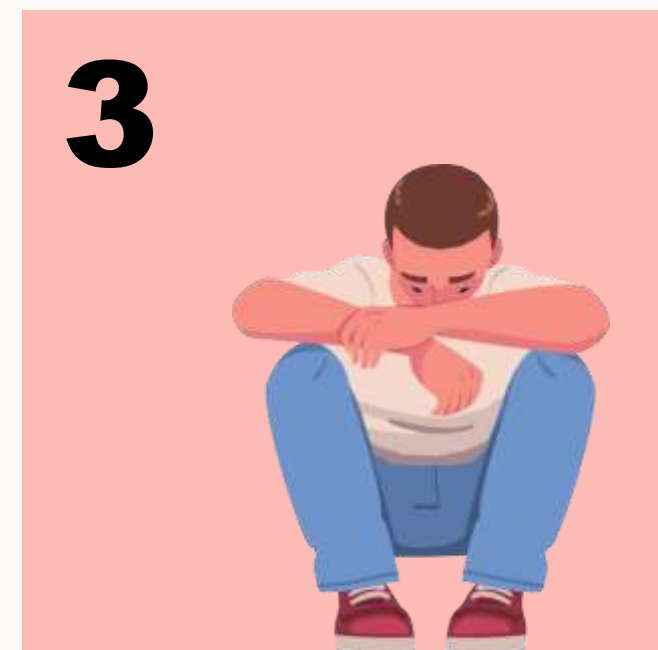
Mental Wellness Needs Immediate Intervention

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

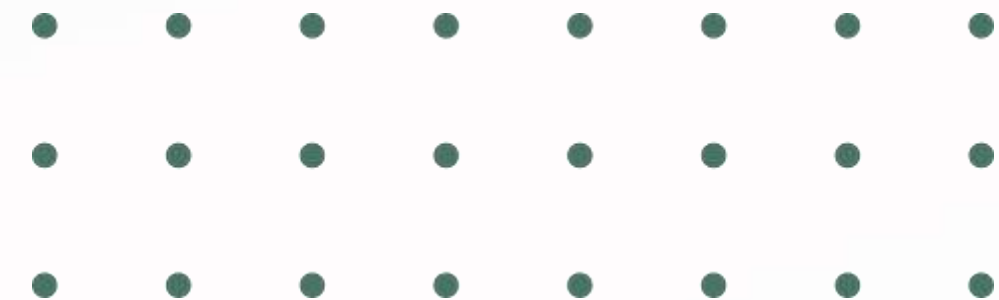
- The ones with **mental health disorders**,
- The ones with **ADHD / Autism / LD**,
- The ones with **stress and emotion related problems**,
- The rest of us.

Solh Wellness & CSR Alignment

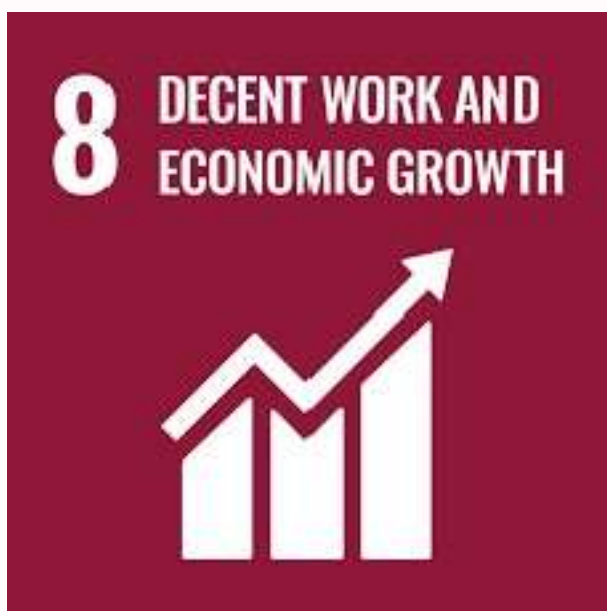
We strongly align with SDGs, making us an ideal partner for corporates with meaningful social objectives.

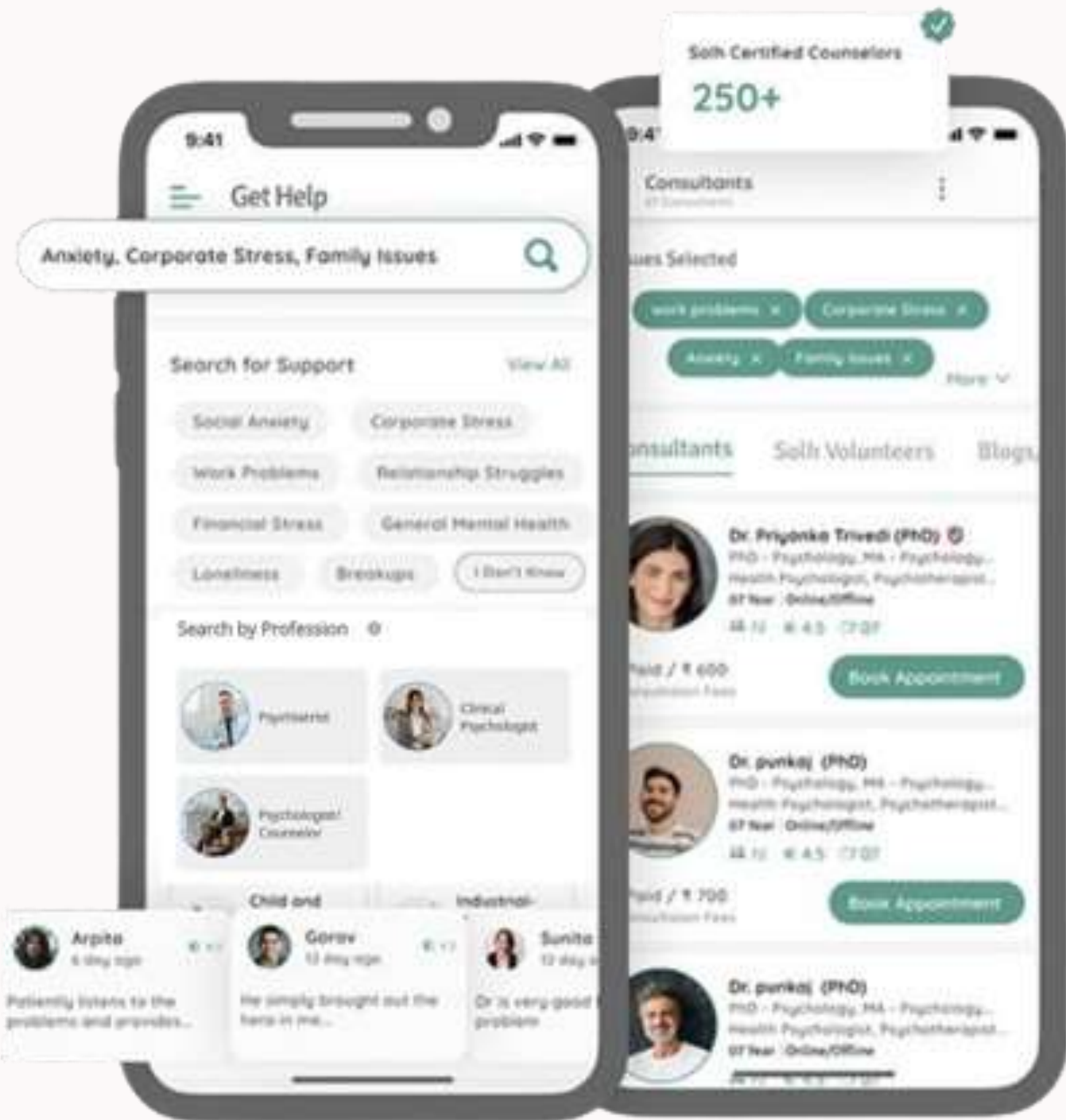
We are committed to promoting mental health and enhancing employee well-being.

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



Solh Wellness Key SDG Focus:

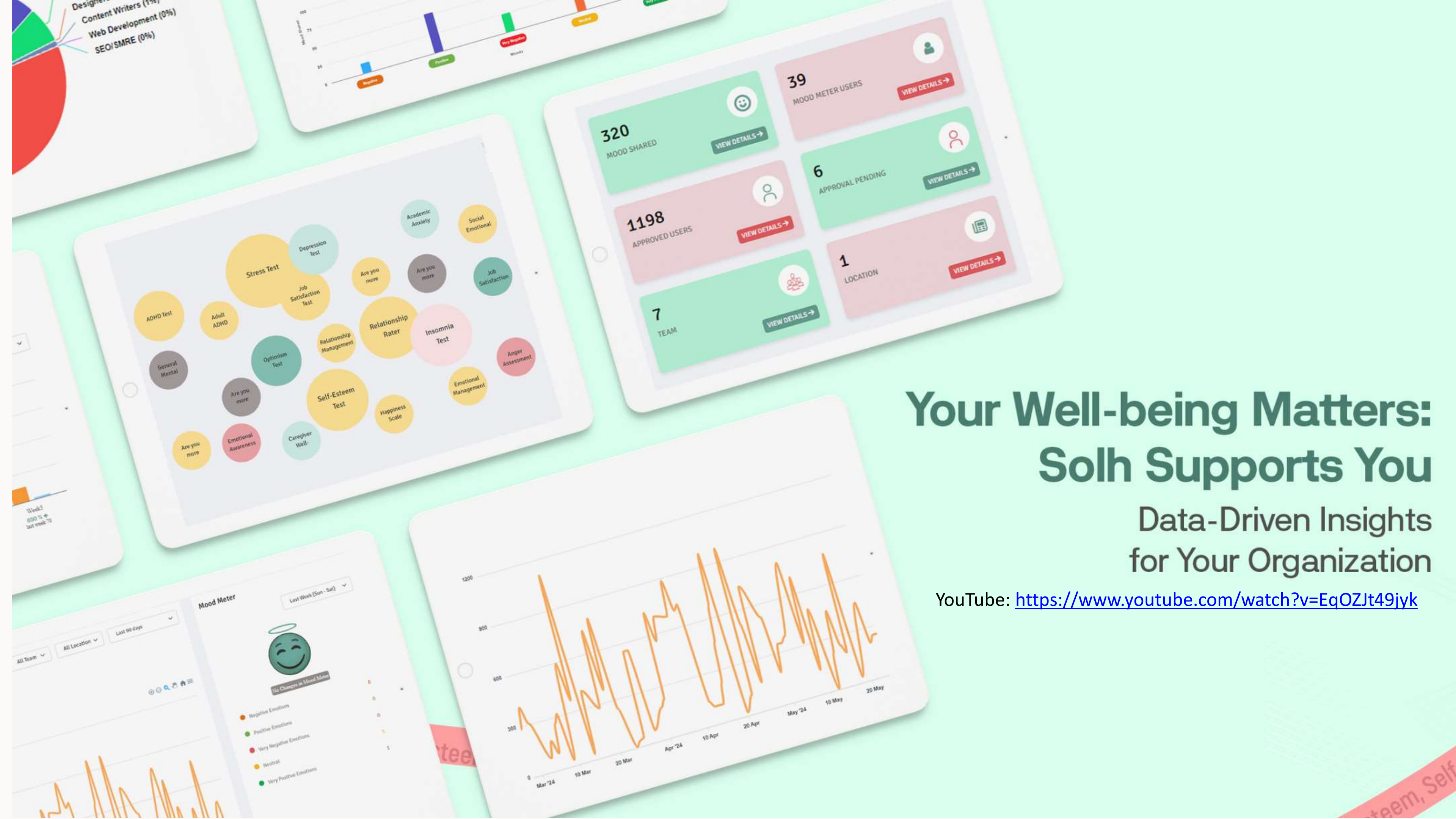




Community Customizations for Corporates

- 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

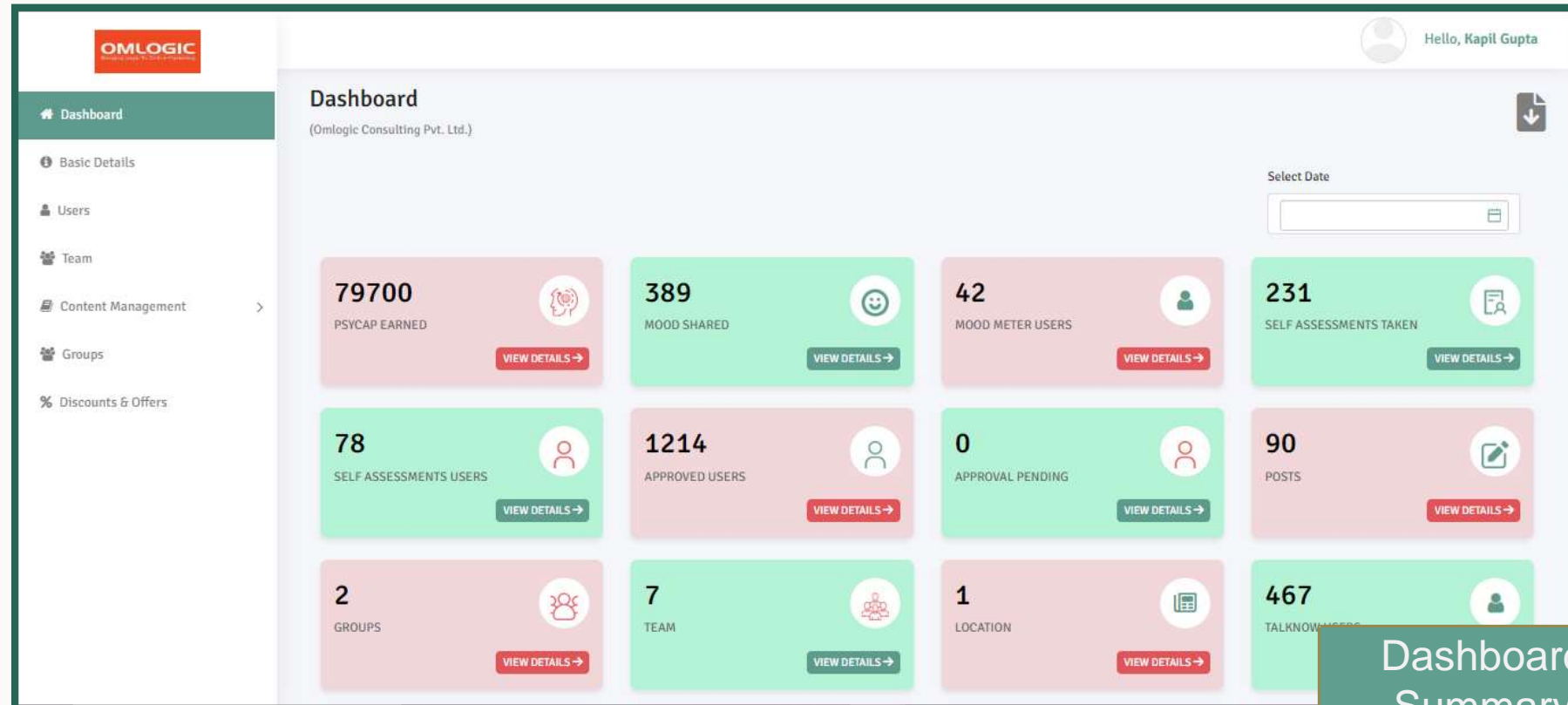
Data-Driven Insights for Your Organization

YouTube: <https://www.youtube.com/watch?v=EqOZJt49jyk>

team, Self

Organizational Dashboard

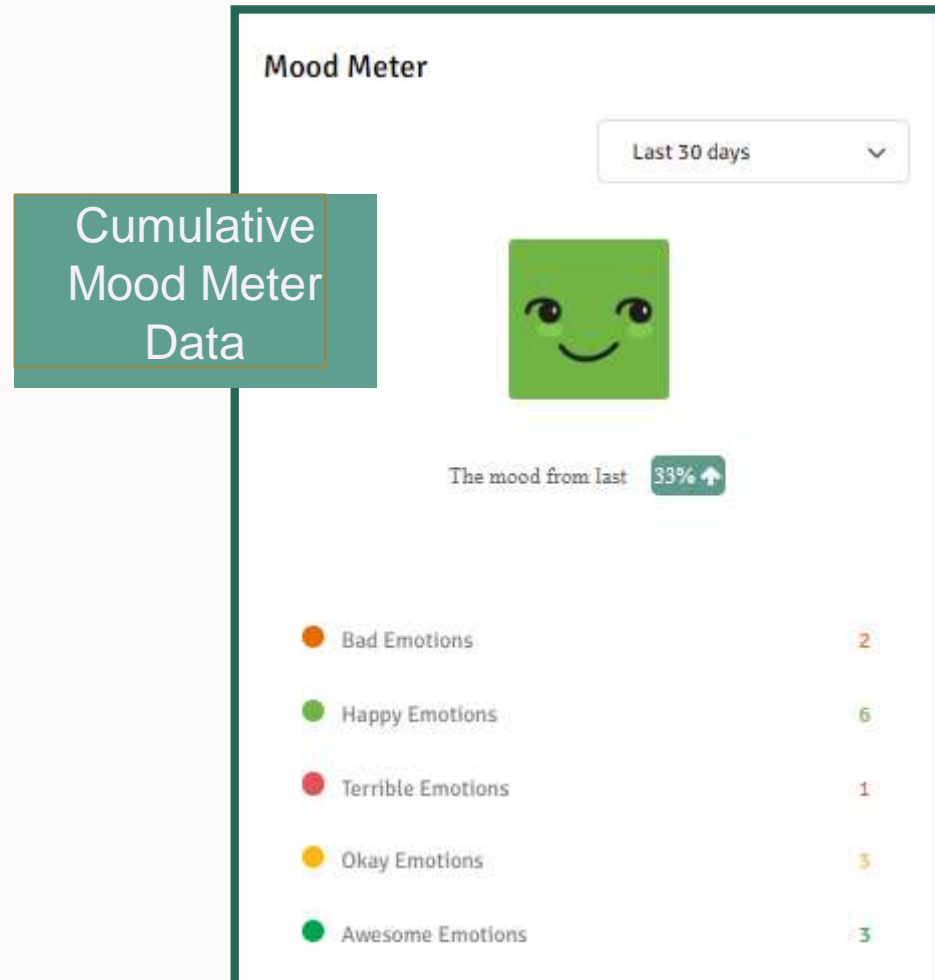
Comprehensive Wellness Insights for Decision Making



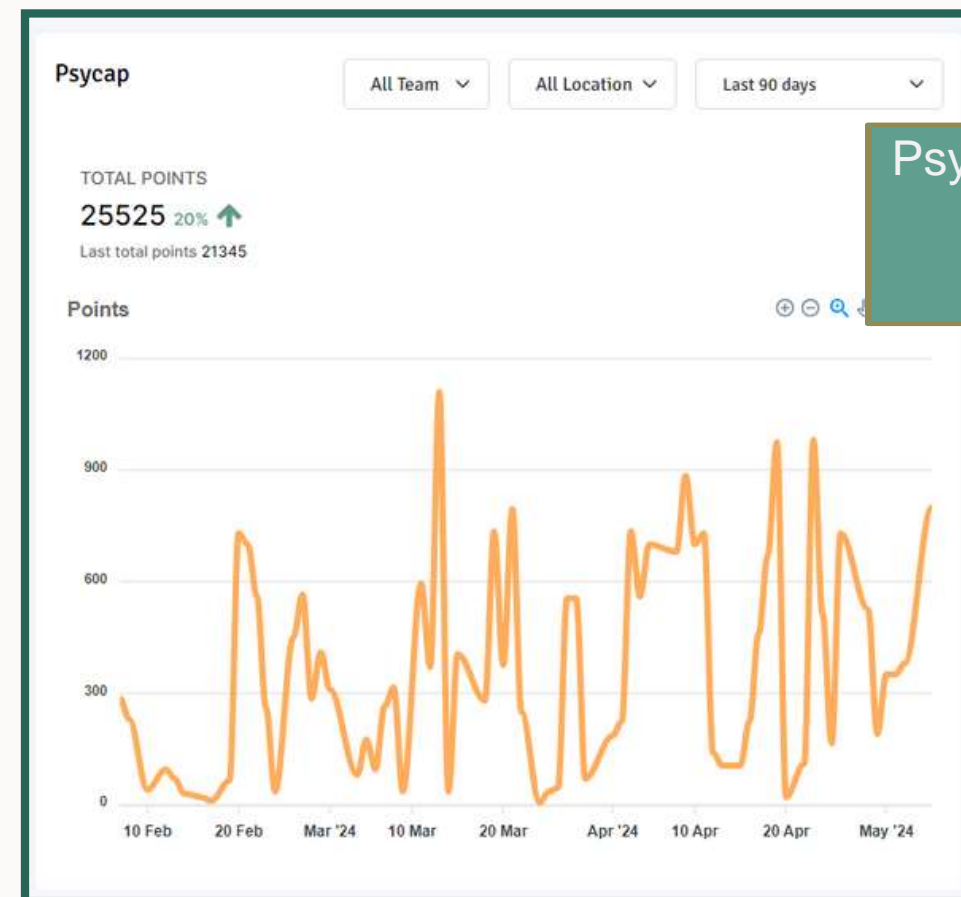
Dashboard Summary



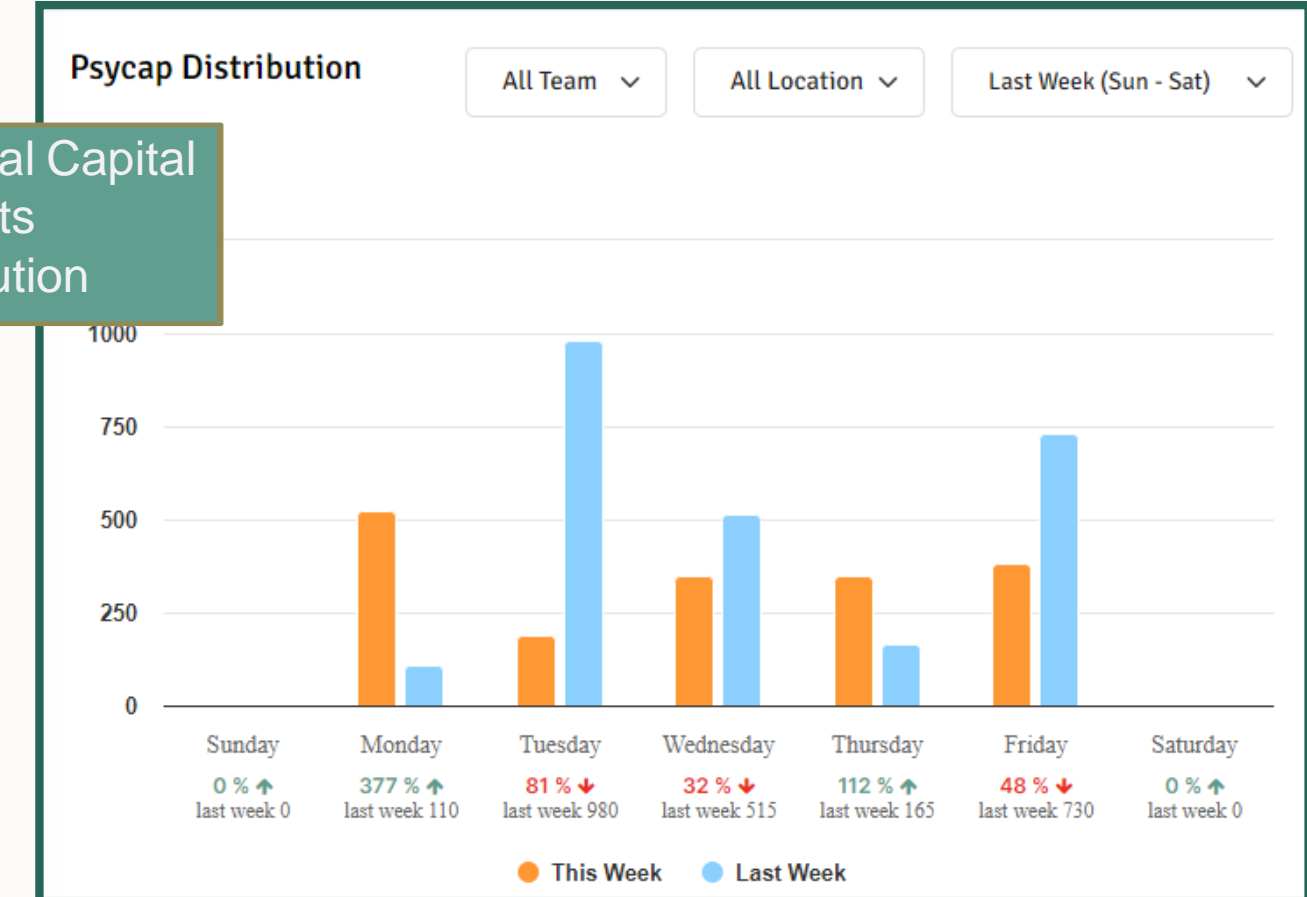
Screening and Assessment Cloud



Cumulative Mood Meter Data



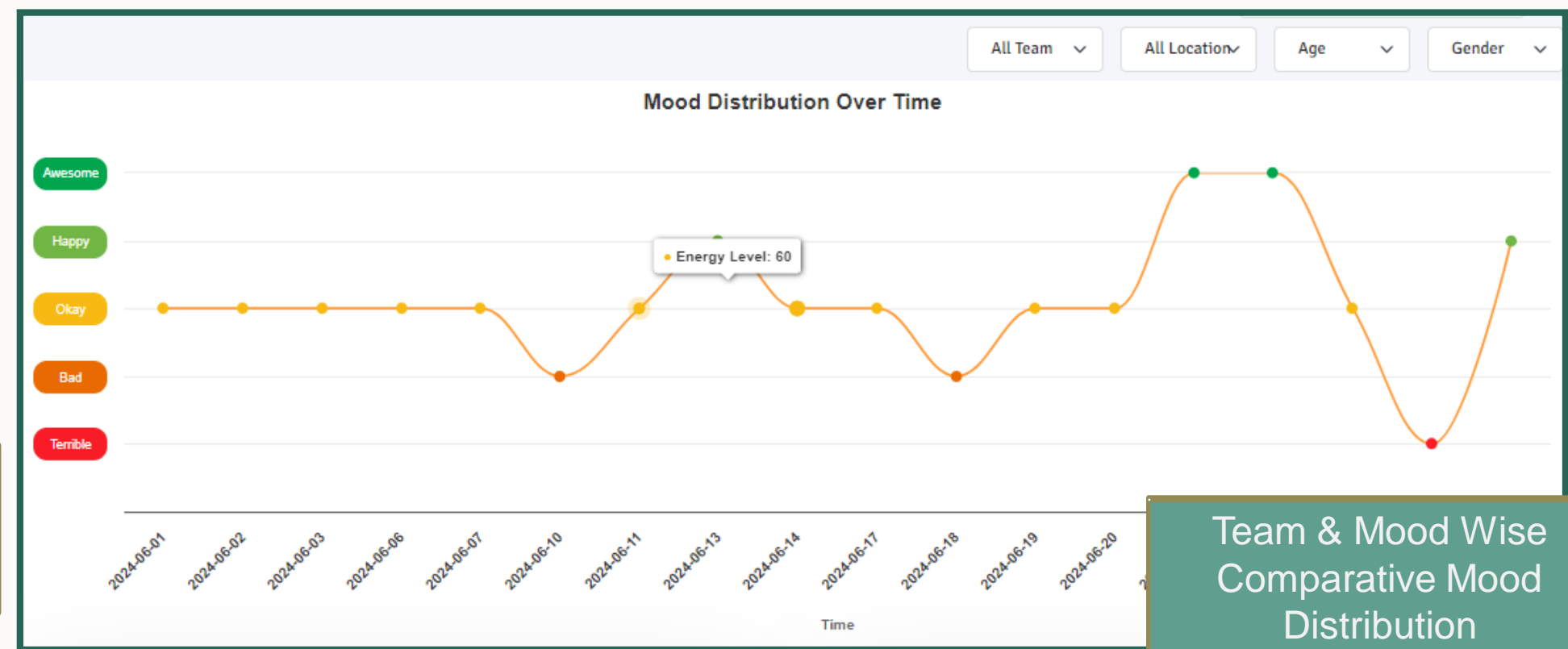
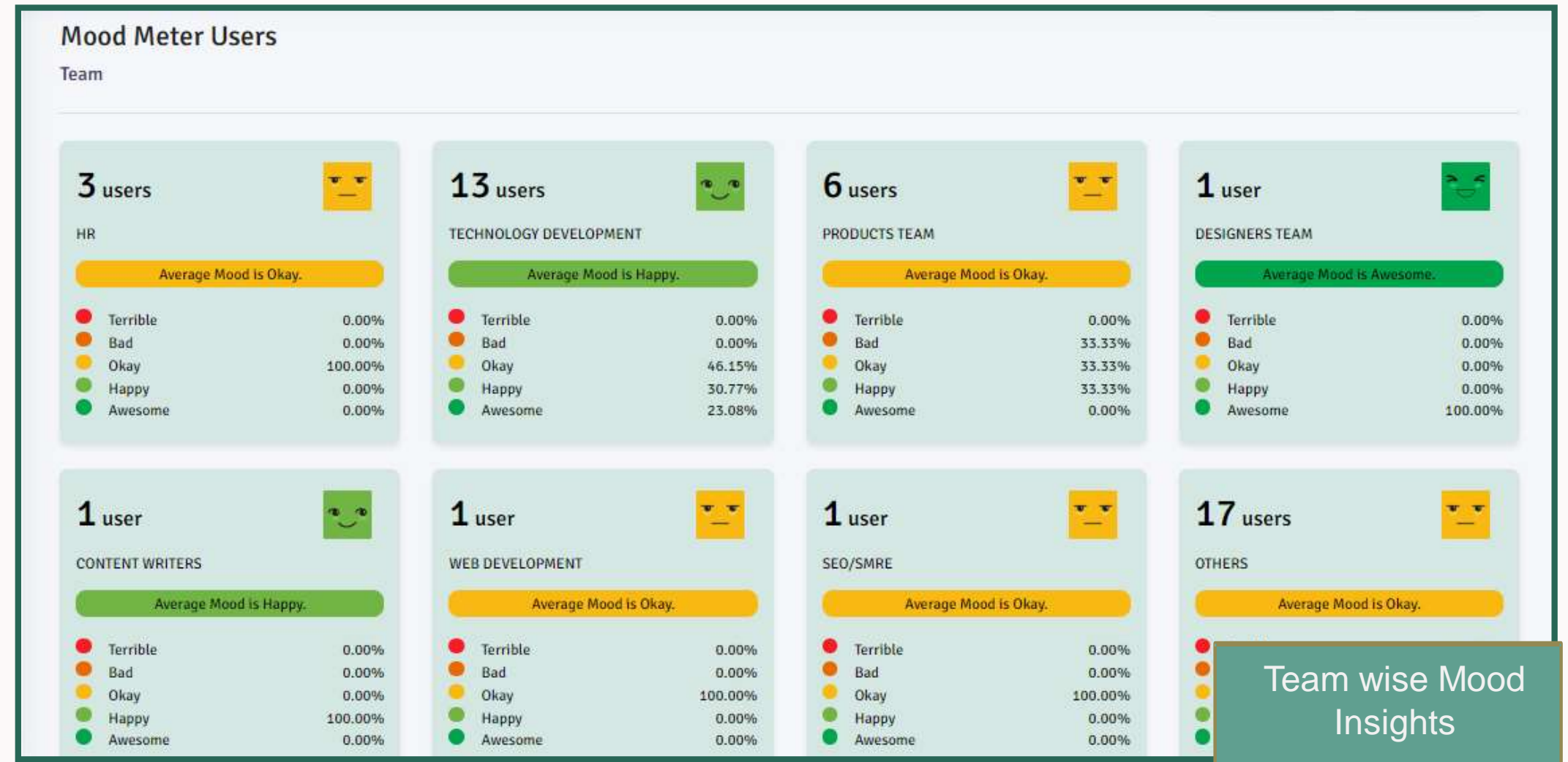
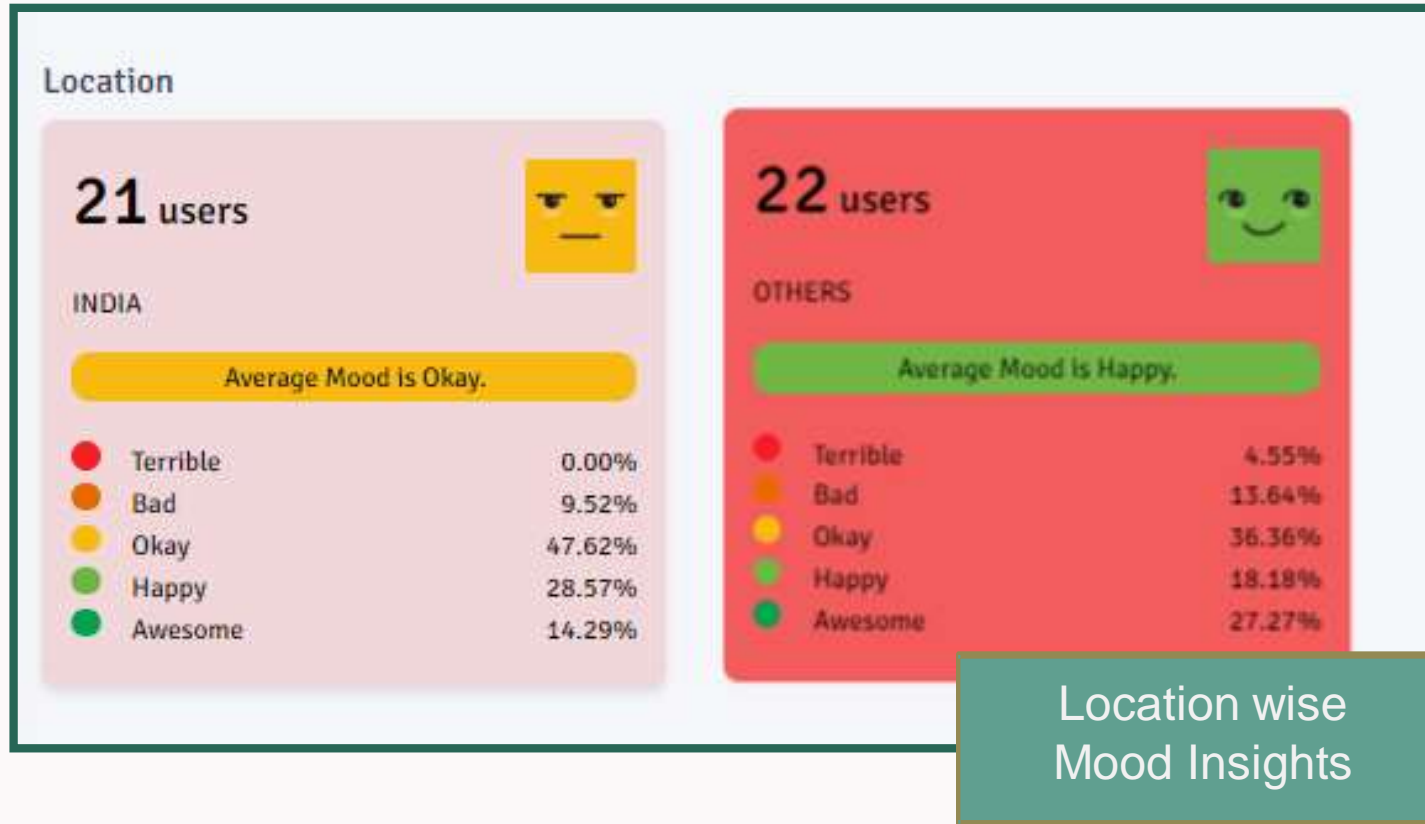
Psychological Capital Points Distribution



Psychological Capital Points Distribution

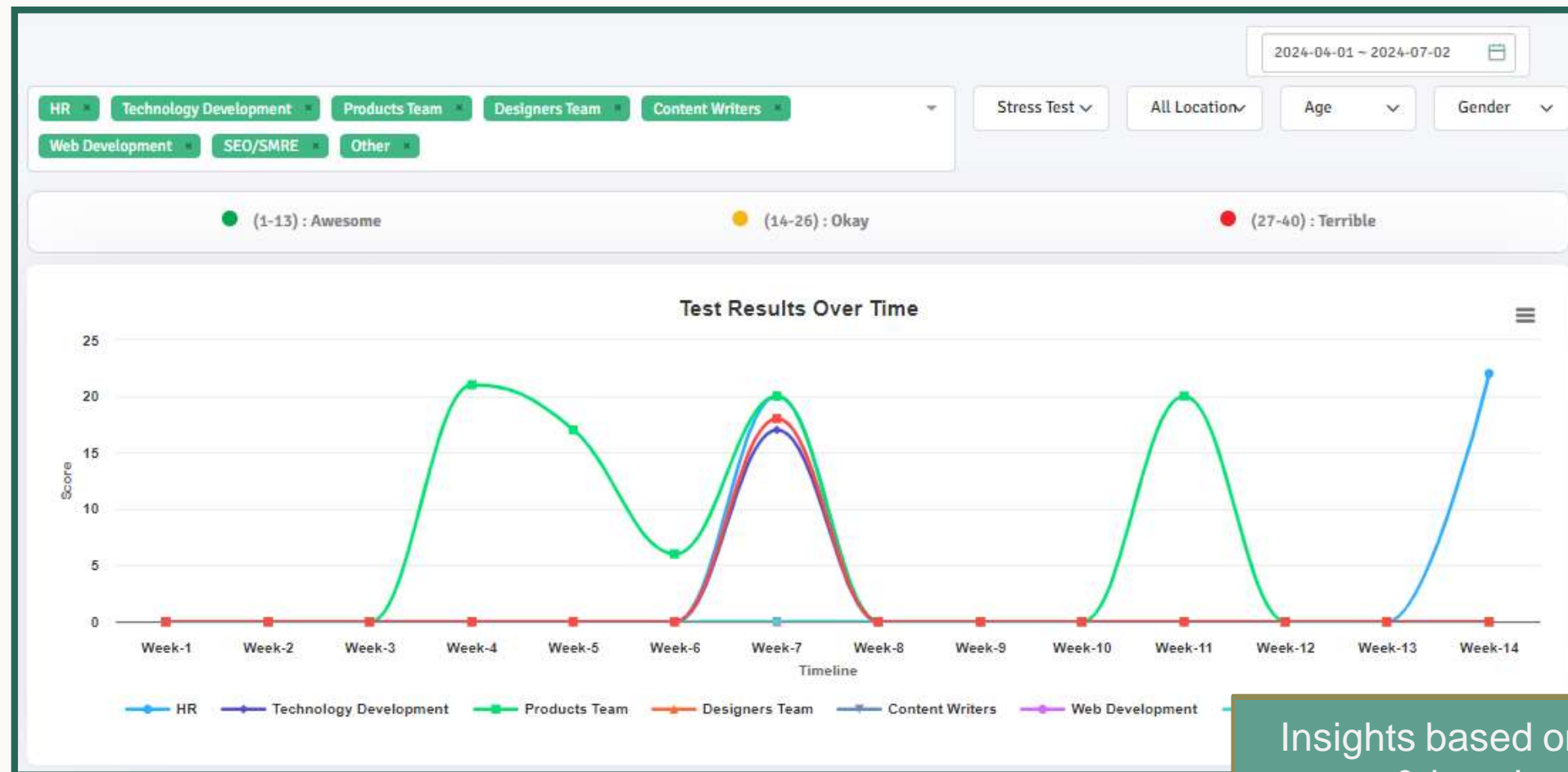
Organizational Dashboard

Teams and Location Based Mood Meter Usage

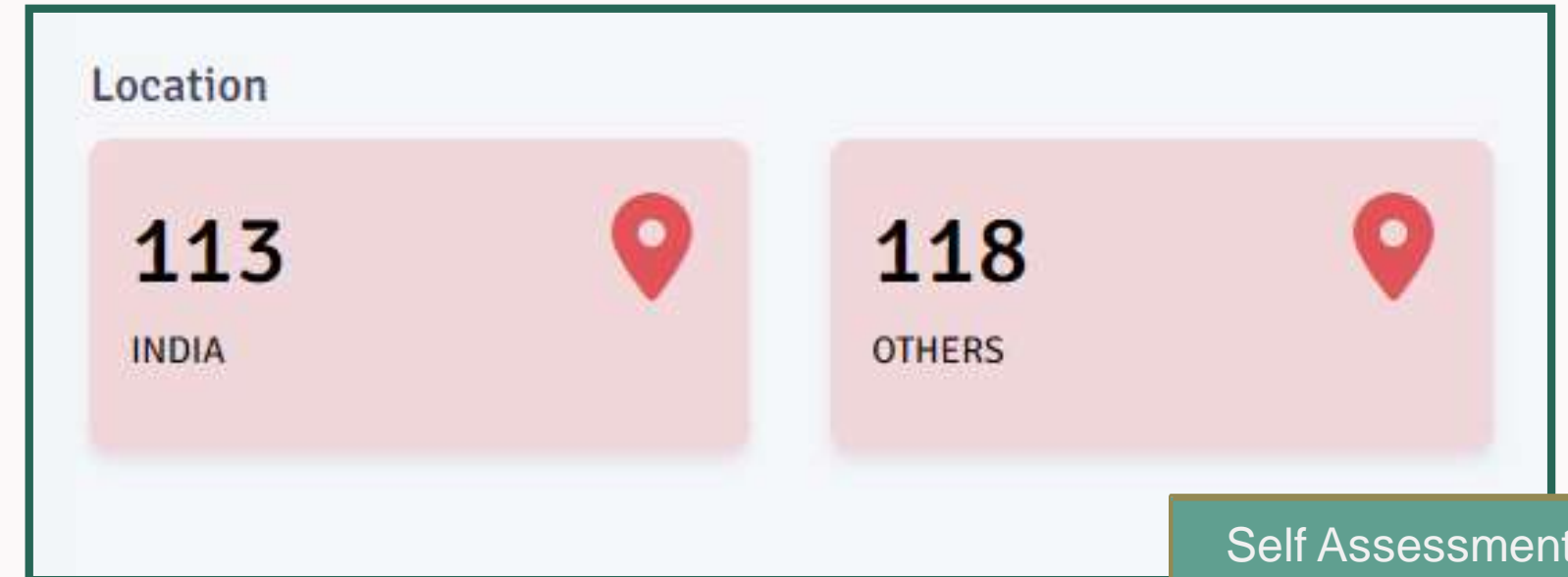


Organizational Dashboard

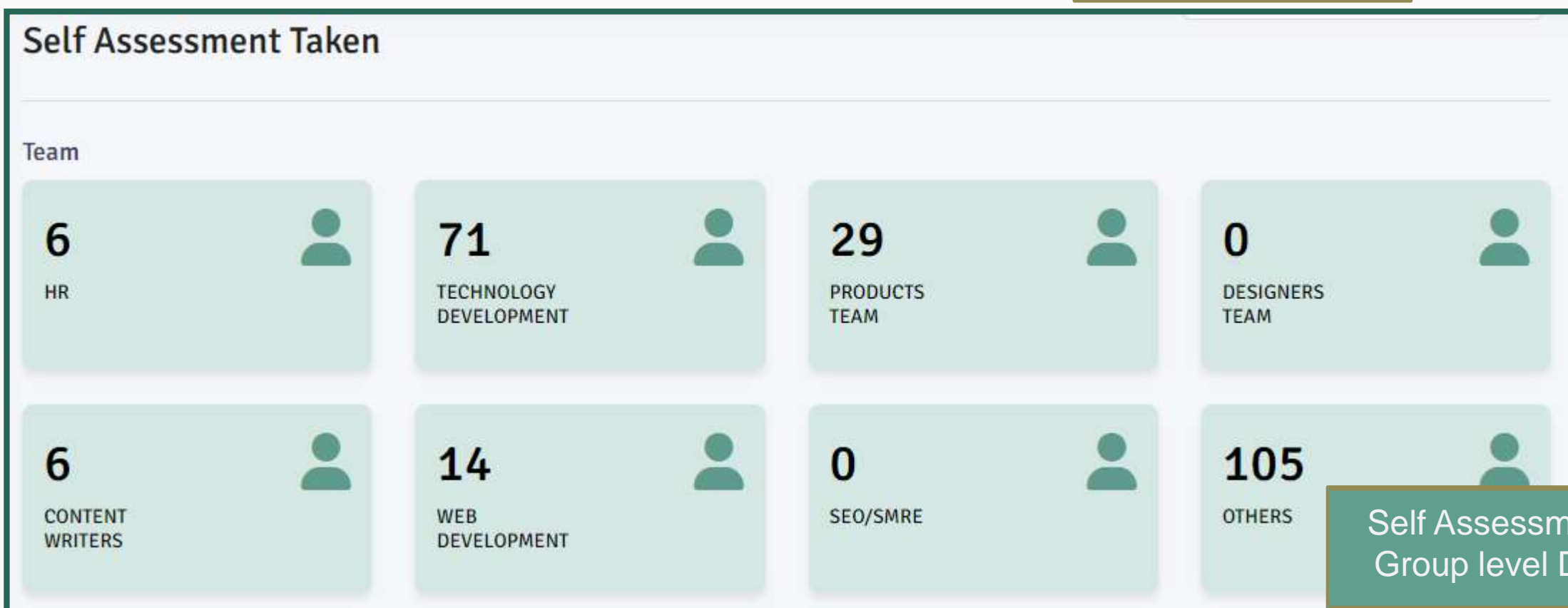
Teams and Location Based Assessment Usage



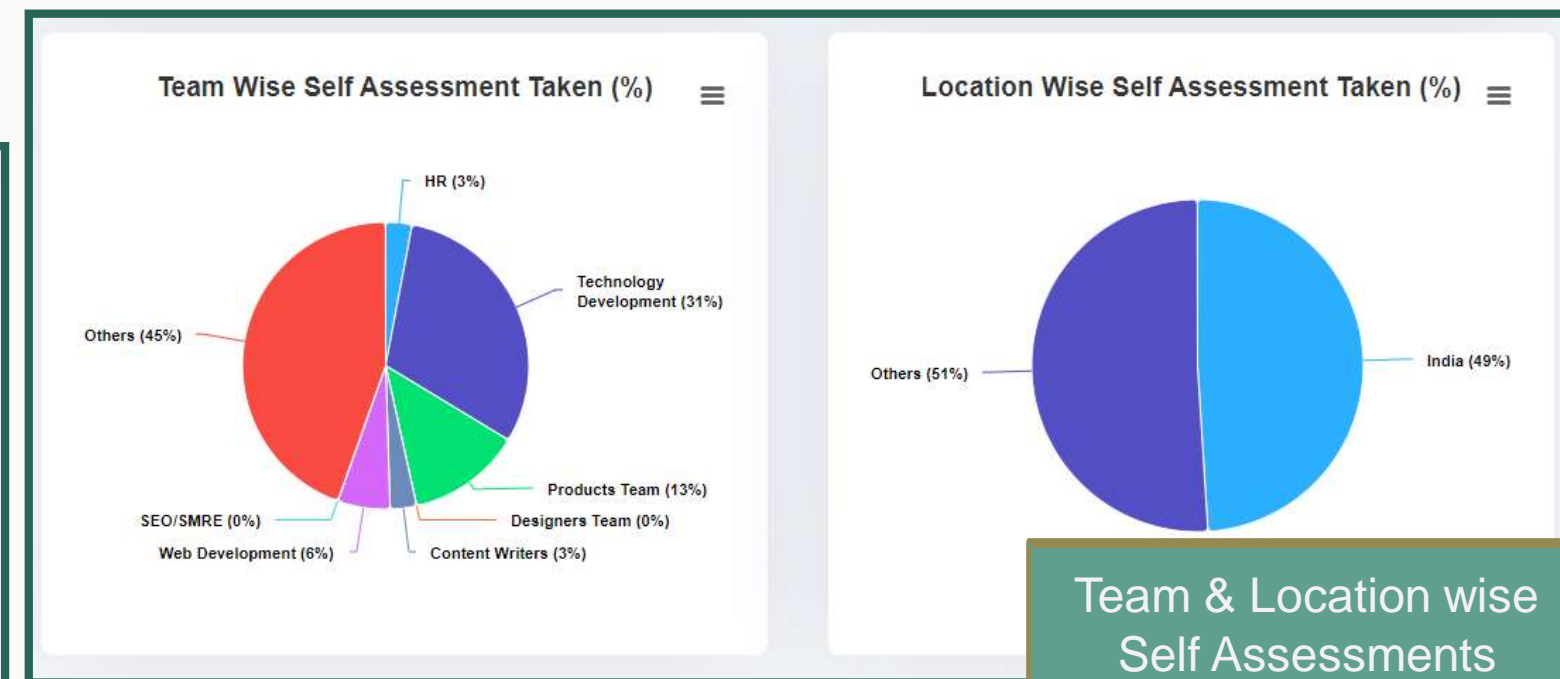
Insights based on tests & location



Self Assessments Location wise Data



Self Assessments Group level Data



Team & Location wise Self Assessments 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

Search 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

- 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

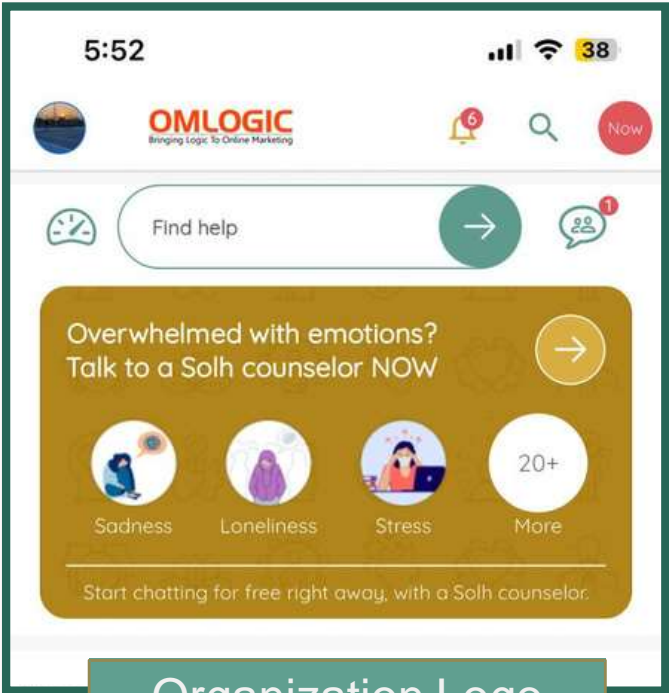
Detailed view of team members

Organizational Dashboard

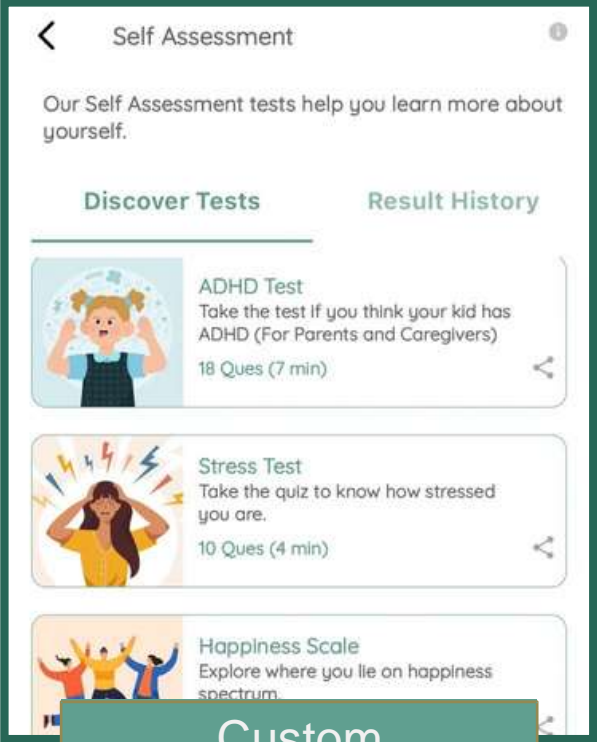
Customizations and Co-Branding Opportunities



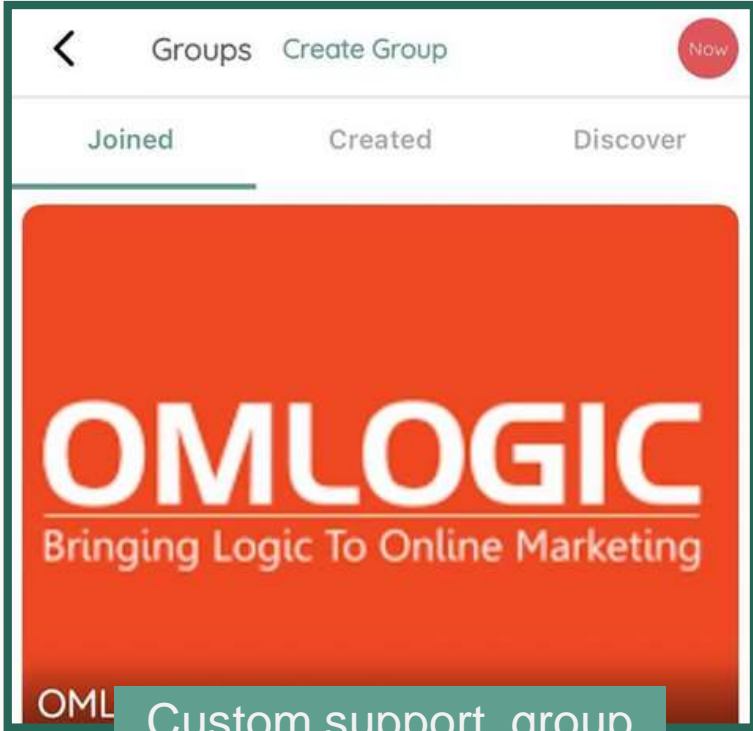
Edit basic details of your organization



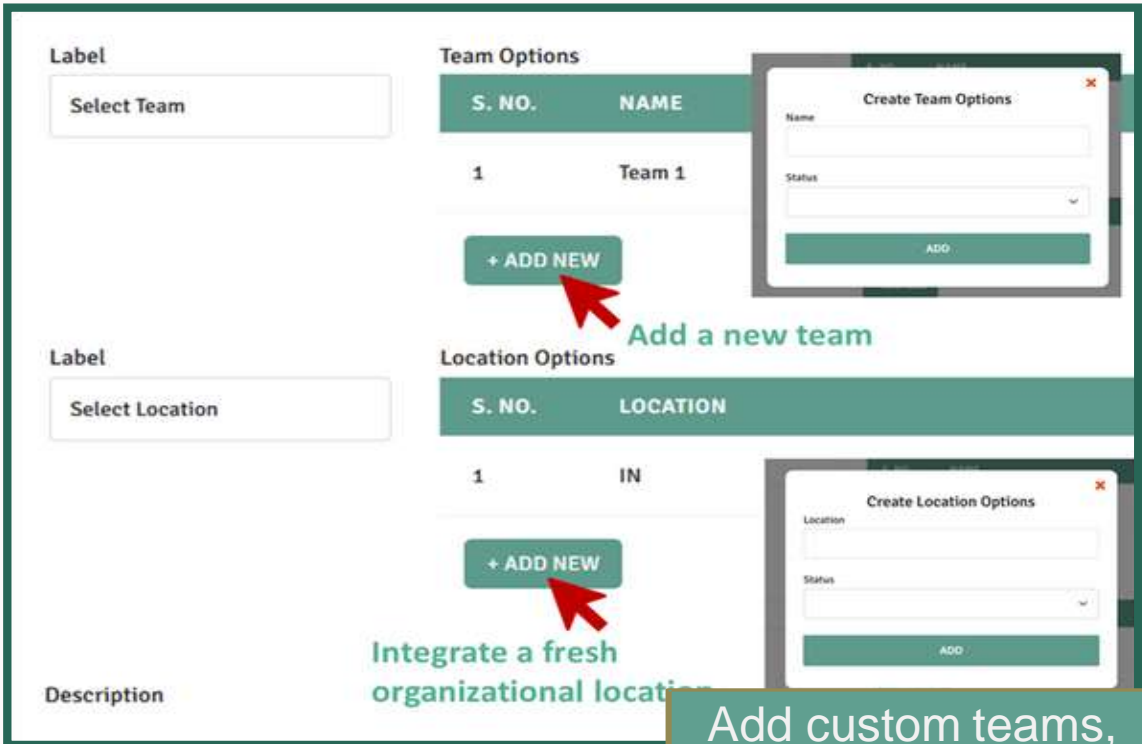
Organization Logo on Top



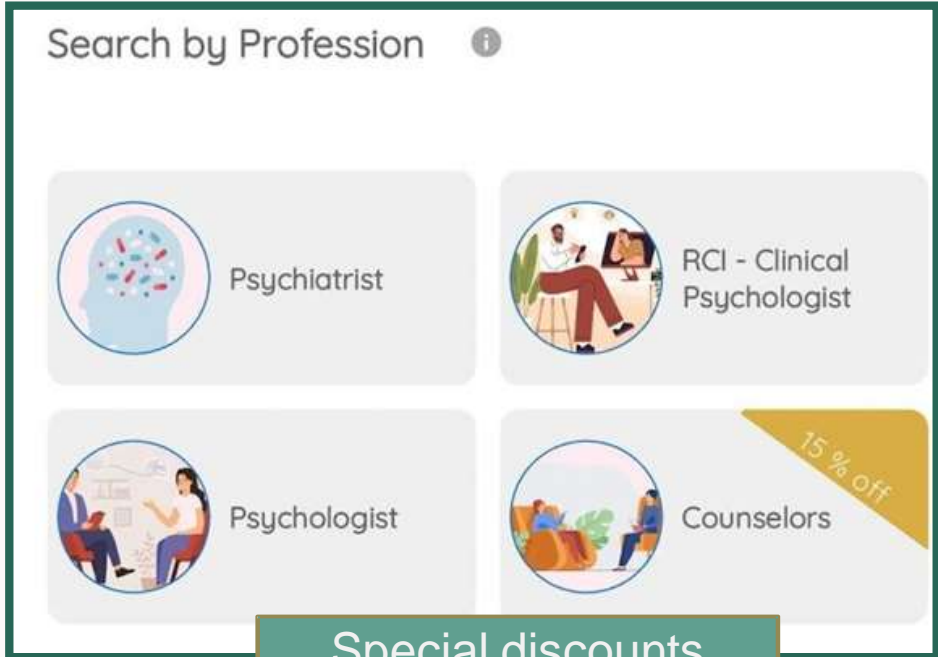
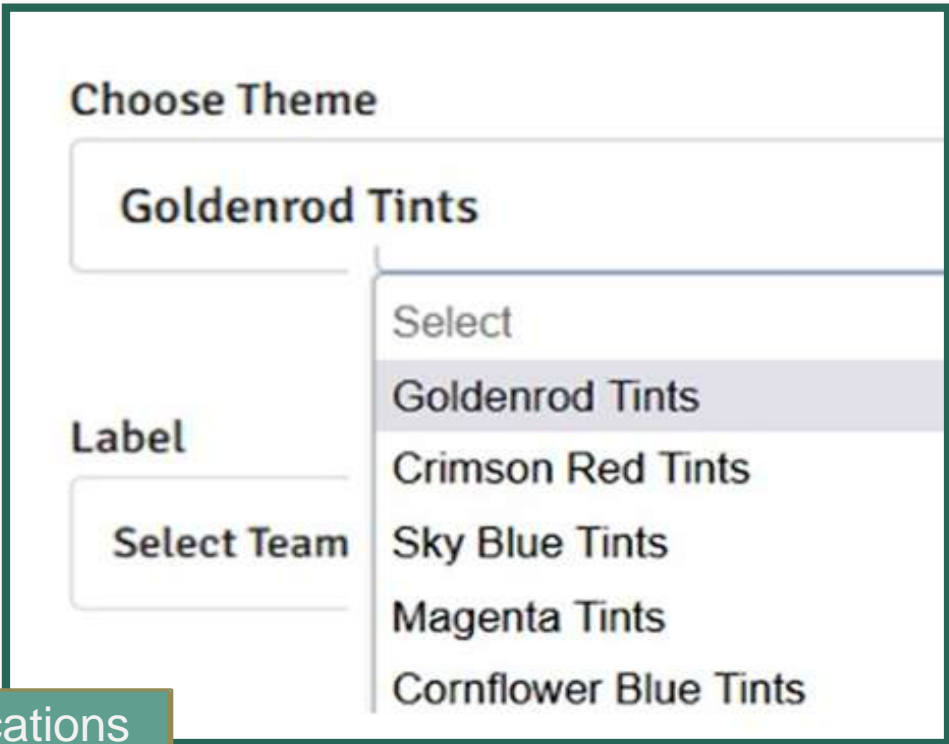
Custom assessment test



Custom support group for organization members



Add custom teams, locations and colour schemes



Special discounts on therapy

COMPONENTS OF OUR APPROACH

1.

MENTAL
HEALTH
AWARENESS

2.

SOLH
APP
INTEGRATION

3.

SCREENING &
ASSESSMENT

4.

SOLH
INTERVENTIONS

5.

SOLH
INDIVIDUAL
COUNSELING

6.

ORGANIZATIONAL
DASHBOARD &
REPORTS

Approach

1

Awareness Workshops

- Mental health & work-life balance workshops
- Open discussions around mental health stigma
- Tailored workshops addressing employee needs & concerns
- Reinforce learning & track progress post the workshop

Approach 2

Solh App Integration

- Empowerment with self-help for employees
- 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

Solh Interventions

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

Leadership Sensitization



MANAGERS

- Education and training programs to develop emotional intelligence.
- Train them to provide a supportive culture.
- Regular feedback and evaluation.



HUMAN RESOURCE

- Assist HR in mental wellness friendly policy development.
- Train HR professionals on the utilization of EWP's.
- Emphasize the importance of confidentiality and building trust with employees.



OTHER LEADERS

- Encourage other leaders to be role models in prioritizing their own mental health and well-being.
- Train leaders in resilience for effective team support amid challenges.

Approach 5

Individual Counseling

- 15-minute complementary counseling for problem discovery
- 250+ experts in marketplace (Psychiatrist, psychologist, counselor)
- Confidential and safe environment for employees' self-expression
- Customized counseling for stress, anxiety, or work-life balance

Approach 6

Organizational Dashboard

- Intuitive real-time wellness dashboard
- Data-driven reporting to track key organizational wellness metrics
- Teams & 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 letters. 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 green decorative shapes: a light green one in the top left with a grid of dots, and a darker green one in the bottom right.

THANK YOU