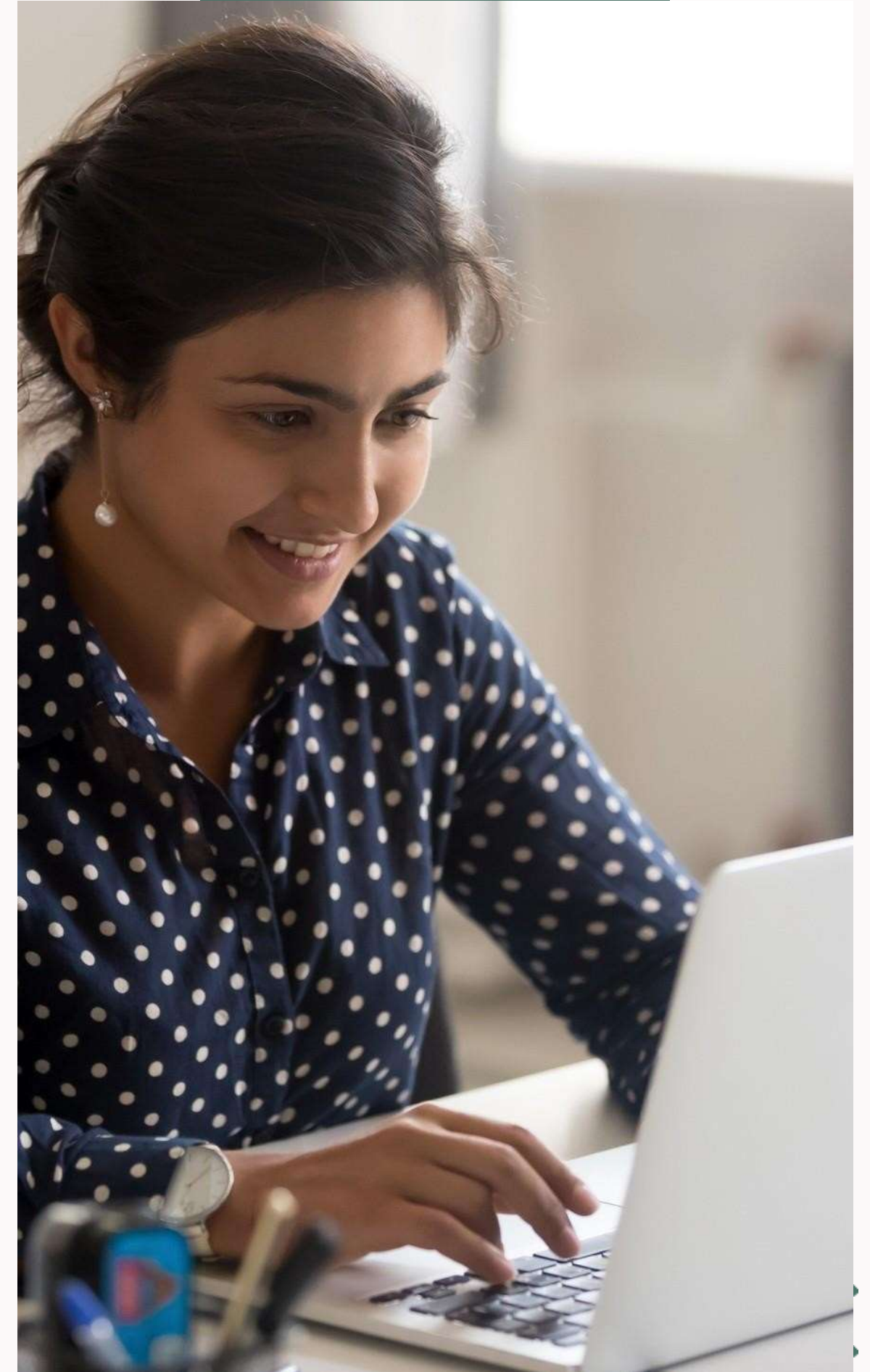




Solh Wellness

Collaboration Proposal

SWP - School Wellness Program



A severely overworked education system dealing with the modalities of the virtual and physical worlds needs intervention.

The mental health of educationists as well as students is suffering and creating a very challenging and stressful teaching environment. We empower both students and teachers with tools to be happier, healthier, and more engaged, with less stress.

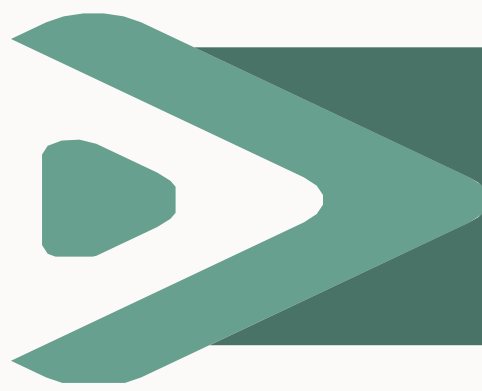
Why Students need Wellness Programs



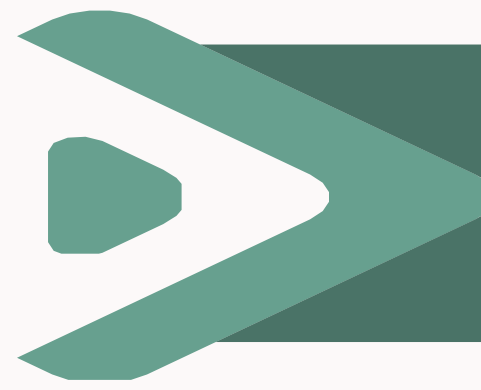
Comprehensive Mental Health Support
We ensure all-round mental well-being through clinical support to foster creativity and resilience.



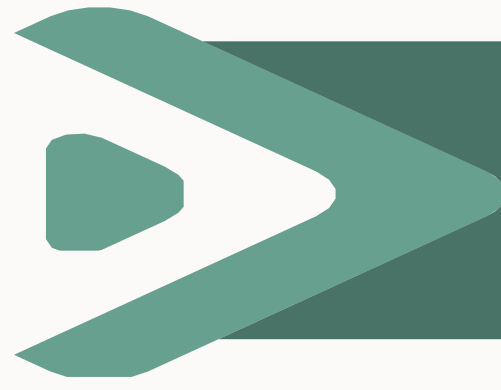
Neurodiversity Support
We provide support and strategies for neurodivergent students, ensuring their unique needs are met.



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 promote overall well-being.



Life Skills
We help students gain essential life skills like conflict resolution and healthy relationship building.



How Our Wellness Programs Work for Students

Solh's School Wellness Program for students includes a versatile app, personalized workshops, and holistic support. We address crucial issues in the school ecosystem like communication challenges, anxiety, depression, conduct problems, excessive internet use, hyperactivity, intellectual disabilities, and learning disabilities. Our aim is to promote better mental health and academic success among students.

Why Teachers need Wellness Programs

Stress Reduction

Teachers often face high levels of stress due to the demands of their profession. We provide support to help them manage stress and promote well-being.

Effective Classroom Management

We offer sensitization training opportunities, helping teachers refine their teaching skills, and develop greater sensitivity to diversity in the classroom.

Access to Mental Health Resources

We provide round the clock mental health support to teachers, be it clinical experts or other community and self help tools.

Neurodiversity Sensitization

We provide teachers with valuable strategies and tools to effectively cater to neurodivergent students, ensuring an inclusive and supportive classroom environment where every student can thrive.

Teacher-Student Relationship Building

Teachers can benefit from guidance on building positive relationships with students, managing challenging behaviors, and effectively addressing student's emotional needs

How Our Wellness Programs Work for Teachers

Our School Wellness program provides tools to manage stress, improve teaching skills, and support diverse student needs. Our app, combined with training and wellness reports enhance well-being, productivity, and alignment with educational policies. By fostering an ideal learning environment and promoting better mental health, teachers can expect increased creativity and productivity. Our personalized programs complement teachers' efforts, creating a supportive and productive teaching environment.

Why Schools 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

Preparing for the Real World

The ability to handle stress and life challenges is a much needed skill throughout life & must be taught early in life

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.

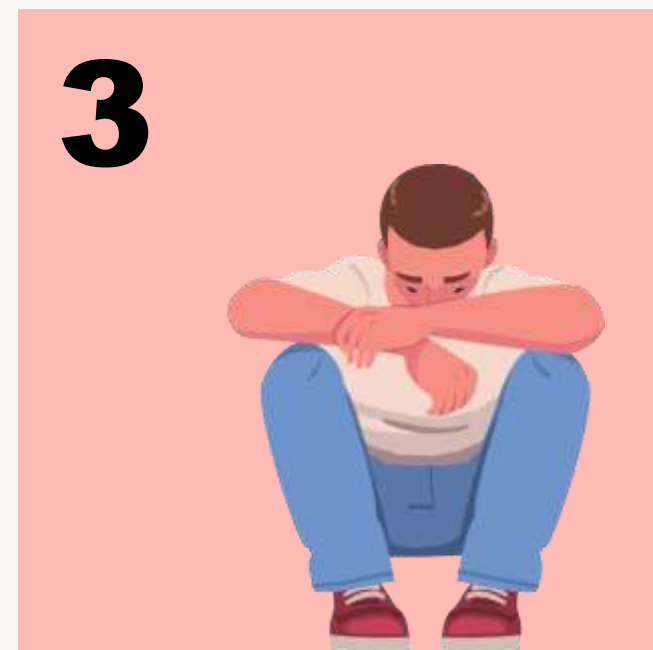
Mental Wellness Needs Immediate Intervention

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

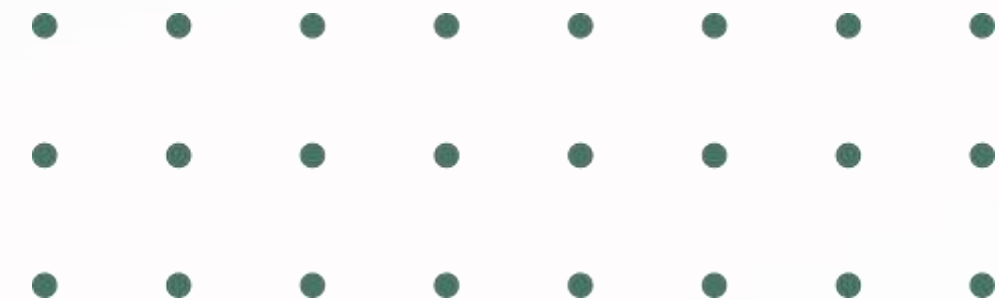
- The ones with **mental health disorders,**
- The ones with **ADHD / Autism / LD,**
- The ones with **stress and emotion related problems,**
- The rest of us.

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.

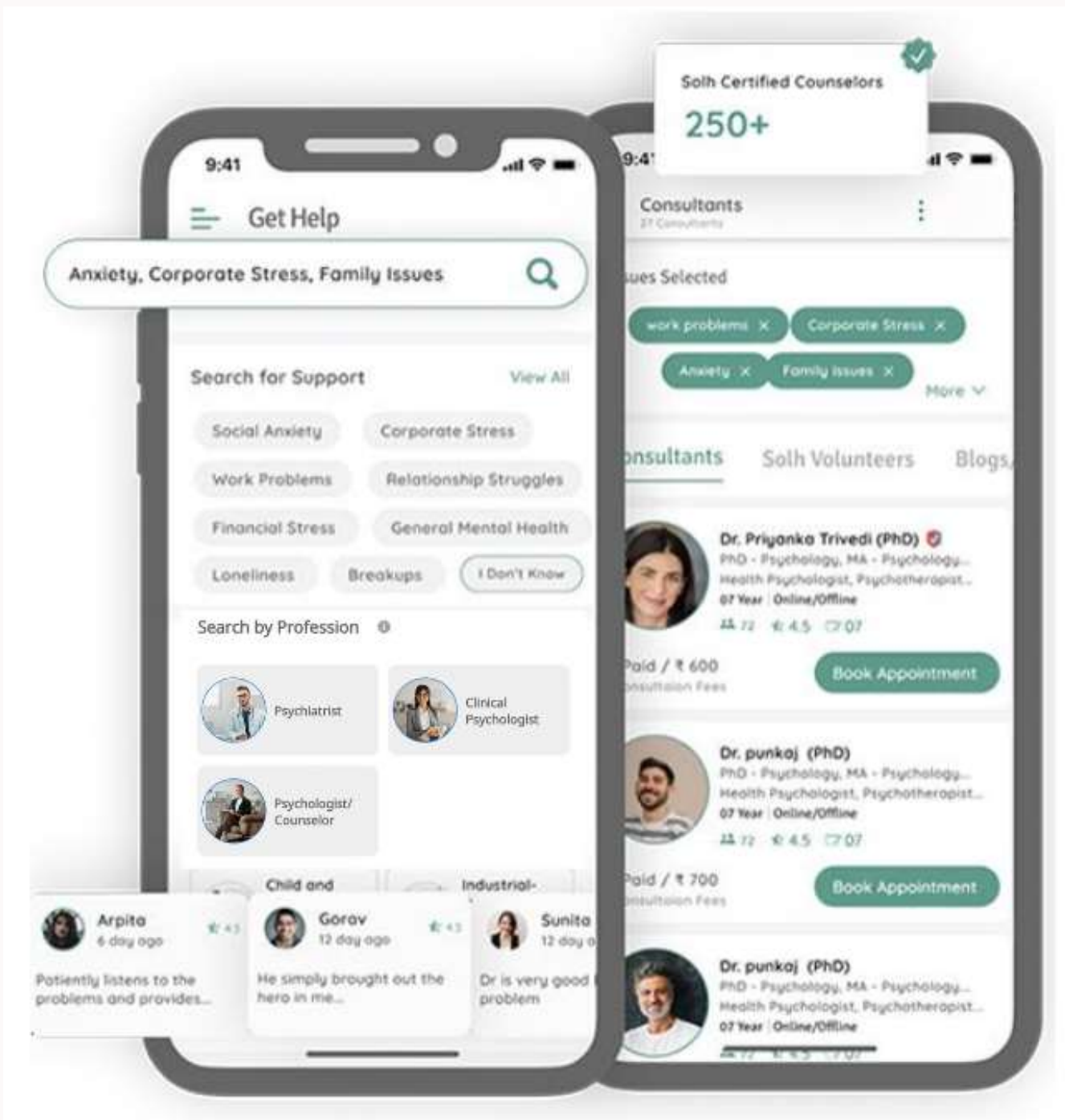
Target 4.1: Ability to access quality education depends on mental health

Target 4.4: Mental health as an important vocational skill

Target 4.7: Importance of mental health for sustainable development

Target 4.8: Promoting disability and gender sensitivity

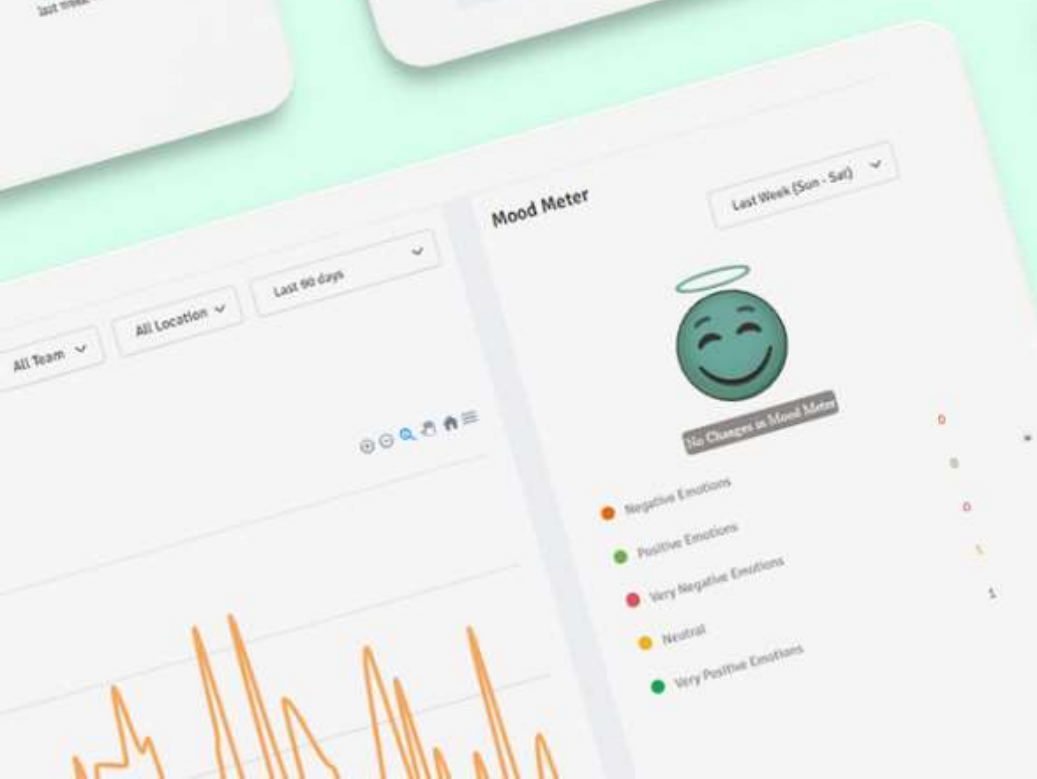
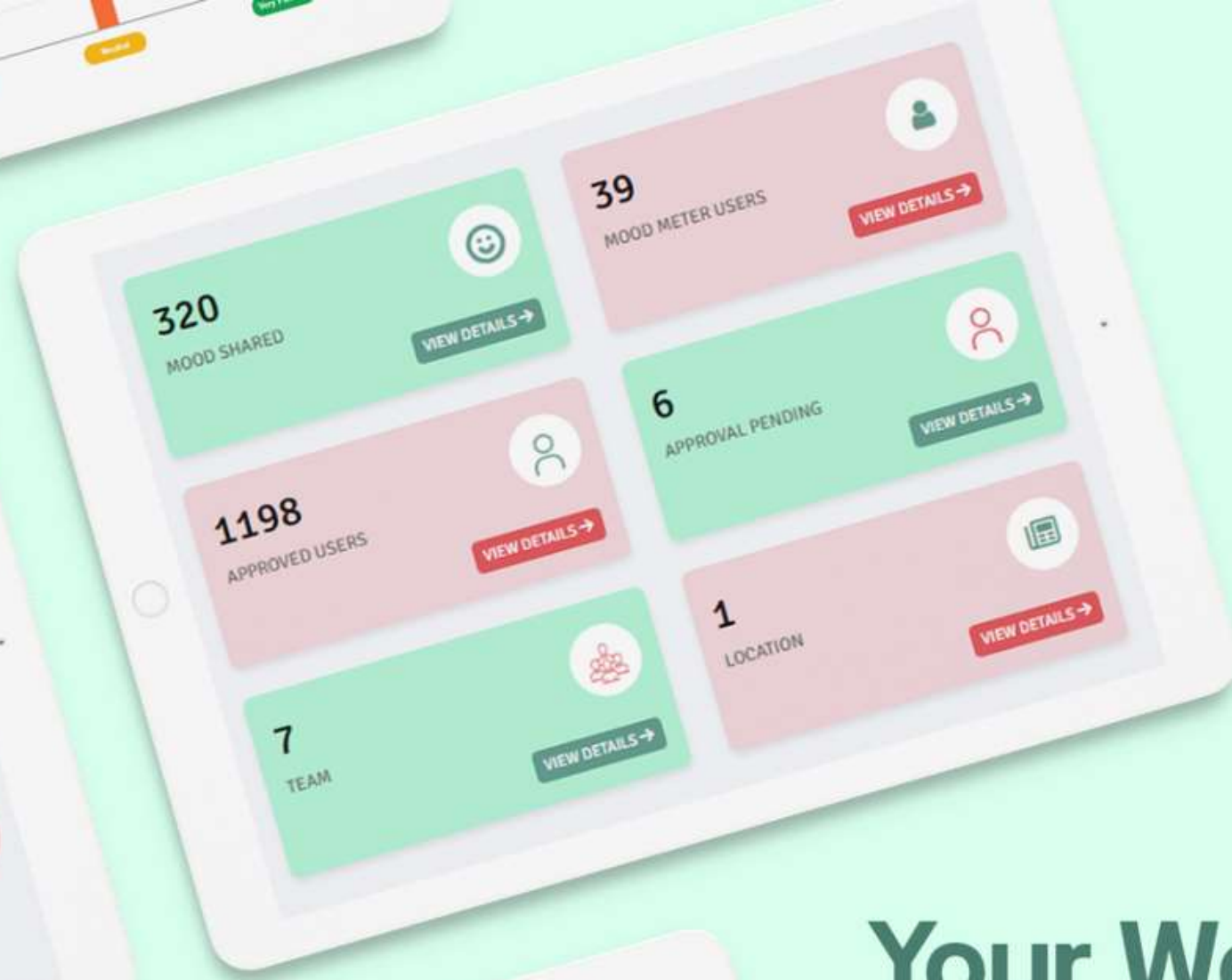




Our Integrated User Approach

Community Customizations for Schools

- 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



Your Well-being Matters: Solh Supports You

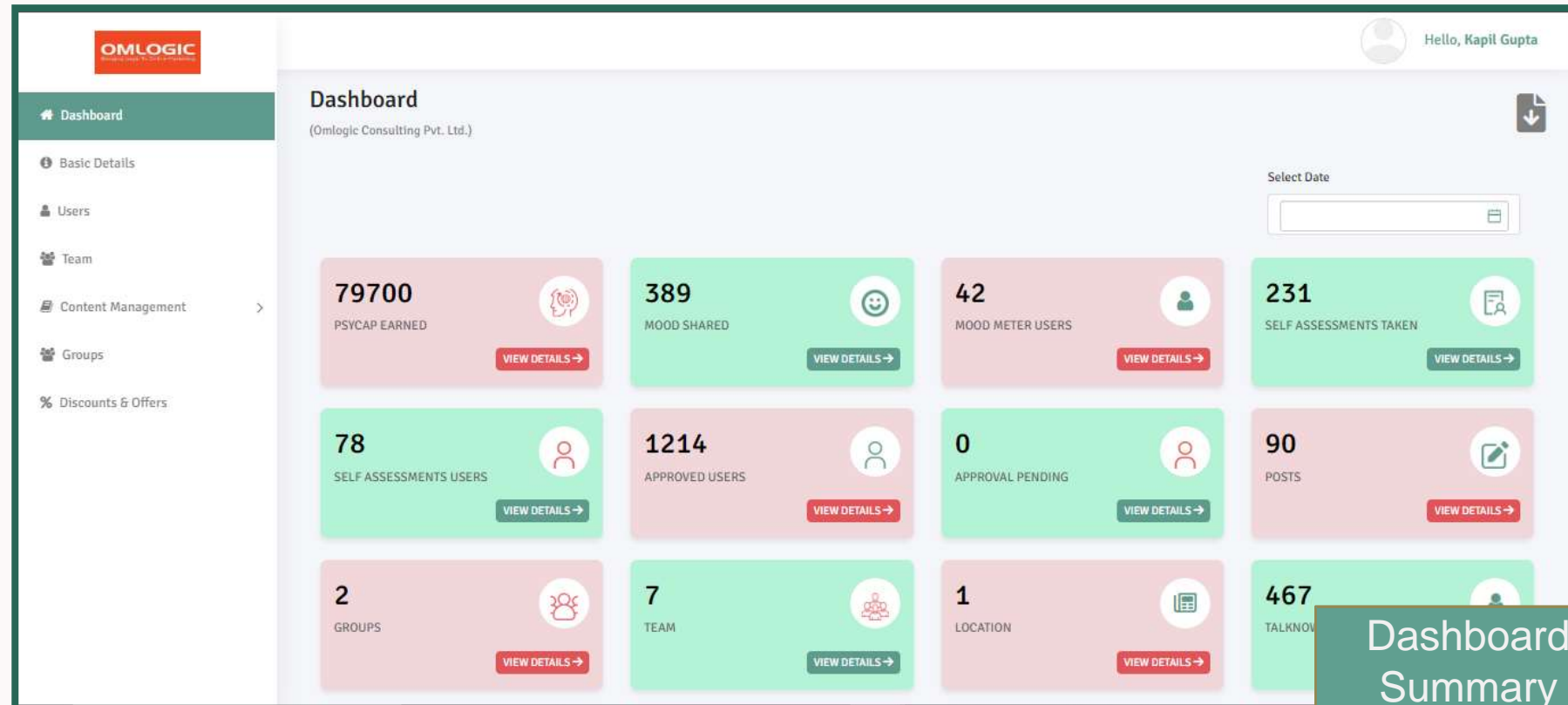
Data-Driven Insights for Your Organization

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

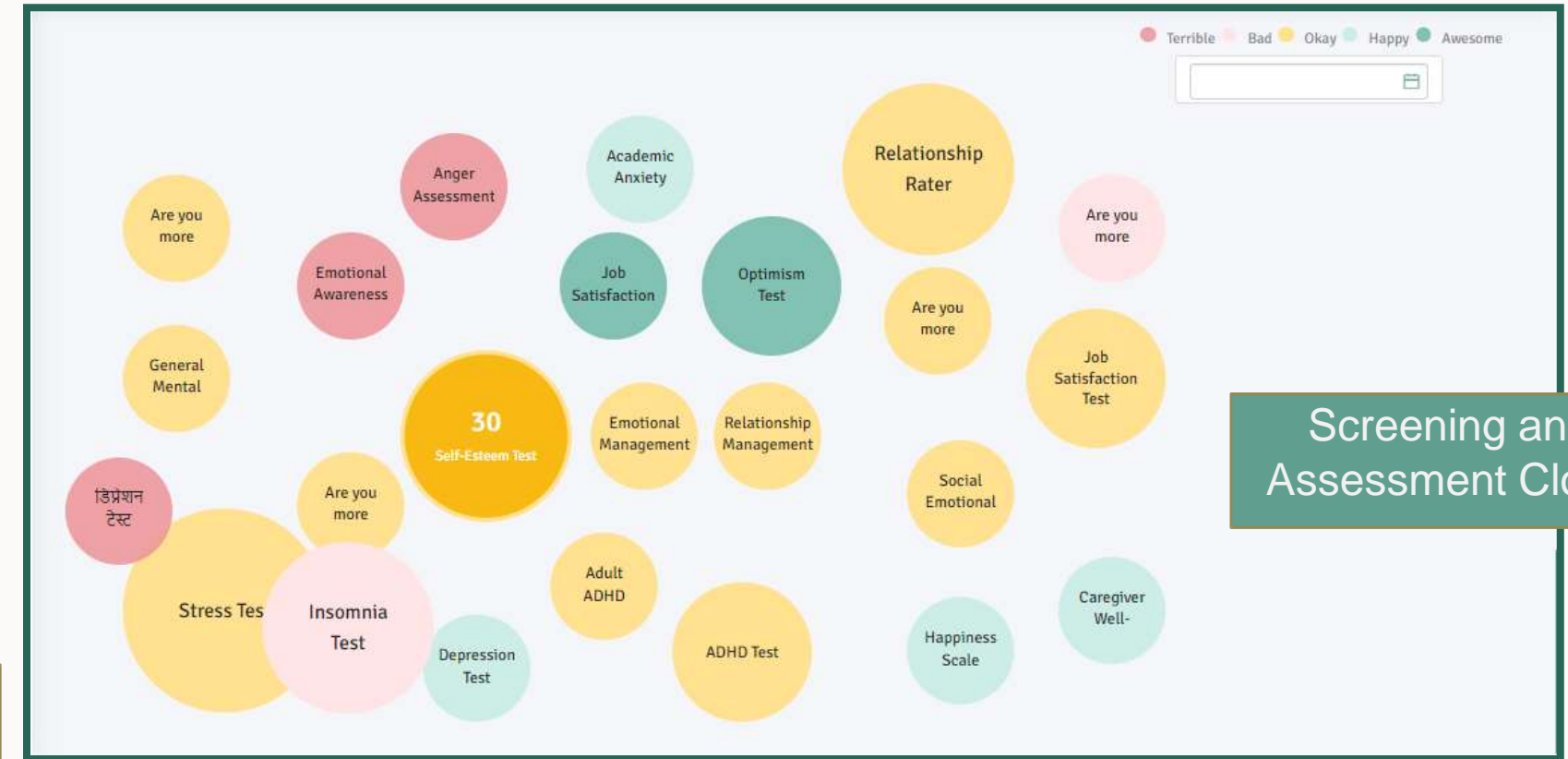
Self-esteem, Self-

Organizational Dashboard

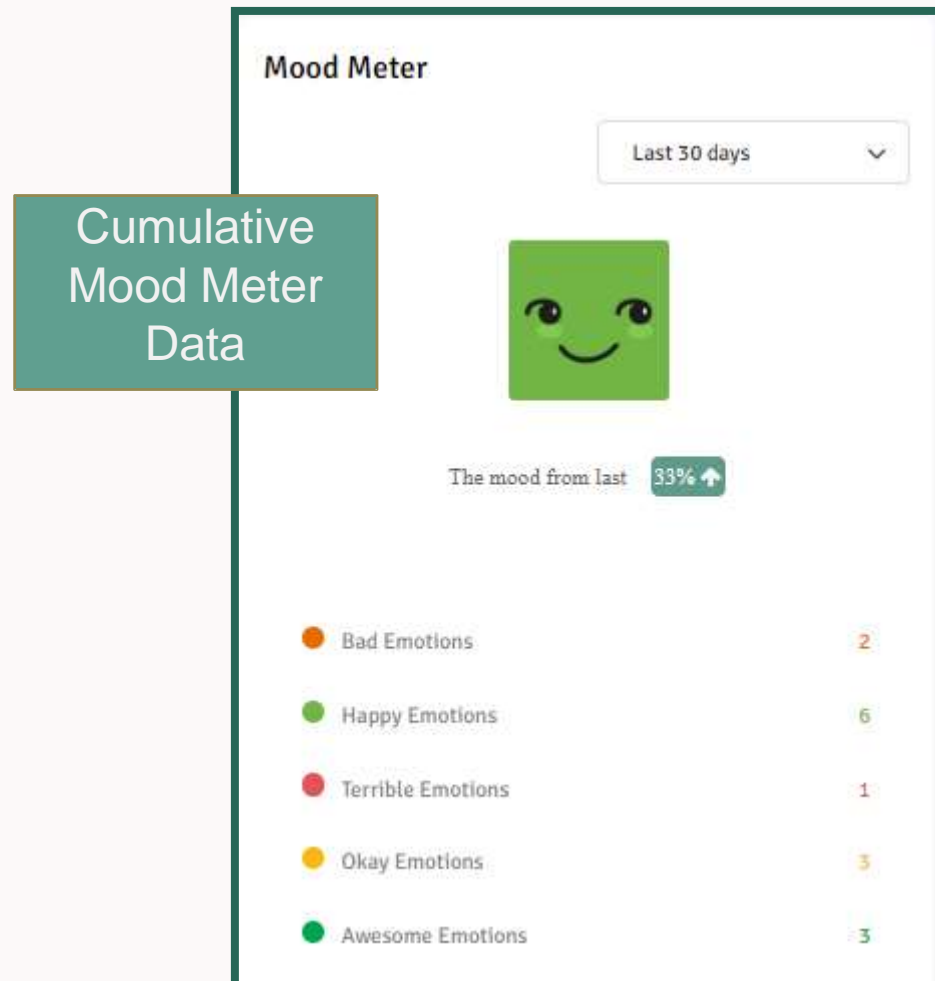
Comprehensive Wellness Insights for Decision Making



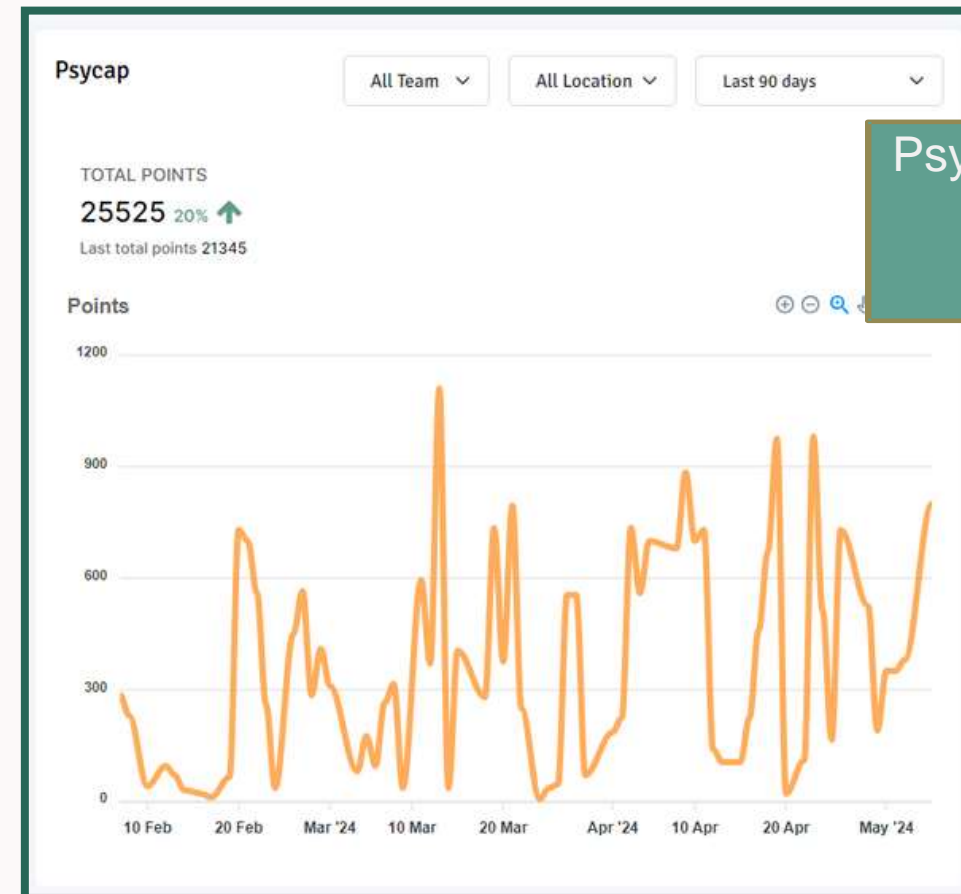
Dashboard Summary



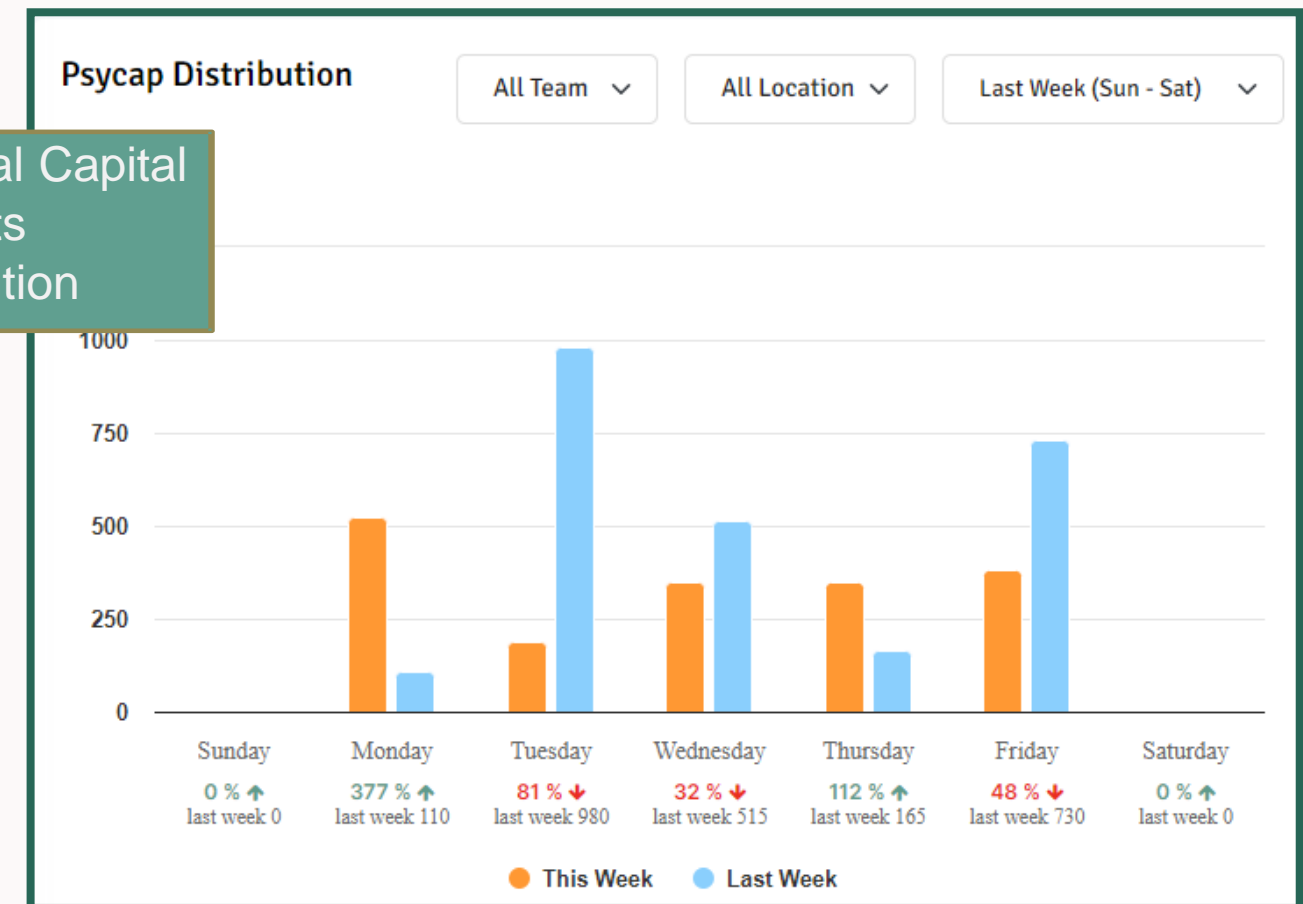
Screening and Assessment Cloud



Cumulative Mood Meter Data



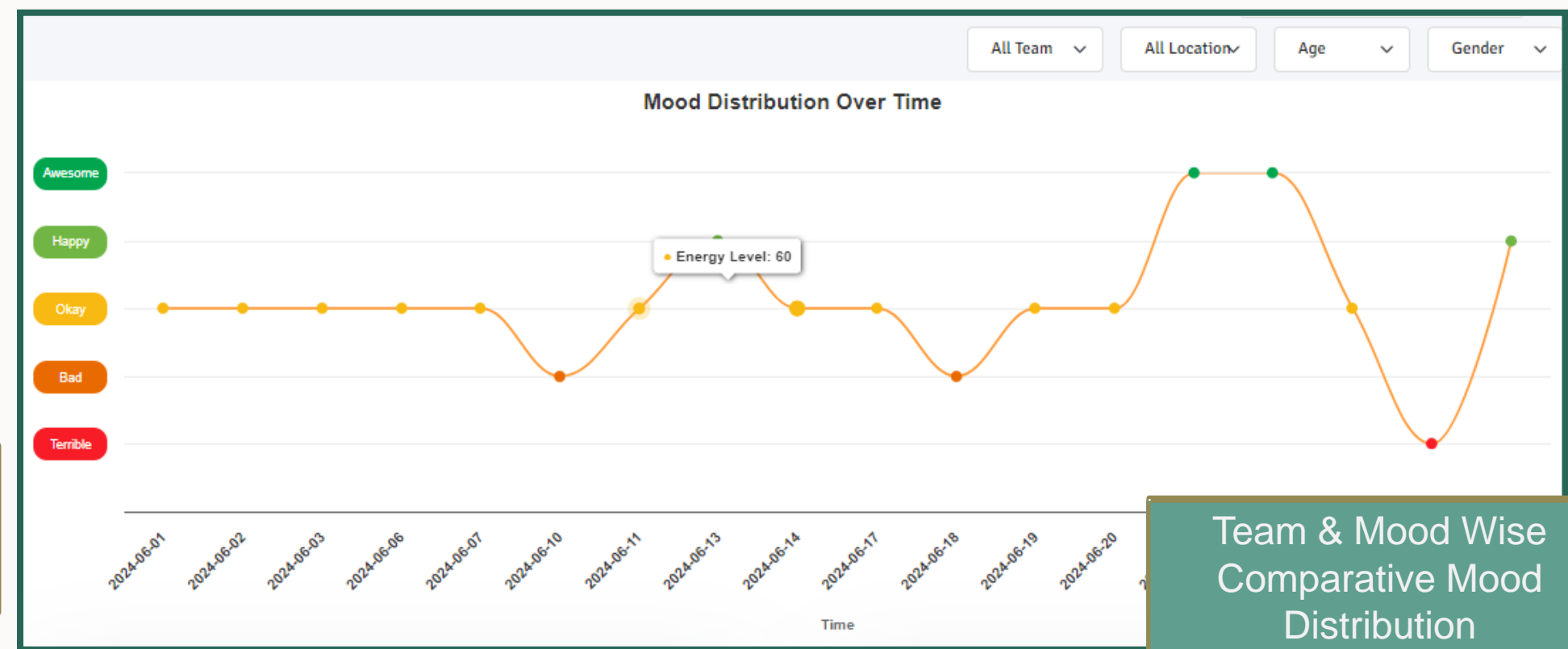
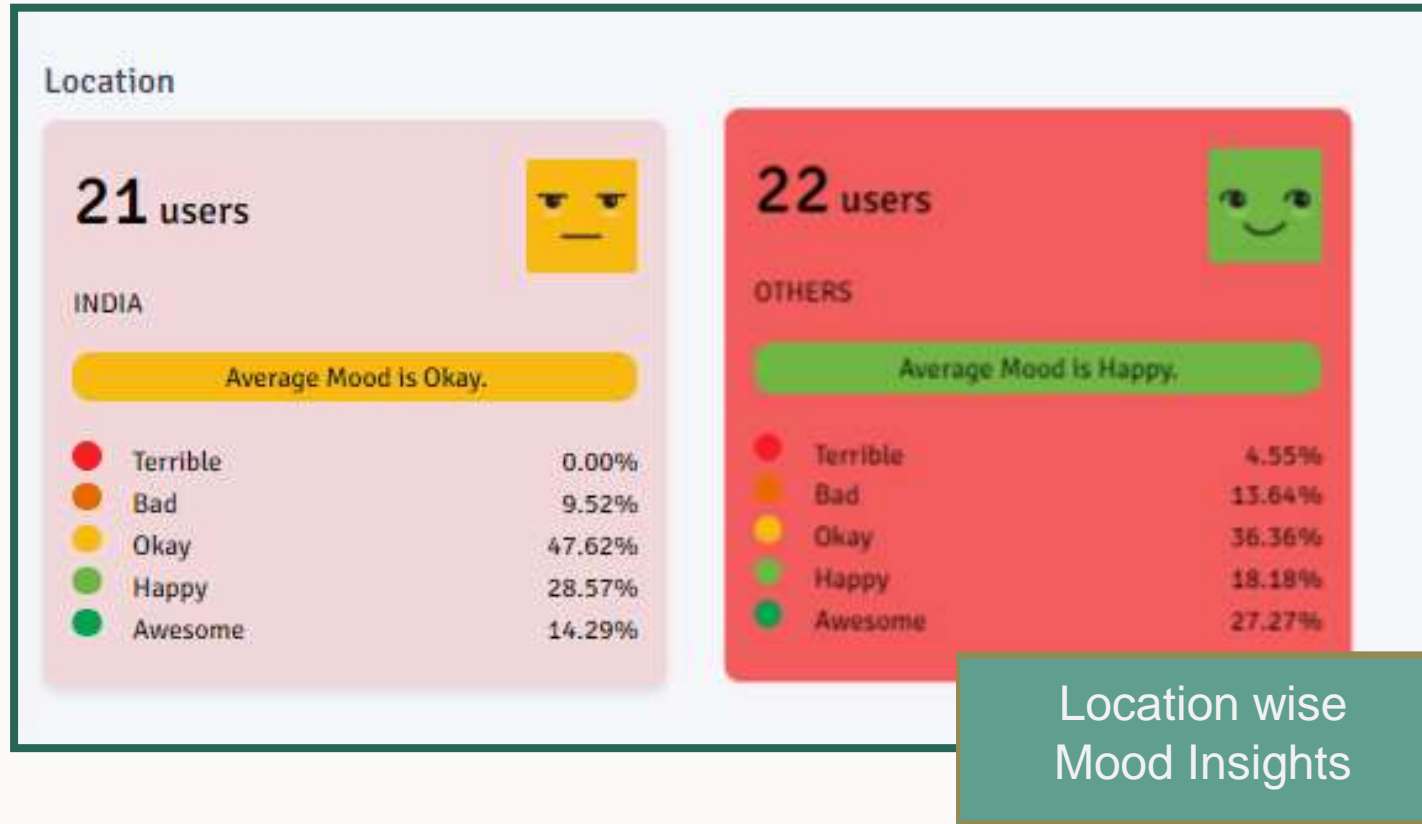
Psychological Capital Points Distribution



Psychological Capital Points Distribution

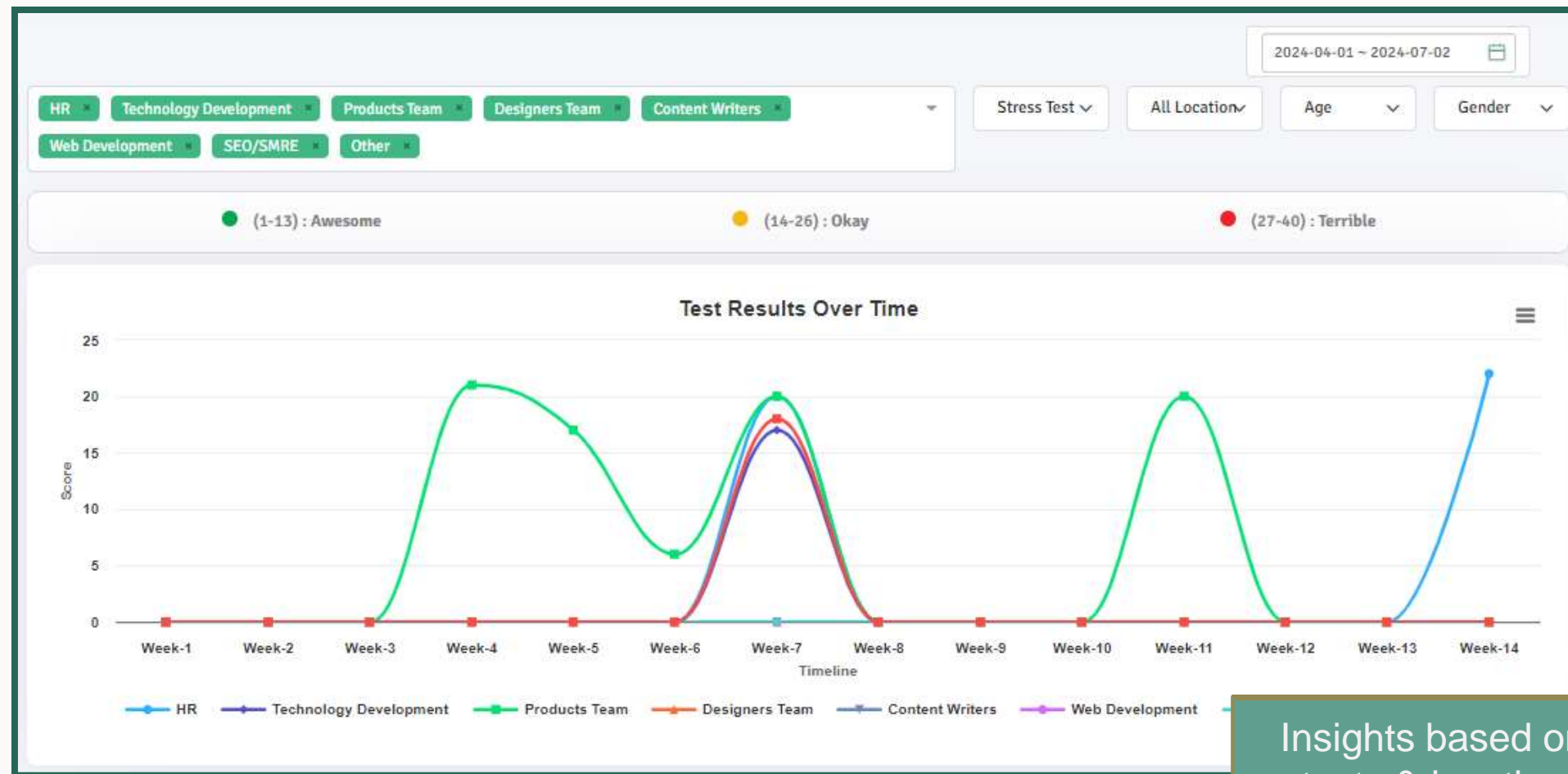
Organizational Dashboard

Teams and Location Based Mood Meter Usage



Organizational Dashboard

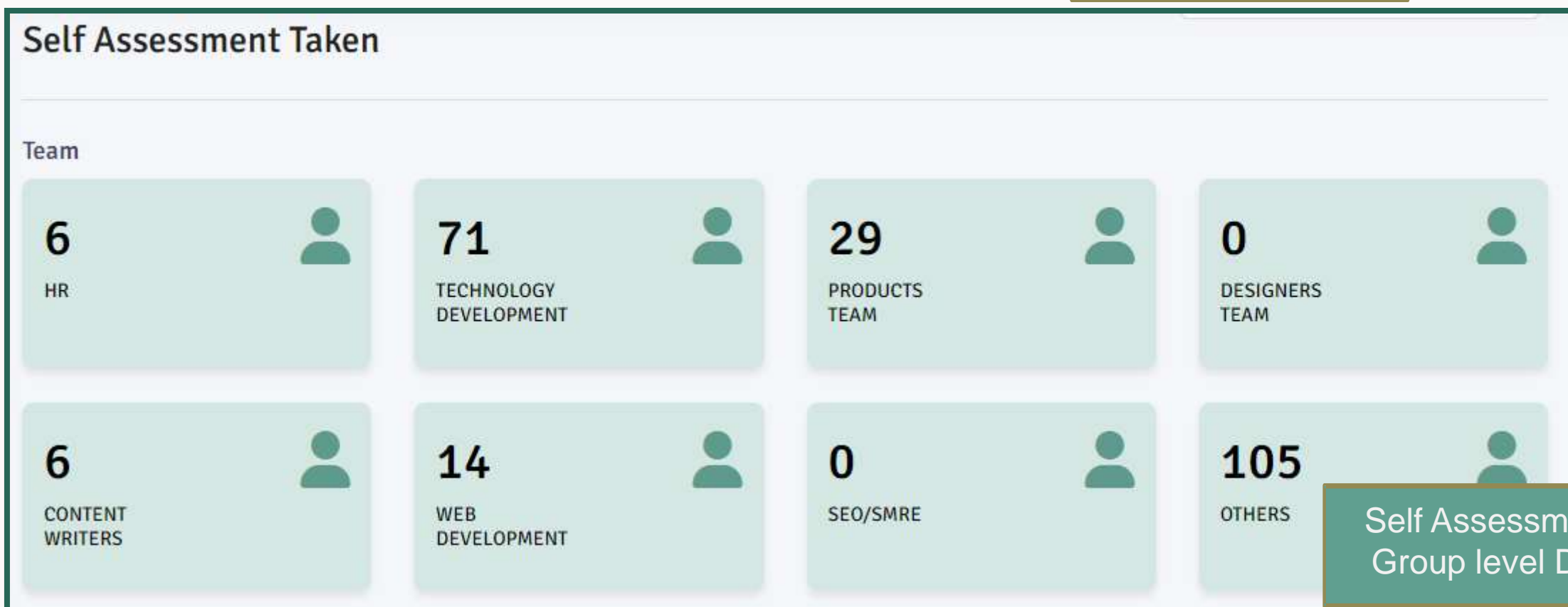
Teams and Location Based Assessment Usage



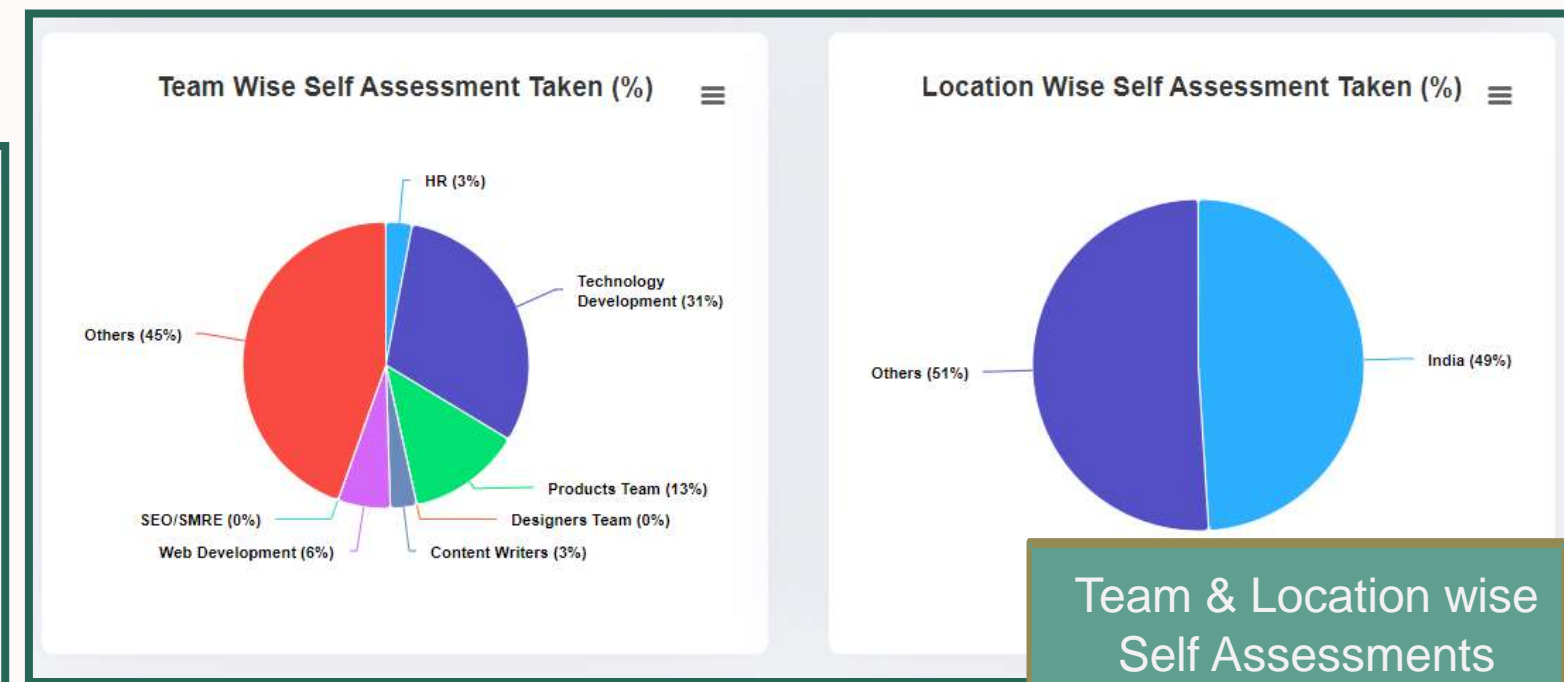
Insights based on tests & location



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

1181

APPROVED USERS

1

APPROVAL PENDING

1167

ANDROID USERS

14

IOS USERS

HR

MEMBERS: 8

VIEW MEMBERS

Technology Development

MEMBERS: 12

VIEW MEMBERS

Products Team

MEMBERS: 6

VIEW MEMBERS

Designers Team

MEMBERS: 1

VIEW MEMBERS

Content Writers

MEMBERS: 1

VIEW MEMBERS

Web Development

MEMBERS: 0

VIEW MEMBERS

SEO/SMRE

MEMBERS: 1

VIEW MEMBERS

Others

MEMBERS: 1152

VIEW MEMBERS

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

- 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

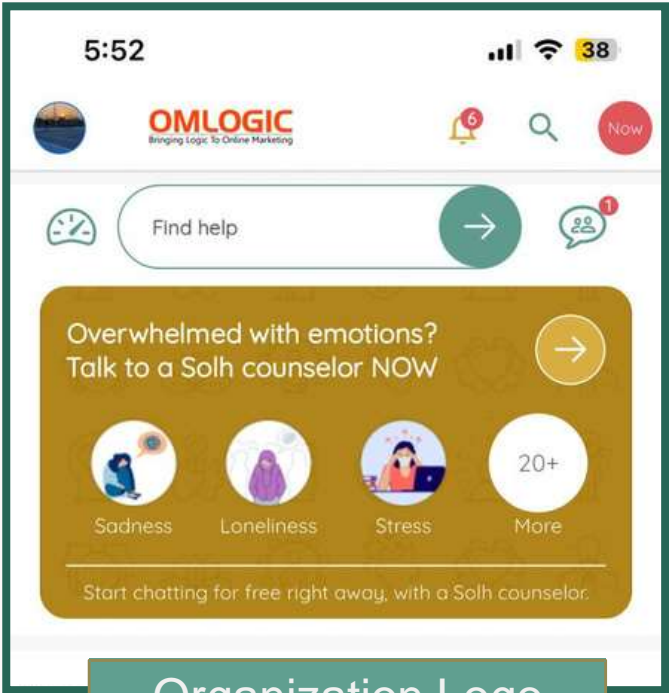
Detailed view of team members

Organizational Dashboard

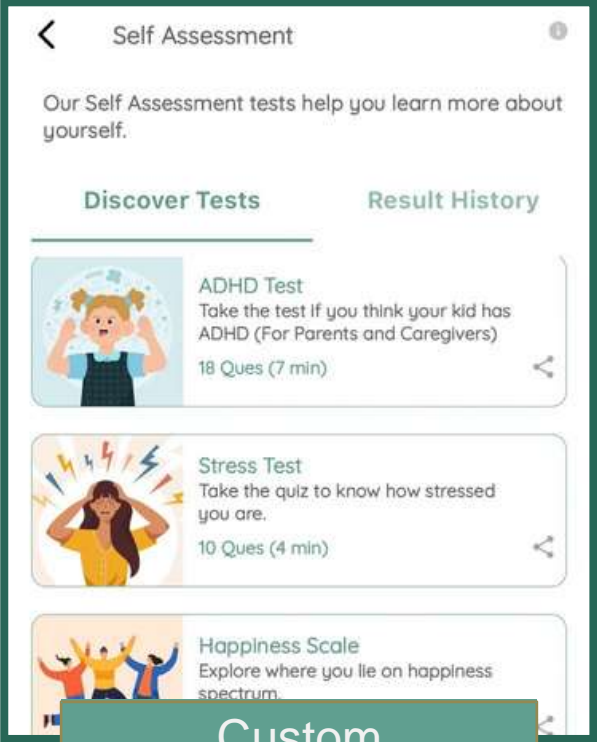
Customizations and Co-Branding Opportunities



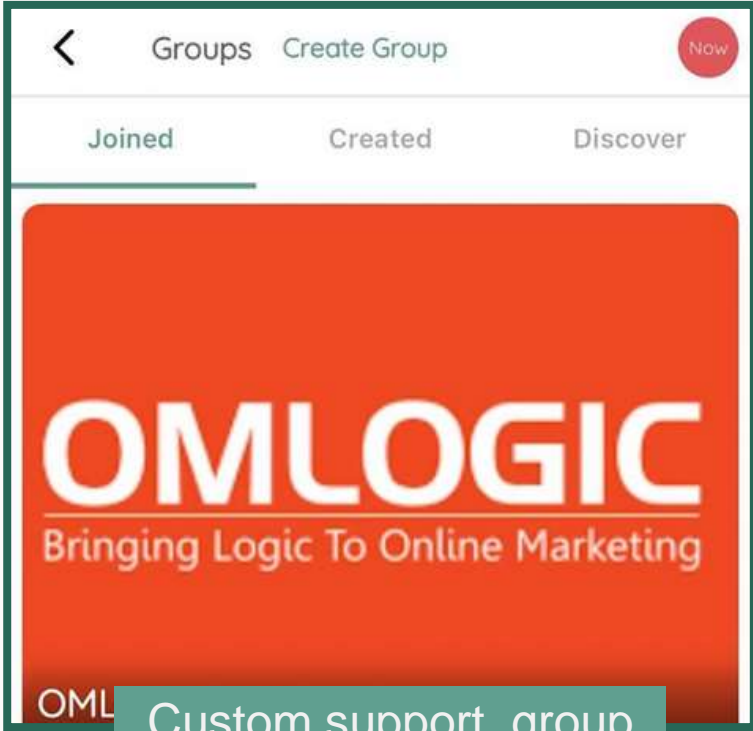
Edit basic details of your organization



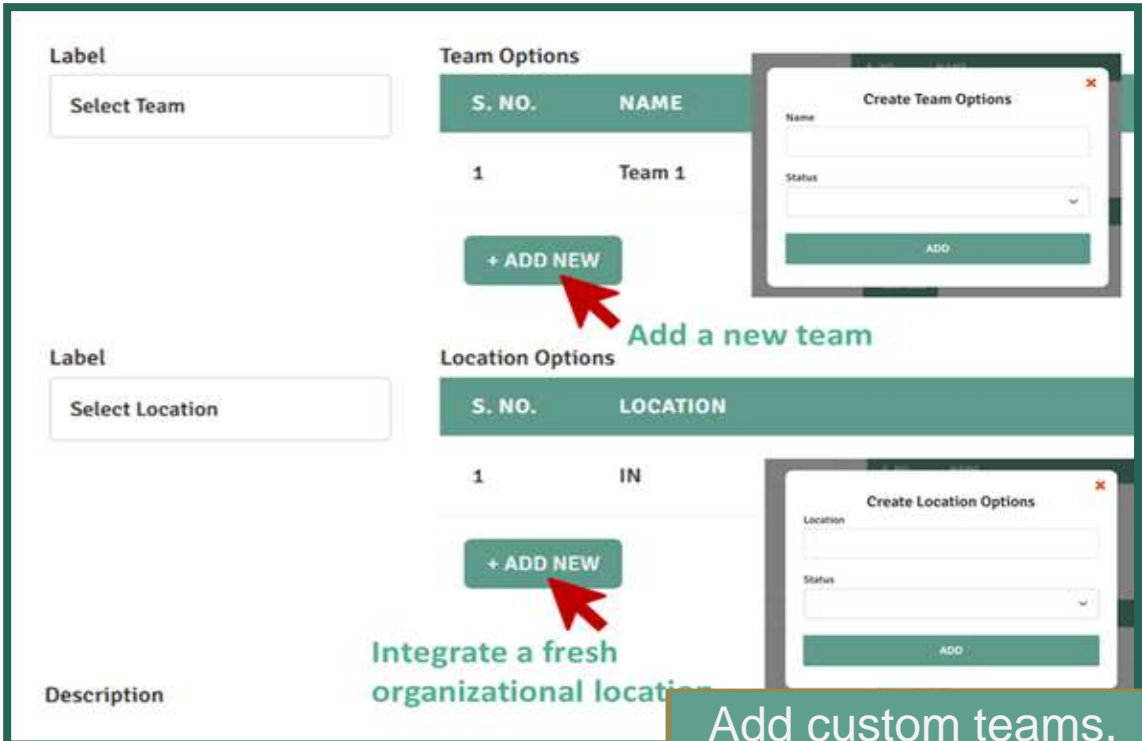
Organization Logo on Top



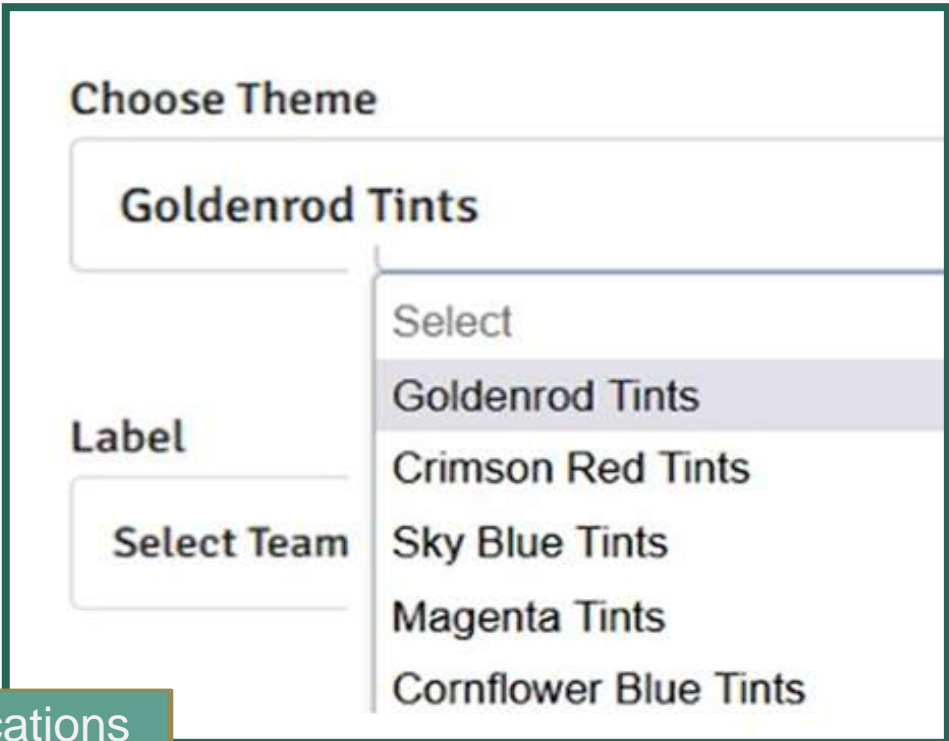
Custom assessment test



Custom support group for organization members



Add custom teams, locations and colour schemes



Special discounts on therapy

COMPONENTS OF OUR APPROACH

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 & 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 & teachers
- 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)

Sensitization Programs



MANAGEMENT

- Education & training programs for overall institutional emotional intelligence.
- Training 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 SWPs 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.
- Diversity sensitization training to help them deal with students with special needs.

Approach 5

Individual Counseling

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

Approach 6

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 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 decorative green 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