



Company Profile:

Swa•Tantraa appreciates the opportunity to work for a comprehensive solution to aid in the process of performance and wellness enhancement of your personnel. We understand that this is an important initiative for any organization and with that in mind, bring to the table an appropriate level of detail and attention to the same.

Swa•Tantraa is an organization that was incepted by Dr. Animish Chavan, Prachi Mastoli, Sandeep Limaye, Abhijeet Katepallevar & Rohan Chavan.

Dr. Animish Chavan (M.D., Psychiatry), Prachi Mastoli (B.Sc., MSW, Cognitive Behavior Therapist) have been working in the field of mental health for decades. They have been tirelessly working towards de-stigmatization, enhanced accessibility and cost-effectiveness of mental health services. They have time and again stressed on the importance of mental wellbeing in delivering results and being productive to the maximum of one's potential.

Swa•Tantraa is unique in the fact that the team believes in a systematic approach towards handling any mental health issues be it simple anxiety or a complex problem like schizophrenia. We at Swa•Tantraa are staunch supporters of fact that emotional wellness is equally important to physical wellbeing and true Wellness is achieved only when both of these are at optimum levels, which is essential for us to perform at our best.

Mr. JP Nadda, then Minister of Health and Family Welfare, in his address in the Lok Sabha in May 2016, revealed that according to the National Commission on Macroeconomics and Health (2005), about 10-20 million Indians were suffering from complex mental disorders like schizophrenia and bipolar disorder, whereas nearly 50 million Indians were suffering from common mental disorders like depression and anxiety. With growing awareness of Mental Health and Mental Illnesses in India, the Mental Healthcare Bill was revised in 2017, bringing reformative changes to enhance the availability and scope of Mental Health services in the Country. To support the mandate of the Mental Healthcare Bill our company was initiated for developing comprehensive self-help tools for emotional wellness. We at Swa•Tantraa have developed Electronic Health Record Systems (EzeeMedNote) and Telepsychiatry tools (PsyTele), Emotional First-aid self-help app (PsyHeal), and Brain & Mind Gym. These tools are useful in developing skills which enhance an individual's productivity and performance.



Importance of Emotional Wellness

In today's competitive world no one can escape the various stresses that we are exposed to in different situations. And the staff members of organizations are in fact at a higher risk of being stressed owing to the standards they have to live up to.

The various stresses those workings personnel may come across are:

- Interpersonal stress
- Relationship stress
- Emotional stress
- Family stress
- Performance pressure
- Work life balance o Burnout phenomenon

And the list goes on. Notably most of us cannot talk about these issues as they feel shy, embarrassed or simply cannot identify that they need help for dealing with these issues. And it is a well-known fact that these kind of hidden issues surely impact our performance especially while delivering results and achieving set targets

Problems which can be avoided by the successful implementation of Swa•Tantraa Brain & Mind Gym:

- Negative attitude towards work o Absenteeism
- Loss of concentration
- Lack of initiative
- Inability to perform to one's full potential
- Interpersonal conflicts (workplace conflicts)
- Lack of trust among employees
- Inability to conform to the organization's rules and policies



Proposed Service: The Swa•Tantraa Brain & Mind Gym

What is Swa•Tantraa Brain & Mind Gym?

Swa•Tantraa Brain & Mind Gym is a very unique and interesting way of accessing state of the art, personalised developmental tools in a very friendly manner.

These tools help to increase emotional intelligence, stress handling capabilities and performance in all walks of life.

Therefore the Swa•Tantraa Brain & Mind Gym is useful for all as being students, employees, professionals, executives, businessmen, house managers or retired individuals.

Swa•Tantraa Brain and Mind Gym are thoughtfully designed activities to promote improved health, greater sense of well-being, higher productivity, enrichment in relationships and help in leading a meaningful life. These programs have also been proven effective to enhance an individual's performance and achieving set goals be it at work or in personal life.

What you get in the Swa•Tantraa Brain & Mind Gym?

1. Assessments:

People need to know why they are suffering and what they are lacking. Without this basic understanding anybody is clueless about what he or she can do for the betterment of self. At Swa•Tantraa Brain & Mind Gym we have tools like

- Games
- Digital instruments
- Self-rating tests
- Standardised Questionnaires

To understand one's emotional, physiological, behavioural and brain functioning as well as capabilities.

With that we get a proper understanding about the

- Moods,
- Body symptoms,
- Stress causing medical problems like hypertension, diabetes, heart diseases etc.,
- Behavioural problems like anger, addictions, lack of motivation, postponing, etc.
- Memory
- Concentration
- Various skills and aptitudes
- Personality traits and more like this of any individual.



2. Instant Solutions:

In today's world of fast life people find it difficult to wait for hours and days to get the answers and solutions for their problems. On the other hand, due to the stark scarcity of the well-trained and genuine mental health professionals, people, even living in the big cities in India, do not have access to the proper care when they need it most. This mental health gap becomes still more severe when the people living with unawareness, in scarcities and away from the cities are concerned.

At Swa•Tantraa Brain & Mind Gym we have a

- FREE OF COST and
- FREELY AVAILABLE

Service for the immediate need of people in emotional pain. It is an android app named PsyHeal available for free downloads from the Google play store. It provides

- Instant, individualised solutions
- To resolve anxiety, stress, sadness, irritability, anger, cravings, obsessions etc.
- in Marathi, English (and Hindi in near future)
- In the form of brain exercises, mind exercises, tips, advice and motivations
- Self-assessment tools to know which level of support one needs to access
- Links to Government supported helpline in case of emergency
- Optional facilities to notify families or employers about emotional crisis
- Mood Tracker section to learn about and develop our own emotional intelligence in a very interesting way
- Links to free, reliable mental health support websites
- Link to Brain & Mind Gym for long term tools in the form of guided self-help
- A 24 x 7 availability with secure, individual access for the emotional first-aid
- Optional dashboard facility to institutional users

3. Single Session Solutions:

About 20% population in our society suffers from emotional disturbances. But fortunately many of them have problems in the range of mild to moderate severity. If they are given help and support at that stage only, their quality of life gets greatly improved and many unfortunate future calamities get prevented.

Swa•Tantraa Brain & Mind Gym offers many short sessions to tackle issues like

- Indecisiveness
- Stress
- Boredom
- Restlessness
- Anger and Irritation
- Fatigue
- Lack of motivation
- Time-management, and many more



These sessions are short, crisp and precise experiences with the help of

- Biofeedback instruments
- Neuro-feedback instruments
- Brain Entrainment instruments
- Learning Videos
- Activities
- Mental Exercises
- Reading materials

Though, in the most ideal conditions, these sessions need a specifically designed physical setup measuring around 250 square feet; few of the elements are made available on digital platforms which can be assessed on PCs, Tablets or smartphones.

4. Online Guided Self-help Programs:

As we know and experience that the best learning happens when an individual is actively involved in the learning process. Guided Self-help is the well proven process of self-development where an individual is provided with directions, choices, paths and insights with readily available support from the experts in the field.

In Swa•Tantraa Brain & Mind Gym, we have prepared such Guided Self-help programs for

- Overcoming Depression
- Managing Anxiety
- Learning Stress Management
- De-addiction
- Working Memory
- Performance Enhancements
- Self-Development

These programs consist of

- Assessments
- Activities
- Education
- Problem Solving
- Workouts
- Communication with the experts through text

The best part of the Guided Self-help programs by Swa•Tantraa Brain & Mind Gym is, they are available on digital platforms ranging from smartphones and tablets to laptops and PCs.

The users get their own secure passwords for their login and the various steps in the programs are offered to the individuals as per their own conditions, preferences and needs.



And, the Online Guided Self-help Programs can be enhanced with the help of instruments and tools available at the physical set-ups of the Swa•Tantraa Brain & Mind Gym, if the individual user opts for.

What makes online programs better than in-person or group counselling?

- Cost effective as repeat physical sessions are not needed
- More accepted by all since it is done in privacy
- Time effective as it can be practiced for as many times as required, at any time of the day
- Work schedules will not be disturbed
- All programs are specific to that person and his/her problems
- Since it is delivered privately the person will be more open about their issues
- Everyone will surely benefit as the program will be executed at their personal pace
- These programs will be complimentary to in-person counselling



Proposal for Collaboration: What we offer to Institutes or Organizations?

It is a high time that the employers and organizations should identify the need for mental health support to the human force involved in the work. But, practically, due to the

- Scarcity of the Resources
- Lack of Awareness
- Difficulties in Access
- Associated Stigma

The support is unavailable and unacceptable to the large number of really needy personnel. This again in turn increases the burden over and loss to the human resource.

The Swa•Tantraa Brain & Mind Gym comes as a very realistic and helpful solution to the otherwise helpless situation. The organisation can opt for all or some particular elements of our offerings, as per the needs and the situations.

We offer the best possible organizational dashboards for the human resource managers to track the trends in use and usefulness of our solutions. We are also very flexible in the commercial aspects of our solutions, as our first priority is making the society really resourceful in emotional and behavioural wellness!

Please feel free to contact us for any clarifications you need. We eagerly wait for your response.

Following are the contact details:

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Conclusion:

Swa•Tantraa Brain & Mind Gym is an International class emotional wellness development solution compliant to WHO & Other international standards and Indian Healthcare IT Standards. Adopting this solution will not only help the organizations to form a conducive and quality environment for the human resource but also will establish the fact that the organization is progressive who understands the importance of emotional well-being of the people.

We are confident that, since Swa•Tantraa Wellness Pvt Ltd is an organization with a holistic approach, we can address the emotional well-being requirements of your Organization. We hope, you would find the solution and our service proposal very much useful to meet your needs.



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