

oooo

---

CODE TO WIN  
2023

---

oooo



# **MEET THE TEAM**

## **GRU SISTERS**



**Drakshi  
Chopra**



**Kashish  
Ahuja**



**Ishika  
Paliwal**



# PROBLEM WE ARE SOLVING



# **MENTAL HEALTH CARE FOR TODAY'S WORKFORCE**



0000

# 12 billion

working days are lost every year to depression, at a cost of US \$1 trillion per year.

# STATISTICS

# 15%

adults were estimated to have a mental disorder in 2019.

# 84%

of millennials experienced burnout in their current job

Poor mental health costs

Indian employers around

# \$14 billion

per year.

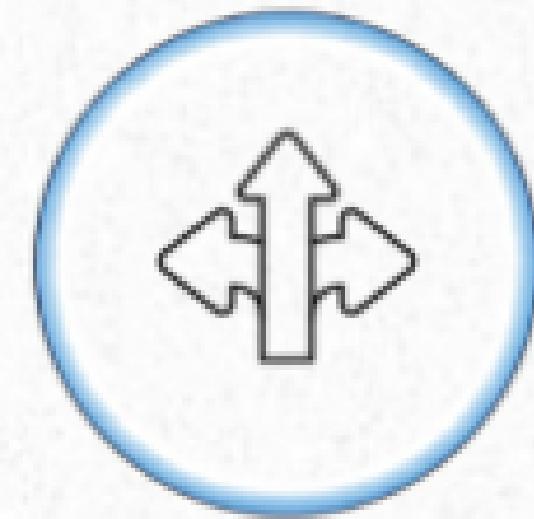
# Mental Health Challenges In Workplace



Communication



Physical capability  
and daily functioning



Decision-making



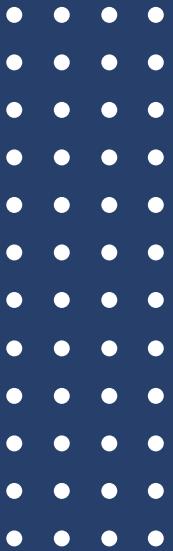
Productivity  
and job performance



Engagement  
with work



**THAT IS WHERE OUR  
SOLUTION COMES IN**





**mindwaves**



## **BRIEF ABOUT THE IDEA**

The core idea behind creating mindwaves application for workplace is to address the growing concerns around overall wellbeing and mental health in the modern workplace.



**mindwaves**

**Employees**

**CONSUMERS  
AND END  
USERS**

**Individuals**

**Employers /  
Organizations**





# TARGET CUSTOMERS

- Small to large size organizations.
- Across various commercial industries.
- Non-profit organizations, government entities, and similar groups.



# **FEATURES**

Track Your  
Goals

Employee  
Assistance  
Program

---

Engaging  
Activities

Daily Self-  
Care

Mental Health  
Questionnaire

# **FEATURES**



**Leaderboard**

**Achievements**

**Educational  
Resources**

oooo

# ***TOUR OF THE PRODUCT***

**deployed link- [mindwaves.live/](https://mindwaves.live/)**

**Github link- <https://github.com/kashishahuja2002/ServiceNow-Code-To-Win>**

# TOP BENEFITS

Improved  
Mental  
Health

Prevents  
Burnout

Achieve  
Health Goals  
And Track  
Progress

# **TOP BENEFITS**

**Increases  
Self-  
Awareness**

**Encourages  
Healthy  
Competition**

o o o o

# **FUTURE SCOPE**

- Create an Admin Panel to onboard employees and consultants & set goals.
- Give option to set reminder for breaks and daily activities.
- Expand the scope of product by onboarding dieticians.
- Show stats for previous months.
- Develop APK of the Product





# CONCLUSION

- Promotes healthy and productive work environment.
- Offers accessible tools to track well-being, improving mental health, reducing stress, and increasing job satisfaction.
- Shows support for employee well-being, fostering a culture of care.





# SCALABILITY

- **Implement caching**
- **Use load balancers**
- **Monitor performance**
- **Incorporate feedback**





# THANK YOU

## Gru Sisters

Ishika Paliwal  
Kashish Ahuja  
Drakshi Chopra

## Institute

International Institute Of Professional Studies,  
Devi Ahilya Vishwavidyalaya University,  
Indore, Madhya Pradesh.

