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CODE TO WIN
2023

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MEET THE TEAM

GRU SISTERS



**Drakshi
Chopra**



**Kashish
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**Ishika
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PROBLEM WE ARE SOLVING



MENTAL HEALTH CARE FOR TODAY'S WORKFORCE



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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.

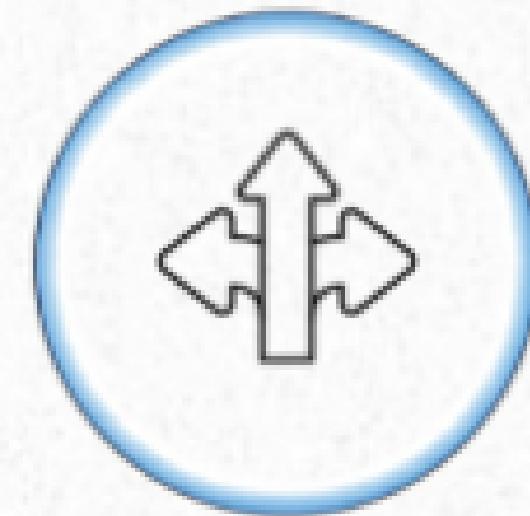
Mental Health Challenges In Workplace



Communication



Physical capability
and daily functioning



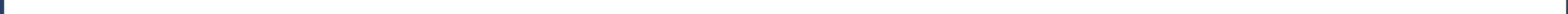
Decision-making



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**

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TOUR OF THE PRODUCT

deployed link- <https://www.mindwaves.live/>

TOP BENEFITS

Improved
Mental
Health

Prevents
Burnout

Achieve
Health Goals
And Track
Progress

TOP BENEFITS

**Increases
Self-
Awareness**

**Encourages
Healthy
Competition**

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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

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