

**“ The one well
being of the
DEFEATED is
not to HOPE
for wellbeing. ”**

Latin Proverb

SAMUNNATI LEARNING SOLUTIONS

Problem

In today's condition of pandemic all are concerned for people who lost their jobs and have been struggling to manage their negative emotions due to covid infection, home isolation, loss of family members, family members of covid patients, lack of medical services, and in addition we also have job loss, overload of work, cut in salary, work from home, lack of support etc.

All this is leading to high level of social anxiety and most of them are handling their emotional challenges without any help. All of us are discussing about the deteriorating emotional health but do not know what to do except family discussions.

As a learning organization and a Positive Psychology Coach and Co- Founder of Samunnati Learning Solutions, we have found out that people who need emotionally support, most of them are unaware that they need help.

Mental Well Being Platform

With our core strength in designing 'mental well being programs' based on the scientific model of Positive Psychology and CBT are offering specialized coaching and counseling program, well being workshop @ workplace across industries and also individuals. For this we are creating a '**Mental Well being Platform**'. (To know about previous initiatives visit : www.samunnati.org and also our Blog)

In our current initiative we have a team of practitioners/ therapist of various kinds like: Art, Music, Hypno therapist, dietician, meditation specialist, fitness consultant to fulfill well being platform and create a one stop solution for our client.

Additionally the platform will be a one stop solution for people like you and me (not mentally ill) to access to take experiential advantage of various well being session like and lead a more healthy and positive life

Our objective is to be a well being partner of the organizations so that our workforce have continues emotion support without any judgment and fear of society.

Change TABOO to TREND

WELL BEING

WHO defines ‘Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.’

Well-being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress. More generally, **well-being is just feeling well.**

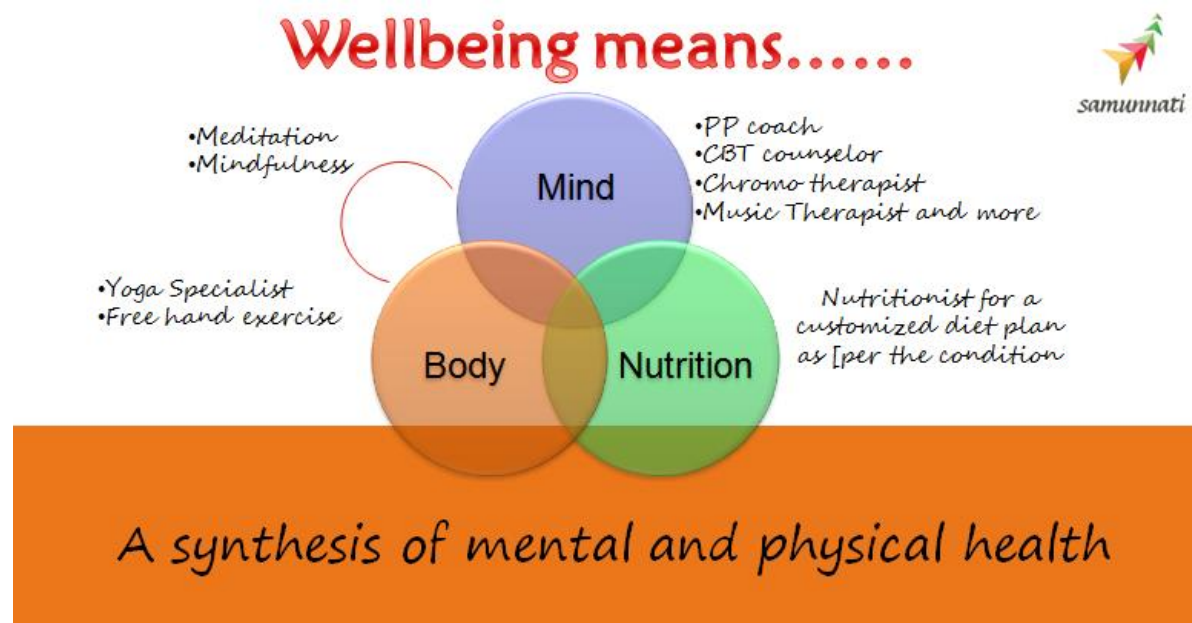
What are the components of well being?

- feeling happy,
- healthy,
- socially connected,
- purposeful.

Emotional Well-Being: To develop emotional well-being, we need to build emotional skills — skills like positive thinking, emotion regulation, and mindfulness

For Example: Often, we need to build a variety of these skills to cope with the wide variety of situations we encounter in our lives. When we have built these emotional well-being skills, we can better cope with stress, handle our emotions in the face of challenges, and quickly recover from disappointments. As a result, we can enjoy our lives a bit more, be happier and pursue our goals a bit more effectively.

SAMUNNATI’S WELL BEING MODEL



WELL BEING PACKAGE:

WHO SHOULD ATTEND ?

Present situation is the time in our lives when many of us feel unable to cope. For example, maybe we are:

- Unable to gauge the situation
- Untold fear about the disease
- Anxious or depressed
- Stressed being locked at home
- Suffering grief or loss?
- Feeling inadequate or lacking in confidence

WHY SHOULD YOU ATTEND THE PROGRAM?

- If you want to experience how exceptionalism as a language is sustained over long spans of time.
- If you want to explore and commit to causing a significant enhancement in the way you understand, lead and manage your people.

WHAT THE AREAS ATTENDED

The programs will be completed below professional / experts looking at the high social anxiety. The professionals will be playing a vital (MIND-BODY- NUTRITION)

1. Positive Psychology Coach
2. CBT Counsellor
3. Arte therapist
4. Mindfulness Expert
5. Nutritionist
6. Yoga expert

ROLE OF EACH EXPERT IN WELL BEING CONSULTING

The programs will be completed below professional / experts looking at the high social anxiety. The professionals will be playing a vital (MIND-BODY- NUTRITION)

1. Arte therapist: to control anxiety and stress
2. Mindfulness Expert: to build a habit of calming our loud mind
3. Positive Psychologist: For handling the individual areas of worry
4. Nutritionist: For diet inputs

TARGET AUDIENCE

- Covid Patients (in home isolation)
- Covid recovered patients
- Caregivers to covid patients
- b. People who have lost a dear one
- Parents of children who have developed anxiety
- e Children who are going through anxiety/fear
- Everyone who wants to build their immunity, stay fit and remain positive through these trying times

PROGRAM FORMAT

- Webinar
- Individual sessions
- Group sessions

*Either any one of them or a combination. Kindly see the well being plans for better understanding.

LANGUAGES

- Primary: Hindi, English

DISCOUNT ON SAMUNNATI'S WELL BEING PACKSGES

Samunnati will be glad to offer discounts to all the employees of our corporate clients for a period of 1year on identified well being packages in the platform. The details and process will be shared post completion of the tie up.

ALL ARE INVITED

Join a community of well being

- Whats App: Boundless Achievement
- Weekly Web Chat session: Once a week from the expert
- Weekly content: stories. Tools, Tips, we
- Post your questions to admin for handling emotional; concerns & get solution support.

OPTION 1: WELL BEING PLAN

Step 1: Identification Stage:

- Pre Session questionnaire with close ended question to understand the condition of the participant
- Positive Ratio Test: to understand the level of wellbeing as positive psychology from Pennsylvania University

Step 2: Group Session: Webinar

1. Batch strength: 12-15 in a session
2. Duration: 1 hour – 4 hours
3. Mode: Google Meet

Emotional Well Being

- Mindful Living
- Anxiety and Stress
- Art Therapy
- Coping skill
- Nutrition way of Life
- Yoga a way of life
- Practising positive thinking following PERMA model
- Mindful Eating
- Naturopathy
- Chromo Therapy
- Fitness : Pilates

*Could choose them as independent webinar or could also combine them.

OPTION 2: WELL BEING PLAN

In addition to option 1

Step 3: Group Session:

- Mode : Google Meet
- Duration: 60 minutes
- Group size: 5-7

One on One Well being Conversation

- Discussing Positive Ratio Test
- 3 areas of individual anxiety/ stress
- Tips and techniques to handle
- Design a DR (Daily Routine)

OPTION 3: WELL BEING PLAN

In addition to option 2

Step 3: Individual Session:

- Mode : Google Meet
- Duration: 45 minutes

One on One Well being Conversation

- Discussing Positive Ratio Test
- 3 areas of individual anxiety/ stress
- Tips and techniques to handle
- Design a DR (Daily Routine)

Note: All the contents of individual sessions will not be shared by the organisation in any form. It will be completely confidential

Supportive Content with all plans:

- **Ebook** : Physical well being (Prone position and other exercises)
- **Ebook** : Nutritional well being (Meals plan & recipes)
- **Ebook**: How to combat Covid by Family Members: 10 Things to do

COORDINATES

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