



Awareness of the distress is....
**HALF THE BATTLE WON,
ON MENTAL HEALTH**

Distress is rarely self realized
**NEEDS A MIRROR
AND THAT IS
GRAONE ASSESSMENT**



Mindfulness Assessment



A High School student opened up gunfire at classmates and ran berserk...

Engineering school sophomore committed suicide...

We regularly come across these flash news items.

Undue self aspirations and an extra push by parents, put a tremendous pressure on students and create distress in the formative but highly competitive schooling phase. Routine preventive mindfulness screening is key and it should be a part of the curriculum.



"We provide customised assessment to address specific needs of the educational institutes "

*" IT Industry in Bangalore city alone loses \$3Bn annually due to sedentary life and poor mental health" **

*"Industry loses \$225 Bn every year globally on account of mental health" ***



HR AND FINANCE DEPARTMENTS ARE EQUALLY CONCERNED ..

GraOne Assessments
Quickly and discreetly assess your mindfulness.



Digital life today is more demanding than ever before. HR heads are evolving new initiatives and ideas to groom, motivate and retain talent. Mindfulness is the new paradigm in the corporate HR world.

Mindfulness drive could be a part of employee welfare program or it can be part of employee insurance scheme as a preventive care or wellness.

Salient Features

- Routine screening of employees
- Awareness of mindfulness
- Wellness package including Counseling
- Privacy and security of the employee data
- Improved efficiency
- Equality and empowerment of the marginalized section within org
- Better work place

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