

Saksham

Transforming Mental Wellness
in Workplaces and Communities





Executive summary

Empowering Minds, Enhancing Lives



Saksham is a mental wellness initiative dedicated to fostering mental health awareness, reducing stigma around mental illnesses, providing accessible support and empowering mental health action through innovative digital solutions.

At its core is a gamified mental wellness monitoring app empowered with a comprehensive knowledge-driven website & blog and combined with a dynamic social media outreach on Instagram, Facebook and YouTube.

Leveraging technology, data-driven insights, and an inclusive engagement strategy, Saksham is uniquely positioned to scale impact and drive positive health action for mental wellness at both individual and community levels.

We are keen to collaborate with government agencies, corporations, industries and institutions to promote workplace mental health and community well-being.



Raise Awareness

- Importance of mental health.
- Educate about common mental health issues and challenges.



Empower Mental Health Action

- Enable & simplify monitoring of mental wellbeing.
- Encourage people to seek support for their mental wellbeing.
- Provide resources and tips for practicing self-care in daily life.



Why Mental Wellness Matters?

The silent epidemic – mental illness burden.

India is struggling with issues related to mental health. The mindset of people, myths, and misconceptions continue to riddle and stigmatize the minds of the general population.

The numbers paint a stark picture:

- ➥ **1 in 7 Indians affected:** An estimated 200 million people in India suffer from mental disorders, according to a Lancet study.¹
- ➥ **Massive Treatment Gap:** Nearly 80% of those in need of care do not receive it due to stigma, lack of access, and high costs.²
- ➥ **Economic Impact:** The economic loss to India due to mental health conditions is projected to be over \$1.03 trillion between 2012-2030 (WHO).³
- ➥ **Key Barriers:** Stigma prevents people from seeking help, and a shortage of trained professionals, especially in Tier 2 and Tier 3 cities, makes access nearly impossible for many.⁴

This silent epidemic affects not just individuals and families, but also workplace productivity and national growth. The need for an immediate, scalable, and accessible solutions to promote mental wellness has never been more critical.



The Impact Canvas

Leveraging technology, data-driven insights, and an inclusive engagement strategy, **Saksham** is uniquely positioned to scale impact and drive positive health action for mental wellness at both individual and community levels.

For Communities | Health Systems | Government:



Public Health Priority:

Mental health disorders contribute significantly to national healthcare burdens. **Saksham** provides scalable digital solutions to support public mental health initiatives.



Crisis Intervention & Support:

Our app offers helpline directories and crisis resources, making immediate mental health assistance available to vulnerable population.



Data-Driven Policy Support:

Aggregate mental wellness data insights (anonymised) can inform public policies and mental health strategies.



For Our Workforce | Corporates



Employee Well-being & Productivity:

Work-related stress and mental health challenges impact performance and job satisfaction. Saksham provides tools for stress management, self-assessment, and resilience-building mental health initiatives.



Reduced Absenteeism & Attrition:

Organisations with strong mental health programs report lower absenteeism and higher employee retention.



ESG & CSR Alignment:

Partnering with Saksham helps companies fulfil their social responsibility commitments and promote sustainable workplace practices.

Our Solutions

A gamified self-assessment tool, daily wellness affirmations, guided journaling, meditation music, mental health resources and much more!

Key Features



Gamified app
for self-assessment and monitoring.



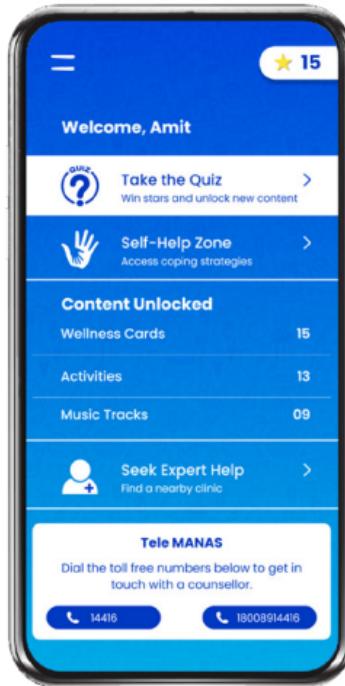
Multi-language
(Hindi, Marathi, English) for inclusive reach.



Holistic companion
Activities & resources Locate nearest govt mental health services.



Free, mobile-first
mental wellness in your pocket.
Available on App Store & Play Store



Gamified quiz assesses mental wellness for personalized insights

Find the nearest govt hospitals for expert help

Access wellness resources (tips, exercises, music, etc)

Ecosystem Support



Built for daily use – empower, don't overwhelm

Access Collaborative Resources for Implementation



The Saksham team of professionals is happy to partner in providing comprehensive resources aligned with our goals of promoting mental wellness. Which mental wellness package would you like to source and support?



Workplace Mental Wellness Program:

We can develop exclusive customised program for organisations aligned with their goals / needs featuring mental health assessments, training modules, and corporate well-being strategies.



Outreach Toolkit:

Custom-designed mental health education campaigns, community engagement programs, and access to digital wellness resources.



Public Mental Health Awareness Campaigns:

Co-branded initiatives to drive community engagement in mental wellness.



Integration into Public Health Services:

Embedding Saksham tools into national / state / regional healthcare frameworks for enhanced accessibility.



Workshops & Training Programs:
Expert-led sessions for healthcare professionals and frontline workers on mental wellness strategies.



Saksham Workplaces:
Subscription-based access to mental wellness tools for employees, including anonymous selfassessments and stress management modules.



Custom Training & Employee Wellness Packages:
In-person and virtual programs designed to support mental resilience and productivity.



CSR & Sponsorship Opportunities:
Sponsor mental wellness programs and events, showcasing corporate leadership in workplace well-being.



Be the Change. Partner with Us

We are seeking strategic CSR partnerships to scale the Saksham platform, enhance our technology, and drive wide ranging initiatives to further our cause of mental health action.



In creating mentally healthier workplaces and communities. Whether you're a government entity looking to expand mental health services or a corporation aiming to improve employee wellbeing, Saksham provides the expertise, digital solutions, and strategic guidance to make a lasting impact.

Contact Us:



+91 9930583713



drneenas@yahoo.com



sakshamindiapp@gmail.com

Mental Health Action – Time is Now!



Burden of mental disorders is overwhelming.

The expressway for “**ViksitBharat**” needs minds that are Saksham!

Saksham

Mental Wellness App

Connect with us

Web

Google play store

Apple store



An initiative by Dr. Neena Sawant, MD (Psy)

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Saksham is designed to assist users in assessing their mental wellness and providing support. It does not replace professional medical advice. If experiencing severe mental health issues, please seek help from a licensed medical professional.

References: 1. India State-Level Disease Burden Initiative Mental Disorders Collaborators. Lancet Psychiatry. 2020;7(2):148–161; 2. World Health Organization. Mental health gap action programme. <https://www.emro.who.int/mnh/mental-health-gap-action-programme/>. As accessed on 28 Jan 2026; 3. World Health Organization. Mental health. Available [online] at URL: <https://www.who.int/india/health-topics/mental-health?utm>. As accessed on 28 Jan 2026; 4. Wainberg ML, et al. Curr Psychiatry Rep. 2017 May;19(5):28.