

**Learning Soil Edu in collaboration with fiTSEA presents an innovative solution to wellbeing of employees.**



**Mental  
Health**



**Nutritional  
Health**



**Physical  
Health**

## Create a healthier and happier workplace

- Gamified Mobile Application to create extrinsic motivation.
- 4 Ethos Concept – Team, Leaderships, Challenges & Competition
- Holistic Wellbeing – mental as well as physical.
- Monitoring progress through data driven insights.
- Sustainable changes through Behaviour Re-modelling.
- Online weekly workshops on Mental and Physical Wellness and Nutrition by experts.

