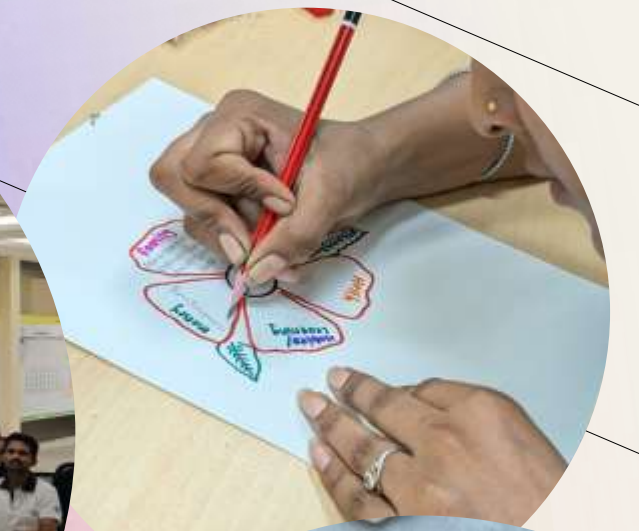




YOU'RE WONDERFUL PROJECT;

Happier Employees Make Happier Workplaces





ABOUT US

Started in 2017, You're Wonderful Project; works towards mental health awareness and accessibility.

We provide support services for workplaces and programs for employee well-being. Our corporate well-being programs are designed specifically for corporate office environments, in close collaboration with HR and L&D teams. We spread awareness, reduce stigma, and enable access to appropriate mental health support.





MILESTONES

Laid the foundation for mental health awareness through early programs and trust-building initiatives.

2017

Expanded outreach through structured campaigns (SPEAK) and early research initiatives.

2019

Digital delivery and corporate well-being scale.

2020

Corporate well-being programs strengthened alongside community initiatives such as Daan Utsav.

2023

Delivered corporate workshops, Inside Out engagements, Daan Utsav initiatives, and child well-being programs.

2024

Delivered diverse corporate well-being programs including addiction awareness, stress management and work-life balance.

2025

Advanced digital well-being initiatives, resilience-focused Nukkad Natak, and psychological safety workshops.

2026



EAP SERVICES

At You're Wonderful Project (YWP), we believe that employee wellbeing and organisational success go hand in hand. Our Employee Assistance Programme (EAP) is designed to ensure employees feel supported, valued, and cared for, while helping organisations build healthier, more engaged, and resilient workplaces.





OUR THERAPISTS



Dr. Swapnil
CLINICAL PSYCHOLOGIST



Ms. Srishti Rajora
COUNSELLING PSYCHOLOGIST



Ms. Pranati Kapoor
COUNSELLING PSYCHOLOGIST



Dr. Kanupriya Verma
CLINICAL PSYCHOLOGIST



OUR FACILITATORS



Ms. Samriddhi Gupta
ART THERAPIST

Facilitates creative, evidence-based art therapy sessions that foster emotional wellbeing and resilience.



Ms. Devyanshi
COUNSELLING PSYCHOLOGIST

Curates sessions on leadership and development



Mr. Anal Jha
SOUND HEALER

Curates immersive sound healing experiences that promote relaxation, mindfulness and emotional balance.



OUR INITIATIVES



Conducting interactive mental health awareness workshops.



Channel Stress into Journaling and Art



Creating healthier and happier workplaces through meaningful engagement.



Raising awareness and inspiring conversations through Nukkad Natak.



Reaching diverse teams across workplaces with impactful initiatives.



De-Stress and Cathartic Activities during the workshop



Active employee participation through listening, reflection, and open dialogue



Real human stories shared by volunteers to reduce stigma and build empathy



INSIDE OUT

Inside Out is an initiative designed to spark conversations around mental health. It helps employees share experiences, challenge stigma, and build empathy.



Safe and supportive space fostering psychological safety and deeper understanding



Experiential workplace engagement centered on lived mental health experiences



MODULAR PROGRAMS FOR 2026

Stress Management

2.0

Habit-building tools: journals, prompts, cue cards for daily reflection. Work-Life balance and a general positive attitude towards work!

Senior Leadership Session
Leadership interventions for leaders operating in high-performance, manufacturing, and youth-engagement settings

Grounding and Relaxation
through Sound Healing

Sessions
45–50 min immersive sessions with sound bowls, breathwork & guided calm.

Addiction/ Substance Use
Awareness

Awareness & breaking the loop from tobacco, alcohol substance.

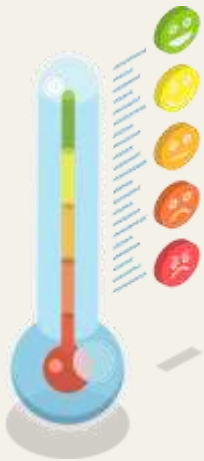
Inside Out

Human Library–style storytelling, compassion corner, gratitude wall. Theme: Digital Mental Health, Resilience





HOW EVERYTHING COMES TOGETHER?



System Readiness

Resilience
Simulations,
Mood Kiosks



Individual Care

Sound Healing,
Recharge Pods



Collective

Awareness

Inside Out, Nukkad
Natak

INTEGRATED APPROACH

Skill-Building

Stress 2.0, Digital Detox



WHAT PEOPLE ARE SAYING

A monumental journey of growth. Delivering mental health interventions at nominal and accessible rates.

Sanjula Gupta
Client



A learning experience. The events were emotionally stimulating and gave me a sense of hope. It was really wonderful

Disha Khattar
Client



One of the pioneers in the space of mental health. Well positioned to be stepping into community mental health.

Preeti Kapur
Associate Professor DRC(retd.),
Mentor, YWP;





OUR CLIENTS

Knowledge Partner



Bajaj Auto Ltd.



Izhaar



ITC



**Ashoka
University**



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✦ Thank You! ✦

