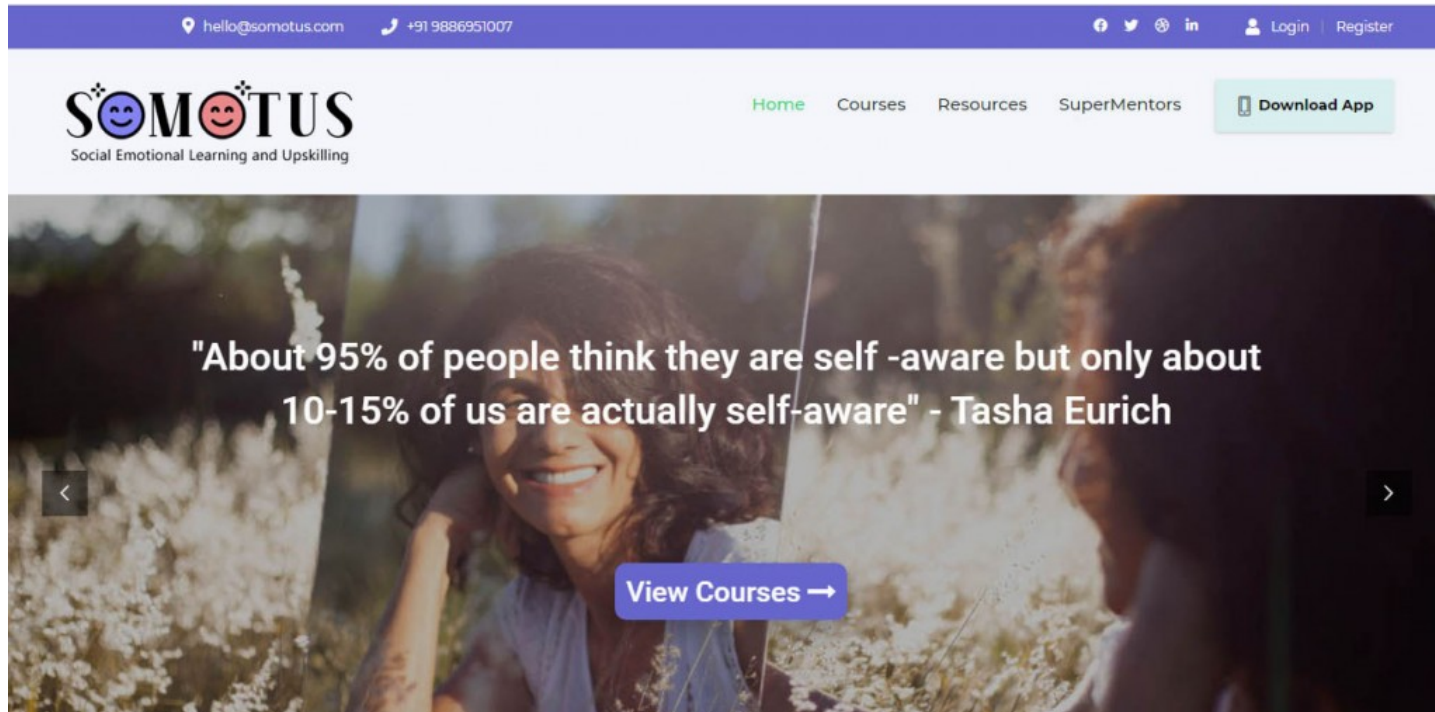


A Startup focused on inculcating Life Skills among Young Adults in India

Enable and empower young people and adults to realize their full potential both personally and professionally by developing Socio-emotional and Life Skills effectively.



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Social Emotional Learning and Upskilling

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"About 95% of people think they are self-aware but only about 10-15% of us are actually self-aware" - Tasha Eurich

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Bengaluru, Karnataka May 4, 2022 ([IssueWire.com](https://www.issuewire.com)) - The pandemic has changed the way we operate, the way we think, and the way we live. It has challenged us in umpteen ways. One of the ways that we transformed and evolved is our outlook on life. It showed us the value of things that matter more than the things we think matter. It totally brought a new turning point in the lives of these 4 individuals.

"When the first wave of pandemic hit in 2020, I saw a lot of my friends and relatives dealing with emotional challenges. It was indeed a tough situation for all of us. But I wanted to help the world in my own way and that's what became the advent of Somotus", says Prashanth Bhat, Founder of Somotus.

In this VUCA world, we deal with social-emotional situations on a daily basis, at our workplace, our home, on the road, in the conference rooms, and in many other places due to Volatility, Uncertainty, Complexity, and Ambiguity. We are expected to know how we need to deal with our emotions and feelings, how to be socially aware, and how to conduct ourselves in a highly complex and volatile environment, however, we are never taught these skills.

Somotus, an ed-tech platform, is highly focused on bringing these social-emotional skills and life skills to the table in an affordable manner for individuals across the nation. The idea is powered by a hybrid model of self-paced courses and one-on-one coaching sessions by highly qualified subject matter experts. In adjunct to this, the users will be given access to hundreds of resources, live sessions, workshops, and much more.

To bring this idea to life in 2021, Prashanth joined hands with 3 empowered ladies who are excellent in

their own domains, Priya Mohire, Nancy Goel, and Aparna Raja. Together, they have developed 15+ courses and handpicked 50+ Supermentors who are now onboarded on the platform. Not to forget the mention of partnerships and clients, they have made.

“If a Happiness Curriculum introduced by the Education Minister of Delhi in schools can change the lives of children, then why can’t we have something similar for youth and adults?” With this thought, this highly effective team of four self-motivated and industrious individuals is working relentlessly to empower their mission and bring their vision to life.

Their vision is to -

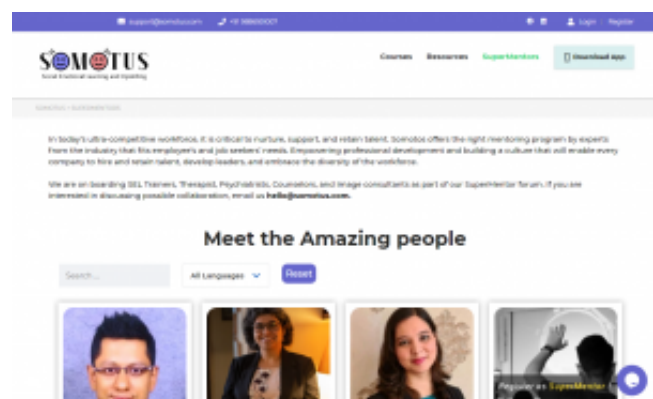
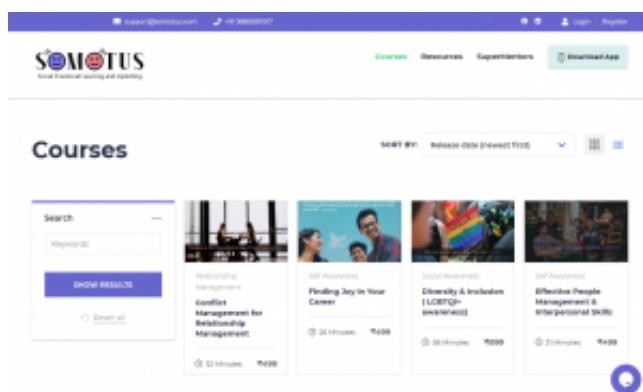
“Enable and empower young people and adults to realize their full potential both personally and professionally by developing Socio-emotional and Life Skills effectively.”

The more we develop life skills individually, the more these affect and benefit the world in which we live. Developing emotional intelligence, recognizing cultural and other differences, work ethics, showing empathy & assertiveness, and respecting diversity allow creativity and imagination to flourish. This endeavor can empower young people and adults to co-create and contribute to the development of safe, tolerant and thriving workplaces, communities, and society.

“We want to positively affect a million lives by 2025 through life and socio-emotional skills.” - echo all the four founders of Somotus in unison. Somotus.com is providing niche byte-sized & self-paced courses with 1-1 personalized mentoring.

“Pandemic has dramatically accelerated the need for new skills in the workforce, with social and emotional skills high in demand.” - Says a Mckinsey 2021 report. “With the psychological impact of the pandemic likely to linger for years, self-care is not a luxury but a public health necessity. Focusing on mental wellness is a collective social responsibility.” - says the World Economic Forum.

These reports clearly emphasize what the founders of Somotus strongly believe in - Wellness and mindfulness are the new mantras for everyone, which are not luxuries anymore but a necessity. What started out as a pure passion for these individuals is now poised to be the fastest-growing segment in the wellness industry.



SOMOTUS

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Source : SOMOTUS

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