



Shweta Diwan's
The HealthMechanix®
Your Body Deserves The Best

Your Body Deserves the Best
We create Healthy Habits not Restrictions
Proudly transforming lives since 2010

Unheard Will be Heard

CONNECT | QUANTIFY | EXPLORE

WHY we started BWA



- 1 in every 8 individuals in the world suffer from some mental ailments.
- Our goal is to engage individuals globally and, through our advanced technology and solutions, empower them to achieve optimal mental well-being and maximize their cognitive potential..
 - ❑ Low Productivity
 - ❑ Low Retention
 - ❑ Low Focus & Attention
 - ❑ Insecurity
 - ❑ Interpersonal skills & Team building

- We provide **Mental Wellness** Tech based solutions.
- Provide end-to-end services and solutions in the field of mental health using technology to corporates for higher productivity among employees
- These solutions help in **determining** the **state of the mind** of a person that is measured with a 92% **accuracy**
- Made by IBM Team USA, this technology is patented and verified by various organizations.
- Brain Analysis **Report is** generated within **2 minutes** that contains **30+ parameters** of the mind.
- There are **no questions asked** by the employee.
- Reports are backed by data.
- Problem **identified** and **solved** using **personalized** solution.
- Results** of the solution **seen within 2 weeks** and these changes can be measured.

How we do it



We provide technology and solution in the form of customized soundtrack to individuals

We provide technology to organizations and professionals dedicated to supporting individuals facing mental health challenges. Our solution is available as an optional tool for their participants..

- **Hiring the right talent** – Finding candidates with not just the right skills but also strong cognitive and emotional resilience.
- **Employee Retention** – High stress levels, workplace disengagement, and burnout lead to increased turnover.
- **Productivity Enhancement** – Employees struggle with focus, mental fatigue, and emotional instability, reducing overall efficiency.

Traditional hiring focuses on resumes, technical skills, and interviews, **but mental resilience and cognitive abilities are often overlooked**. Brain analysis adds a scientific layer to recruitment by:

- ✓ **Assessing cognitive strengths** – Evaluates problem-solving skills, decision-making abilities, and learning capacity.
- ✓ **Measuring emotional stability** – Identifies stress-handling ability, adaptability, and leadership potential.
- ✓ **Ensuring a cultural fit** – Analyses personality traits for alignment with organizational values.

Example: A sales role requires confidence, adaptability, and high energy. Brainwave analysis can measure key attributes like emotional balance, cognitive agility, and stress-handling ability to help select the best candidate.

The No. 1 reason employees leave organizations is stress and burnout. Addressing mental wellness is critical for retention. Our approach helps by:

- ✓ **Identifying stress patterns** – Detects high stress levels before they escalate into burnout.
- ✓ **Providing personalized sound therapy** – Helps employees manage workplace pressure and improve emotional well-being.
- ✓ **Measuring progress** – Post-analysis ensures employees stay engaged and balanced.

Impact: Studies show a 15-20% increase in retention when stress is managed proactively.

Employees feel valued, supported, and more connected to the organization.

A mentally optimized employee works faster, makes better decisions, and stays motivated. Our customized sound therapy and brain training enhance:

- ✓ **Focus & Attention** – Reduces distractions and improves concentration.
- ✓ **Creative Problem-Solving** – Enhances cognitive flexibility and innovative thinking.
- ✓ **Decision-Making Speed** – Strengthens neural pathways for faster processing.

Results: Studies show a 30-50% increase in productivity with brainwave-enhancing techniques.

Process



Step 1 – Day 1

Small Interaction with employees explaining them the process

Step 2 - Day 1

Recording of the Brain waves of the employees

Step 3 - Day 3

Discussion with management about the employees who may require the solution in the form of sound therapy

Step 4 - Day 3

Report delivered and analysis of the report and consultation with employees

Step 5 - Day 10

Delivery of the sound track to the employees decided by the management. Explanation of the use of sound track

Step 6 - Day 30/40/60

Brain wave analysis on 30th , 40th and 60th day

Solution to these problems

Identification

1st Step

Brain analysis using technology to identify the root cause of any issues the employee is facing.

Solution

2nd Step

After the identification of the problem, a personalized sound track is made for the employee.

Implementation

3rd Step

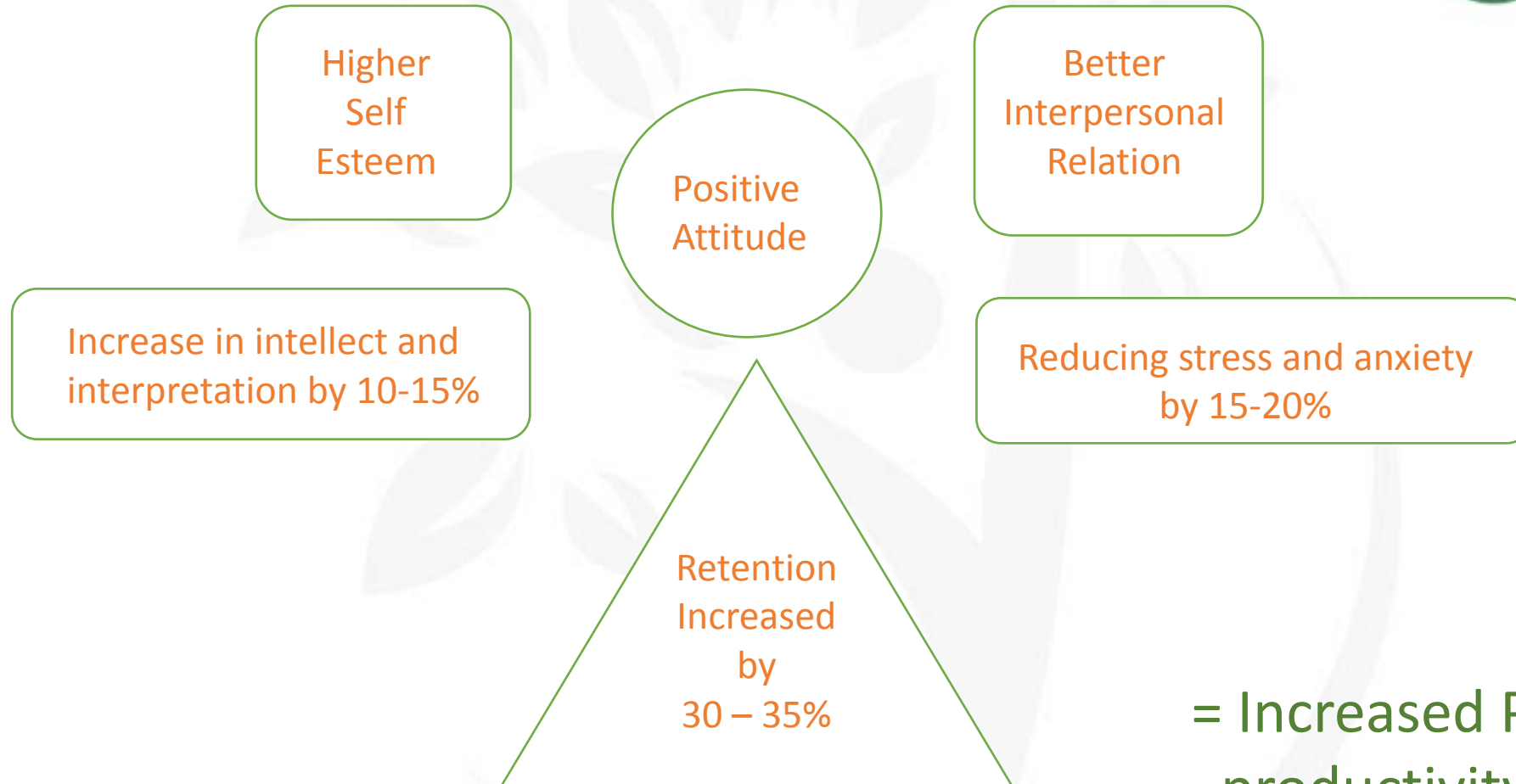
Every night the employee listens to the soundtrack using headphones before sleeping and sleeps while listening

Post analysis

4th Step

The brain analysis of the employee is recorded again and the changes occurred in his state of mind can be tracked and measured.

Benefits



= Increased Performance & productivity by 35%-45%

LET'S WORK TOGETHER

Our vision is to help people across India to reach their optimum brain potential and to help people with cognitive issues.

We intend to do this with your help and provide our support in your professional growth.

RESEARCH ON NEURON SCIENCE TILL DATE

Research papers on neuron science have been published to show that brain waves and brain related parameter readings are required to identify cognitive issues.

When treated correctly, the methods that we have developed offer solutions that range from increasing brain potential/performance to treating mental ailments.

Kindly find Annexure A with supportive research papers

What is brain wave analysis



Scientific research has shown us that we have more personal control over the behavior of our brains than we ever thought was possible. We can change attitudes, beliefs, emotional states, and behavior; all by harnessing the power of Brain Waves. For scholastic performance, social skills, attention deficit, or hyperactivity; analysis of Brain Waves can help you fully develop and achieve their optimum level. BWA (Brain Wave Analysis) addresses the foundations of learning; a balanced and organized brain can process and remember information more easily. Improved mental performance and ability to pay attention equal better learning; reducing stress develops better test results and calming emotional and behavioral issues improve social interactions. All this equals better prospects for the future.

Every individual has a unique brain wave pattern which can be recorded and analyzed with the help of technology.

Categories & Characteristics of Brain Waves

- Delta Waves (.5 TO 3 HZ) - Quality of sleep, satisfaction, Self-esteem
- Theta Waves (3 TO 8 HZ)- Thought Process, Feelings, Emotion, Overthinking, Rigidity, Bluntness
- Alpha Waves (8 TO 12 HZ) - Control over the brain, thought balancing, positivity, vision
- Beta Waves (12 TO 38 HZ)- intellect, interpretation, learning, grasping, memory
- Gamma Waves (38 TO 42 HZ)- Action, reaction, implementation, aggression, anxiety, mood swings,

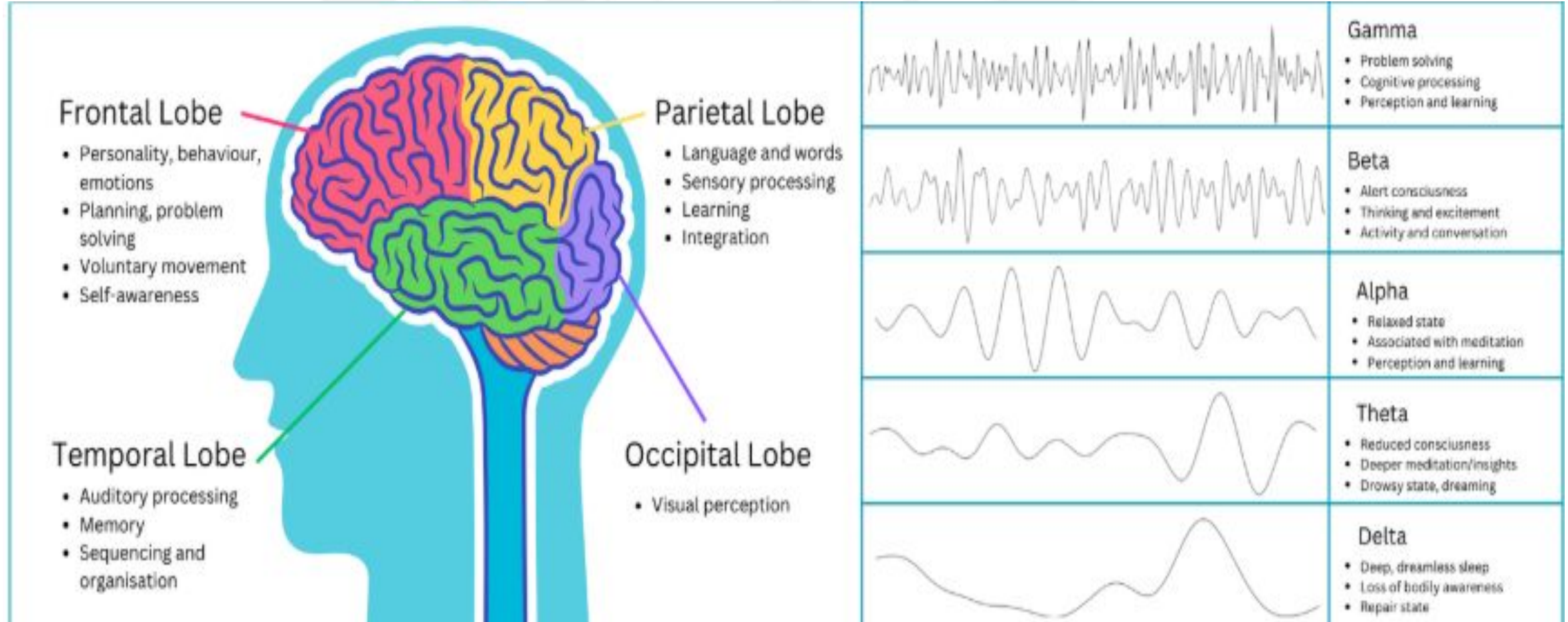
15 Parameters recorded in Brain Waves report

Alpha (1st Brain wave)	Deep Meditation	Focus
Beta (2nd Brain wave)	Inner Calm	Attention Level
Gamma (3rd Brain wave)	Inner Peace	Creativity Quotient
Delta (4th Brain wave)	Schumann Resonance (Mind Healing)	Empathy Quotient
Theta (5th Brain wave)	Joy	Stress & Anxiety Level

- Brain wave analysis is a process in which we placed a MEG headset over the head of an individual. In 2 minutes of reading, we get the penetration level of 15 parameters.
- They are:
- Alpha, Beta, Gamma, Delta, Theta, Joy, Inner Peace, Study Focus, Schuman Resonance (Mind Healing), Deep Meditation, Stress and Anxiety Reduction, Inner Calm, Empathy, and Creative Relaxation in a Graphical quantitative manner.
- This helps us to identify the parameters which are slowing down personal and professional growth of the individual.

Link Detail

Report: https://drive.google.com/file/d/1KZ8ieBUet-6Z41wEU-Dq7Vtx7Gx3L_zE/view?usp=drive_link



HOW WE WORK

The metrics that matter

20

Professionals
using
technology

130+

Total Team
experience

8+6+
2

Years taken to
customize the US
technology
and to create AI
generated report

10K+

Individuals
Benefited

130k
+

Data Points

Why organizations should use this



- Brain Waves Report generated within 2 minutes that contains 30+ parameters of the mind with a 92% accuracy.
- There is no age bar , brain wave analysis can be done for a 5 year old to 95 year old
- There are no questions asked to the individual
- Reports are backed by data - creates trust in the participants of the organization
- Organizations trust their solutions and are ready to give an impact report of their solution to their participants.

How does Customized sound therapy help



- Our brain gets highly influenced by the vibrations or the five senses which are Vision, Smell, Hearing, Taste, and Touch. Out of all these five senses, our brain is the most sensitive to sound.
- It takes the brain just a fraction of a second to respond/react. We are using this science for the enhancement of brain potential by creating a customized soundtrack.
- Sound is the most powerful form of therapy. This soundtrack helps to cope -up with the issues and challenges the participant is facing by stimulating the neurons, which then helps the participant to reach the optimum level of his/her brain potential.

BENEFITS TO PARTICIPANTS

Age 5-17year	17 year and above	30 year and above	50 and above	Health Issues covered
Improvement in studies	Career path	Better sleep	Enhancement in their present condition	Migraine
Obedience	Increased focus	Great work efficiency	Relaxation	Stress
Balanced behaviour	Decision making	Balance between work and family	Satisfaction	Insomnia
Intuition of doing right thing	Increase understanding	Better intuition for future growth	Joyful	Anxiety
				Any type of phobia

"To do anything of value, we need to have healthy body. A healthy body is a prerequisite for a healthy mind & greater efficiency. It is no coincidence that people who are successful are healthy & fit."

We also provide solutions for differently abled which will enhance present their condition.

What Clients say about us



What Clients say about us



Important Links

Instagram: <https://www.instagram.com/drshwetadiwan/>

Website: <https://drshwetadiwan.in/index.html>

Practo: <https://www.practo.com/delhi/therapist/dr-shweta-dewan-dietitian-nutritionist>

Facebook: <https://www.facebook.com/thehealthmechanix/>

You tube: <https://www.youtube.com/@thehealthmechanix>

Our Office Address

Road No.75, House No 18, Ground floor,
Opposite GNIM, Punjabi Bagh West,
New Delhi-110026

Our Phone Numbers

Mobile: +(91)-9999862141, 9999862148
Phone: +(011)-4509 6552