

What is Solh?

Solh is India's first full-stack **AI-powered stress management ecosystem**. We measure, understand and treat stress, developing **resilience**, and enabling peak performance through our proprietary **REACH Framework**.

Creating Healthier, Happier Organizations

Enhancing Productivity

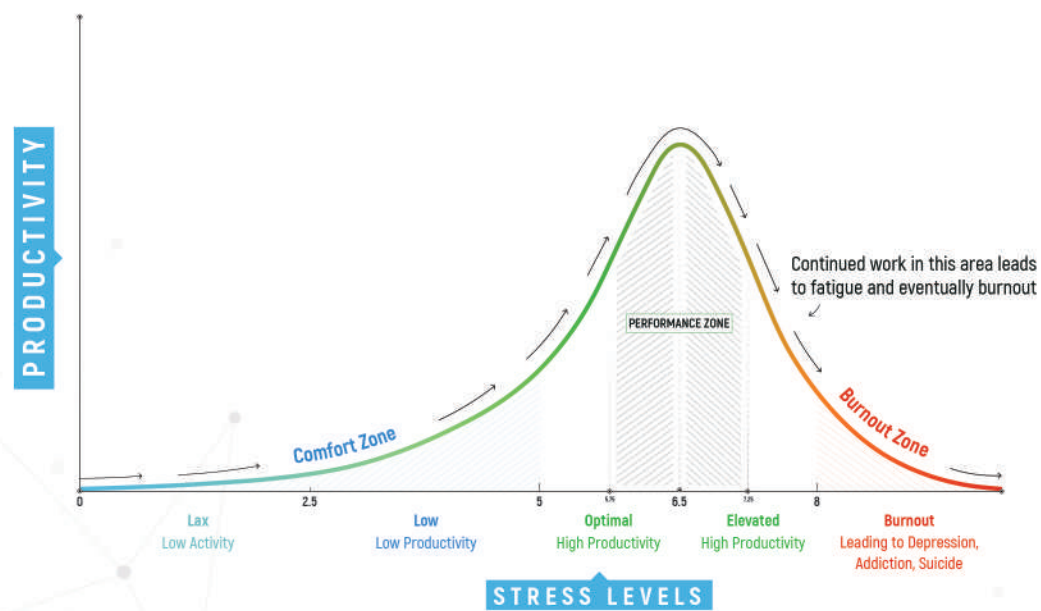
Reducing Stress, Depression & Suicide Risk

Is all Stress Bad? No!

When managed well, stress becomes a powerful motivator.

Solh empowers you to master its impact, helping you find your 'productive zone' for sustained productivity and preventing burnout.

Co-relating Stress & Performance

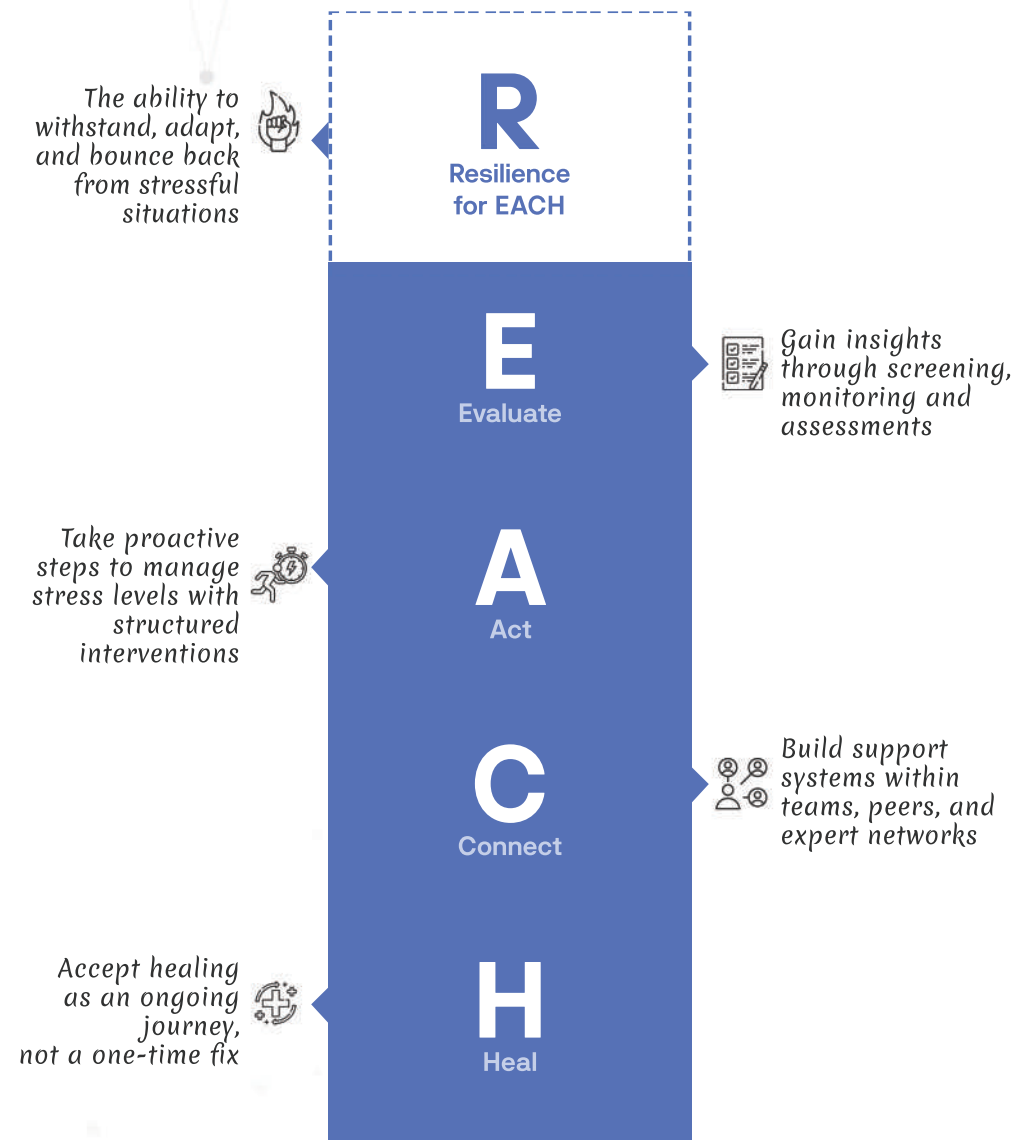


Solh helps individuals and organizations navigate the Stress Curve, transforming pressure into productivity.

The REACH AI Framework

Building Resilience for Peak Performance

Our proprietary REACH methodology transforms stress and develops resilience through four interconnected stages:



Resilience isn't a one-time fix. It's a daily system.

Our AI-powered Innovations

Streffie

India's first AI-based stress scanning kiosk & mobile app. Converts stress into a measurable metric.

Guided Plans

Structured stress recovery journeys. Built by experts. Delivered through technology.



SMART Dashboard

- See stress patterns across teams/departments
- 100% anonymized
- Actionable in real-time

Prarambh Life

Clinically validated de-addiction programs for substance (alcohol, smoking, etc.) and behavioral dependencies (gaming, social media, etc.)

Solh Buddy

Talk Now with your 24x7 companion. Personalized emotional check-ins, reflective nudges, and with seamless access to professional support.



Offerings Across Sectors

For Companies

Happier teams. Less burnout. Real ROI.

- Problem Discovery Calls
- Streffie Stress Kiosk at entry points
- Smart Dashboard (No personal tracking, 100% insights)
- Custom Stress Reduction Plans based on user profiles
- Talk Now with Solh Buddy your 24x7 support for overwhelming situations



For Education

Support your students where it matters most their mind.

- Domain-based login (No data required)
- Talk Now with Solh Buddy - A 24x7 safe space in your pocket
- Anonymous Campus Dashboard
- Prarambh Life – Preventive plans for mobile, porn & gaming addictions

For Healthcare

Caring for those who care for us.

- Live stress alerts via Streffie
- Remote access to support tools
- Solh Buddy for emotional decompression
- Addiction support for prescription, alcohol, and other issues
- Burnout and overload tracking by unit/team



Solh Wellness

India's First AI-Powered Stress Management Ecosystem

“What if your Team had a system that prevented stress before it became a crisis?”

Where burnout ends and resilience begins.

- Built for Your People
- Powered by AI
- Augmented by In-house counselors



Why Solh Works

- No personal data needed
- Data-anonymised dashboards
- Multilingual, Indianised content
- 150K+ lives supported
- Plug & play setup
- Works across workplaces, colleges, & healthcare setups



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Our Awards



Our Certification

