



Building Resilience in EACH Campus



Mental Wellness App of the Year 2024



Jury Recognition Healthcare



Health & Community Wellness Advocate

Indian Students & Teachers are Stressed!



28%

Students have mental health condition



32%

Students report Depression and Anxiety



70%

Increase in student suicides over the past decade



92%

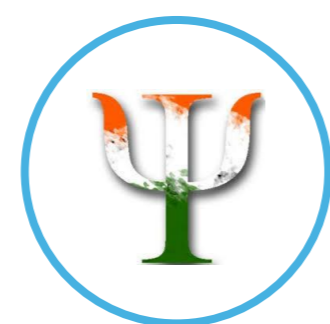
Treatment gap exists for mental health in education sector

Teachers at risk!



40%

Teachers reports sleep issues due to stress



42%

Female teachers report higher burnout rates



55%

Teachers in India struggle with daily tasks due to stress



74%

Teachers feel overwhelmed by workload

Institutional Impact of Student Stress



Revenue Loss

Unmanaged stress causes drop-outs impacting multi-year revenue



Reputation & Prestige

Stress induced violence, addiction and suicides harm public image and ranking



Quality of Education

Unmanaged Stress impacts academic outcomes for both students and faculty

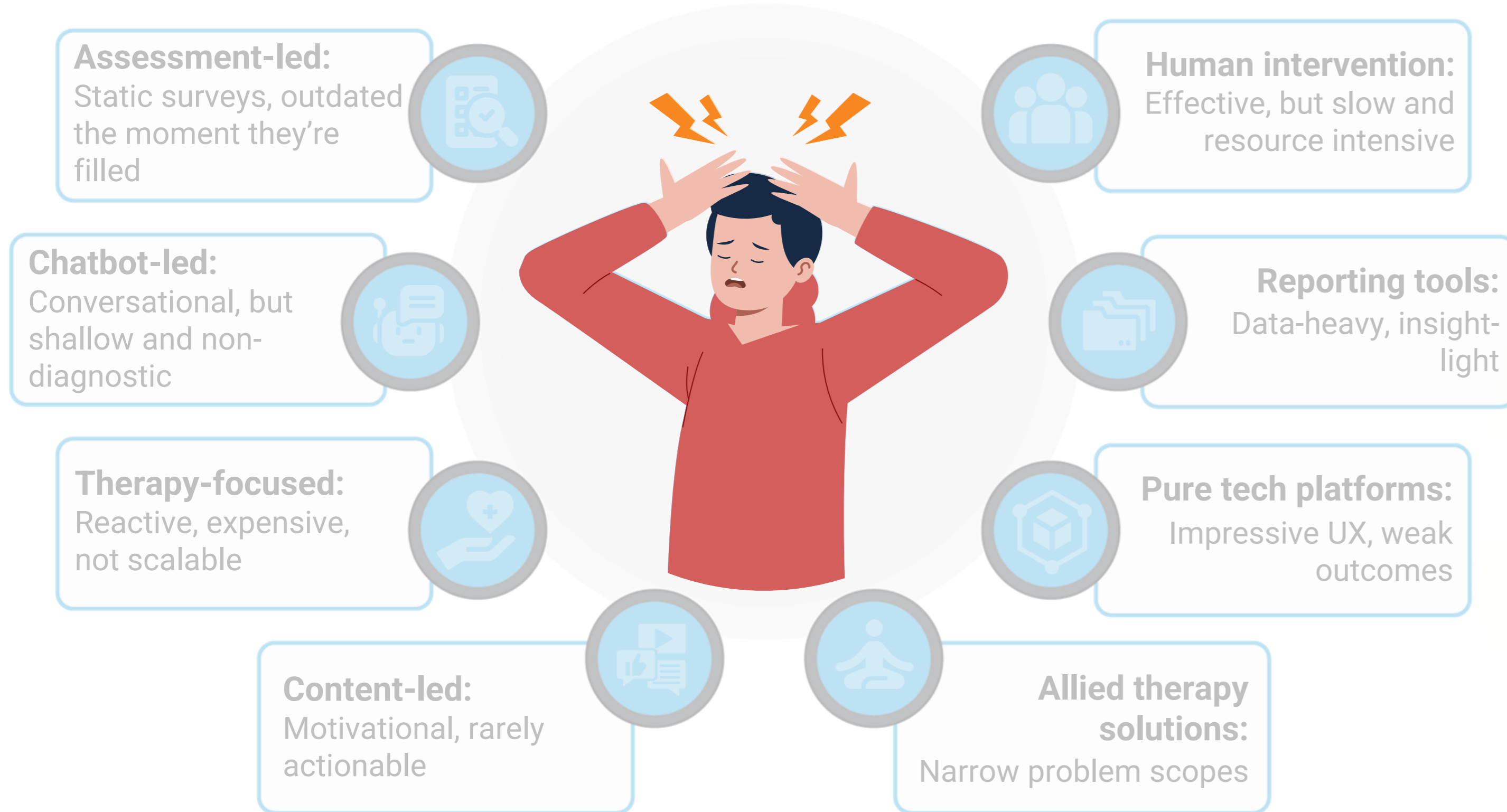


Admission Challenges

Reputational and cultural impacts of student stress impacts new admissions & growth

Current Solutions and Where They Fail

**The market is crowded.
The answers are fragmented**




**Each solves ONE slice
The customer wants ONE answer**



Holistic Wellness Framework

Mental & Emotional Wellness


- ✓ Proactive Stress Mgmt
- ✓ Hybrid Counseling
- ✓ Resilience Building
- ✓ Crisis Intervention



Tools
Workshops
Counselors
Helplines

Physical Wellness


- ✓ Occupational Health
- ✓ Fitness & Movement
- ✓ Preventive Screenings
- ✓ Nutrition & Sleep



Workshops
Yoga
Tests
Group Activities

Social & Community Wellness


- ✓ Community Building
- ✓ Peer Support Circles
- ✓ Stigma Reduction
- ✓ Family Integration



Internal & External Support
Groups Including moderation by Counselors

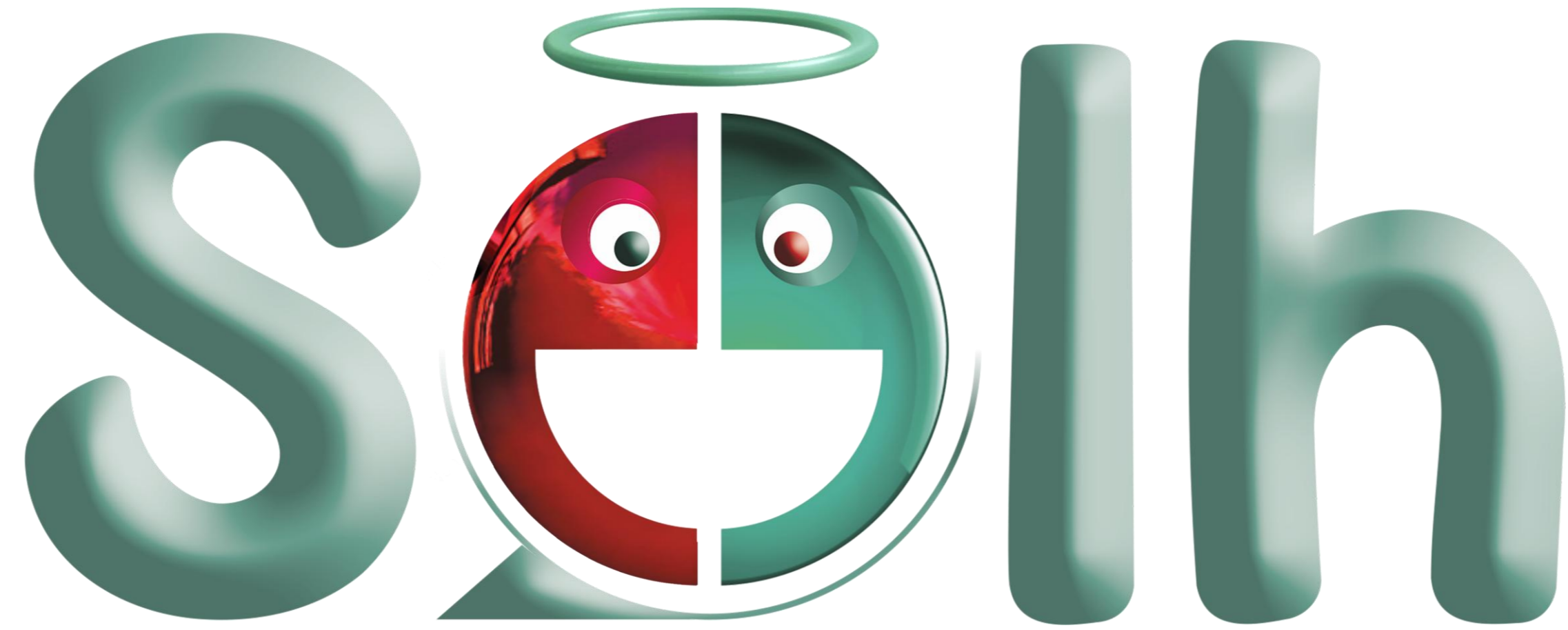
Financial Wellness

- ✓ Financial Literacy
- ✓ 1-on-1 Advisory
- ✓ Wealth & Security
- ✓ Anxiety



Workshops
Specialist Sessions
Expert Network

INTRODUCING



Wellness

Comprehensive Stress Management Solution

We are a comprehensive stress management solution, building resilience in every individual through our proprietary AI Framework called **REACH**.

Creating Healthier,
Happier Institutions



Enhancing
Learning & Performance



Reducing Stress, Depression
and Suicide Risk

REACH in action 



Our Core Offerings


1. Complete Solh Ecosystem

AI + HUMAN + TECHNOLOGY




REACH


Building RESILIENCE FOR EACH

- 


User Platform

24/7 access to personalized tools and 1000+ resources via **mobile & web**
- 


SMART AI Dashboard

Data-driven institutional analytics to monitor & manage students & faculty
- 

Streffie

AI-powered kiosks and app enable instant stress check via device cameras
- 

Prarambh Life

3-6 month structured program for substance & modern dependencies
- 

Solh Buddy

24/7 companion guides users from stress to relief with expert monitoring

E

EVALUATE

Gain insights through screening, monitoring and assessments

A

ACT

Take proactive steps to manage stress levels with structured interventions

C

CONNECT

Build support systems within classrooms, courses, and campuses

H

HEAL

Accept healing as an ongoing journey, not a one-time fix

E

EVALUATE

Gain insights through screening, monitoring and assessments

STUDENT/TEACHER LEVEL



Streffie:
AI-powered stress monitoring with personalized insights



Standardized Assessments:
50+ assessments to develop awareness through self-reflection



Individual Dashboard:
Personal tracking to stay on the mark

INSTITUTIONAL LEVEL



SMART AI Dashboard:
Actionable, real-time insights on students & faculty



Streffie Kiosks:
Stress check stations at multiple points for quick monitoring

HOW IT HELPS?



Well-being insights for students and teachers generating actionable data for Institutions to proactively identify & address stress, improving overall health and productivity



Streffie - AI Stress Monitoring

Revolutionary stress biomarker technology that provides real-time stress insights.

Technology:

- Analyzes 68 facial micro-expressions with 90% accuracy
- No wearables required - works with any smartphone camera
- Instant stress score (1-10 scale) with actionable insights
- Complete anonymity - no facial data stored

Deployment Options:

- **Physical Kiosks:** Stress check stations at strategic locations (entry points, classrooms, staffrooms, etc)
- **Mobile/Web App:** Accessible anytime, anywhere for continuous monitoring
- **SMART Dashboard:** Real-time aggregated analytics for management

What You Get:

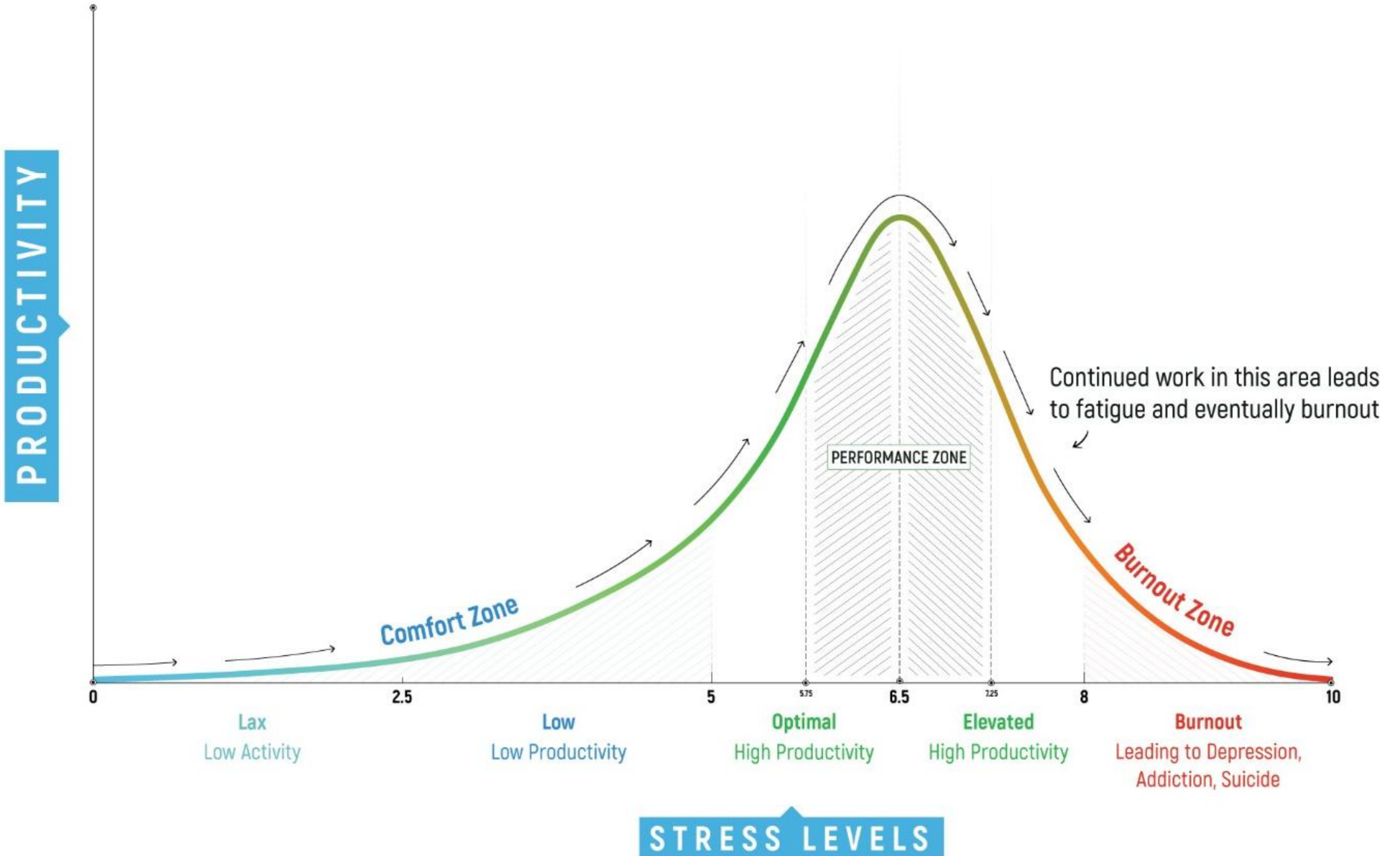
- Stress trend analysis across departments & shifts
- Early warning system for at-risk students
- Personalized wellness recommendations
- 100% anonymized, GDPR-compliant data

Co-relating Stress and Productivity

Is All Stress
Bad?
NO!

When managed well, stress becomes a powerful **motivator**.

However, **prolonged high stress** can overwhelm your system, leading to **burnout, anxiety, and eventual breakdown**.



SMART AI Dashboard

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

- Dynamic "Word Clouds" automatically surface top emerging risks
- Stress Charts highlights emerging pressure weeks before burnout hit
- Heat-map calendar flags high-stress days so you can schedule de-stress events strategically



A

ACT

Proactive steps
to manage stress
with structured
interventions

STUDENT/TEACHER LEVEL



Solh Buddy:

24/7 instant support for
overwhelming situations



Guided Plans:

Structured Paths for daily stress
alleviation



Problem Discovery:

Psychologist-led issue
identification



Access to Experts:

Highly experienced clinical and
non-clinical professionals

INSTITUTIONAL LEVEL



Campus Workshops:

Expert-led sessions on stress
management



Guides & Materials:

Student engagement materials
for teaching staff



PsyCap Reward Programs:

Recognize, reinforce & reward
resilience building efforts



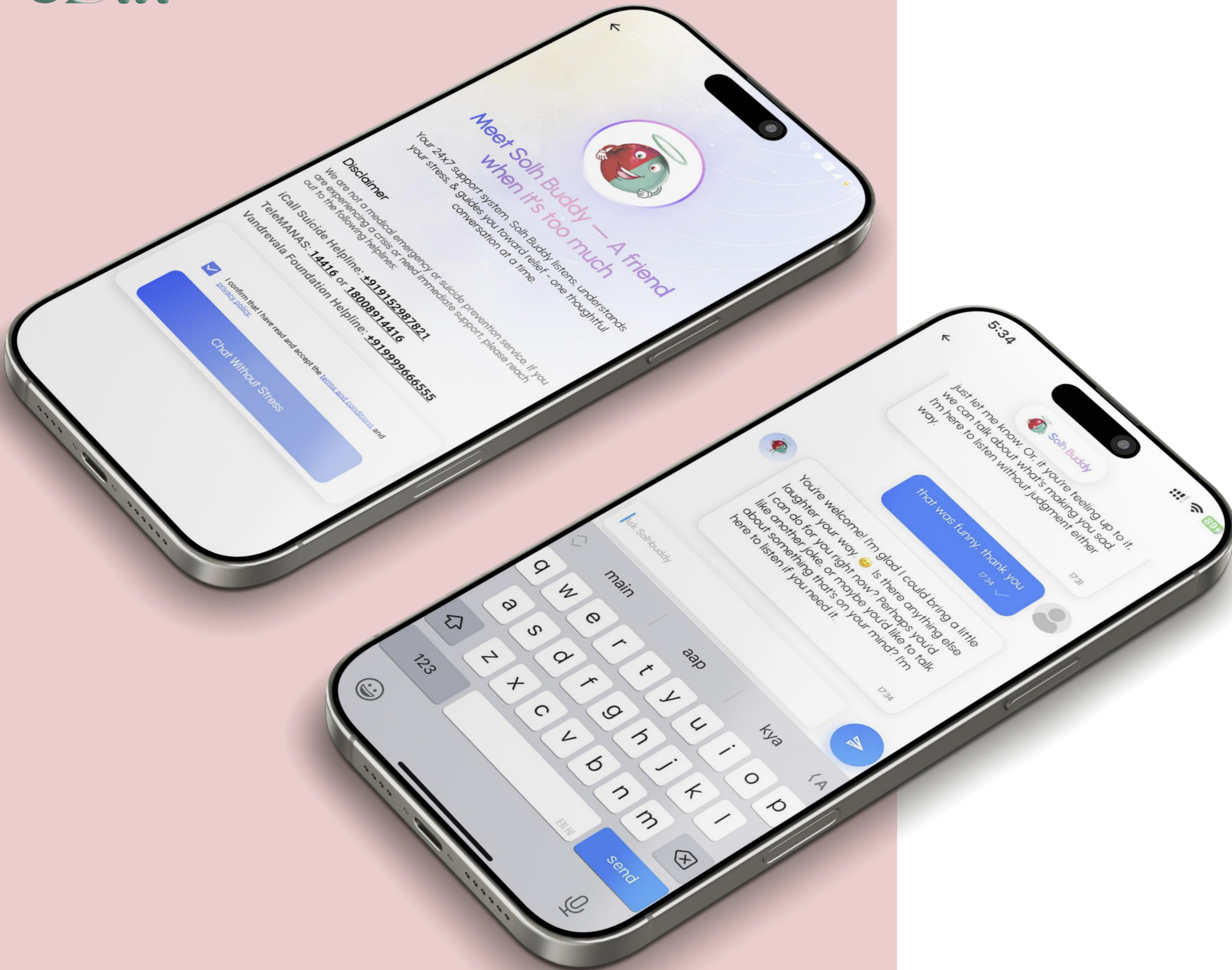
Compliance:

Adherence to UGC guidelines, NEP
2020 mental health provision

HOW IT HELPS?



Immediate support and coping tools for students and teachers, while providing programs and resources for Institutions to foster a supportive environment



SOLH BUDDY

YOUR STRESS MANAGEMENT COMPANION

Tap Solh Buddy anytime for practical, personalized support

- **24/7 Availability** - Instant emotional support anytime, anywhere
- **Privacy Protected** - Completely confidential conversations with no judgment
- **Immediate Support:** Provides instant guidance to the right feature & support
- **Curated by Experts:** Enriched with Solh insights to understand your symptoms and moods
- **Takeover Mechanism:** An In-house expert discreetly monitors chats to ensure a safe, risk-free experience

*Not a substitute of emergency helpline

1000+ EXPERT CURATED CONTENT

Across 15 Stressor Categories & 12 Symptom Areas



400+ Activity Resources

- **Reset Rituals - Meditation (60+ guided sessions)**
- **Reset in Your Body - Somatic Exercises (35+ videos)**
- **Mood Meals (35+ postcards)**
- **Wellness Classes (20+ videos)**
- **Exercise Classes (Multiple videos)**
- **Toolkits (10+ comprehensive PDFs)**



350+ Knowledge Resources

- **Know Your Stressor Guides (45+ PDFs)**
- **Myth vs Fact Cards (135+ postcards)**
- **E-Books (30+ comprehensive guides)**
- **Food X Stress Nutrition Guides (60+ postcards)**
- **Wellness Programs (10+ programs)**



250+ Insight Resources

- **Nervous System Diaries (35+ videos)**
- **Know Your System (35+ PDFs)**
- **Stress, Mapped (35+ postcards)**
- **Behind the Symptoms (35+ PDFs)**
- **Stress, Unmasked (40+ videos)**

Accessible in Hindi & English

Every stressor and symptom has resources across all three levels:

Level 1:
Beginner-friendly foundational content

Level 2:
Intermediate techniques and deeper insights

Level 3:
Advanced strategies and comprehensive support

C

CONNECT

Build support systems within classrooms, courses, and campuses

STUDENT/TEACHER LEVEL



Support Groups:

35+ moderated peer groups for diverse needs



Journaling:

Space for self-reflection and emotional tracking



Expert Network:

Seamless access to qualified professionals

INSTITUTIONAL LEVEL



Campus Support Group:

Build internal groups and mentorship for mutual aid



Community Building Initiatives:

Activities and events for a connected campus



Curated Experts:

Availability of internal and external professional support

Anonymity & Data Security

Safe, private space for support without judgment

HOW IT HELPS?



Builds individual support networks and a sense of community, while enabling institutions to cultivate a more empathetic and connected campus culture through peer and expert support

Solh Marketplace & Expert Network

How the Marketplace Works

For Employees:

- Browse 400+ verified experts
- Filter by specialization, language, availability, experience
- Read verified reviews and ratings
- Book sessions directly through the app
- Completely confidential and secure

Expert Categories Available:

- **Mental & Emotional Wellness:** Clinical Psychologists, Psychiatrists, Therapists, etc.
- **Physical Wellness:** Nutritionists, Dieticians, Yoga & Fitness Trainers, Physicians, etc.
- **Social & Community Wellness:** Counselors, Parenting Coaches, Meditators etc.
- **Financial Wellness:** Financial Planners, Tax Consultants, Investment Advisors etc.



H

HEAL

Accept healing
as an ongoing
journey, not a
one-time fix

STUDENT/TEACHER LEVEL



Stress Management Plan:

Individualized step-by-step plans for specific stressors



Prarambh Life (AI De-Addiction):

Structured online plan for overcoming unhealthy habits (3/6-month plans, 24/7 access)

INSTITUTIONAL LEVEL



Resilience Training Programs:

Workshops to build coping skills across all levels



Well-Being Policy Integration:

Embedding student & teacher wellness into institutional practices

HOW IT HELPS?



Long-term recovery through well-being & personalized resources for students and teachers through policy integration for institutions to build a culture of resilience

Prarambh Life - AI-Powered De-Addiction Program

India's first comprehensive addiction recovery platform designed for modern & substance dependencies

Program Options:

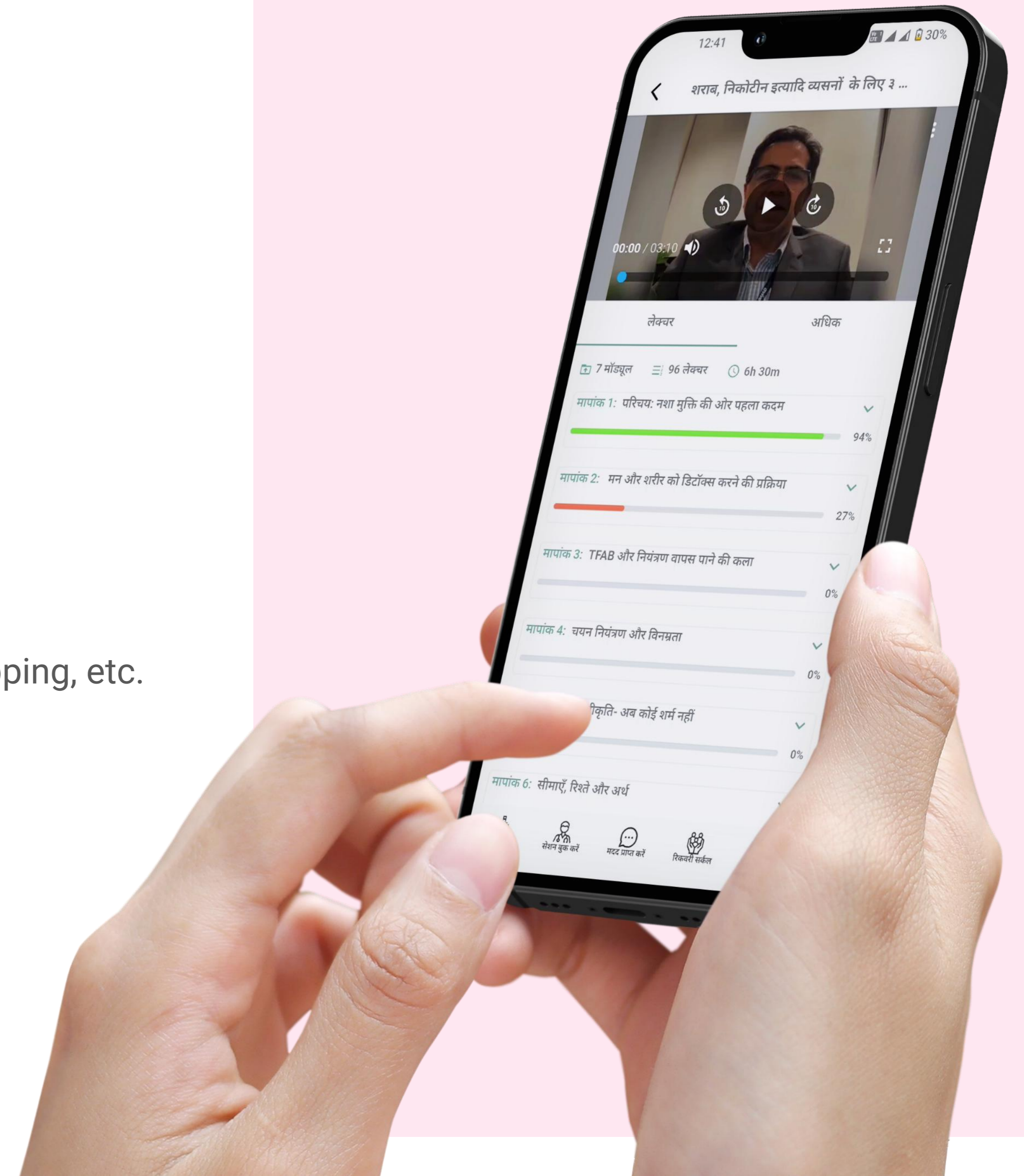
- **3-Month Preventive Program:** For early-stage dependencies
- **6-Month Curative Program:** For established addictions

Addictions Covered:

- **Substance Dependencies:** Alcohol, smoking, tobacco, drugs, etc.
- **Behavioral Addictions:** Social media, gaming, internet, gambling, shopping, etc.

What's Included:

- Daily check-ins and craving management
- AI-powered relapse prevention
- Clinically validated intervention strategies
- 24/7 support during critical moments
- Available in **Hindi & English**
- 80% reduced relapse rate (12,000+ success stories)



Benefits for Educational Institutions

A Healthier, More Productive Campus

Reduced Teacher & Student Dropout



Increased Performance and Student Engagement



Identify programs with At-Risk Students



Reduced Absenteeism and Stress



Enhanced Institutional Reputation



Identify Good Teaching Staff



See Aggregated Stress By cohort levels



Reward Active Participants in Stress Management Efforts



How We Deliver

*The solution to stress management is never just **AI** or **human support**; it's the right combination of **both**. Solh's technology provides a foundation of insight generation, while the human support ensures true, empathetic care*

MECHANISM



User:

AI-enabled web, mobile app & kiosks for accessible well-being



Institution:

AI-driven stress management system for guiding Campus well-being initiatives

CAPABILITIES

Technology(AI)



Comprehensive Monitoring:

Streffie and other tools track real-time stress and well-being data.



Predictive Insights:

Data is analyzed for actionable insights to proactively address stressors.



Personalized Guidance:

The AI curates personalized plans, recommendations & resources

Human Support



Direct Support:

Access to immediate, confidential human support via Solh buddy, Problem Discovery & one-on-one sessions.



Holistic Care:

Expert-led sessions and workshops provide a deeper level of support for complex issues.



Professional Expertise:

A network of experts delivering seamless, personalized, and private care.

Our Team



Kapil Gupta
CEO & Co-Founder

B.Tech (DTU), M.S. (NCSU);
Driving vision, strategy, and
growth



Dr Tarun Sehgal
Co-Founder

MBBS, MSc Neuroscience
FRANZCP; Heads clinical
vision and expertise



Muskan Gupta
Co-Founder

B.A. Psychology (DU);
Drives Youth mental health
initiatives



Chandan Agarwal
Chief Business Officer

IIT Delhi, IIM-Ahmedabad;
Strategy & Operations



Paul Radkowski
Program Creator

B.Psych, MTS. Therapist;
Designs de-addiction programs
& care pathways



Jyoti Midha
Strategy Head

B.E. Electronics (TIET);
Leads partnerships and
strategic initiatives



Navita Berry
Business Head

Political Science & Mass Comm.
(DCAC); Leads marketing
initiatives & outreach



Sumit Srivastava
Product Head

BCA, MCA, MBA;
Heads product innovation
and technology

Journey So Far

Corporates

Colleges

Schools

NGOs and Community Groups

<p>150K+ App Downloads</p>	<p>1.5M+ Pscap Points generated</p>	<p>50K+ Talk Now Conversations</p>	<p>150+ Workshops Conducted</p>
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Competitive Highlights

Feature/Service	Solh	YourDOST	Wysa	Amaha	Silver Oak Health
Free for Individual Consumers	✔ Free access for individuals	✘ INSTITUTIONAL	⚠ LIMITED FREE	⚠ LIMITED FREE	✘ CORPORATE ONLY
AI Stress Monitoring (Streffie)	✔ Stress Biomarker	✘ No stress monitoring	✘ Basic	✘ Basic	✘ Basic
De-addiction (Prarambh Life)	✔ AI Deaddiction Program	✘ None	✘ None	✘ None	✘ None
24/7 Human + AI Support	✔ Hybrid (AI + Human)	⚠ 24/7 Human support	⚠ AI only	⚠ Human support	✔ Both
Guided Plans	✔ AI-curated 7-14 day plans	✘ No plans	⚠ Generic	⚠ Basic self-care plans	✘ No plans
Self-help Tools	✔ Integrated (AI monitoring)	⚠ Minimal self-help	⚠ Limited CBT tools	✔ Tools & resources	✔ Tools & resources
Community Support Groups	✔ YES	✘ None	✘ None	✔ YES	✔ YES
Clinical Intervention	✔ YES	✔ YES	⚠ Text support only	✔ YES	✔ YES
Wellness Activities	✔ YES	✘ None	✘ None	✘ None	✔ YES
Complete Anonymity	✔ YES	✔ YES	✔ YES	✔ YES	✔ YES
Educational Resources	✔ 1000+ Resources	⚠ Basic resources	⚠ Limited resources	⚠ Articles & tips	✔ Yes
PsyCap Reward Gamification	✔ PsyCap based gamification	✘ None	✘ None	✘ None	✘ None
Intelligent AI Triggers	✔ YES	✘ No AI triggers	✘ Pre-scripted	✘ Basic chatbot only	✔ YES
Platform for Professionals	✔ YES	✔ YES	✔ YES	✔ YES	✔ YES
Comprehensive Mobile App	✔ YES	⚠ Limited	⚠ Limited	⚠ Limited	⚠ Limited
Kiosk Integration	✔ Stress Biomarker	✘ None	✘ None	✘ None	✘ None
Multi-Language Support	✔ YES	✔ YES	⚠ English primarily	⚠ English primarily	✔ YES
Corporate Analytics	✔ YES	⚠ Basic	⚠ Basic	✘ No B2B analytics	✔ HR dashboard

SOLH



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SOLH APP**



Available on the
App Store

ANDROID APP ON
Google Play

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