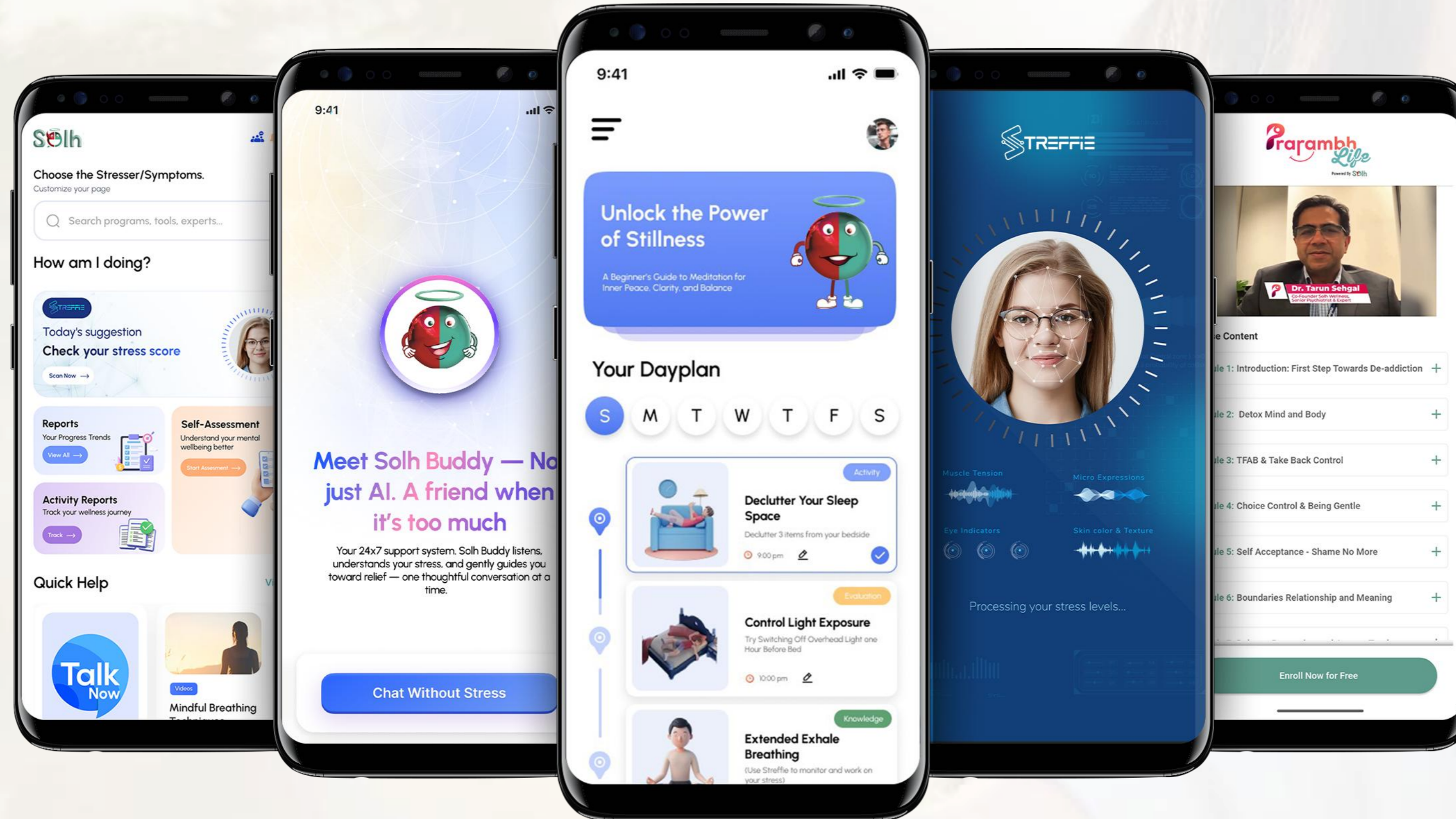




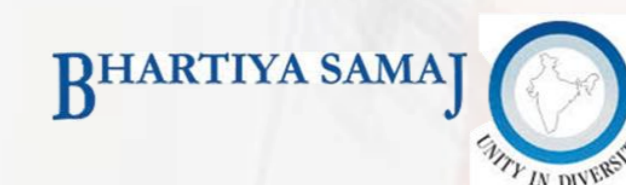
# Building Resilience in EACH



**Mental Wellness App of the Year 2024**



**Jury Recognition Healthcare**



**Health & Community Wellness Advocate**

# The Indian Workforce Is Stressed!



**62%**

Employees report Burnout, 3x Global Avg of 20%



**42%**

Employees in private sector report Depression and Anxiety



**72%**

Women report high stress levels at work



**12.4 Lakh**

Suicides related to Work Stress & Substance abuse in 2022

## Future Talent at Risk!



**64.5%**

Employees between 21-30 yrs report high stress levels



**30%**

Professionals under 25 yrs screen positive for Depression



**90%**

Workforce under 25 years experience Anxiety daily



**49%**

Professionals want to quit their jobs due to work stress

# Organizational Impact of Employee Stress



**₹100 Crore**

Estimated annual productivity loss for a 5,000-employee banking company



**₹50 Crore**

Estimated loss for a 10,000-employee IT firm due to employee burnout



**₹3.3-₹17.4 Lakh**

Incurred annual cost per employee due to burnout, across surveyed Indian corporates

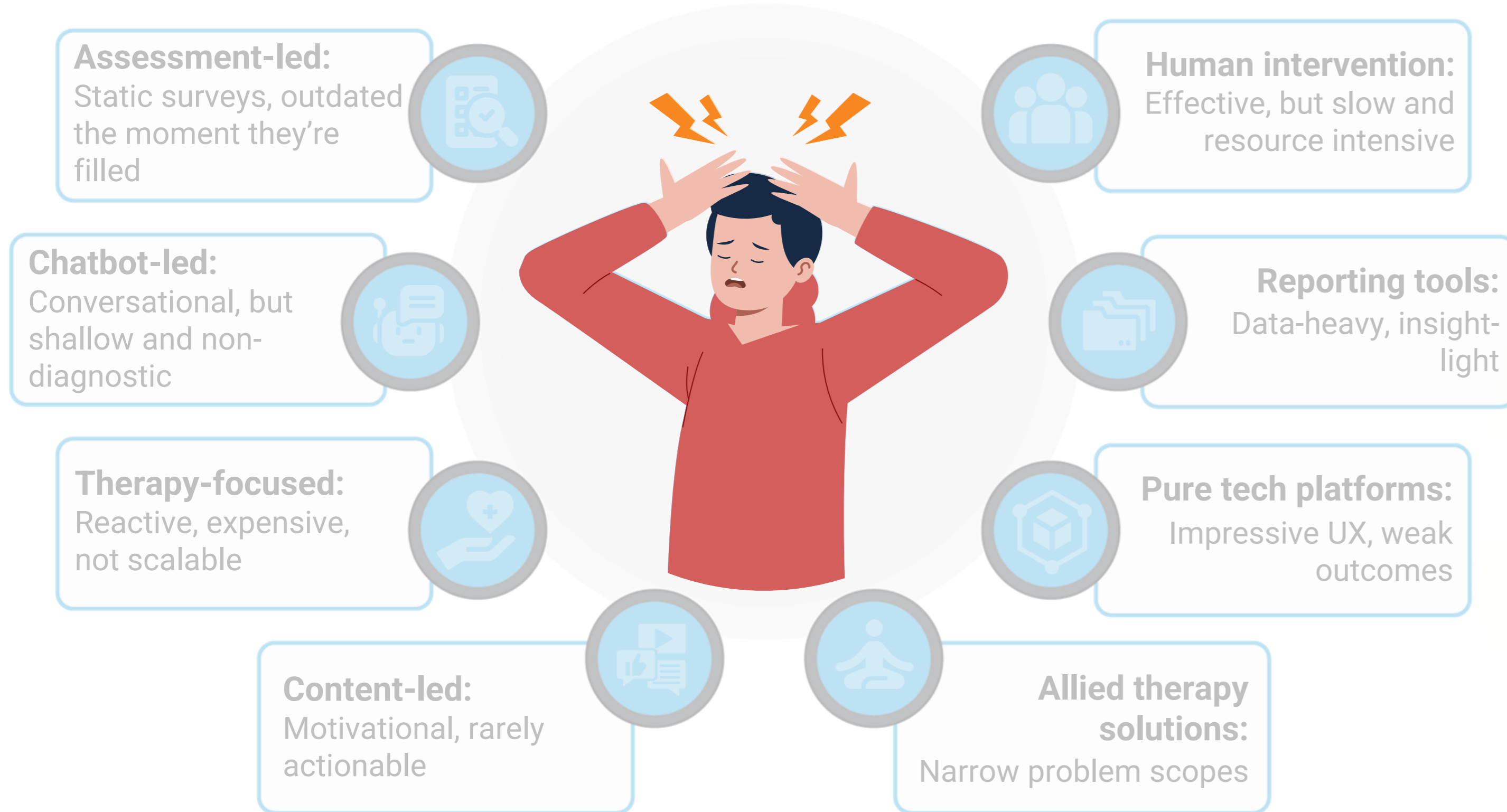


**₹1.1 Lakh Crore**

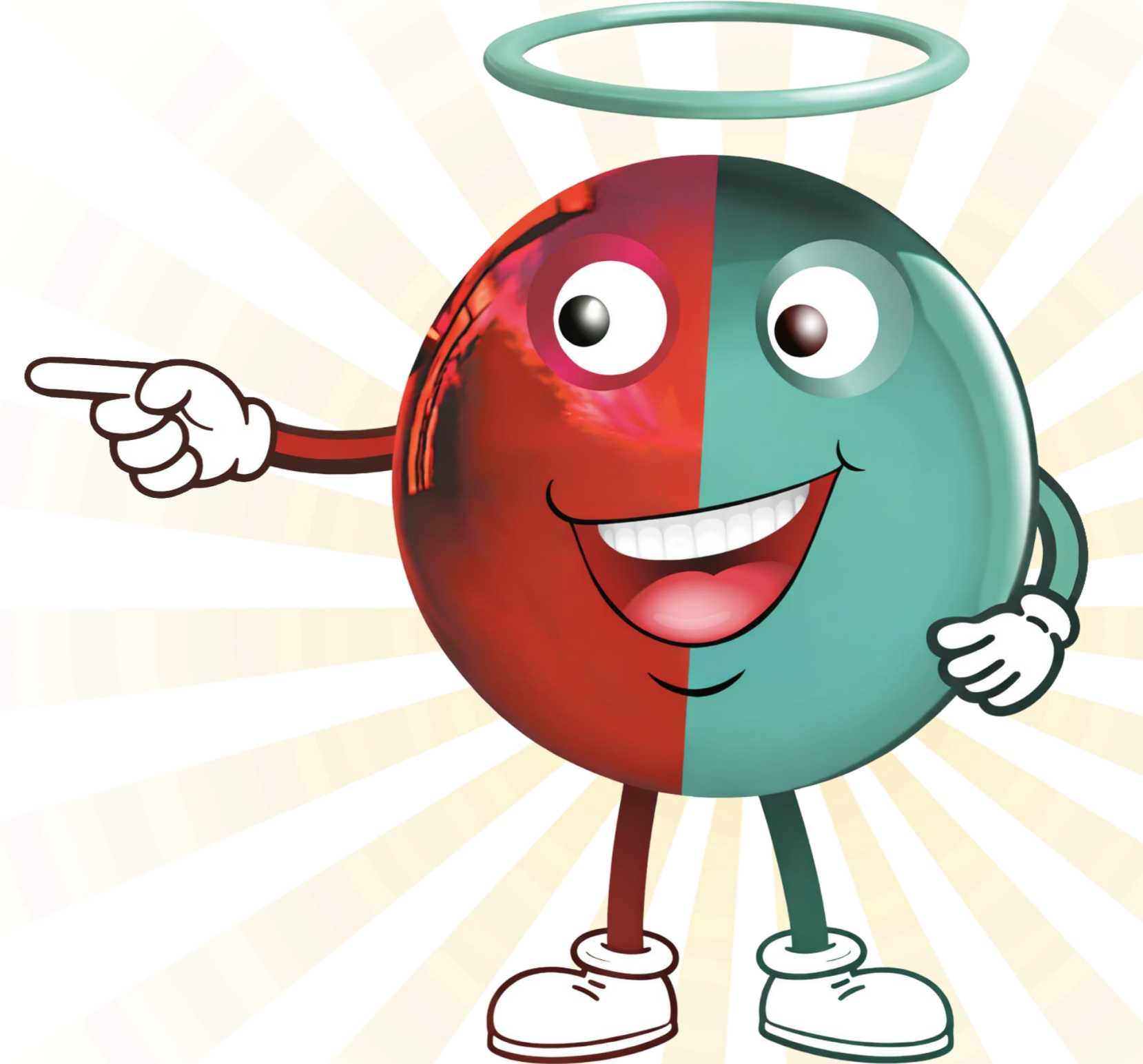
Yearly corporate loss incurred by Indian companies due to poor employee health

# 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



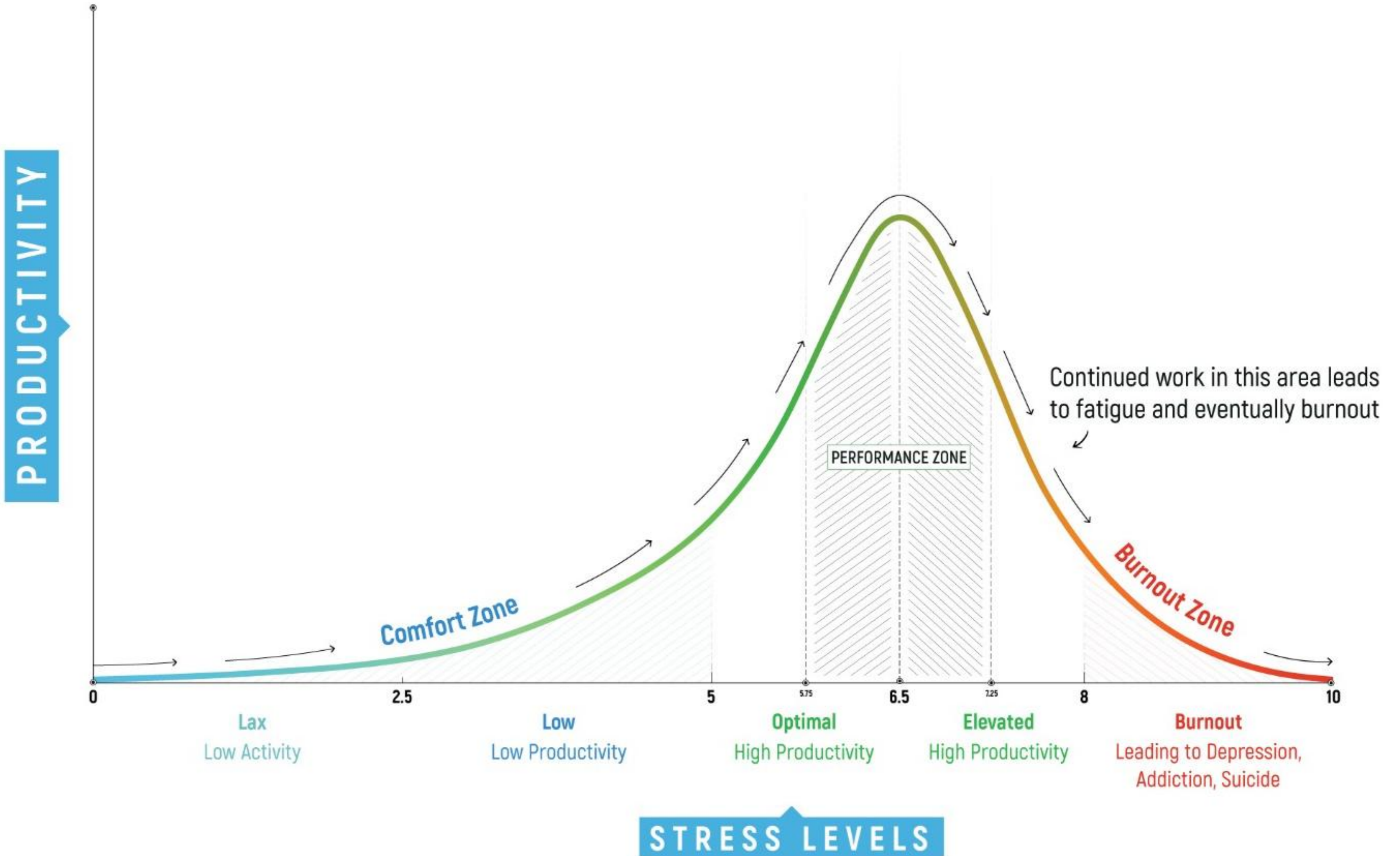
*Workshops*  
*Specialist Sessions*  
*Expert Network*

# 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**.



INTRODUCING



---

# Wellness

---

**Comprehensive Stress Management Solution**

A comprehensive, multi-dimensional stress management solution, building resilience in every individual through our proprietary AI Framework called **REACH**.

**Creating Healthier,  
Happier Organizations**



**Enhancing  
Productivity**



**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**

Real-time, data-driven organizational analytics to monitor & manage employees
- 

**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 teams, peers, and expert networks

# H

**HEAL**

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

# E

## EVALUATE

Gain insights through screening, monitoring and assessments

### INDIVIDUAL 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

### ORGANIZATIONAL LEVEL



#### **SMART AI Dashboard:**

Actionable, real-time insights on employees and teams



#### **Streffie Kiosks:**

Stress check stations at multiple points for quick monitoring

### HOW IT HELPS?



*Personal well-being insights for individuals and actionable data for organizations to proactively identify and address stress, improving overall health and productivity*



## Streffie - AI Stress Monitoring

Revolutionary stress biomarker technology that provides real-time employee wellness 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 (lobbies, break rooms, staff areas)
- **Mobile/Web App:** Accessible anytime, anywhere for continuous monitoring
- **SMART Dashboard:** Real-time aggregated analytics for HR and management

### What You Get:

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

# 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

## INDIVIDUAL 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

## ORGANIZATIONAL LEVEL



### Corporate Workshops:

Expert-led sessions on stress  
management



### Guides & Materials:

Employee engagement resources  
for HR Function



### PsyCap Reward Programs:

Recognize, reinforce & reward  
resilience building efforts



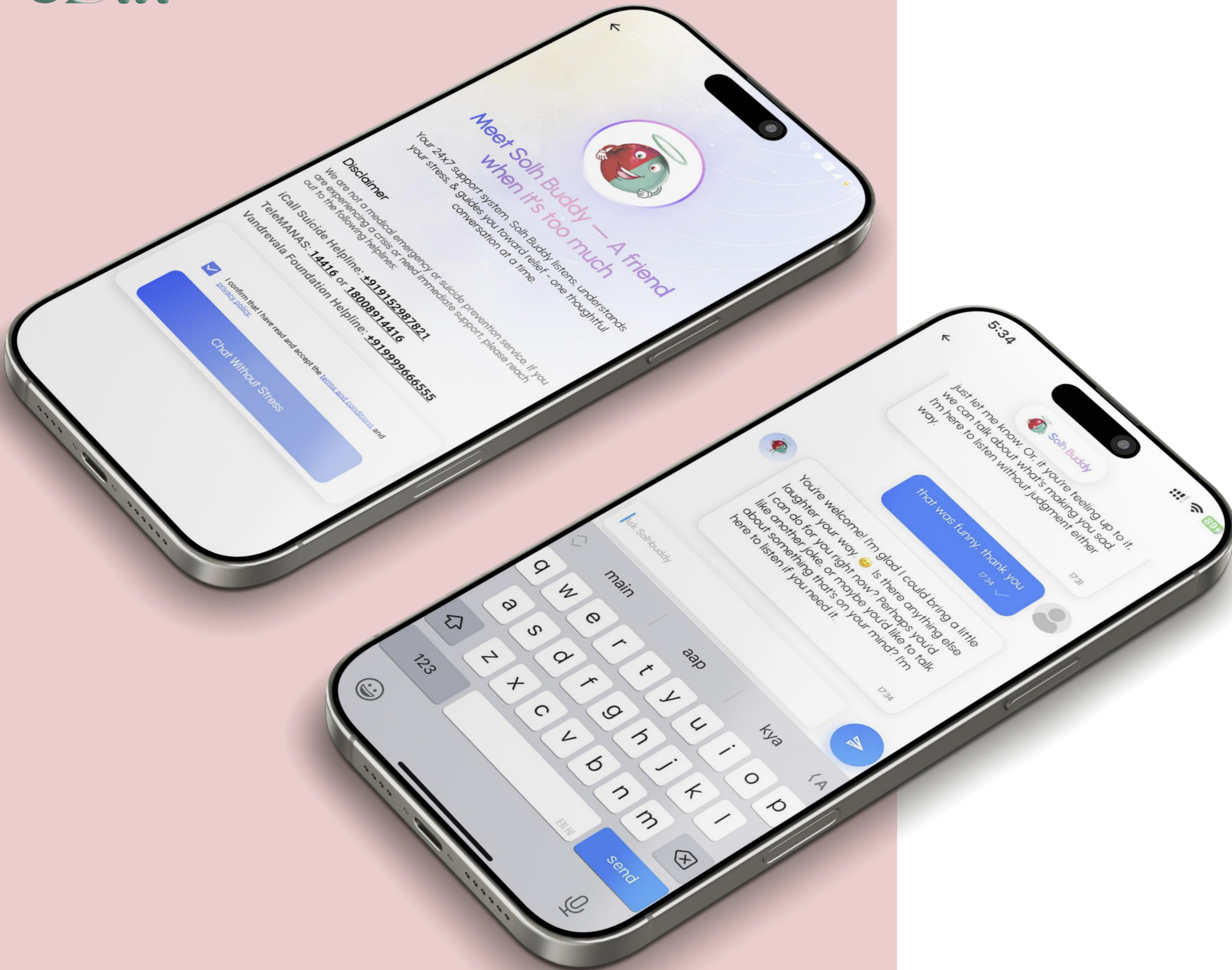
### Compliance:

Adherence to best practices  
(POSH, Sensitivity training, etc.)

## HOW IT HELPS?



*Immediate support and coping tools for individuals and programs and resources for organizations to foster a supportive and enabling work 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 teams, peers, and expert networks

### INDIVIDUAL 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

### ORGANIZATIONAL LEVEL



#### Organizational Support Group:

Build internal groups and mentorship for mutual aid



#### Community Building Initiatives:

Activities and events for a connected workplace



#### 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 organizations to cultivate a more empathetic and connected workplace 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

## INDIVIDUAL 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)

## ORGANIZATIONAL LEVEL



### Resilience Training Programs:

Workshops to build coping skills across all levels



### Well-Being Policy Integration:

Embedding employee wellness into organizational practices

## HOW IT HELPS?



*Long-term recovery with well-being with personalized resources for individuals and training and policy integration for organizations 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:

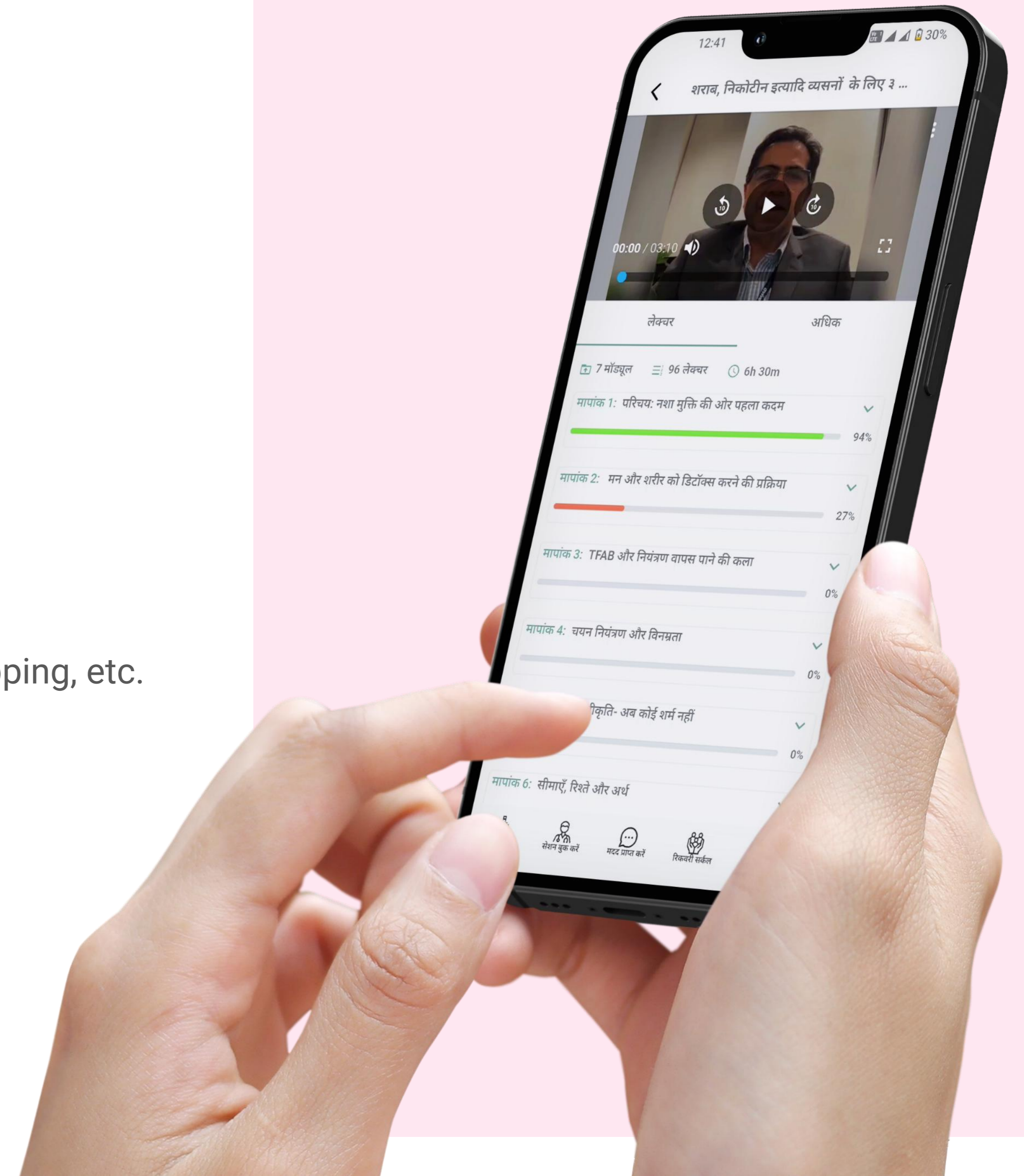
- **3-Month Preventive Program:** For early-stage dependencies
- **6-Month Curative Program:** For established addictions

### 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 Organizations

A Healthier, More Productive Workplace

**Lower Healthcare Insurance Costs**



**Identify Teams with At-Risk Individuals**



**Identify Good Managers**



**Reduce Employee Attrition Saving on Rehiring Costs**



**Reduced Absenteeism and Stress**



**See Aggregated Stress By cohort levels**



**Increased Productivity and Employee Engagement**



**Enhanced Organizational Reputation**



**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






## 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

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**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

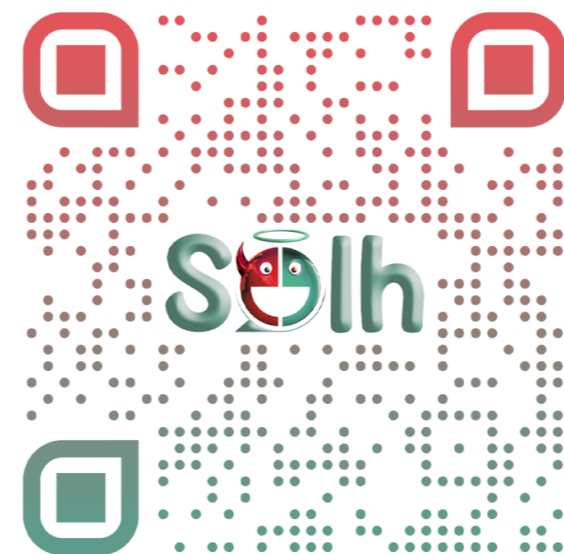
<b>150K+</b> App Downloads	<b>1.5M+</b> Pscap Points generated	<b>50K+</b> Talk Now Conversations	<b>150+</b> Workshops Conducted
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# SOLH



**DOWNLOAD THE  
SOLH APP**



Available on the  
**App Store**

ANDROID APP ON  
**Google Play**

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