



Tech-Enabled, **AI-Driven**, Self-Served De-Addiction Program for **Substance Abuse & New Age Addiction**

### Why Prarambh Life?

- 3 & 6-Month Structured Programs**  
Tailored to mild and severe addictions
- Relapse Prevention**  
Personalized reminders & notifications to stay on track
- Buddy System**  
Peer-led support through the Buddy System for motivation and accountability
- Locally Adapted**  
Prarambh Life is adapted for Indian audiences and available in Hindi & coming soon for other Indian languages



### Monitor Stress, Master Calm

AI-powered solution that tracks, analyzes, and manages stress levels in real time across web, mobile, and kiosk platforms

### Why Streffie?

- AI-Powered Accuracy**  
CNN-based (Cougunal Neuro Network) technology with upto **90% precision**
- Multimodal Data Integration**  
Facial recognition + self-reported data + Stress Self Assessment
- Anywhere, Anytime Access**  
Mobile, web, and kiosk availability



### Why Choose Solh Wellness?

- AI Driven SMART Insights**  
Real-time organisation dashboard tracking wellness trends, predicting risks, and enabling proactive interventions
- Reducing Suicide & Depression**  
Proactive strategies for early detection, intervention, and emotional resilience tools
- Boosting Productivity & Efficiency**  
AI-powered wellness programs to reduce stress, improve focus, and enhance performance
- Creating a Happier, Peaceful Workplace**  
Fostering a culture of emotional well-being, engagement, and psychological safety
- Reducing Absenteeism & Presenteeism**  
AI-based stress monitoring to improve workplace presence and employee engagement



Mental Wellness App of the Year 2024



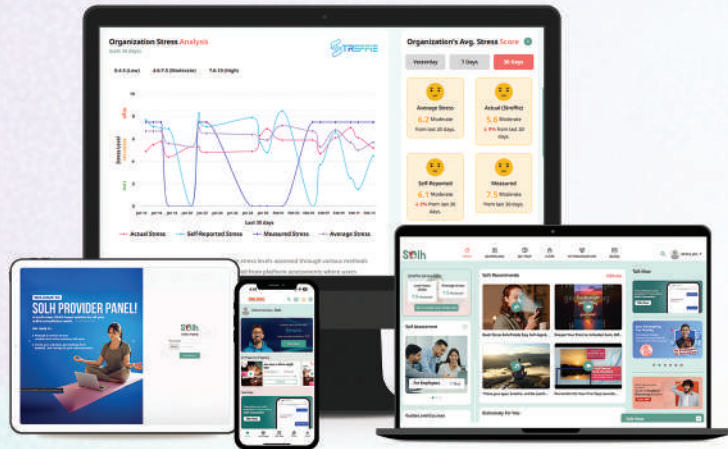
Jury Recognition Healthcare



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## Building Resilience for EACH

AI-driven, and preventive **mental health ecosystem** dedicated to **reducing suicides**, enhancing **productivity**, and fostering happier, healthier organizations by making mental health accepted, accessible, 24X7 available & affordable.

**DOWNLOAD THE SOLH APP**  
Available on the App Store | Android App on Google Play





## FOR CORPORATES

### Leadership & Employee Well-Being

- Stress management, resilience training, and **emotional intelligence** for leaders and teams
- Structured programs to reduce **burnout** and improve **employee engagement**

### Mental Health Workshops

- Practical tools and strategies for managing **work-related stress** and **mental fatigue**
- Focused sessions on team dynamics, **work-life balance**, and emotional regulation



## FOR EDUCATION

### Student Resilience Programs

- Coping strategies for **academic stress**, peer pressure, and personal challenges
- Early intervention to identify and address **emotional issues** before escalation

### Teacher & Staff Training

- Mental health literacy programs to equip **educators** with tools to **support students' mental well-being**
- Guidance on building **emotionally safe classroom** environments



## FOR HEALTHCARE

### Healthcare Workforce & Patient Well-Being

- **Stress management** programs for **healthcare professionals** to prevent burnout
- **Emotional resilience** training for **better patient care** and professional balance

### Solh Provider Panel

- Centralized **SaaS-based platform** for **mental health professionals** to ease their operational problems
- Secure, **real-time access** to patient insights and treatment plans

## A 360° Mental Wellness Tech Powered Ecosystem

# Resilience for

# E

# A

# C

# H



**Resilience**  
Because mental wellness is for everyone



**Evaluate**  
AI-driven features offer deep insights into mental well-being



**Act**  
Personalized, AI-powered interventions drive proactive mental health improvement



**Connect**  
AI-enhanced recommendations foster support systems within teams, peers, and expert networks



**Heal**  
Intelligent tracking ensures sustainable mental well-being as an ongoing journey

## OUR RESEARCH AND INNOVATION

### 1. Streffie – AI-Powered Stress Monitoring

- Streffie is an AI-powered facial recognition tool designed to identify, understand, and manage workplace stress effectively
- Measures **actual, perceived, and measured stress** to provide actionable insights
- Accessible via **mobile, web, and kiosks** for instant feedback

### 2. Prarambh Life – AI Driven De-Addiction Support

- **Self-served & tech-enabled** de-addiction platform designed for substance dependency or behavioral addictions
- Peer-led support through the **Buddy System** for motivation and accountability
- Over **12,000 users** have benefited from Prarambh Life's clinically validated, available in **Hindi** & tailored for **Indian audiences**

### 3. Smart AI Dashboard

- AI-powered platform providing **actionable insights** into mental wellness trends
- Allows HR, educators, and healthcare administrators to identify early warning signs and take **preventive action**
- **Data-driven** decision-making to improve productivity, engagement, and emotional resilience

