Building Resilience in EACH





Healthworld Nutrition & Wellness AWARDS

Innovate • Elevate • Celebrate

Mental Wellness App of the Year 2024



EMERGING TECHNOLOGY AWARDS 2024

Jury Recognition Healthcare



BHARTIYA SAMAJ

UNITY IN DIVERSITY

Health & Community Wellness Advocate

Your Employees Are Not Burning Out

THEY ARE BREAKING YOUR BUSINESS.

This is not a wellness problem.
This is a company-wide risk and the clock is running.



The Silent Cost of 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

Source: British Safety Council · ASSOCHAM · CII · Gallup

What You're NOT Seeing Today

Visible Risk

Attrition reports

Absenteeism data

Performance dips

Invisible Risk

Disengagement — 6 weeks earlier

Burnout signals — 30 days earlier

Stress accumulation — 60 days earlier

The real risk builds 30–60 days before it ever shows up in your dashboards.

Solh

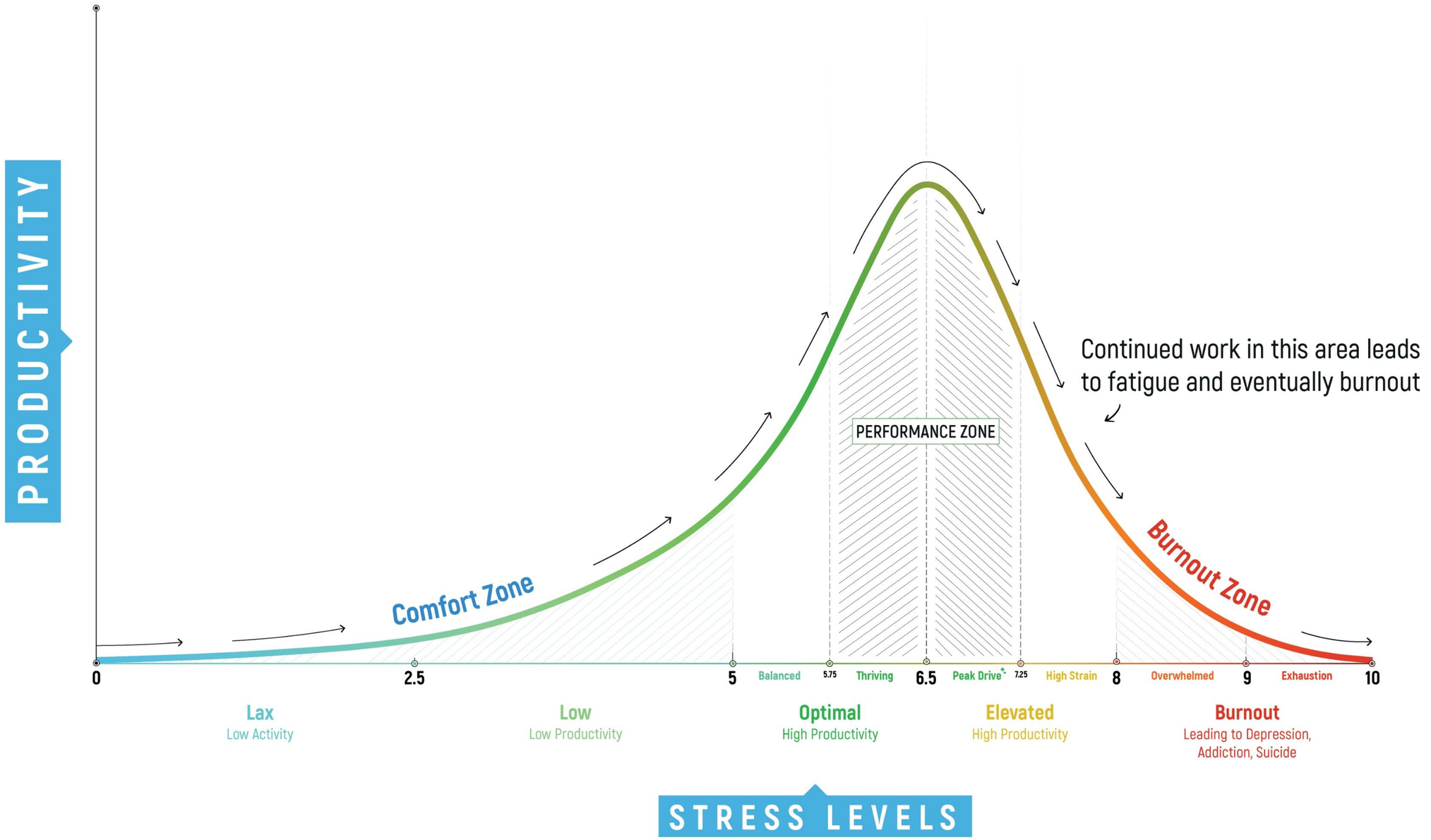
Co-relating Stress and Productivity

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**.



Current Solutions and Where They Fail

The market is crowded.
The answers are fragmented

Assessment-led:
Static surveys, outdated the moment they're filled

Chatbot-led:
Conversational, but shallow and non-diagnostic

Therapy-focused:
Reactive, expensive, not scalable

Content-led:
Motivational, rarely actionable



Human intervention:
Effective, but slow and resource intensive

Reporting tools:
Data-heavy, insight-light

Pure tech platforms:
Impressive UX, weak outcomes

Allied therapy solutions:
Narrow problem scopes

Each solves ONE slice
The customer wants ONE answer



INTRODUCING



Wellness

Employee Risk Intelligence Platform

A comprehensive, multi-dimensional stress management solution, transforming invisible stress signals into actionable organizational intelligence before burnout becomes business loss.

Creating Healthier, Happier Organizations | **Enhancing Productivity** | **Reducing Stress, Depression and Suicide Risk**

REACH in action

Our Core Offerings

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

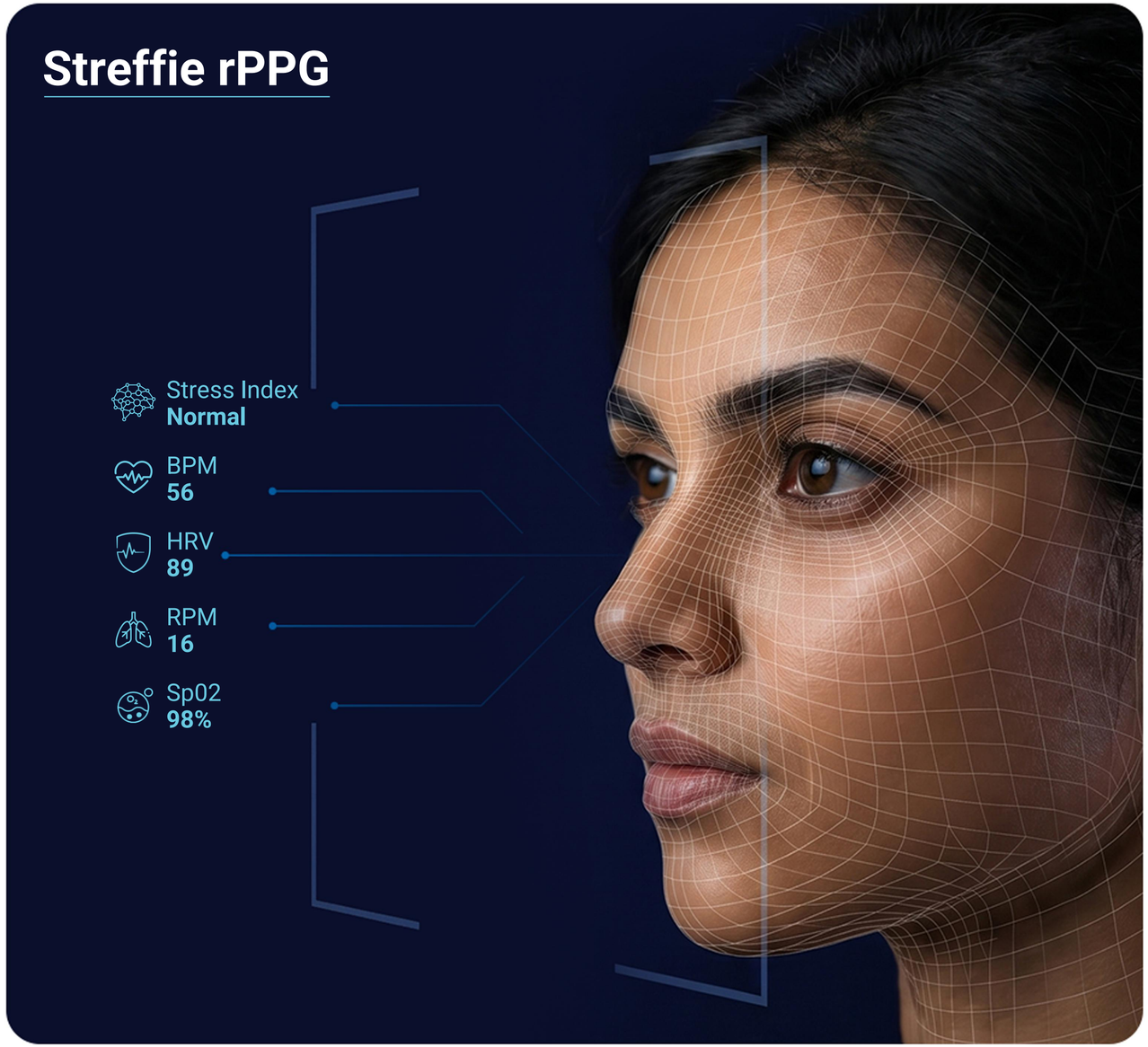
How it works

STEP-1 MEASURE



Streffie

Self Assessment



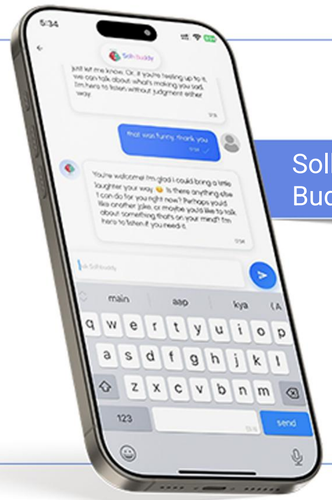
How it works

STEP-2 MANAGE

BY AI



Guided Plans (1,000+ Expert Resources)

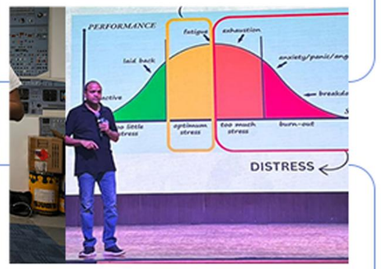


Solh Buddy

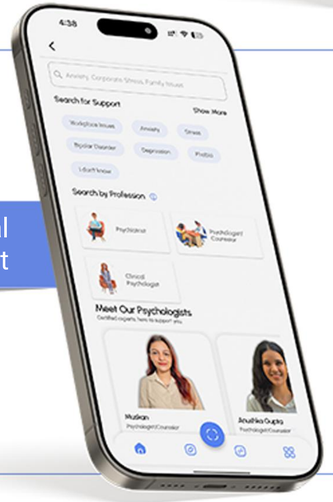


Prarambh Life

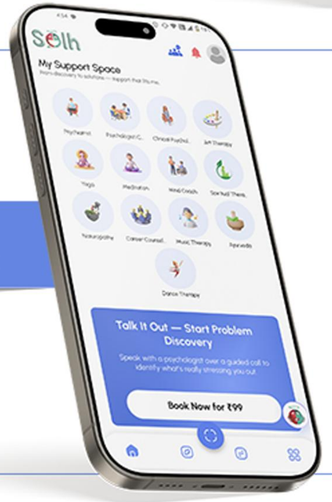




BY HUMAN



Clinical Support



Allied Support





Workshops & Trainings

STEP-3 MONITOR

SMART AI Dashboard

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

- Live stress heatmaps — by team, by week
- Trend lines — is pressure building or recovering?
- Early warning flags — before it becomes a resignation
- Intervention tracking — know if your actions are working



Why this Works

*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 and mobile app for accessible well-being

Organization:
AI-driven stress management system for guiding corporate well-being initiatives

CAPABILITIES

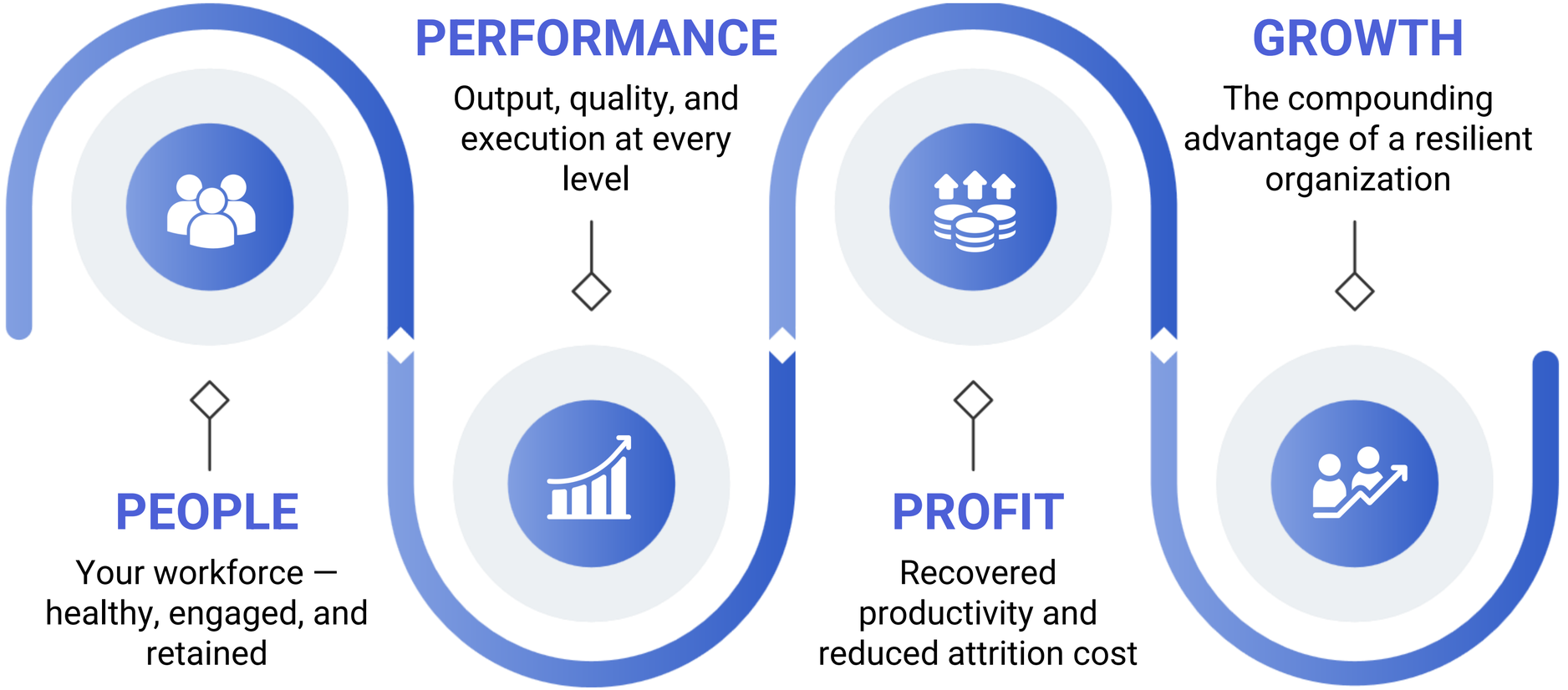
Technology(AI)

- **Comprehensive Monitoring**
- **Predictive Insights**
- **Personalized Guidance**

Human Support

- **Direct Support**
- **Holistic Care**
- **Professional Expertise**

What You Protect



Solh

Treffie Powered By Solh

Prarambh Life Powered By Solh

DOWNLOAD THE SOLH APP

Available on the App Store

ANDROID APP ON Google Play

EAP subscription begins at ₹30 per month

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ISO 27001:2022 | MSME Micro, Small & Medium Enterprises | PCI DSS Compliant | Vulnerability Assessment and Penetration Testing | ISO 9001:2015

APPENDIX

YOUR EMPLOYEES ARE STRESSED

OUR COMPREHENSIVE REACH FRAMEWORK

HOW TO EVALUATE?

HOW TO ACT?

HOW TO CONNECT?

HOW TO HEAL?

BENEFIT FOR YOUR ORGANIZATION

OUR TEAM

JOURNEY SO FAR

MEDIA RECOGNITION

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

Source: British Safety Council, NCRB, ASSOCHAM, Gallup Report, CII

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

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

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What You Get:

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

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

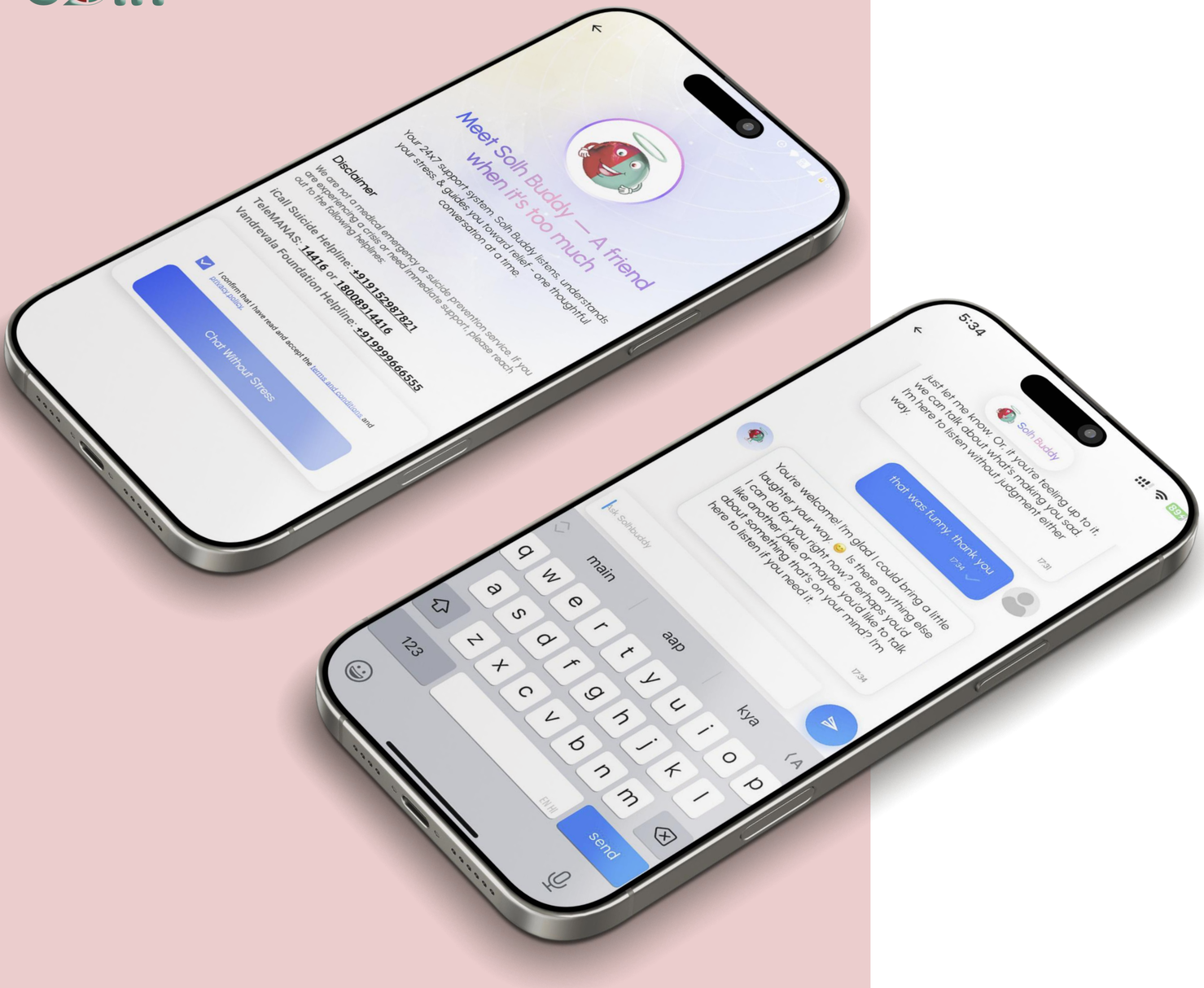
Guides & Materials:
Employee engagement resources for HR Function

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



*Not a substitute of emergency helpline

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

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:

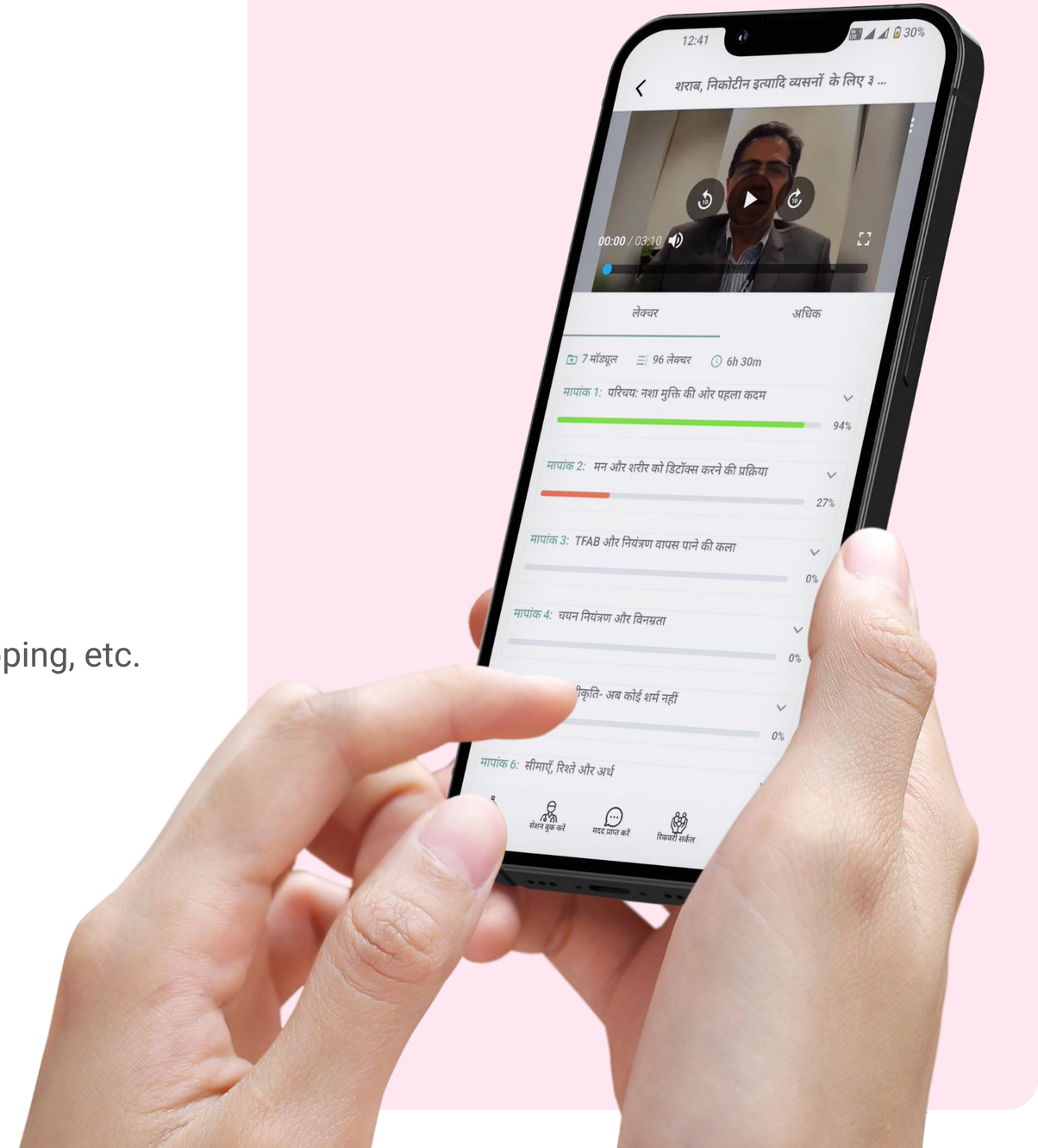
- **3-Month Preventive Program:** For early-stage dependencies
- **6-Month Curative Program:** For established addictions

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



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

Microsoft
BAJAJ CAPITAL
IndiGo
SIS Security and Intelligence Services (India) Limited — A Market Leader in Security
enablex
WELSPUN
GSPANN
realme

Colleges

हंसराज कॉलेज — दिल्ली विश्वविद्यालय —
Parul University
Maharaja Surajmal Institute
THAPAR INSTITUTE OF ENGINEERING & TECHNOLOGY (Deemed to be University)
Arunachal Pradesh Pasighat University — ESTD 2022
IMT Institute of Management Technology
GNIOT Group of Institutions — Since 2001
BIMTECH BIRLA INSTITUTE OF MANAGEMENT TECHNOLOGY

Schools

G.D. GOENKA SCHOOL
Quest for Excellence — Gurusharan Convent
PRUDENCE SCHOOL — Educate • Innovate • Create
GYAANANDA SCHOOL — THE JOYFUL LEARNING
LILAWATI VIDYA MANDIR SCHOOL
R.D. Rajpal School — Sector-9 Dwarka — lead us to light
Vivekanand School — Anand Vihar & Preet Vihar
Saraswati Bal Mandir Mehrauli

NGOs and Community Groups

Rotary
LENS FOUNDATION — LEARNING.EMPOWERMENT.NUTRITION.SKILLS
Sundesh संदेश
ASHA

150K+ App Downloads

1.5M+ Psycap Points generated

50K+ Talk Now Conversations

150+ Workshops Conducted

Media Recognition to Solh

