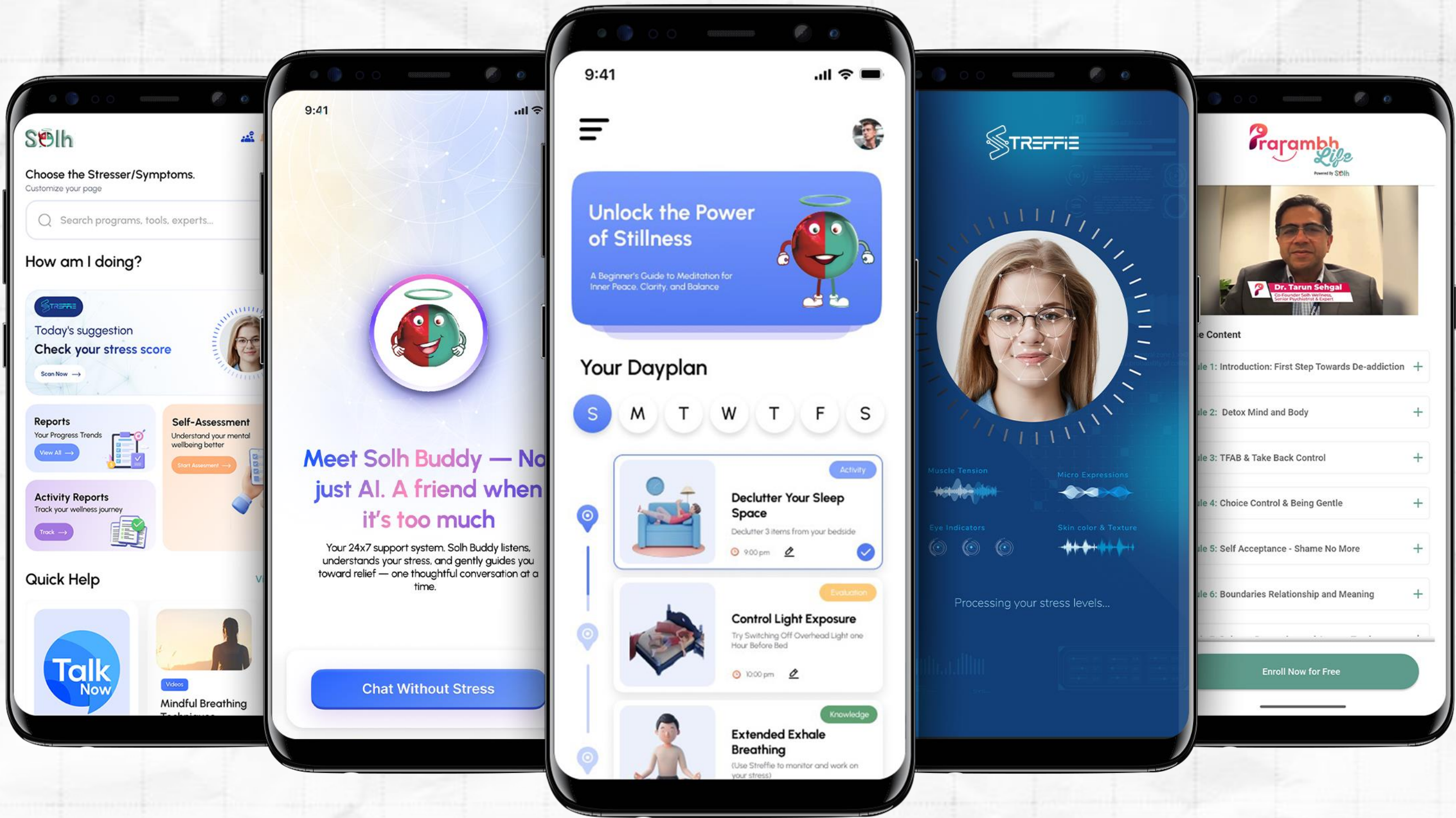




Building Resilience at EACH Campus



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

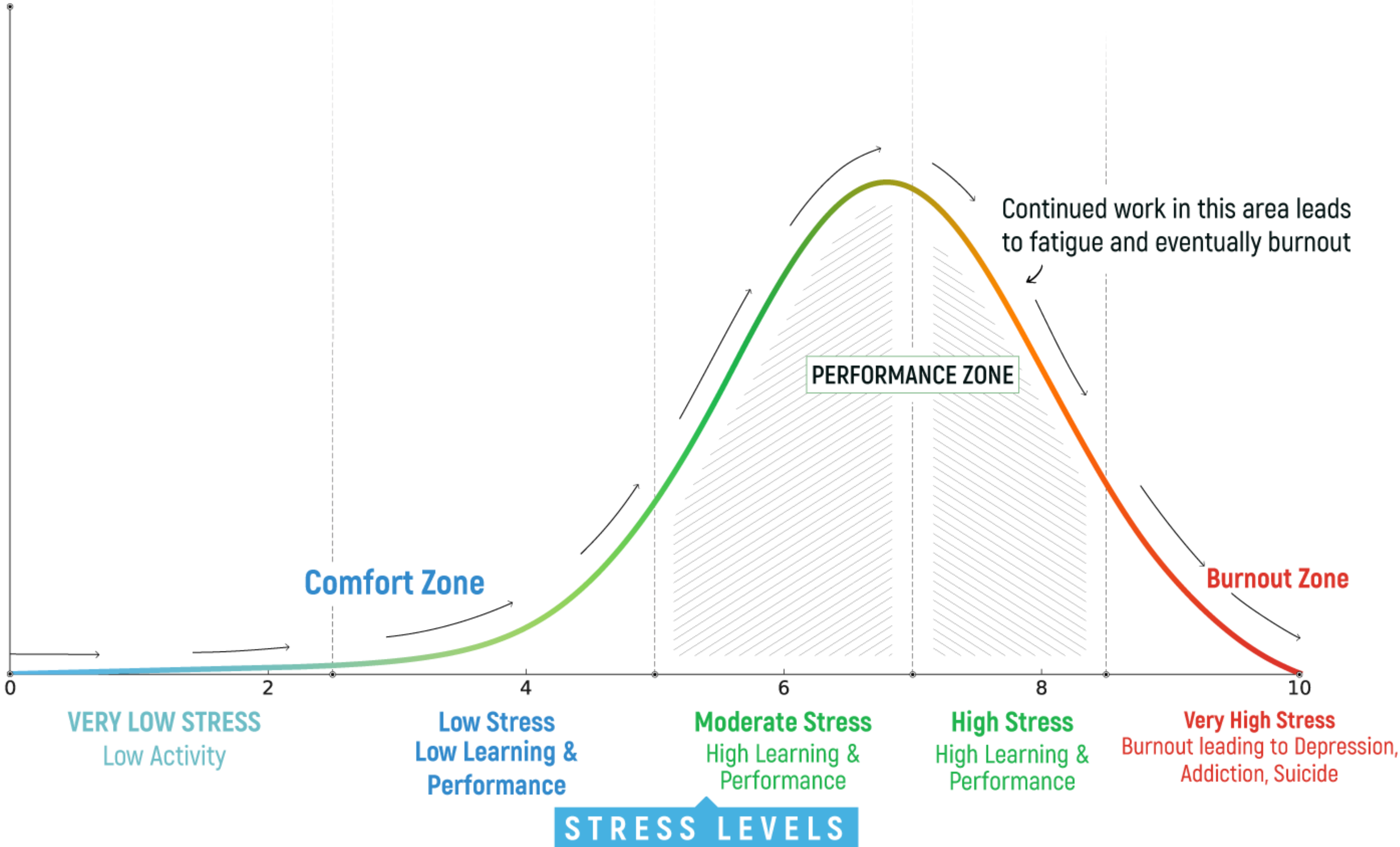
Co-relating Stress and Performance

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**.

PERFORMANCE



Current Solutions and Where They Fail

01

Counselors

02

Teacher Training

03

Workshops



FOCUS

Generic solutions overlook real-life **student concerns** and divert focus from **academic stress & exam anxiety**



CULTURE AND CONTEXT

Foreign models with generic "one size fits all" programs that lack student-centric design learning needs



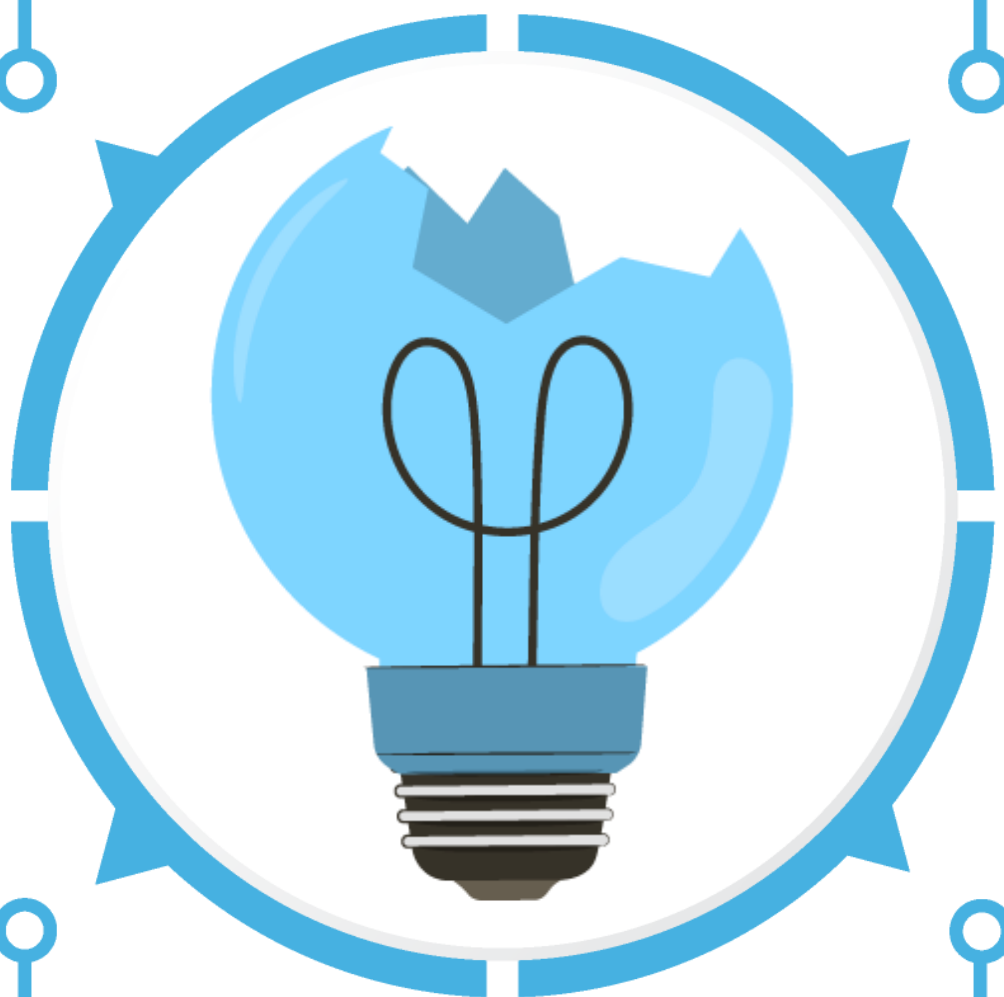
APPROACH

Fragmented approach which pushes therapy as the only solution and lacks an integrated ecosystem

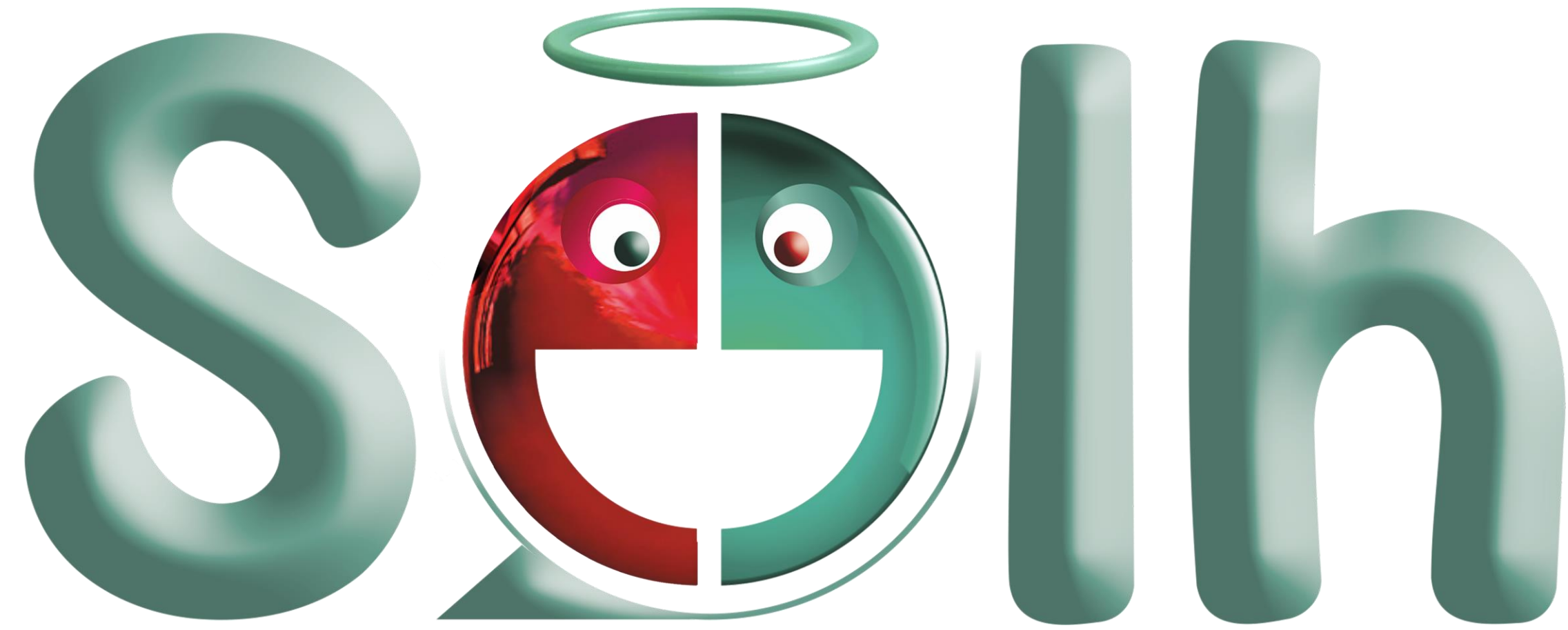


ADOPTION

Less than 1% adoption & utilization rates due to lack of proactive engagement and relatability



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 Proprietary AI Framework

REACH

Building RESILIENCE FOR EACH

Primary Goal: Build Emotional, Mental and Physical Resilience*

**The ability to withstand, adapt, and bounce back from stressful situations*

HOW REACH WORKS

Focus on Stress
Management



Integrated
Ecosystem



Structured
Approach



Indian Context
Specific

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

INSTITUTIONAL LEVEL



SMART AI Dashboard:

Actionable, real-time insights on
students & teaching staff



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*

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*

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

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

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.



Solh Buddy

A Friendly Companion That Listens, Guides, & Supports

Meet Solh Buddy - your Institution's always on support system



Enriched with Solh insights to understand user's symptoms and moods.



Provides instant guidance to the right feature & support

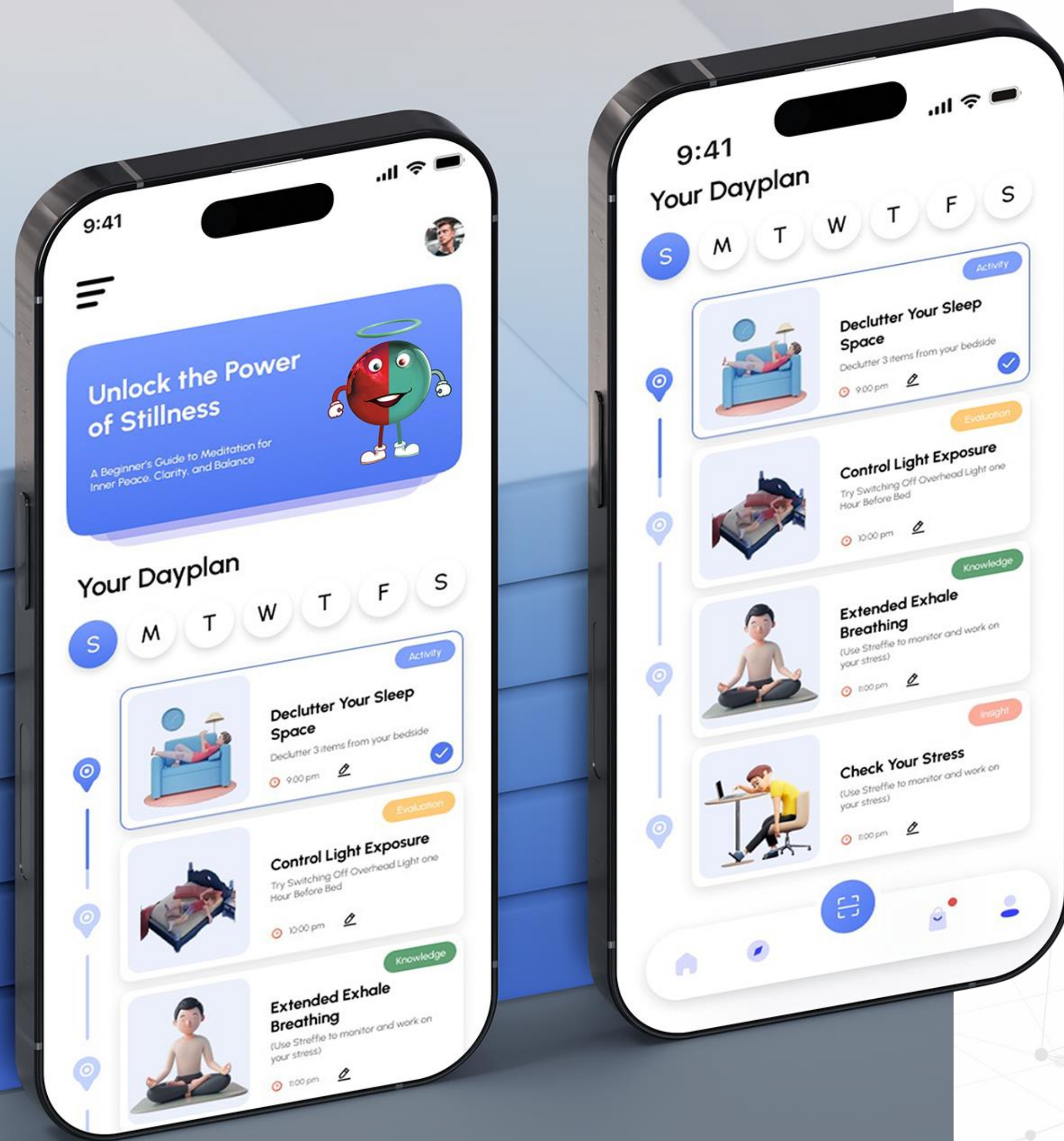


Qualified In-house psychologists monitors chats to ensure a safe, pressure-free experience.

**Available 24x7. Built with empathy.
Designed for action.**

*Not a substitute of emergency helpline





Guided Plans

Personalized, Daily stress alleviation

Our 7 & 14 day Guided Plans give users structured paths to cope with causes & symptoms of stress:

- ✓ Bullying
- ✓ Anxiety
- ✓ Peer Pressure
- ✓ Exam Anxiety
- ✓ Sleep Issues
- ✓ Teenage Issues
- ✓ Burnout
- ✓ Academic Stress
- ✓ Body shaming



Daily interventions, insights & activities



Audio guides, coping tools, journaling prompts



Progress tracking for reinforcement & resilience building

Streffie

AI-enabled kiosk and mobile/web app for accessible well-being

- Real-time stress biomarker via facial analysis
- Instant, personalized insights for early intervention



Prarambh Life

Clinically validated programs for overcoming unhealthy habits

- Tackles both substance abuse (alcohol, drugs, marijuana, etc.) and modern dependencies (gaming, social media, porn etc.)
- Proven to significantly reduce relapse rates (12K+ users)



SMART AI Dashboard

See stress patterns across programs/courses
100% anonymized. Actionable in real-time

Aggregated insights to pinpoint Institutional stress hotspots ●
Data-driven clarity to optimize remedial & well-being initiatives ●

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

Schools



Colleges



NGOs and Community Groups



Corporates



150K+
App
Downloads

1.5M+
Psyncap Points
generated

50K+
Talk Now
Conversations

150+
Workshops
Conducted



Media Recognition to Solh





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



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Google Play

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