



Empowering Academic Resilience: A 6-Month Solh Wellness Case Study

*Crisis Intervention to Proactive Stress
Management*



Executive Summary

This case study presents the implementation of a campus-wide stress management ecosystem at XYZ* University, where students were experiencing **high stress due to academic pressure, placements, relationships, and lifestyle challenges**, with **limited structured support** systems in place.

Over a **6-month period**, the Solh ecosystem introduced a proactive, data-driven framework combining **AI-based stress monitoring, continuous screening, counselling support, and targeted interventions**. This enabled early identification of stress patterns, increased student engagement with support services, and a measurable reduction in key stress areas.

The initiative demonstrates how a scalable and integrated ecosystem can shift institutions from reactive support to sustained, preventive stress management.

**Solh Wellness signs Non-Disclosure Agreements (NDAs) with all partnered organizations and institutes to ensure strict confidentiality. Accordingly, the university's name and all identifying details are anonymized in this report.*

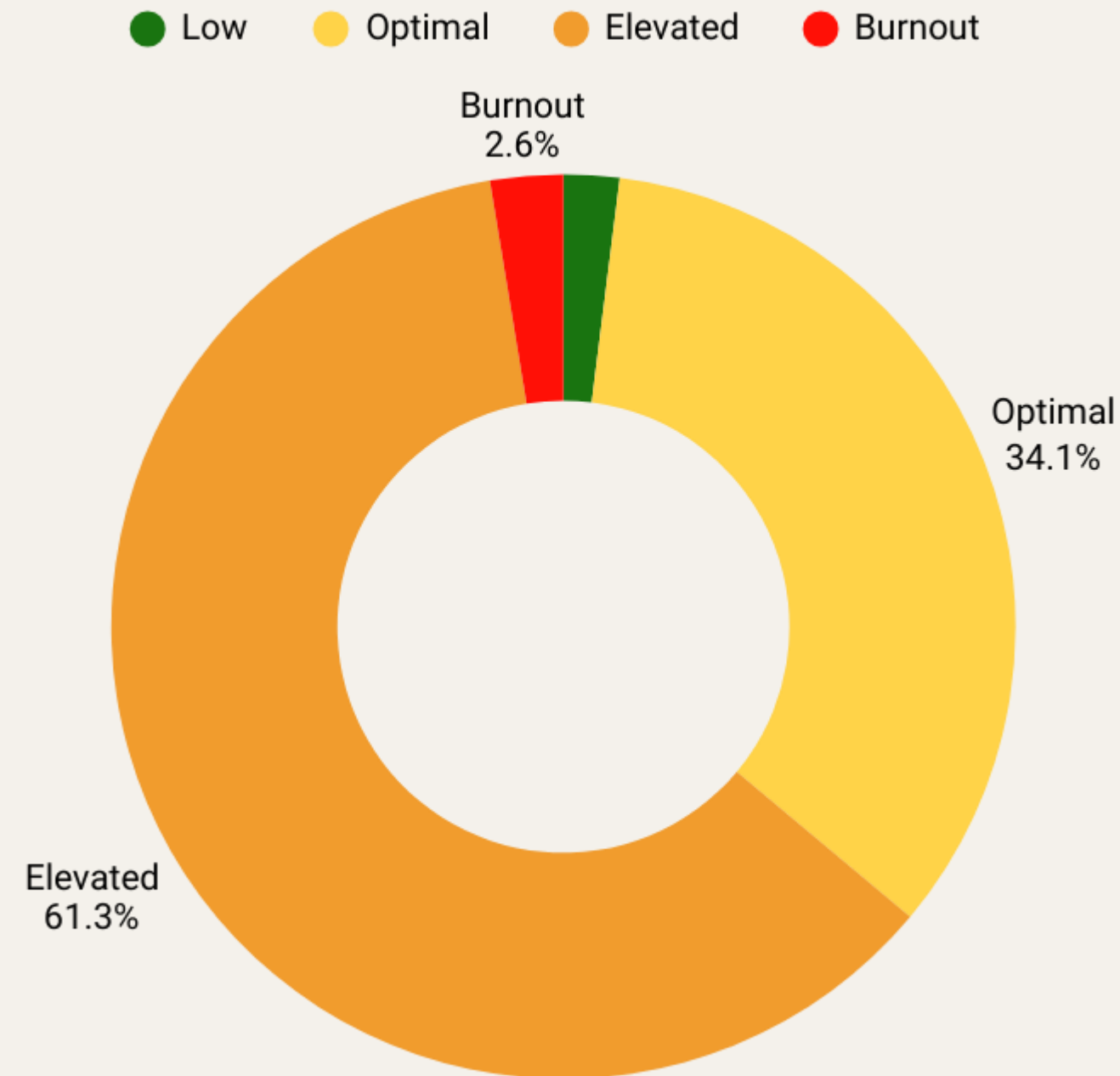


Institutional Context

- The partner institution is a well-established UGC-recognized technological institute with a **student strength of 1500+** across multiple campuses, offering undergraduate programs in **engineering and allied technical fields**.
- The environment is characterized by **high academic competition, continuous evaluations, strong placement focus, residential campus dependency, and diverse student backgrounds**.
- Despite informal support structures, there was **no scalable, data-driven system to monitor and address student stress** across cohorts.

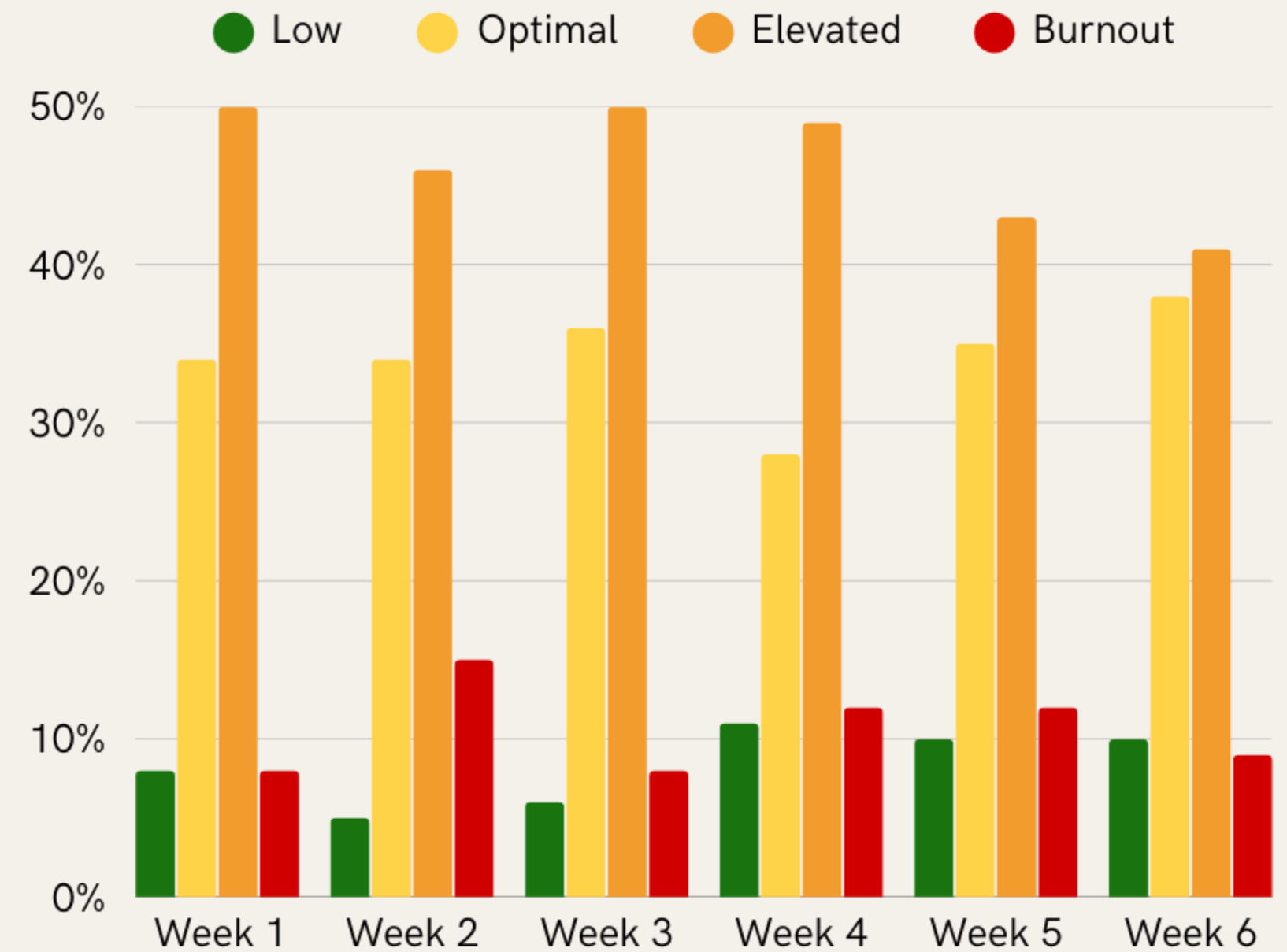


Stress Distribution



Stress Boot-camp

Out of 654 students, 61.3% are functioning under elevated stress level, indicating sustained stress as a common campus experience rather than isolated cases.



Pilot

Initial pilot data among register students indicates that the majority of students were consistently functioning within the optimal to elevated stress range, suggesting a need for collective intervention.



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



The Institutional Challenge

- **High academic load and performance pressure** were placing sustained strain on existing counselling systems, with **support demand exceeding available capacity**.
- Nearly **95% of students who accessed on-campus counselling were already in elevated or burnout stress zones**, indicating that help-seeking was largely crisis-driven rather than preventive.
- At the same time, around **61% of students were functioning in a “productive but drained” state**, managing academic demands while experiencing continuous emotional strain and high burnout risk.
- These trends align with broader sector data showing **high prevalence of anxiety, depression and treatment gaps** in educational settings, suggesting that visible crisis cases represent only a fraction of the overall stress burden.
- Overall, the institution faced a **significant gap between widespread stress levels and its ability to proactively identify and support students**, reinforcing the need for a scalable, accessible and preventive stress management ecosystem.



Root Cause Analysis

From stressors selected by students within guided plans in the Solh app, the following patterns emerged across cohorts:

- **Academic struggles (~32%)** and **money & career pressure (~28%)** were the most prominent, driven by placements, CGPA, and deadlines
- **Relationship & loneliness (~22%)** contributed significantly to emotional strain through conflicts, breakups, and social isolation
- **Mental health concerns (~18%)** including anxiety, burnout, and adjustment issues (missing home, family expectations) further intensified stress
- App-based self-assessments indicated that **~20–27% of students were at risk of anxiety and depressive symptoms**, highlighting the need for early and continuous intervention

Stressors

Money & Career Existential Crisis
Parenting & Caregiver Stress
Not Sure General Life Stress Work Worries
Health & Lifestyle Habits I Can't Break
Academic Struggles
Grief & Trauma Special Needs Who Am I
Relationship & Loneliness
Mental Health Conditions Sexual Health



Root Cause Analysis

Symptoms

Body Aches
Low Self Esteem
Overthinking
Sexual Issues
Mental Exhaustion
Appetite Changes
Low Productivity
Unhealthy Habits
Sleep Issues
Loneliness
Addiction
Low Mood Or Sadness
Anxiety

- Mobile application self-assessment data suggests that students are experiencing predominantly cognitive and emotional strain rather than only situational stress, with **mental exhaustion (22%), anxiety (18%) and overthinking (14%)** forming the core distress cluster.
- The strong presence of sleep issues and low productivity indicates that stress is beginning to impact daily functioning and academic effectiveness, pointing toward risk of longer-term burnout if unaddressed.
- Emotional concerns like low mood and loneliness suggest reduced psychological recovery and social buffering, which can further intensify stress experiences.



Intervention Plan: Proactive, Multi-Layered Support Model

- **Streffie kiosks** and app-based continuous screening enabled **early identification of at-risk students** across cohorts
- Regular **in-app self-assessments** improved awareness and helped **track evolving stress patterns**
- **SolhBuddy- Human Supervised AI Companion** provided 24/7 emotional support, especially during late-night vulnerable hours
- **Personalized guided plans** addressed academic, career, and relationship-related stressors
- **1000+ resource library** offered on-demand support for coping, psychoeducation, and wellbeing
- Seamless access to **in-house and online counselling** ensured support for higher-risk cases
- **Workshops, bootcamps, and peer programs** encouraged help-seeking and normalized conversations around mental health
- **Real-time analytics** enabled targeted interventions for high-risk groups and peak stress periods



Intervention Strategy Implemented

PHASE 0

Institutional Alignment

- Leadership alignment
- Campus mapping
- Stress bootcamp
- Need exploration
- Trust building
- Awareness initiation

PHASE 1

Pilot

- Pilot screening
- Fest / bootcamp reach
- Stressor workshops
- Guided insights

PHASE 2

Infrastructure & Onboarding

- 2 Streffie kiosks installed at high footfall zones
- Campus-wide app onboarding drives
- Awareness and help-seeking normalization

PHASE 4

Interventions

- Stress screening: Kiosk & app
- Guided plans
- Counselling: In-house & online
- Workshops & group sessions
- AI enabled stress management support chatbot
- Faculty & student ambassador training

PHASE 5

Institutional Analytics

- Cohort-level stress analysis
- 60% screening via kiosks
- AI-based high-risk identification
- Targeted intervention planning
- Wellbeing policy alignment

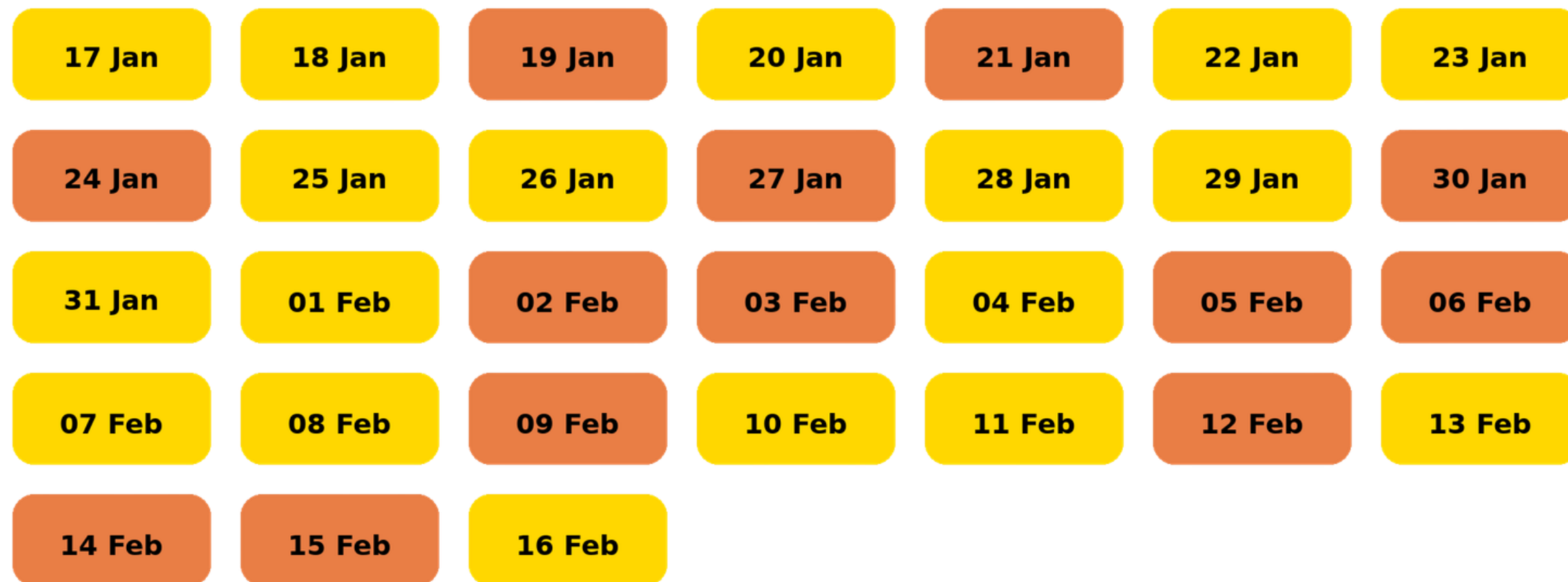


Daily Stress Trend

Streffie Stress Map

A daily color-coded view of organizational stress levels derived from Streffie scans

Last 30 Days



- After a few months into the pilot, **optimal stress days are observed to be more frequent than elevated stress days**, indicating gradual stabilization in overall student functioning.
- While periods of heightened pressure continue, the presence of more optimal days suggests **improved coping, recovery windows and early engagement with support systems**.



Behavioral Adoption

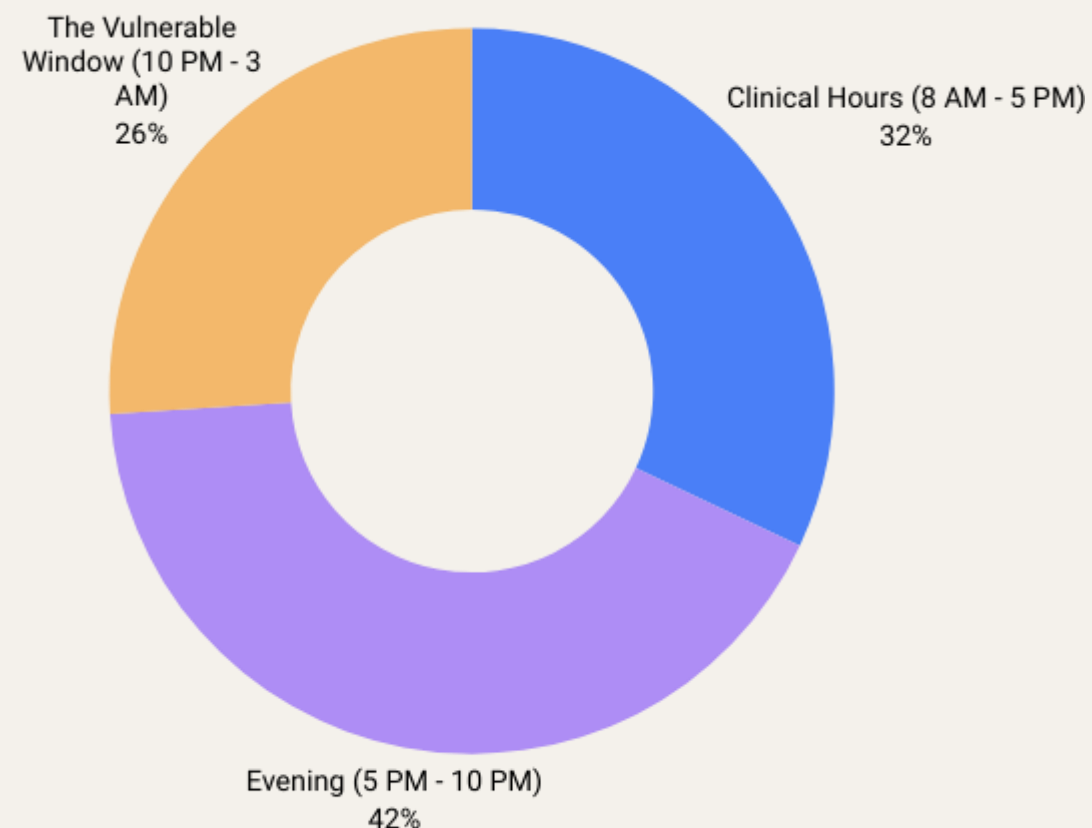
Month	Active Users (MAU)	Total Streffie Checks	Solh Buddy (No. of messages exchanged)
Month 1 (Onboarding)	349	2,140	320
Month 2	417	2,520	410
Month 3 (Midterms)	885	4,180	1,120
Month 4	440	1,960	460
Month 5 (Final Prep)	894	3,240	920
Month 6 (Final)	901	4,860	1,580

- **Engagement increased** over time as **awareness, familiarity and trust in the platform grew**, leading more students to use screening and support tools proactively.
- **Peaks in Streffie checks and Solh Buddy interactions during midterms and finals** reflect heightened academic pressure, prompting students to seek emotional regulation and decision support.
- Temporary dips in activity during relatively lighter academic periods suggest that **support usage is need-driven rather than routine.**
- Overall, the trends indicate that **students are more likely to engage with preventive mental health resources** when stress intensifies, enabling timely monitoring and targeted intervention planning.



Capturing the "Vulnerable" Hours

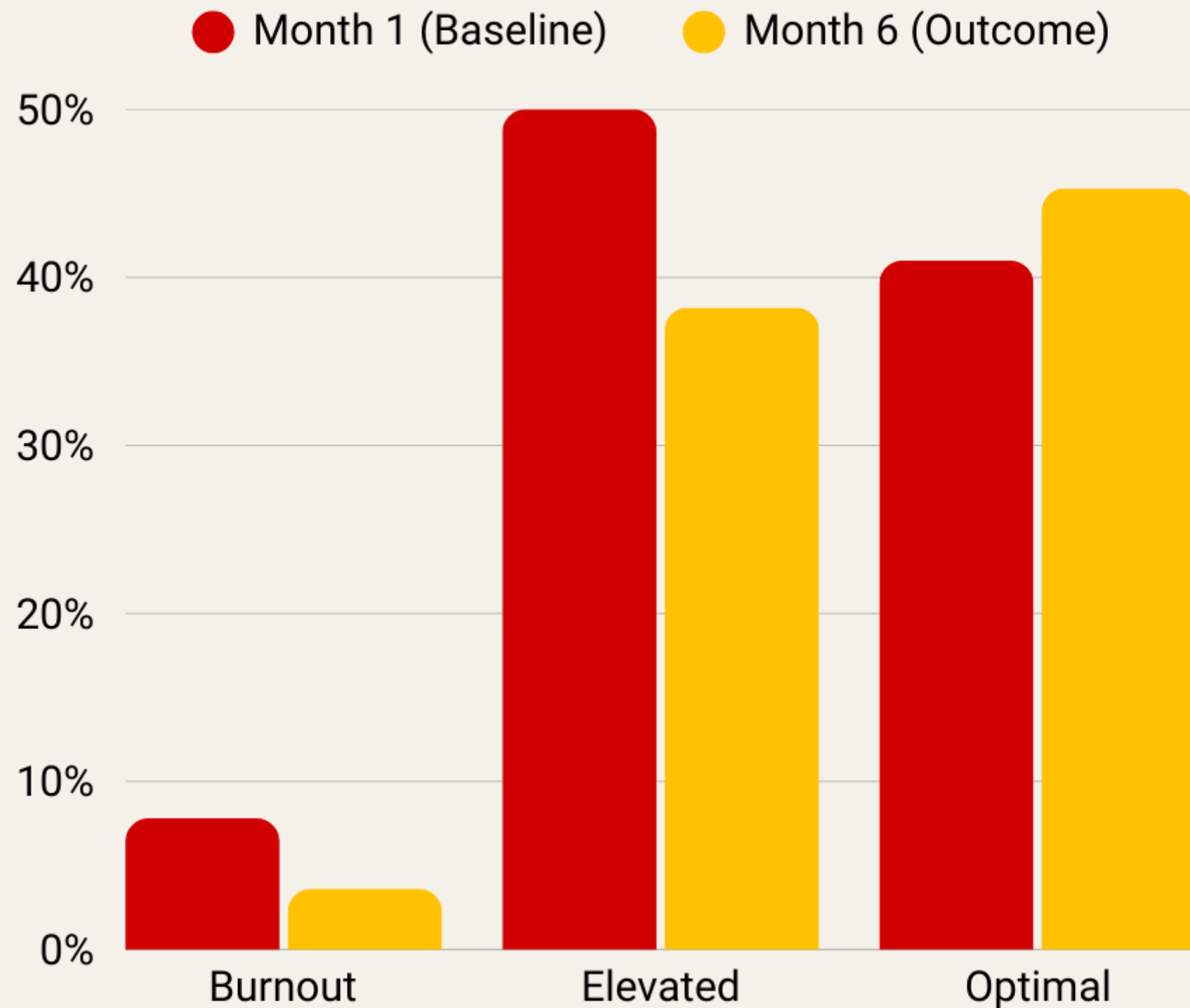
Time of Day	% of Solh Buddy / App Usage
Clinical Hours (8 AM - 5 PM)	32%
Evening (5 PM - 10 PM)	42%
The Vulnerable Window (10 PM - 3 AM)	26%



- A significant share of **support engagement (68%) occurs outside clinical hours**, with **peak usage during evening hours (42%)** and continued engagement into **late-night vulnerable windows (26%)**. This indicates that emotional distress often intensifies beyond formal support timings.
- This pattern underscores the importance of **24/7 digital support and early identification tools**, as students are more likely to seek help during unstructured hours characterized by overthinking, isolation, and academic pressure.



The Real Impact (Risk Mitigation)



- There is a substantial **reduction in severe stress risk**, with very high **burnout cases dropping by nearly 60%**, indicating improved early identification and timely support.
- The proportion of students in high but drained functioning has also declined, suggesting **better coping with sustained academic and performance pressures**.
- At the same time, a significant **shift toward moderate (optimal productivity) functioning** is visible, reflecting improved **emotional regulation, stabilization and healthier engagement** with academic demands over time.
- Overall, the data indicates a **positive redistribution of stress states** from high-risk and strained functioning toward more sustainable productivity levels.



Institutional ROI & Conclusion

- Deployment of the Solh Wellness Stress Management Ecosystem enabled **continuous early identification and preventive stress management support** across campuses in **alignment with UGC mental health guidelines**.
- The university received **real-time, standardized insights on stress levels, dominant stressors and cohort risk patterns**, allowing targeted interventions across different academic stages.
- During the 6-month pilot, **severe stress indicators declined** and **more students shifted toward optimal functioning**, alongside increased **engagement with digital resources and professional counselling**.
- Identification of **late-night vulnerability windows** and **high-risk cohorts** supported a transition from reactive crisis response to timely, preventive wellbeing planning.
- Overall, the ecosystem strengthened data-driven mental health governance and supported the development of a sustainable campus wellbeing culture.



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