

Solh Wellness launches India's first AI-based stress monitoring device

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Streffie offers preventive, personalised, and scalable stress management solutions



In a landmark moment for India's mental health and technology landscape, Delhi-based startup Solh Wellness has unveiled Streffie, India's first artificial intelligence (AI)-based stress monitoring kiosk, at the Indian Mobile Congress (IMC) 2025, held at Yashobhoomi, Dwarka.

Streffie marks a breakthrough in the way stress is detected, measured, and managed. Using AI-driven facial biomarker analysis, it captures 68 micro-expressions and facial points to assess stress levels in real time. These signals are then translated into measurable insights, allowing individuals, institutions, and organizations to proactively track and manage emotional well-being.

"Streffie represents a new era where technology doesn't just connect devices — it connects emotions, awareness, and action," said a Solh Wellness spokesperson. "Through this innovation, we're making stress visible, measurable, and manageable — bringing data-driven precision to emotional health."

Integrated within the Solh Wellness ecosystem — comprising the Solh App, Smart AI Dashboard, and REACH AI framework — Streffie offers preventive, personalised, and scalable stress management solutions for organisations, universities, and healthcare systems.

Adding his perspective on the intersection of AI and mental health, Kapil Gupta, Co-Founder & CEO of Solh Wellness, said, "AI and mental health share a quiet but powerful intersection. AI helps us measure what was once invisible — the subtle weight of stress, the early signs of strain. But data alone can't heal; empathy does. The real revolution begins when AI meets compassion — that's where transformation truly happens."

The Indian Mobile Congress 2025, inaugurated by Prime Minister Narendra Modi, celebrated India's rapid ascent in global technology innovation. This year's theme focused on AI, semiconductor innovation, quantum security, and 6G connectivity,

highlighting the nation's march toward digital self-reliance.