

SolaceSquad Launches with a Mission to Become the Operating System for Everyday Wellness



Bengaluru, Karnataka Jun 18, 2026 ([IssueWire.com](https://www.issuewire.com)) - SolaceSquad Launches with a Mission to Become the Operating System for Everyday Wellness

In a world increasingly driven by technology, automation, and artificial intelligence, a new Bengaluru-based startup is asking an important question: Who is taking care of human wellbeing?

Founded by Priyanka and Srividhya, [SolaceSquad](#) was created with a vision to build lasting social impact by making holistic wellness accessible, measurable, and actionable. Established in early 2026, the platform is preparing for its commercial launch and aims to redefine how individuals and organizations approach wellbeing in everyday life.

The idea for SolaceSquad emerged from a shared realization that while technology continues to transform industries, society is facing deeper challenges related to mental, physical, and professional wellness. The founders believed that wellness should not be treated as a reactive solution but as an ongoing life journey.

A pivotal moment came during a visit to NIMHANS in Bengaluru. Witnessing people across age groups, from students to working professionals and senior citizens, navigating various mental health and wellbeing challenges reinforced the urgency of creating a more proactive wellness ecosystem.

That experience inspired Priyanka to actively promote wellness initiatives across schools, colleges, and social impact organizations. Through these engagements, she observed a growing need for awareness, guidance, and accessible support systems that go beyond traditional healthcare approaches.

SolaceSquad positions itself as the world's first platform focused on holistic wellness across three critical dimensions: mental, physical, and professional wellbeing. Unlike conventional wellness platforms that focus on a single aspect of health, SolaceSquad integrates multiple dimensions to provide a more comprehensive understanding of an individual's overall wellbeing.

What sets the platform apart is its unique blend of technology and human expertise. While advanced technology and AI help analyze data, generate insights, and support decision-making, the founders

emphasize that wellness remains fundamentally human.

"Technology can guide us, but healing, growth, and wellbeing require human connection," says Priyanka. "Our approach is tech-driven but human-led, ensuring that every recommendation is backed by both data and empathy."

A key innovation introduced by the company is THRYVEQ™, a proprietary Holistic Wellness Score System designed to help individuals monitor and continuously understand their wellbeing status and identify the right direction for consultations, support, and personal development. Rather than serving as a diagnosis tool, THRYVEQ™ functions as a compass for one's wellness journey.

As conversations around employee wellbeing continue to gain importance, SolaceSquad is also targeting forward-thinking organizations that prioritize workplace wellness. The platform aims to support businesses in building healthier, more productive, and more resilient workforces through data-backed wellness interventions.

With its upcoming launch, SolaceSquad hopes to spark a larger conversation about the importance of holistic wellness in modern life. The company envisions becoming the operating system for everyday wellbeing, helping people make informed decisions about their health, personal growth, and professional fulfillment.

As India continues to embrace digital transformation, SolaceSquad believes the next frontier of innovation lies not just in advancing technology but in strengthening human wellbeing.

For the founders, the mission is simple yet ambitious: create a future where wellness is not an occasional priority but a daily practice supported by the right balance of technology, guidance, and human care.

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