

SMART INDIA HACKATHON 2025

- Problem Statement - Development of a Digital Mental Health and Psychological Support System for Students in Higher Education
- Theme- MedTech
- PS Category- Software
- Team Name- Neuron



SafeSpace

Inclusive Digital Mental Health Platform

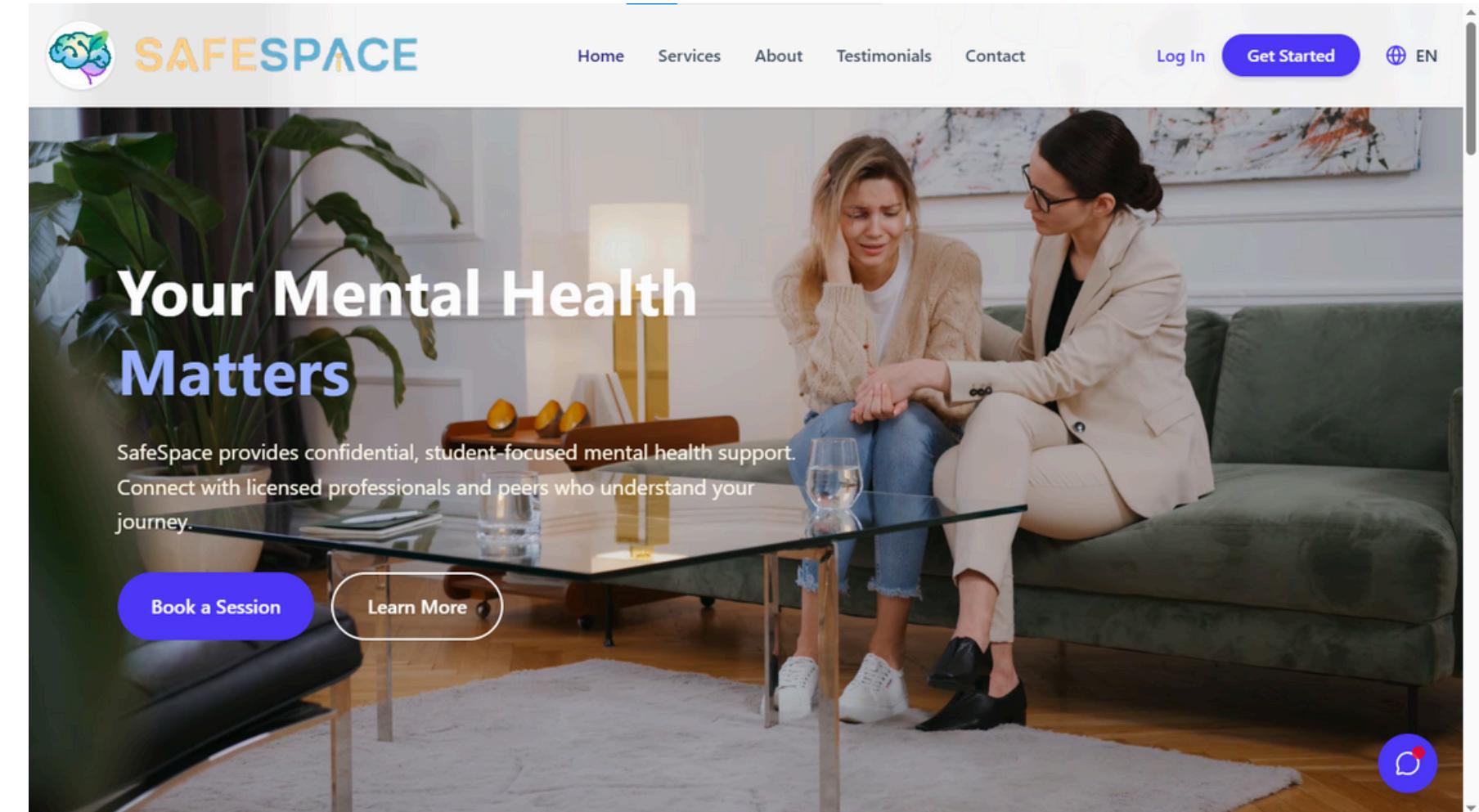
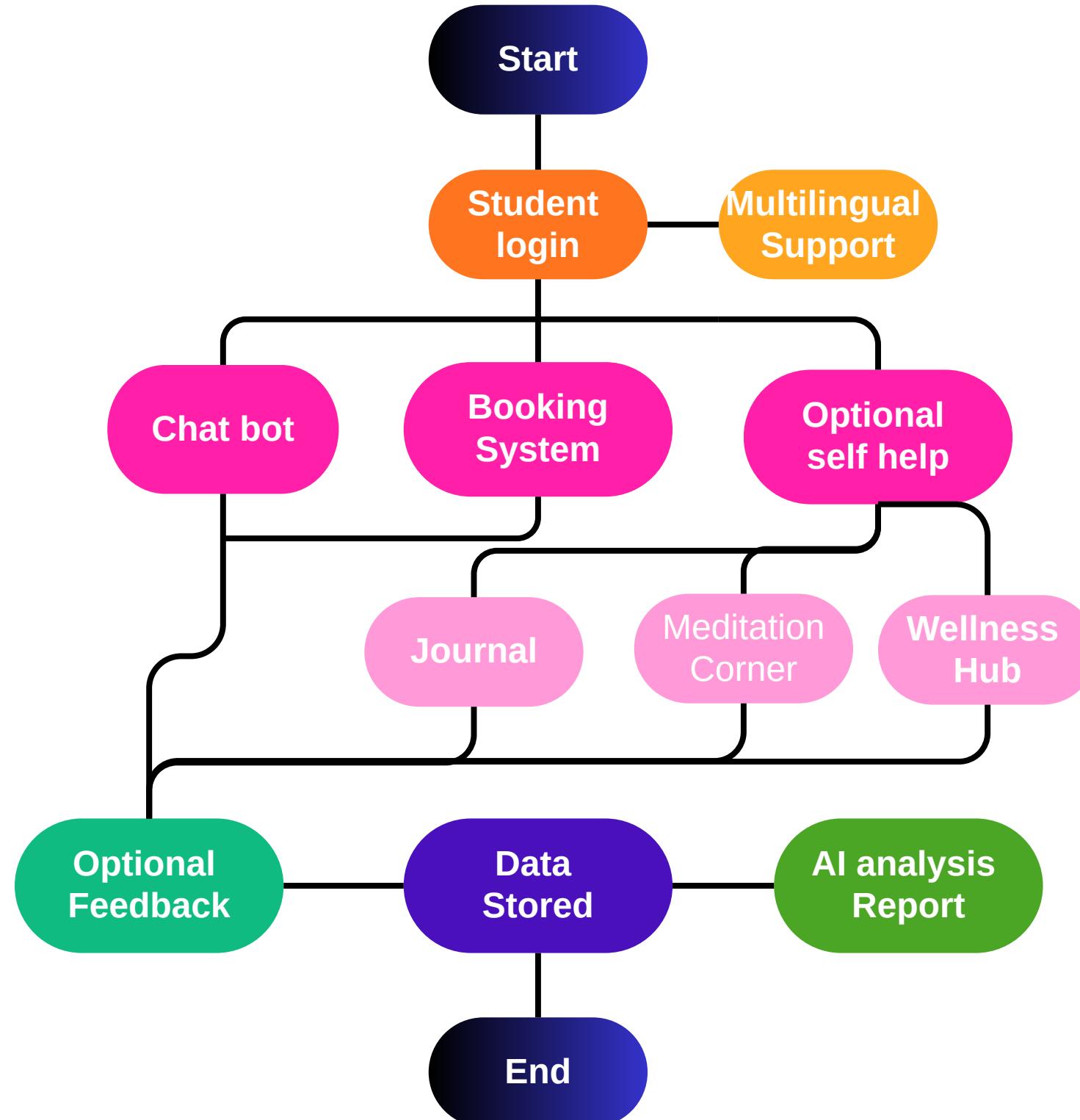
Safespace is a digital-first mental health platform for higher education. It offers students a confidential, stigma-free, and accessible space for academic and personal support. By blending technology with professional care, Safespace provides instant chatbot help, secure psychologist sessions, peer support, journaling, meditation tools, and multilingual access—creating a healthier campus where students feel heard and supported.

Innovation & Uniqueness

- **Automated Booking:** Quick, private appointment scheduling with psychologists.
- **AI Chatbot:** Reduces hesitation, provides instant guidance, connects to professionals.
- **Community Rooms:** Secure, encrypted spaces for confidential conversations.
- **Wellness Resources Hub:** Gives students self-help tools anytime, outside counseling sessions.
- **Inclusive for All:** Accessible to every member of the institution, anytime.
- **Journal System:** Students can write freely; rewards encourage consistent reflection.
- **Meditation Corner:** Guided exercises for relaxation and focus.
- **Multi-lingual Support:** Breaks language barriers, ensuring inclusivity.

MORE THAN A PLATFORM—IT'S A LIFELINE.

Technical Approach



- React.js / Next.js
- Tailwind CSS
- Node.js
- GraphQL API
- MySQL
- TensorFlow Lite
- AWS Cloud hosting
- i18n libraries
- OpenAI API
- OAuth

TECHNOLOGY THAT PROTECTS PRIVACY WHILE ENABLING EMPATHY.

Feasibility and Viability

Feasibility

- Uses proven, **scalable technologies** (React, Django/Node.js, encrypted DB).
- Cloud deployment ensures **24/7 accessibility**.
- Institutions already employ psychologists → **easy integration**.
- Fully compliant with **DPDP Act** for privacy

Strategies

- **End-to-end encryption** + DPDP compliance.
- **Anonymous access** to reduce hesitation.
- **Regular updates** & AI chatbot fine-tuning.
- Scalable **cloud infra** to handle heavy traffic.

Challenges

- Ensuring strict **data privacy & security**.
- **Overcoming stigma** and encouraging students to seek help.
- Training chatbot for **cultural & contextual sensitivity**.
- Managing peak load during stressful periods.

Outcomes

- Improved student **mental health** & academic performance.
- Stronger institutional reputation as a **caring ecosystem**.
- A **sustainable, scalable** solution ready for nationwide adoption.

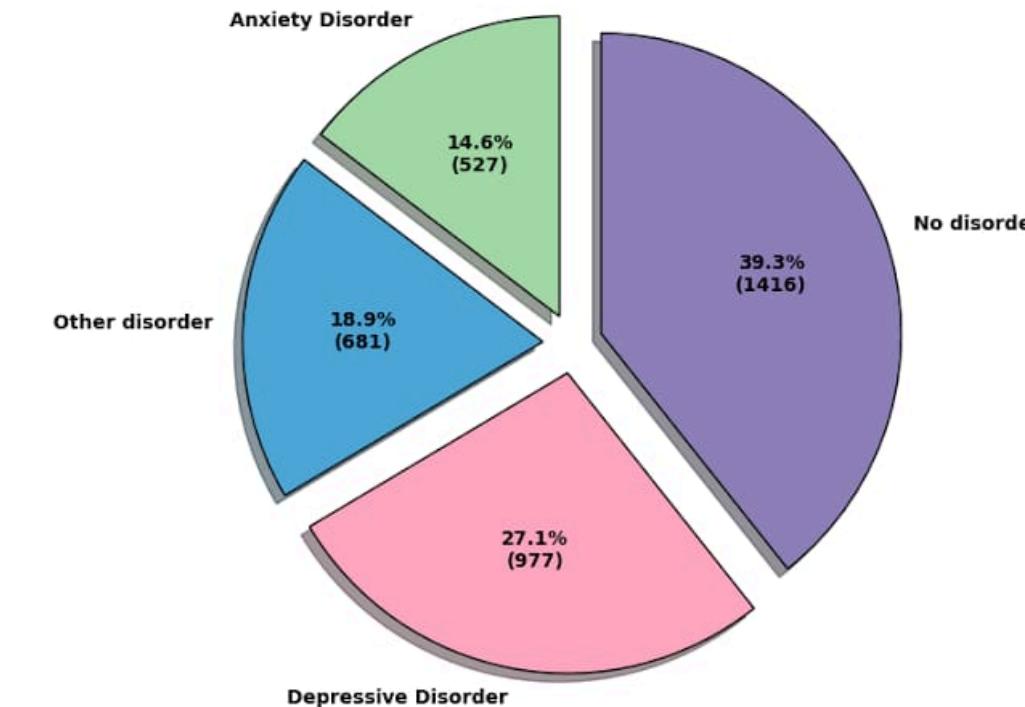
FEASIBLE TODAY, IMPACTFUL FOR TOMORROW.

Impacts and Benefits

The Human Impact

A campus where students **feel understood**, not judged
A community that grows **healthier, happier**, and more
resilient

When mental health is cared for → students become
not only **better learners** but also **better human beings**



For Students

- Free, private, stigma-free mental health support
- Reduced stress, anxiety, and burnout
- Better focus on academics and personal growth
- A safe space where “just being heard” makes the difference

For Institutions

- Stronger support ecosystem for every student
- Builds a culture of empathy, inclusion, and openness
- Reputation as a caring, student-first institution
- Anonymous data insights for better policy-making

FROM STRESS TO STRENGTH, TOGETHER.

Research and References

- **Social Support & Presence:** Just being there reduces trauma and stress. Studies show strong social support lowers PTSD severity by up to 40%.  [link](#)
- **Color Psychology in Design:** Calming colors like blue and green reduce stress, build trust, and create safe spaces.  [link](#)
- **Peer Support Effectiveness:** Peer interventions can be as effective as group therapy for depression.  [link](#)
- **Well-being Focused UX:** Research-based design heuristics ensure platforms support autonomy, clarity, and emotional safety.  [link](#)
- **DPDP Act 2023:** DPDP Act ensures that personal data on Safespace—like mental health chats or booking info—is handled with full user consent, transparency, and security.  [link](#)

Dr. Deepa Kaushik
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SOMETIMES, JUST BEING THERE MAKES ALL THE DIFFERENCE.