

# Gen AI Exchange Hackathon

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Problem Statement : People today face increasing stress, unhealthy lifestyle patterns. And limited access to personalized tools that support their overall well-being.

## Brief about the prototype

Our prototype is a **GenAI-powered mental wellness companion** that blends **emotional support, creativity, and physical health insights** into one platform.

- Users can **track moods daily** and maintain a **journal** that **GenAI transforms into poems, stories, images, or even song suggestions** — making self-reflection creative and engaging.
- An **AI Therapist** provides **empathetic, context-aware conversations**, offering **solutions and concise summaries** after each session.
- A unique “**Talk to Your Future Self**” feature lets users write to their future self and receive **motivational AI-generated letters**, downloadable for long-term encouragement.
- **Google Fit integration** connects physical health (steps, heart rate, sleep, screen time) with mental well-being, creating a **holistic wellness profile**.
- With **20 mood-based chat options**, users can choose how they want to be supported — whether stressed, sad, motivated, or happy.
- Finally, an **anonymous community space** allows safe sharing of AI-generated reflections, fostering **peer validation without stigma**.

Opportunity should be able to explain the following:

- **How different is it from any of the other existing solutions?**

Unlike traditional single-function apps (e.g., mood trackers or habit trackers), our solution uniquely leverages **Generative AI** to analyze biometric data and uncover correlations with a user's emotional state. This makes it more insightful, proactive, and personalized than fragmented tools available today.

- **How will it be able to solve the problem?**

By connecting emotional well-being with daily habits such as **sleep, screen time, and lifestyle choices**, the platform empowers individuals to reflect on their mental state in real time. Personalized AI-driven insights and recommendations ensure users receive timely support in one integrated platform, reducing the need to juggle multiple apps.

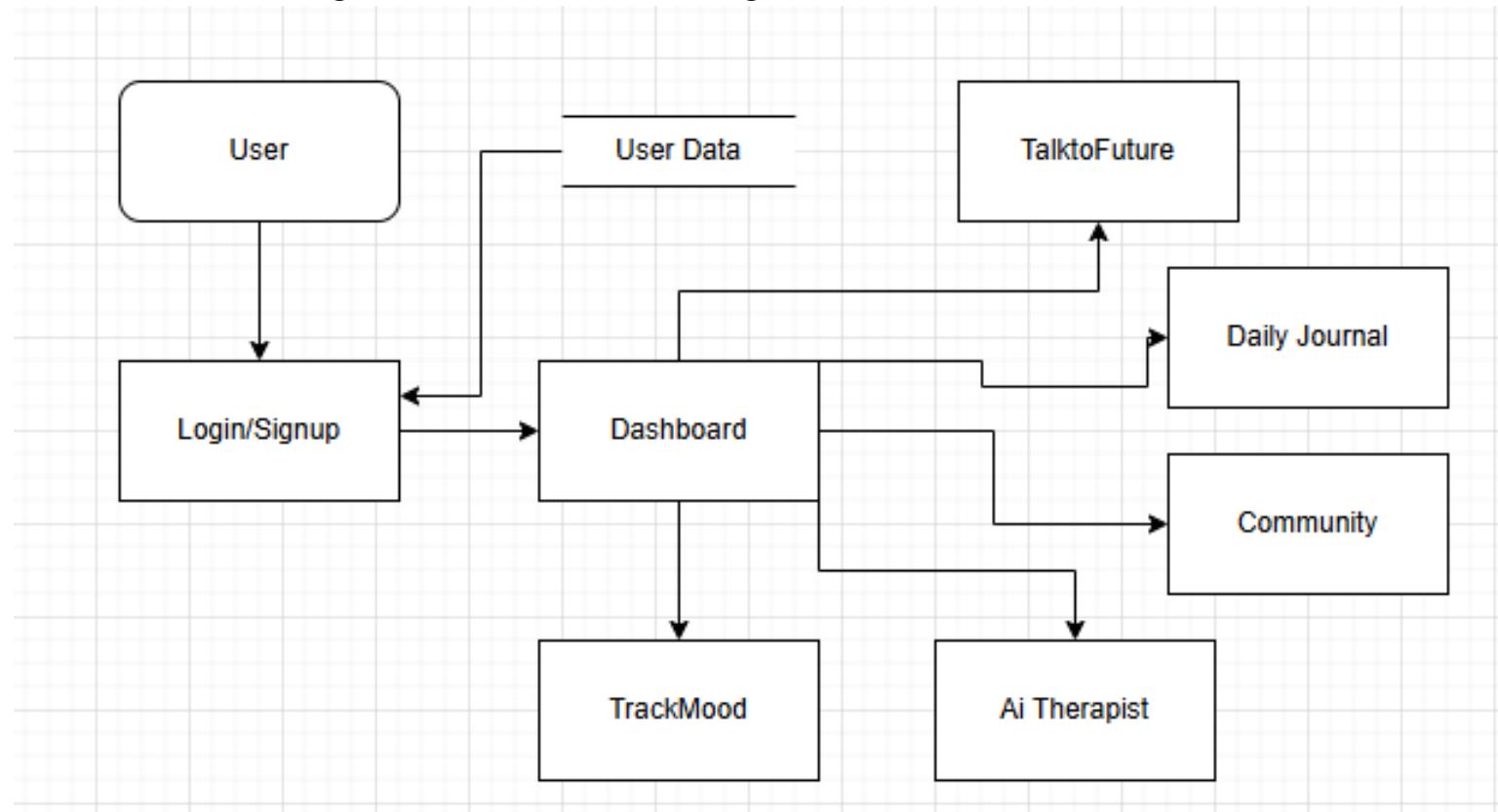
- **USP of the proposed solution**

A **holistic GenAI-based companion** that merges mental health support with habit-driven insights—making care **accessible, personalized, and proactive**. This integrated approach provides users with not only awareness but also actionable guidance to improve their mental well-being.

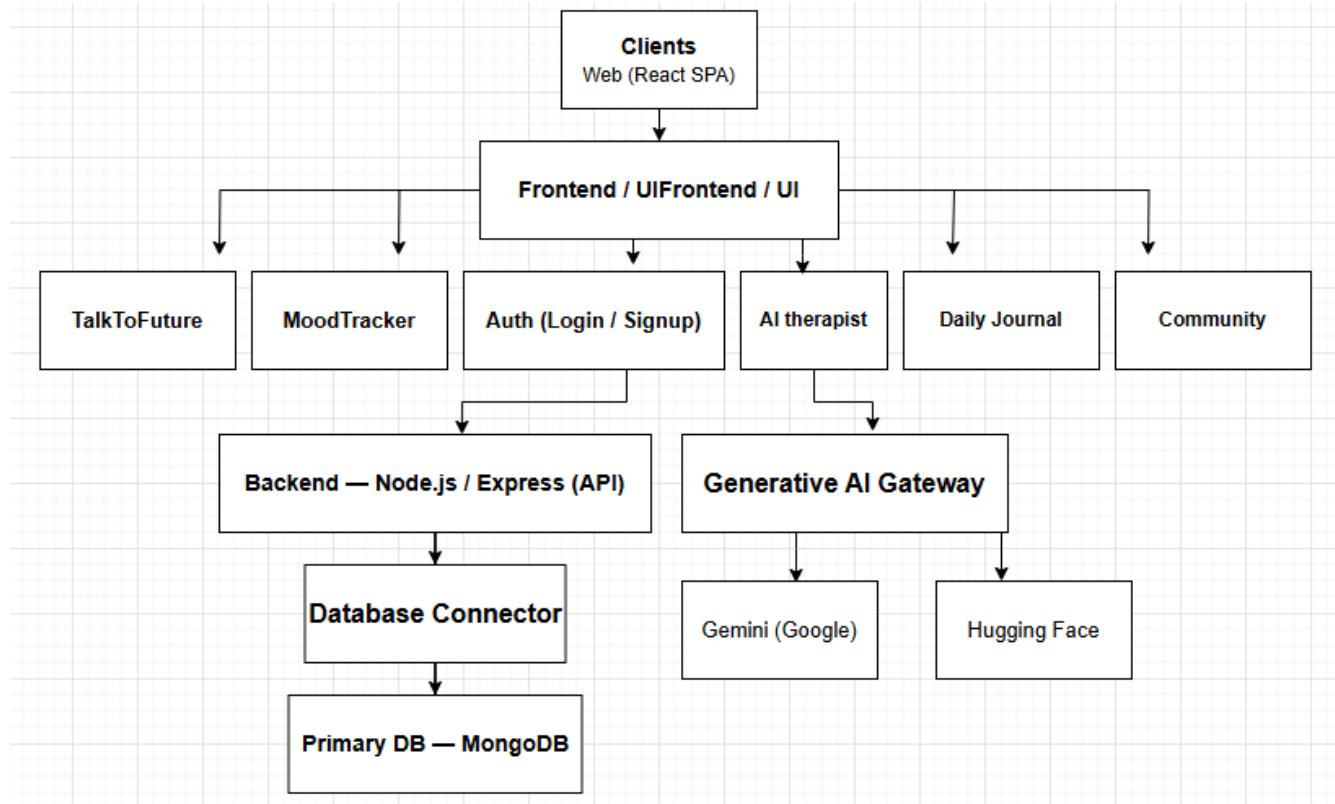
## List of features offered by the solution

- **Daily Mood Tracker** – Simple yet powerful emotional logging that help users build **self-awareness and resilience**.
- **Generative AI Journaling** – A journaling experience that doesn't just record thoughts, but **transforms them into poems, stories, images, or even song suggestions**, making reflection **creative, personalized, and therapeutic**.
- **AI Therapist (24/7 Companion)** – An **empathetic conversational agent** that not only provides guidance and coping strategies but also delivers a **structured summary of each session** for long-term growth.
- **Talk to Your Future Self** – A unique motivational feature where users can write to their future self and receive an **AI-generated letter back**, fostering **hope, goal-orientation, and self-motivation**.
- **Google Fit Integration** – Seamless sync with **Google Fitness APIs** to combine mental and physical well-being data—steps, sleep, heart rate, screen time—creating a **holistic health profile**
- **20 Mood-Based Conversations** – Instead of one-size-fits-all AI, users can choose from **20 tailored emotional personas** and **personalized support**.

## Process flow diagram or Use-case diagram



## Architecture diagram of the proposed solution



## Technologies to be used in the solution:

- **Frontend**: React.js (for interactive UI/UX)
- **Backend**: Node.js with Express.js (for API handling)
- **Database**: MongoDB (to store user data, mood logs , posts data)
- **Generative AI model** (for empathetic mental health conversations)
- **Hugging face** (Mood recognition model)
- **APIs & Integrations**: Google Fitness API(steps, heartbeat, sleep, screen time tracking)  
Stability API for Image generation
- **Authentication & Security**: JWT / OAuth (for user authentication and privacy)
- **Deployment & Hosting**: Cloud services (Vercel / Render)

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## Thank you