

Project Name: Susthiti

GROUP NAME: SGC Innovations

Tech Stack:

1. **Frontend - React JS**
2. **Backend - Django, DRF, SQL DBMS, JWT**
3. **Other Third Party Libraries, APIs**

Proposal

Introduction: In response to the pressing need for robust mental health support tailored specifically to students, we propose the development of a comprehensive platform dedicated to promoting mental well-being and academic success among students. This platform aims to address various aspects of student life, providing essential features and possible enhancements to support their mental health journey effectively.

Core Features:

1. **Community Support:** Our platform will foster a sense of belonging and connection among students by facilitating peer support groups, forums, and group chats. This feature will provide a safe space for students to share experiences, seek advice, and offer support to one another.
2. **Emergency Support:** Immediate access to crisis hotlines, emergency contacts, and mental health professionals will be available to students in times of crisis. This feature ensures timely intervention and support during urgent situations.
3. **Anonymous User:** Users or Students can participate in discussions, seek help, and access resources anonymously, eliminating barriers to seeking support due to fear of judgment or stigma.
4. **Doctors Profile, Appointment & Support:** Seamless scheduling of appointments with mental health professionals directly through the platform will be facilitated. Additionally, virtual support sessions, therapy, and counseling services will be available to students.
5. **Health Tips & Journal:** Regularly updated content on mental health, self-care practices, and lifestyle tips will be provided to students to empower them to prioritize their well-being.
6. **Mental Aptitude Test:** An interactive tool to assess various aspects of mental health, including stress levels, anxiety, and resilience. Students can track their progress over time and receive personalized recommendations based on their results.

7. **Appointment & Availability for Spiritual and Meditation Teachers:**
Students can schedule sessions with spiritual guides and meditation teachers to explore mindfulness practices and cultivate inner peace and resilience.
8. **Engagement Features, Learning Techniques & Field of Interests:** Tailored resources and tools will be provided to help students enhance their learning techniques, explore their interests, and develop skills outside the classroom.
9. **Small Projects like Freelancing and Quiz:** Engaging activities such as freelance projects and quizzes will be available to students to promote mental stimulation, creativity, and skill development.
10. **Counseling Services:** Access to qualified counselors and therapists who specialize in addressing the unique mental health needs of students will be provided. Counseling sessions can be scheduled conveniently through the platform.
11. **Notifications Settings and Features like Meditation Music, Chat Application**

Possible Feature Enhancements:

1. **Personalized Recommendations & Mood Detector**
2. **AI (More Human Like Friend)**
3. **Peer Support Matching and Many more possible features.**