**Project Synopsis/Project Concept Document**

**(Due: 25th January)**

|  |  |
| --- | --- |
| Project number | 21 |
| Project Title | **AlethioSphere: The Path to Self-Discovery** |
| Document | DASS Project Concept Document |
| Creation date | 23rd January 2025 |
| Created By | Saketh Ayyagari, Anshul Bhagwat, Manasi Mundada, Ishaan Romil, Raghav Doshi |
| Client | Jazeel Jabbar |

**Project Description**

Individuals experiencing depression and anxiety often struggle to seek help due to self-doubt, negative thoughts, and societal stigma. There is a shortage of accessible mental health professionals — both due to costs and stigma — leaving millions without adequate support or guidance. Existing software solutions for journalling lack multi-modality, especially video-to-video interactions. This project aims to create a responsive video-to-video avatar as an accessible mental health journaling companion.

**Profile of Users**

There are only two end-users. A *consumer* and a *system administrator*. As per the current plan, the ‘consumer’ demographic would primarily consist of students, though it would be available for everyone.

Students are often overwhelmed by academic and peer pressure. This avatar aims to help them to navigate through their mind and emotions by offering an environment akin to journalling.

The ‘system administrator’ will have access to user demographics. They are also responsible for ensuring compliance and data privacy laws.

**Usage Model and Diagrams**

Consumer: The user of the video companion. They will have access to a view in which they can interact with the avatar on video. This will be similar to a video call view.

The system administrator: This user is responsible for maintenance of this application. He can view the total number of users and their demographic details. The system administrator does not have access to individual users’ videos.