

Synopsis – Aura Mind: AI-Integrated Mental Health Chatbot

Title:

AURA MIND - AI-Integrated Mental Health Chatbot

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1. Introduction

Aura Mind is a multilingual, AI-powered chatbot designed to offer compassionate, accessible, and non-judgmental emotional support to individuals experiencing mental health challenges. In a world where mental health resources are often constrained by language barriers, social stigma, and geographic inaccessibility, Aura Mind emerges as a timely digital companion, helping users express their thoughts and receive empathetic guidance in their native language. The platform offers text-based, real-time interaction, enabling users to explore their emotional states, access coping mechanisms, and connect with resources confidentially and securely. By integrating natural language processing (NLP), multilingual translation, and mental health best practices, Aura Mind serves as a bridge between individuals and the care they need — always available, anywhere, at any hour..

2. Objectives

Aura Mind is built on a robust conversational AI framework that prioritizes empathy, clarity, and inclusiveness. The chatbot interface is intuitive and easy to navigate, designed to guide users through self-reflection, emotional regulation exercises, and mental health literacy resources. The backend architecture supports:

- Real-time language detection and translation.
- Session management with strict data security protocols.
- Adaptive response generation informed by NLP sentiment analysis.

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3. Problem Statement

Aura Mind is a mental health chatbot that offers 24/7 emotional support, stress and anxiety management, mood tracking, and self-care guidance. It helps users build healthy habits, practice mindfulness, learn coping strategies, and access crisis resources—providing a safe, non-judgmental space for mental well-being.

4. Key Features

- Emotional self-assessments with feedback and guidance.
- Access to guided meditations, breathing techniques, and grounding exercises.
- Resource delivery based on user inputs and mental state.
- Redirection to professional help or crisis intervention services if high-risk behaviour is detected.
- A continuously learning AI model, refined through feedback loops and expert input..

5. Scope

Aura Mind is designed to support a diverse range of users, including:

- Individuals experiencing emotional distress such as anxiety, depression, or burnout.
- Those seeking mental health knowledge, self-care routines, or resilience-building strategies.
- Multilingual communities often excluded from mainstream mental health services due to language limitations.
- Mental health professionals, NGOs, and institutions seeking digital tools to extend their outreach and support.

6. Technical Overview

1. HTML, CSS, and JavaScript:

- o For crafting the user interface across devices.
- o Ensures responsive and accessible design.

2. React.js and Next.js:

- o React powers the frontend UI with modular component design.
- o Next.js enables server-side rendering and faster performance.

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. 3.MongoDB:

- o NoSQL database used to store user interactions and session data securely.

3. Feasibility Analysis

- a. Technical: Uses proven frameworks and APIs.
- b. Operational: Intuitive and user-friendly design.
- c. Economic: Cost-effective due to open-source stack.

4. Expected Outcomes

- a. Faster response times.
- b. Lower operational costs.
- c. Increased productivity and accessibility.

5. Conclusion

Aura Mind was created with the belief that technology can be a transformative tool for emotional well-being. As a pioneering student-led initiative, the platform offers not just a digital solution, but a space where users can access emotional support, foster personal growth, and contribute to societal awareness regarding mental health issues. This vision for a more inclusive and accessible approach to mental health care underscores the potential of technology in making a positive social impact.