



HackOrbit 2025

Team Name: CodeZen

THEME & PROBLEM STATEMENT

Theme: Open Innovation

Problem:

- 75%+ new Indian mothers feel overwhelmed postpartum. [Indian J Psych, 2021]
- 22% face postpartum depression & 80% go undiagnosed. [WHO-SEARO, 2020]

Every digital tool focuses on the baby. No one checks on the mother.

“We ask about the baby. But who asks the mother how she's doing?”

In one line: There's no digital space in India that centers the mental and emotional healing of postpartum mothers — Sakshi fills that gap.

Postpartum depression; woman commits suicide by setting herself on fire

When mothers kill their newborns: The role of postpartum psychosis in infanticide

A 23-year-old woman in Kerala has been accused of suffocating her newborn and hurling the infant's body onto the road out of her apartment. Why did she do this?

PROPOSED SOLUTION

Sakkhi is a self-love and emotional wellness website — **just for moms.**

What it does:

- Tracks emotional well-being (mood + voice logs)
- Builds a visual timeline of identity healing
- Offers culturally sensitive care tools (Hindi/English)
- Optional peer space for shared experiences

Sakkhi is not another parenting app. It's the first 'you-first' space for mothers.

How we're different from existing apps:

We're different from BabyCentre / Mumspresso / Healofy:

- ❌ No baby milestone tracking
- ❌ No parenting advice
- ❌ No product ads
- ✅ **You-first** platform for mothers' healing

HEALTH NEWS

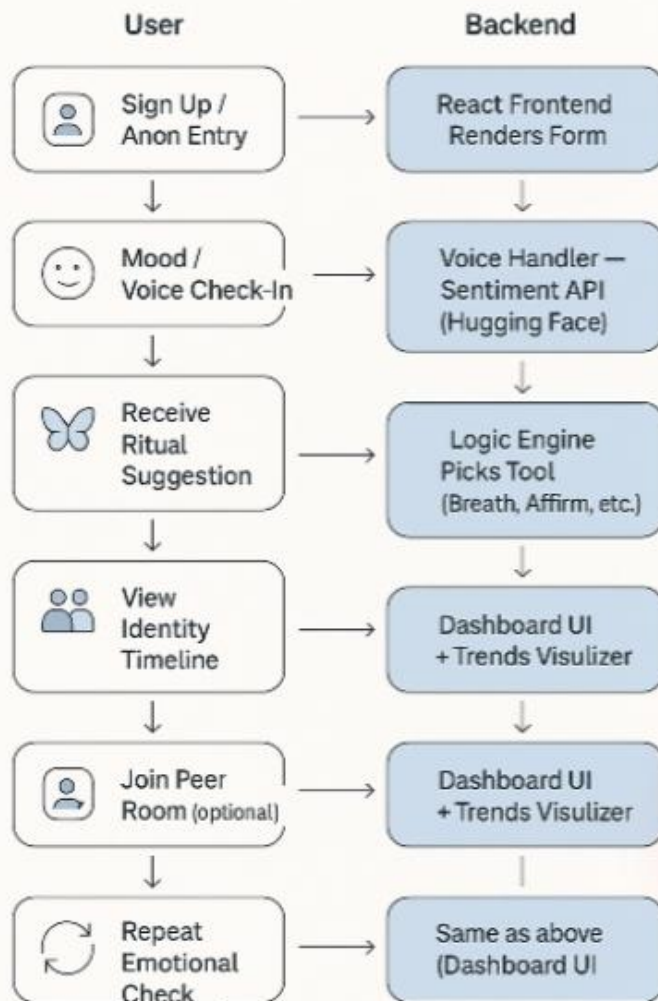
✓ Fact Checked

People with Perinatal or Postpartum Depression Face Higher Suicide Risk

No baby tracking. No expert advice. No intrusive ads. Just **you and your healing.**

FLOWCHART / DIAGRAM

User Journey Flow – Sakkhi Platform



Woman who killed infant sparking discussions about postpartum depression in Kerala dies

Udupi Woman Dies By Suicide Amid Struggles With Post-Partum Depression And Work Pressure

Woman found dead with baby told loved ones about stress over pumping milk, son's jaundice: Coroner's court

User Journey & Backend Flow – Explained

◆ Sign Up / Anonymous Entry → React Frontend

Instant access without pressure. React renders a simple, mobile-friendly form.

→ *Removes hesitation. Entry is smooth and stigma-free.*

◆ Mood / Voice Check-In → Sentiment Analysis (Hugging Face)

Users share mood via emoji or voice. NLP analyzes tone instantly.

→ *Voice captures emotions beyond words. Data-backed suggestions follow.*

◆ Ritual Suggestion → Logic Engine (Tool Picker)

Based on mood + stage, backend suggests micro-rituals (breathe, affirm).

→ *Hyper-personalized. No one-size-fits-all self-care.*

◆ Identity Timeline → Dashboard + Trend Visualizer

Every log updates a personal emotional journey graph.

→ *Healing becomes visible. Validation builds resilience.*

◆ Peer Room (Optional) → DB-Matched Circles

Anonymous opt-in groups matched by experience (C-section, NICU, etc.)

→ *Support without oversharing. Built for trust.*

◆ Repeat Emotional Check → Learning Loop

Ongoing feedback refines suggestions over time.

→ *System adapts. Healing is dynamic—not one-time.*

✅ Final Thought:

This isn't just a product—it's a quiet companion in a loud world. Sakkhi listens, reflects, and grows with every mother, on her terms.

FEATURES AND NOVELTY

'I needed to protect her against dark thoughts': Father of 5, whose wife had postnatal depression

Features:

- **Suno Khud Ko:** Mood & voice check-ins — raw and real
- **MyReflection:** Auto-built healing timeline
- **SootheSpace:** 3-min relief rituals (breath, affirm, ground)
- **Circle of One:** Private support room (opt-in only)
- **Bharosa Library:** Stories from Indian moms who broke the silence

Novelty:

- **Mother-first lens:** 100% of the platform centers the mother's inner journey, not baby milestones.
- **Culturally contextual UX:** Content and prompts reflect Indian realities—joint families, language barriers, and stigma.
- **No judgment, no feed, no pressure:** A quiet corner of the internet where healing isn't performative.
- **Voice journaling + emotion analysis:** Voice logs decoded into emotional trends using NLP (uniquely integrated).
- **Timeline of healing:** Mothers track not growth charts of their babies—but their own emotional graph.

Why us? No guilt, no perfection. Just a space to come back to yourself.

DRAWBACK AND SHOWSTOPPERS

CHALLENGES	HOW WE OVERCOME IT
! Limited rural internet access	✓ Mobile-first, low-bandwidth site. Offline-ready voice journaling in next sprint.
! User hesitancy to share emotions	✓ Anonymous by default. Soft on boarding via check-ins.
! Sensitive mental health data	✓ End-to-end encryption, zero third-party sharing, privacy-first stack.
! “Not a clinical tool” bias	✓ Clear disclaimers + therapist referral tools. We’re the bridge before care .

Pranaiya was a happy mom - then she started talking about wanting to **disappear**

Words by Iana Koltasova, CNN

Dad Loses Wife to **Postpartum Depression**—Vows To Fight for 'Moms Everywhere'

CodeZen (Members)



Mehul Kumar Singh

Email:

mehulkumarsingh6@gmail.com

Phone: +91-8910858436

LinkedIn:

<http://www.linkedin.com/in/mehul-kumar-singh-655b5432b>



Tanush Gupta

Email:

tanushgupta006work@gmail.com

Phone: +91-9149836284

LinkedIn:

www.linkedin.com/in/taanushhh

Sakkhi is for every mom who forgot her name while being called "mummy."

**Thank
you**