YANTRA CENTRAL HACKATHON

Project Proposal Template

Project Title: ChillPill

Team Name: No Glitches

Team Members:

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Problem Statement:

Women in high-stress careers often face challenges like burnout and imposter syndrome, necessitating tailored mental health support. Develop a platform offering mental health resources and peer support for women in demanding professions. Provide tailored solutions for individual needs.

Solution Overview:

ChillPill is a mental health platform designed specifically for women in stressful professions, leveraging the latest technology to provide personalized support, foster community connections, and ensure proactive mental health management.

The platform includes:

1. AI-based Sentiment Analysis: Evaluates users' mood and mental state to provide personalized resources and actionable insights.

2. Integrated health tracking: Tools that monitor emotional and physical well-being and provide data-driven recommendations for improvement.

3. Community support: Safe and inclusive spaces for group discussions, peer support and sharing of experiences to combat isolation.

4. Accessibility to resources: Through an intuitive interface, you can access expert consultations, guided activities, and personalized mental health programs.

5. Smart notification and alert: A gentle reminder and motivation hints to promote consciousness and regular interactions.

6. Advanced Features: Appointment scheduling, payment gateways, subscription model for easy access to professional services.

Objectives:

1. Aligning with SDG 3: Good Health and Well-Being, we aim to create a one-stop platform for mental health enhancement
2. Helping identifies mental state, perform mood analysis, and decide actions based on them.
3. Helping create and foster a community for better mental health communication

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Technology/Tools to be Used:

1. Artificial intelligence
2. Sentimental Analysis
3. Text to Speech – Speech to text
4. Notification Service
5. Health Trackers
6. Cloud service
7. Tech Stack: MERN, TailWind, Python, Flask/Apache/AWS
8. Advanced Features: Community / Group chat Integration

9. Appointment Booking & Payment Gateway
10. Subscription Model

Expected Outcomes/Impact:

1. Reduces stress by providing instant, tailored support.
2. Promotes self-awareness through personality and sentiment analysis.
3. Builds a supportive community for women in high-stress careers.
4. Enhances mental well-being through proactive tracking and professional counseling.

Challenges You Anticipate:

1. Hosting
2. API integration
3. Accuracy of Gathered Health data