

DREAM HACKS

Participant Name: Rakshitha N

Solo Participant 2nd Year, AIML

BMS Institute of Technology , Bengaluru

Overview:

Teen Wellness AI is an interactive platform built to support teenagers on their mental wellness journey through power of AI-driven emotional support, journaling, mood tracking, and voice-based interaction. Our mission is to provide a safe, anonymous, and accessible space for teens to express themselves, reflect, & receive helpful insights all powered by cutting-edge AI.

Name Of the Project:

MendiFy

Mendify – A fusion of “mend” and “simplify,” symbolizing emotional healing through simplified journaling and AI support.

Why this Topic/Project?

In today's fast-paced and high-pressure world, teenagers—especially school and pre-university students—are silently struggling with their emotional well-being. Many are introverts or feel too hesitant to speak out, fearing judgment or misunderstanding from others.

Some teens bottle up their feelings because they're afraid of being seen as "too emotional" or "too weak." Others don't speak up simply because they don't know whom to trust.

We developed Teen Wellness AI to fill that silent gap—to create a non-judgmental, always-available AI companion that listens, understands, and supports teens without bias, labels, or pressure.

It's not just a website.

It's a safe space to feel heard.

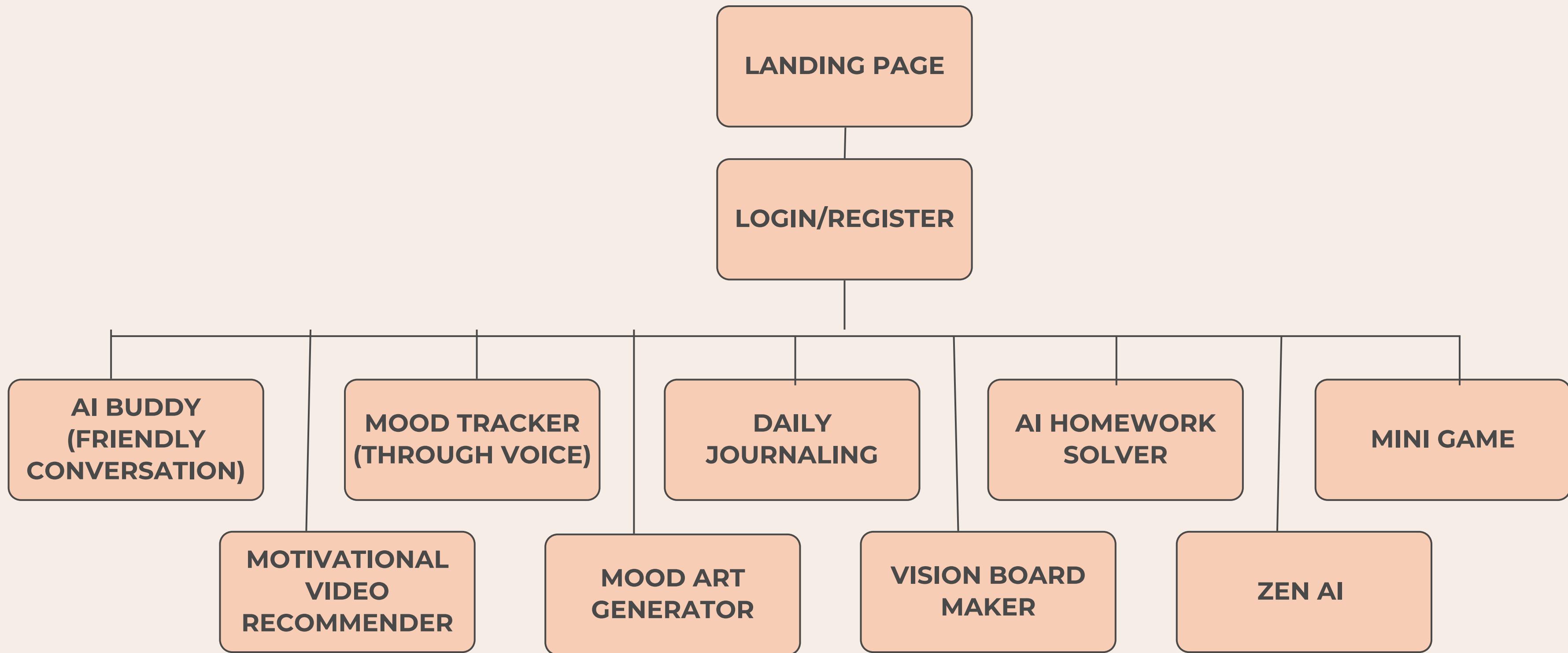
To feel understood.

To reflect.

To grow.

By giving teens a private, intelligent, and compassionate AI friend, we're helping them build emotional resilience, self-awareness, and mental strength—on their own terms, in their own time.

Structure of the Website



KEY FEATURES:

1. ALIAS LOGIN – NO EMAIL; USERS STAY ANONYMOUS.
2. E2E ENCRYPTION – CHATS AND FILES FULLY PRIVATE.
3. 24/7 AI SUPPORT – REAL-TIME, EMPATHETIC HELP.
4. MULTIMODAL JOURNALING – TEXT, VOICE, AND IMAGES.
5. MOOD TRACKER – DETECTS FEELINGS, SUGGESTS ACTIONS.
6. AUTO TRANSLATION – INSTANT MULTILINGUAL SUPPORT.
7. MEDIA HUB – GUIDED MEDITATIONS & BREATHING AIDS.
8. PROGRESS ARCHIVE – PRIVATE MOOD & GROWTH TIMELINE.
9. JUDGEMENT-FREE UX – CALMING PASTEL DESIGN.
10. SCALABLE STACK – REACT, NODE.JS, MONGODB.

PROBLEM STATEMENT:

1. PS 1: WEAVE AI MAGIC WITH GROQ

- **LLM BACKBONE:** EVERY CHAT REQUEST IS ROUTED TO GROQ'S HIGH-THROUGHPUT LARGE-LANGUAGE-MODEL ENDPOINT (LLAMA-38B 8192), DELIVERING SUB-100 MS RESPONSES FOR REAL-TIME CONVERSATION.
- **CONTEXTUAL REASONING:** PROMPTS ARE DYNAMICALLY CONSTRUCTED WITH THE TEEN'S RECENT MOOD DATA AND JOURNAL HISTORY (STORED AS ENCRYPTED VECTORS), ENABLING THE MODEL TO GENERATE CONTEXT-AWARE GUIDANCE RATHER THAN GENERIC REPLIES.
- **MULTIMODAL ANALYSIS:** TEXT, IMAGE CAPTIONS, AND SPEECH-TO-TEXT TRANSCRIPTS ARE STREAMED TO GROQ FOR SENTIMENT DETECTION AND COGNITIVE RE-FRAMING SUGGESTIONS, WHICH THE FRONTEND VISUALIZES AS MOOD INSIGHTS.
- **ADAPTIVE TONE CONTROL:** SYSTEM MESSAGES ENFORCE A SUPPORTIVE, AGE-APPROPRIATE STYLE, ENSURING THE AI'S LANGUAGE REMAINS EMPATHETIC, ENCOURAGING, AND FREE OF CLINICAL JARGON.
- **SCALABLE INFERENCE:** GROQ'S ACCELERATOR HARDWARE ALLOWS US TO MAINTAIN CONSTANT LOW-LATENCY SERVICE DURING TRAFFIC SPIKES WITHOUT COMPROMISING ENCRYPTION OR PRIVACY PROTOCOLS.

