Gen AI
Exchange
Hackathon

Google Cloud   H2S

Team Name : **Current Crew**

Team Leader Name : **Renuka R**

Problem Statement : **Generative AI for Youth Mental Wellness**

Brief about the prototype:

WebAppName : 'HelloVibbyyy!!!!' – Your Daily Dose of Mental Wellness

Content:
- HelloVibbyyy!!!! is a **mental wellness webapp prototype** designed to help individuals (especially youths) track their moods, receive personalized tips, and engage in micro-exercises for stress relief.
- It encourages **daily check-ins** to promote consistency and self-awareness.
- It is designed to be **lightweight, simple, and accessible for everyone**—students, professionals, and individuals seeking everyday mental support.
- Built with a **Streamlit-based MVP** approach for quick testing and ensures **fast deployment**, easy scalability, and continuous user feedback integration.

Opportunity should be able to explain the following:

How different is it from any of the other existing solutions?

Other apps:
- Popular wellness apps are often **time-intensive.**
- Focus on **10–30minute guided meditations**, which many users find hard to commit to daily.
- **Content-heavy**, sometimes overwhelming with too many choices
- Most features are **locked behind subscriptions** (premium/paywalls).
- They primarily serve users who are already invested in meditation practices, leaving out a huge segment of people who need **fast, practical, and accessible solutions**.
- Often generic, unless you pay for AI/coach-based personalization.

HelloVibbyyy!!!! redefines mental wellness by focusing on **micro-moments of care**—short, engaging nudges that fit seamlessly into a busy lifestyle.

Opportunity should be able to explain the following:

How will it be able to solve the problem?

1. Scalable Mental Health Support -
- A single human counselor can only handle a few clients at a time.
- AI can **chat with thousands of users simultaneously** → making support available for everyone, anytime.

2. Personalization at Scale -
- AI learns user behavior: Tracks moods, stress triggers, daily routines.
- Suggests **personalized interventions** (e.g., "You usually feel anxious at night, try this 5-min sleep meditation").

3. Early Warning System (AI Pattern Detection) -
- AI can analyze text/journal entries for signs of **depression, burnout, or suicidal thoughts**.
- Sends **alerts/recommendations**:
  - Gentle nudges: "Looks like you've been sad for 10 days. Would you like to talk to a counselor?"
  - Emergency alerts (with consent): If severe risk detected → connect to helplines.

Opportunity should be able to explain the following:

How will it be able to solve the problem?

4. Stigma-Free Interaction -
- Many users are afraid to open up to humans.
- With AI, they get a **judgment-free, anonymous listener**.
- Helps people **practice expressing feelings**, which they may later take to real therapy.

5. Affordable, Always-On Coach -
- AI reduces dependency on expensive therapy sessions.
- Works like a **daily mental fitness coach** → guiding with reminders, exercises, affirmations, relaxation.
- **Accessibility leap:** Anyone with a smartphone can get mental health support.

6. E-Scrapbook –
- Digital personal diary where users can **collect, create, and reflect** on their memories, thoughts, moods, and affirmations.
- Think of it as a mix of a **journal, mood board, and vision board** – but in a fun, interactive way.

Eg: "Your week was 60% calm 🌊 , 30% stressed ⚡ , 10% joyful 🌸 .", **Voice & Doodle Entries.**

Opportunity should be able to explain the following:

USP of the proposed solution

1. **Confidential AI Chatbot -**

   - Empathetic, stigma-free conversations.

   - Multilingual (English + regional Indian languages).

   - Adapted tone for Indian youth (relatable, non-formal).

2. **AI-Generated Personalized Stories -**

   - Short stories with morals based on user's current situation.

   - Encouraging and culturally sensitive (folk tales, motivational, youth-centric).

3. **Entertainment Therapy -**

   - **Movie recommendations** (uplifting, relatable themes).

   - **Clips and dialogues** from Indian/International cinema.

   - **Song lyrics / playlists** matched to user mood (comfort first → cheer up next).

Opportunity should be able to explain the following:

USP of the proposed solution

4. **E-Scrapbook (Digital Journal) –**

    • Private, encrypted journaling space.

    • Users can write, doodle, add images, stickers, or quotes.

    • AI reflects on entries, offering insights or supportive notes.

5. **Mood Tracking & Insights –**

    • AI analyzes scrapbook/journaling → shows weekly mood patterns.

    • Simple visuals (colors, emojis) instead of clinical graphs.

6. **Tiered Safety & Crisis Guardrails –**

    • Detects signs of severe distress (e.g., self-harm thoughts).

    • Immediate escalation to verified helplines/NGOs (Snehi, iCall, Vandrevala Foundation).

    • Always keeps user anonymity.

Opportunity should be able to explain the following:

USP of the proposed solution

7. **Anonymous Community Micro-Spaces (in future) -**

    - Peer-to-peer sharing in moderated safe groups.

    - AI moderation to prevent bullying or harmful content.

8. **Personalized Recommendations Beyond Media -**

    - Breathing exercises, mindfulness, small self-care tasks.

    - AI adapts suggestions based on mood trends (study stress, relationship issues, etc.).

9. **Accessibility & Scalability -**

    - Runs on **Google Cloud Vertex AI + Firebase**.

    - Low-cost, mobile/web accessible, youth-friendly design.

10. **Gamification –**

    - Daily check-in streaks.

    - Gentle nudges to continue journaling or self-care.

List of features offered by the solution

😊 **Daily Mood Check-In / Vibe check** (emoji-based journaling to track feelings quickly)
💡 **Personalized Wellness Tips** (AI-curated micro advice for stress relief & positivity)
🧘 **Quick Exercises** (1–5 min breathing, mindfulness, and mini meditations)
📊 **Progress Tracker** (visual charts showing mood & habit trends over time)
🔔 **Smart Notifications & Nudges** (gentle reminders for daily check-ins & breaks)
👤 **Simple Profile & Settings** (minimal design → easy to use for everyone)

✨ **Signature Feature – E-Scrapbook** 📖
Digital scrapbook for moods, notes, photos & affirmations
AI-generated **weekly mood collages** 🌈
Add **stickers, doodles, voice entries** for creative self-expression
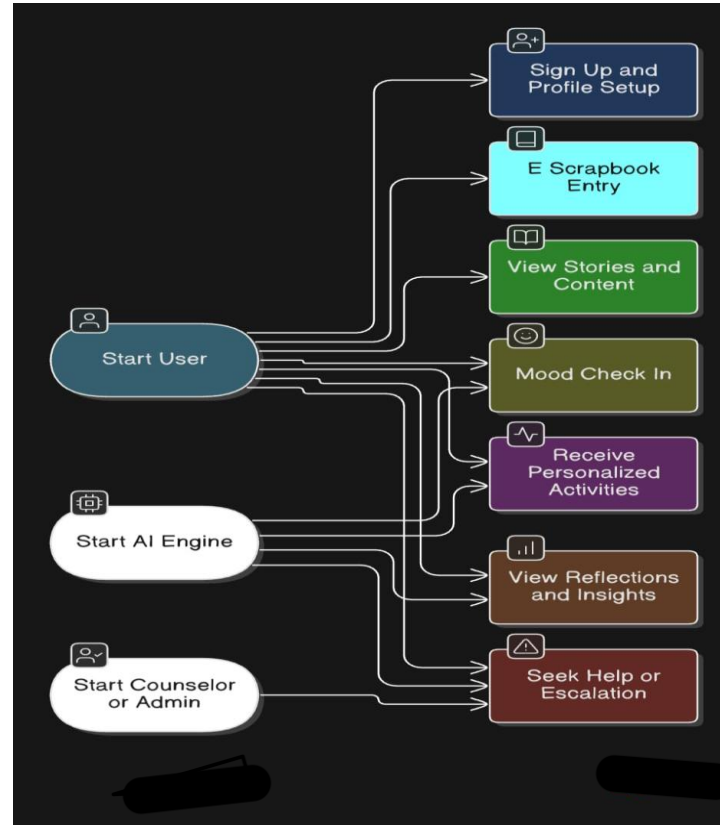Acts as a **positive memory bank** & self-growth tracker

✨ **Future Add-Ons:**
🤖 **AI Wellness Chatbot** (24/7 companion for support & guidance)
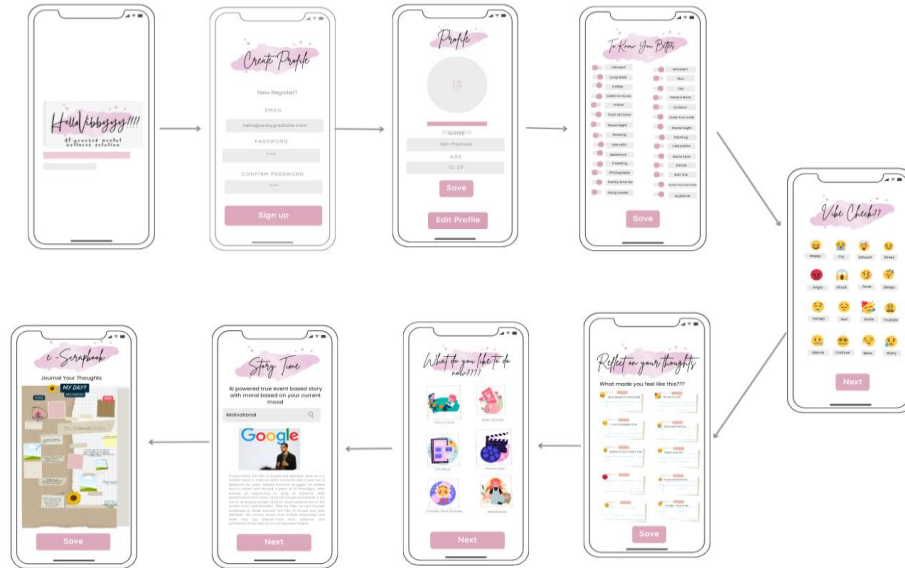🎧 **Voice-Guided Relaxation** (immersive audio for stress release & sleep)
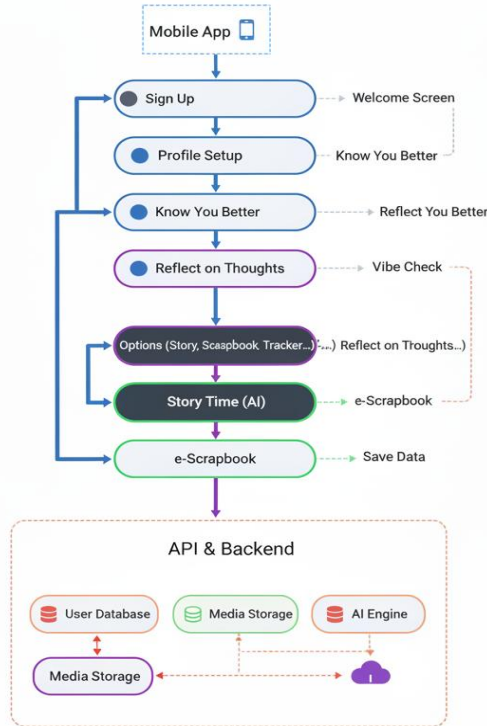
Process flow diagram or Use-case diagram

Wireframes/Mock diagrams of the proposed solution (optional)

https://www.canva.com/design/DAGzPU4kub4/XcgxadoO3e44Oxtczf-ScA/view?utm_content=DAGzPU4kub4&utm_campaign=designshare&utm_medium=link2&utm_source=uniquelinks&utlId=h9e4fe376af

Architecture diagram of the proposed solution

Technologies to be used in the solution:

🖥️ **Frontend/UI - Streamlit** (Python web framework, simple + fast MVP UI)
⚙️ **Backend - Python** (core logic, API layer), VertexAI
📇 **Database - SQLite (MVP) → MySQL (scaling)**
📊 **Visualization & Analytics -** Streamlit charts + Matplotlib/Seaborn
⠀⠀⠀⠀⠀⠀⠀⠀⠀⠀⠀⠀⠀⠀Simple mood trends & progress charts

☁️ **Hosting -**
⠀**MVP:** Streamlit Cloud
⠀**Scale:** GCP (RDS + S3 for media storage)
🤖 **AI Layer –**
➢ **Vertex AI (Google Cloud)** for:
⠀⠀⠀⠀⠀⠀NLP-based mood & sentiment analysis
⠀⠀⠀⠀⠀⠀Personalized recommendations (ML models)
⠀⠀⠀⠀⠀⠀Weekly wellness summaries (NLG)
➢ **Supportive tools**: spaCy, Hugging Face, NLTK

Estimated implementation cost (optional):

Add as per the requirements for the hackathon: