Let me start with something very real.

Sometimes when we feel low, we don't want solutions.
Sometimes we don't want motivation.
Sometimes we don't even want to explain.
We just want to **let it out**.

Most mental health apps don't understand that

need to understand why the user is saying so not what the user is saying

That's the gap we want to fill.

Here we bring you the Nivana(**central systems and system to utilize the existing system in the colleges)**

Now comes how we plan to do that

We do it by a thing called as Gaurdian which is the heart of the whole system (We use Guardian because students need human-like empathy without human judgment, delay, or discomfort.)

Before responding, our system first tries to understand the **user's intent**.

Are they:

- Venting?

- Asking for advice?

- Reflecting?

- Or in crisis?

This matters a lot.

If a user is venting, giving advice feels invalidating.
If a user is in crisis, casual responses can be dangerous.

So Nivana adapts its:

- Tone

- Language

- Response structure

- Level of intervention

based on the emotional context.

Here are the core features we have

1. Community Spaces:Many students silently struggle and assume they are alone

This feature creates a **low-pressure shared environment** where students realize their concerns are valid and commonly experienced, helping reduce stigma around mental health.

- Topic-based spaces (academics, relationships, stress, identity, burnout)
- Guardian-guided prompts to encourage healthy discussions

Pros:

- Reduces isolation by normalizing shared struggles
- Encourages peer empathy without pressure
- Builds a culture of emotional openness in colleges

Cons:

- Requires active moderation to avoid misinformation

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2. Venting Room:in todays world our each step is tracked and analysed creating a void for us to just let our thoughts out without any fear of judgement

Key Details:

- When venting is met with advice, it often feels dismissive. This feature prioritizes **emotional validation before intervention**, which is critical for trust and relief.
- Guardian detects ventin

Pros:

- Emotionally relieving for students who just want to be heard
- Prevents invalidating responses

- Encourages emotional expression

Cons:

- Not suitable for users actively seeking solutions
- Requires accurate intent detection to be effective

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3. Cognitive Therapy Support (CBT-Inspired)

Academic pressure, social comparison, and uncertainty often reinforce unhealthy thinking patterns in students. Professional counseling resources are limited and not always immediately accessible. This feature provides **early-stage psychological intervention**, helping students build awareness and coping skills before problems intensify.

Key Details:

- Thought-pattern identification (overthinking, catastrophizing, self-blame)
- Gentle reframing questions instead of forced positivity
- Short, actionable exercises tailored to student life

Pros:

- Scientifically backed therapeutic approach
- Helps students build long-term emotional resilience
- Scales psychological support beyond limited counselors

Cons:

- Not a replacement for professional therapy
- Requires repeated engagement for effectiveness

AR / VR-Based Meditation & Grounding(buisness model)

 Many students struggle with traditional meditation due to restlessness, short attention spans, or distracting environments. AR/VR enables **instant sensory immersion**, making grounding and calming techniques more effective during moments of acute stress or anxiety.

Pros:

- Highly engaging and immersive
- Faster relaxation compared to traditional meditation
- Appeals to students who struggle with focus

Cons:

- Requires compatible devices
- Not accessible to all students initially

Inkblot

Workflow (krishna)

Viability and scalability(sanvi) :organizations and institution

Business model(sumit)

Technical q and a

Backend (sarang)
Ui and ux(atharva)
ml(sumit and krishna)

How we make the guardian system