

Swasth Mann Portal – Product Brief

1. Project Overview

Project Name: Swasth Mann Portal

Objective: Swasth Mann Portal is a web-based platform that provides students in India with verified mental health resources, including self-care tips, emergency helplines, and wellness guides. The goal is to make mental health support more accessible and stigma-free for students facing academic stress, anxiety, and other mental health challenges.

Problem Statement:

- Mental health issues among students are increasing due to academic pressure, career uncertainty, and personal stress.
- There is no centralized, easily accessible platform offering verified mental health support and resources tailored for students in India.
- Students often hesitate to seek professional help due to stigma or lack of awareness about available resources.

2. Target Audience

Primary Users: Students in schools and colleges across India who need access to mental health support.

Secondary Users: Parents, educators, and counselors looking for reliable resources to assist students.

3. Key Features

- Curated Mental Health Resources: Collection of verified self-help articles and guides on stress management, anxiety relief, productivity, and mindfulness.
- Emergency Helpline Directory: A dedicated section listing mental health helplines available in India to connect students with immediate professional support.
- Self-Care & Wellness Tips: Practical self-care techniques, daily well-being exercises, and study-life balance strategies.
- Mobile-Friendly & Simple Interface: Built with HTML & CSS, ensuring a clean and user-friendly design.

- Open-Access & Free to Use: Hosted on GitHub Pages, making it free and accessible to all students without any login or payment requirements.

4. Execution Approach

1. Research & Content Curation: Identified key student mental health challenges, collected reliable content, and verified helpline details.
2. Website Development: Developed using HTML & CSS, ensuring a minimalistic and mobile-responsive design.
3. Accessibility & User Experience: Created a simple navigation system with optimized performance for seamless browsing.

5. Challenges & Learnings

Challenges Faced:

- Finding India-specific mental health helplines that were verified and up-to-date.
- Designing a simple but engaging user experience without advanced development frameworks.
- Ensuring mobile compatibility and accessibility for a wide range of students.

Key Learnings:

- User-centered design is critical—keeping the interface simple improves accessibility.
- Verified, credible information is more valuable than large amounts of content.
- Hosting a project on GitHub Pages is an efficient way to make resources accessible to a broad audience.

6. Future Improvements

- Multilingual Support – Adding Hindi and other regional languages to improve accessibility.
- Interactive Tools – Such as a self-assessment quiz to help students evaluate their mental health.
- Community Forum – A safe space for students to share experiences and support each other.
- AI Chatbot – To answer basic mental health questions and provide immediate guidance.

7. Impact & Conclusion

Swasth Mann Portal provides a reliable and stigma-free platform for students to access mental health resources anytime, anywhere.

The project contributes to increasing awareness and accessibility of mental health support in India.

By keeping the portal open-source and freely available, it ensures that students from all backgrounds can benefit from it.