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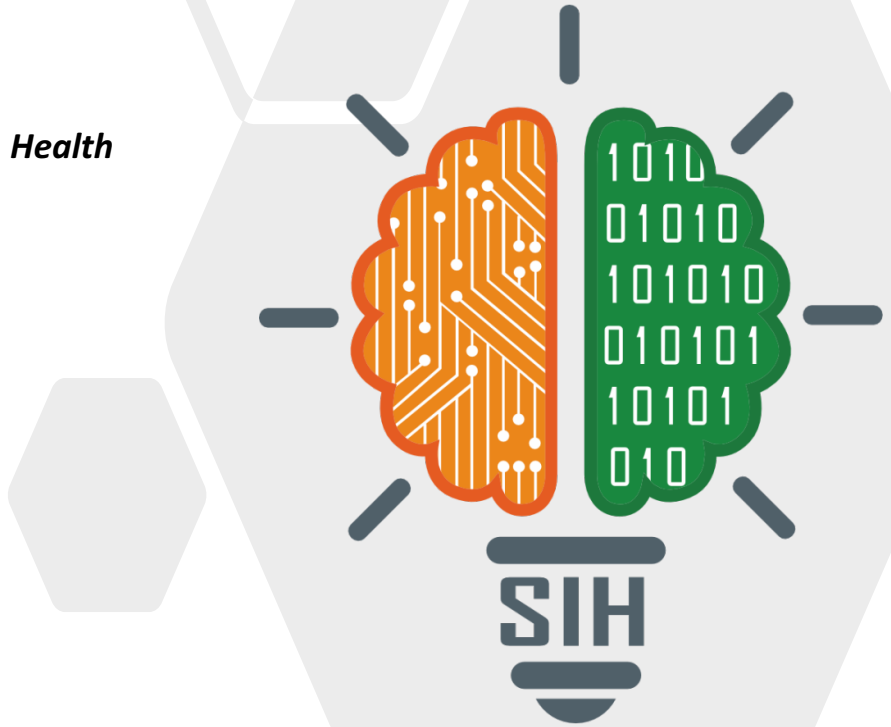
TITLE PAGE

- **Problem Statement ID – 25092**
- **Problem Statement Title**:- ***Development of a Digital Mental Health and Psychological Support System for Students in Higher Education***
- **Theme:-** **MedTech / BioTech / HealthTech**
- **PS Category:-** **Software**
- **Team ID-**
- **Team Name:-** *HackOps.exe*



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IDEA TITLE

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❖ Proposed Solution:-

- Anonymous login, AI-guided chatbot, confidential booking system, cloud scalability, peer-support forums, and admin analytics dashboard.

- Digital screening tests, AI-based risk detection, mood tracker, preventive notifications, gamified activities, and anonymous counsellor alerts.

- Anonymous booking system, encrypted virtual counselling, counsellor availability tracker, awareness notifications, gamified wellness reminders(notification) and confidential helpdesk.

- Anonymous peridic Reports(progress Report), Collect Data

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TECHNICAL APPROACH

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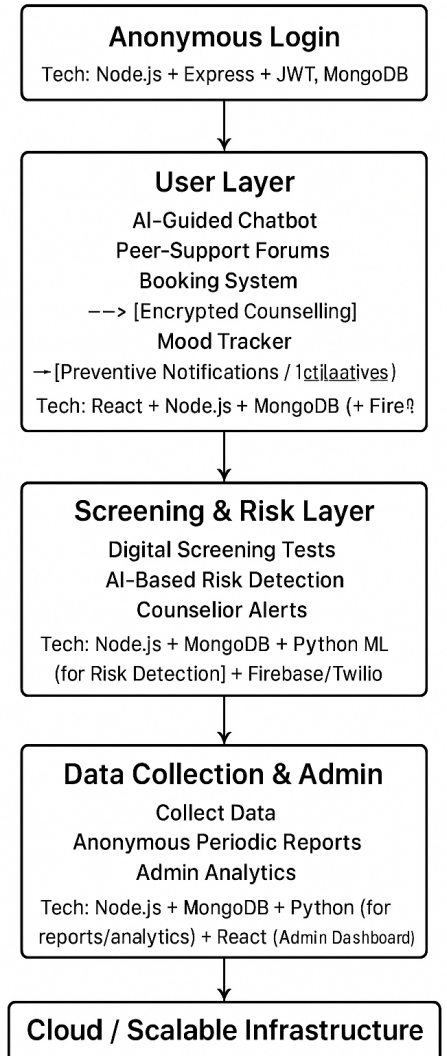

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FEASIBILITY AND VIABILITY

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Feasibility

•Technical Feasibility: AI chatbots, cloud hosting, data encryption, scalable backend.

•Operational Feasibility: Anonymous login, multilingual support, gamified features.

•Economic Feasibility: Open-source tools, cloud architecture, scalable deployment.

Viability

•High demand: 1 in 7 youth face mental health challenges (WHO).

•Sustainability via institutions, govt/NGO partnerships, subscription model.

•ROI: Improved wellbeing, reduced dropout rates, optimized counsellor resources.

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IMPACT AND BENEFITS

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IMPACT:-

Anonymous Access: Encourages participation and honest sharing without fear of stigma.
AI-Guided Support: Provides instant, 24/7 assistance, reducing delays in help.
Secure Counselling & Booking: Protects user privacy and builds trust.
Early Risk Detection: Digital screenings and AI alerts identify issues proactively.
Community Engagement: Peer forums and gamified activities foster support and interaction.

BENEFITS:-

•**Increased User Participation:** Safe and confidential platform attracts more users.
•**Timely Intervention:** Early detection reduces severity of mental health issues.
•**Efficient Resource Management:** AI chatbots and dashboards reduce counsellor workload.
•**Enhanced User Wellbeing:** Mood tracking, notifications, and gamified activities improve mental health habits.
•**Data-Driven Improvements:** Anonymous reports and analytics enable better service and platform optimization.

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RESEARCH AND REFERENCES

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Supporting Research

•WHO (2022): Mental health conditions account for 16% of global burden of disease among 10–19-year-olds.
•UNESCO (2023): Stigma and lack of access remain major barriers for students seeking psychological help.
•Deloitte Insights (2021): AI-powered chatbots can reduce counselling wait times by 30–40%.
•NIMH (2022): Early detection and preventive interventions reduce severity of mental disorders.

References

•World Health Organization. *Adolescent Mental Health*. WHO, 2022.
•UNESCO. *Global Education Monitoring Report: Inclusion and Education*, 2023.
•Deloitte Insights. *AI in Healthcare: Enhancing Mental Health Support*, 2021.
•National Institute of Mental Health (NIMH). *Transforming the Understanding and Treatment of Mental Illnesses*, 2022.

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Workflow

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Requirement Gathering & Stakeholder Engagement

Comprehensive consultation with university administration, counseling services, students, and faculty to identify specific mental health needs and establish project scope.

System Design & Architecture

Design comprehensive system architecture with modular components ensuring scalability, security, and seamless integration across all platform elements.

Data Preparation & Integration

Prepare and integrate psychological screening tools, institutional data systems, and establish secure data pipelines while ensuring privacy compliance.

Development & Implementation

Full-stack development including frontend interfaces, backend services, AI integration, and comprehensive regional language support for diverse student populations.

Comprehensive Testing & Quality Assurance

Rigorous testing protocols including functionality, performance, privacy compliance, accessibility standards, and user experience validation.

Deployment & Institutional Launch

Strategic deployment with comprehensive training programs for staff, awareness campaigns for students, and phased rollout to ensure smooth adoption.

Ongoing Monitoring & Analytics

Continuous system monitoring with anonymous data visualization, usage analytics, and performance metrics to ensure optimal service delivery.

Iterative Feedback & Platform Improvement

Continuous improvement through user feedback analysis, feature enhancement, and strategic planning for future mobile/web app development and expansion.