

IEEE SSH 2024

HACKATHON



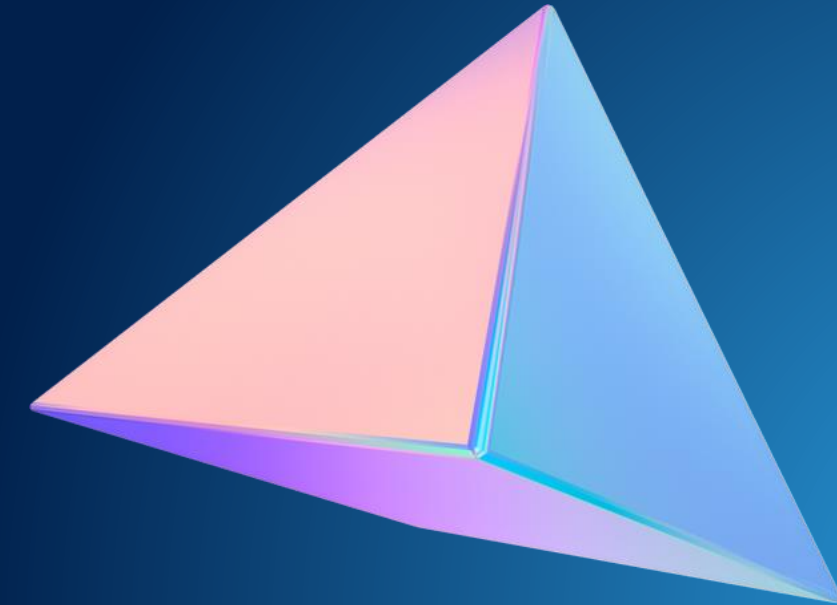
Team name: **TECH NOMADS**

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Problem statement



Creation of a Software Tool for Real-Time Mental
Health Monitoring and Support

Solution

Dashboard for users

Dashboard for the users to track their mental health related to their current mental health and also monitor them over a period of time. Dashboard will show the real-time status of mental health of the user.

Suggestions to users

based on their condition by analysing through various activities ,quizzes ,yoga or anything based on their condition and guidance for those activities and live tracking whether user is performing those activities or not through geotag pictures or any other intelligent model.

Chatbot for users

Adding live chatbot where the user can share how they feel based on certain questions and bot will help them to relieve and and also suggest doctors available where they can avail counselling in case of severe condition.

USP

1. Instant Emotional Feedback :

Provide real-time analysis of user's emotional states through mood tracking and self-assessment tools, helping them understand their mental health at any moment.

2. Personalized Recommendations:

It offers strategies, resources, and exercises based on user's current feelings and historical data.

3. 24/7 Access to Resources:

Ensure users can access mental health resources, articles, and videos anytime, creating a supportive environment that's always available on our website.

4. Expert Collaboration:

Partner with mental health professionals & doctors to provide users with curated content and real-time webinars or Q&A sessions.

5. Data-Driven Insights:

Offer users detailed analytics over time, showing trends in their mental health and providing insights into what strategies work best for them.

6. Privacy-Centric Design:

Ensure robust data protection and confidentiality, allowing users to feel safe sharing their feelings and experiences.

Tech Stack

Front-End

1. HTML/CSS/JavaScript
2. React.js
3. Bootstrap



Back-End

1. Node.js
2. Javascript



Database

1. MongoDB
2. PostgreSQL



Chatbot Framework



1. Microsoft BOT Framework
2. RASA

Machine Learning/Analytics

Python Libraries
Pandas & NumPy



Cloud Hosting & Services



1. AWS
2. Firebase

Future aspect

AI-Driven Insights : Utilize AI to analyze user data and provide tailored resources, articles, and coping strategies.

Interactive Tools : such as Mood Trackers which Integrate mood journals and emotion tracking tools that can provide users with insights into their mental health over time.

Gamification : Introduce challenges or activities that encourage users to engage with the content and improve their mental health.

Integration with Wearable Tech : Integrate with wearables to track physical health metrics that correlate with mental well-being.



Thank You