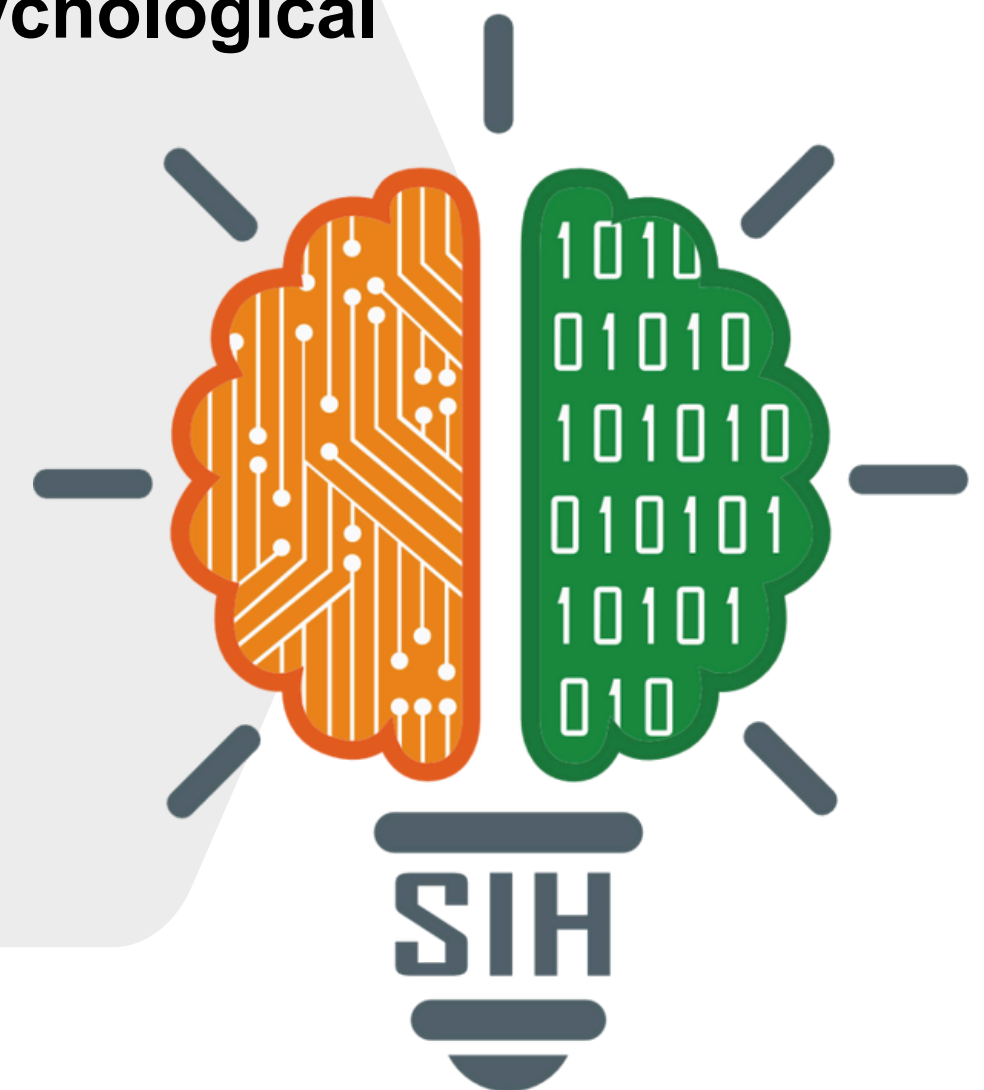


CALMLY - A Digital Platform for Student Mental Wellness

- 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 - DropTable



CALMLY - A Digital Platform for Student Mental Wellness

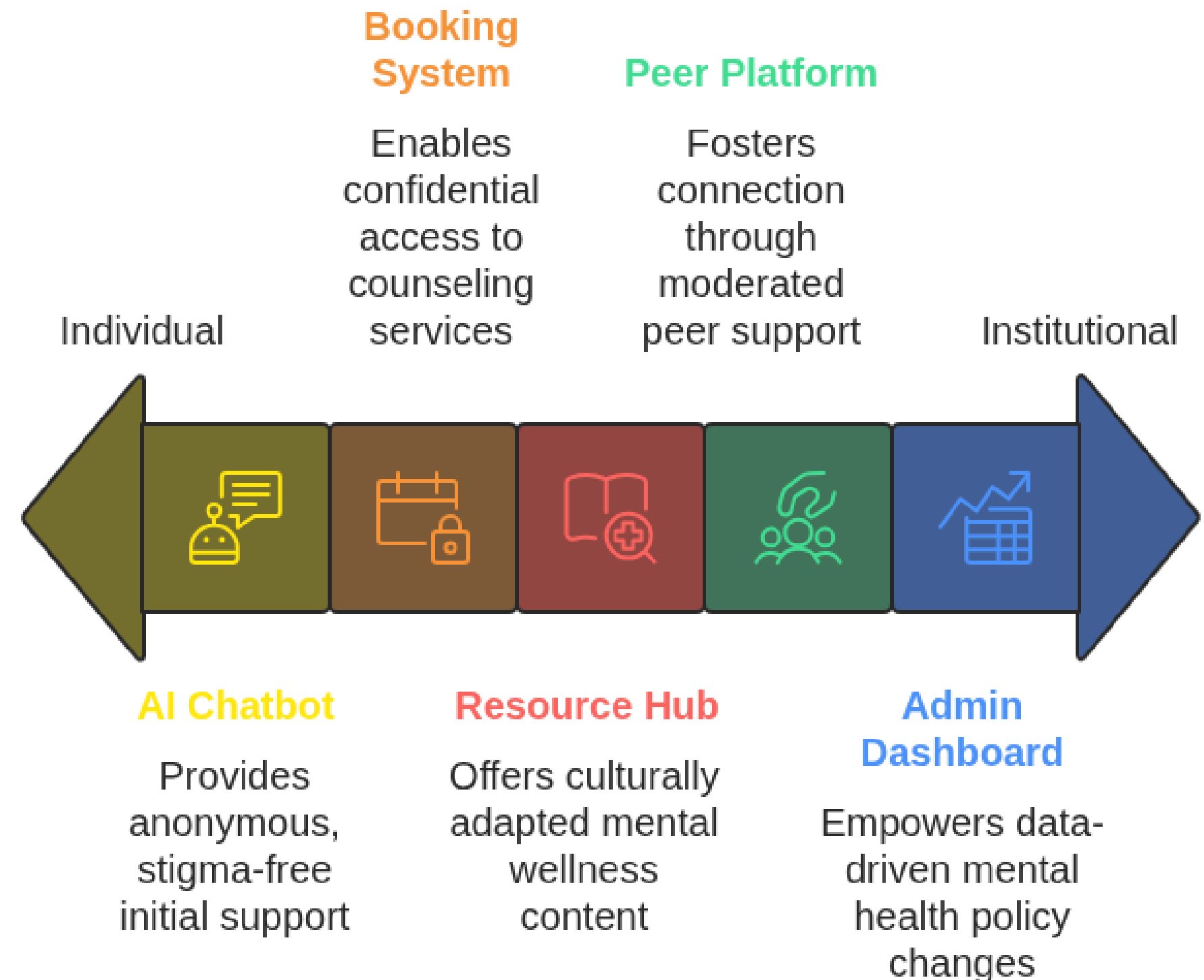
The Problem

On Indian college campuses, a silent mental health crisis is unfolding. It's estimated that one in four students grapple with a mental health condition, yet less than 10% seek help. This "pressure cooker" environment is fueled by:

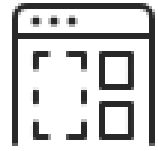
- Intense academic pressure and a highly competitive job market.
- Social disconnection, particularly for students from rural backgrounds.
- Digital overload and the "fear of missing out" (FOMO) perpetuated by social media.

These factors combine to create a challenging atmosphere for students' well-being.

How "Calmly" Solves the Mental Health Gap



Technologies Powering the Platform



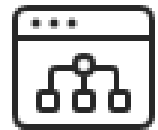
Frontend Technologies

Includes TypeScript, Next.js, React.js, Clerk, JavaScript, and HTML/CSS



Backend Technologies

Features Python and Node.js for server-side operations



SPA Integration


Utilizes React.js for single-page application functionality




AI-Driven Conversation

Employs Google Gemini API for AI interactions


METHODOLOGY



Planning First: We started by making a clear plan based on the problem statement. We designed the look and feel of the entire website first to make sure everything was consistent and easy to use.



One Feature at a Time: We built the application piece by piece, like using building blocks. Each feature, such as the AI chatbot or the admin dashboard, was developed and tested separately to keep our work organized



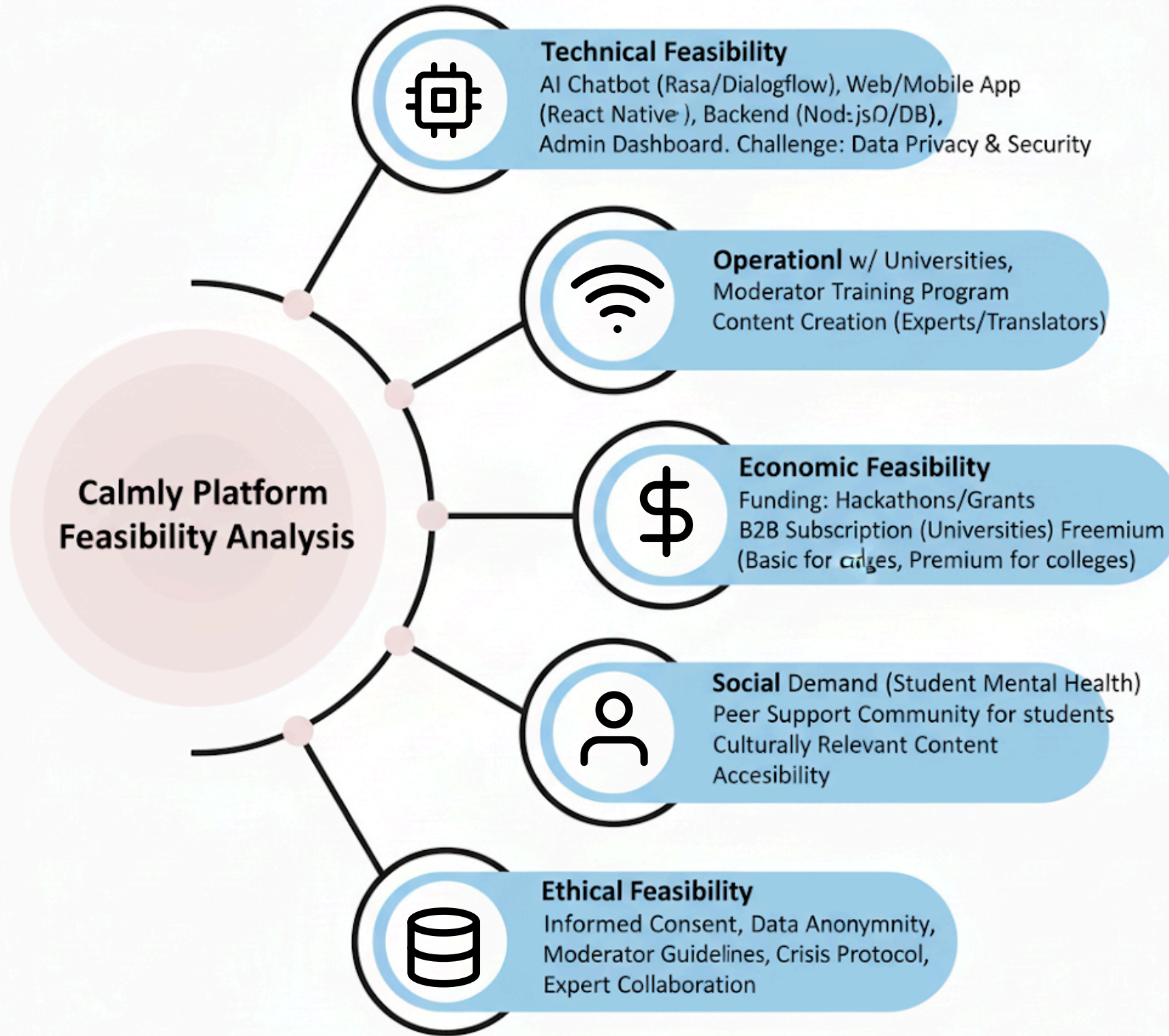
Building the Foundation: Next, we set up our database to store all the information securely. After that, we built a solid login system so the platform could know if a user was a student or a college administrator.



Testing and Improving: We used a tool called Vercel that automatically updated our live website every time we saved our code. This let us test our new features in a real environment, find and fix bugs quickly, and continuously improve the platform.

FEASIBILITY AND VIABILITY

Analysis Feasibility.



Strategic Recommendations for Calmly platform

Prioritize Privacy by Design

Calmly will not collect any personally identifiable information (PII)

We'll pilot our launch at a partner college with a targeted marketing campaign and faculty endorsement to build trust.

Ensure User Trust and Adoption

Establish a Clear Crisis Protocol

"Calmly" is a safety net with an "Emergency" button for immediate crisis support and a human-in-the-loop oversight to ensure no high-risk cases are missed.

With rigorous moderator training and diverse data, we ensure an unbiased and safe platform.

Implement Ethical and Inclusive Design

Build Strategic Partnerships

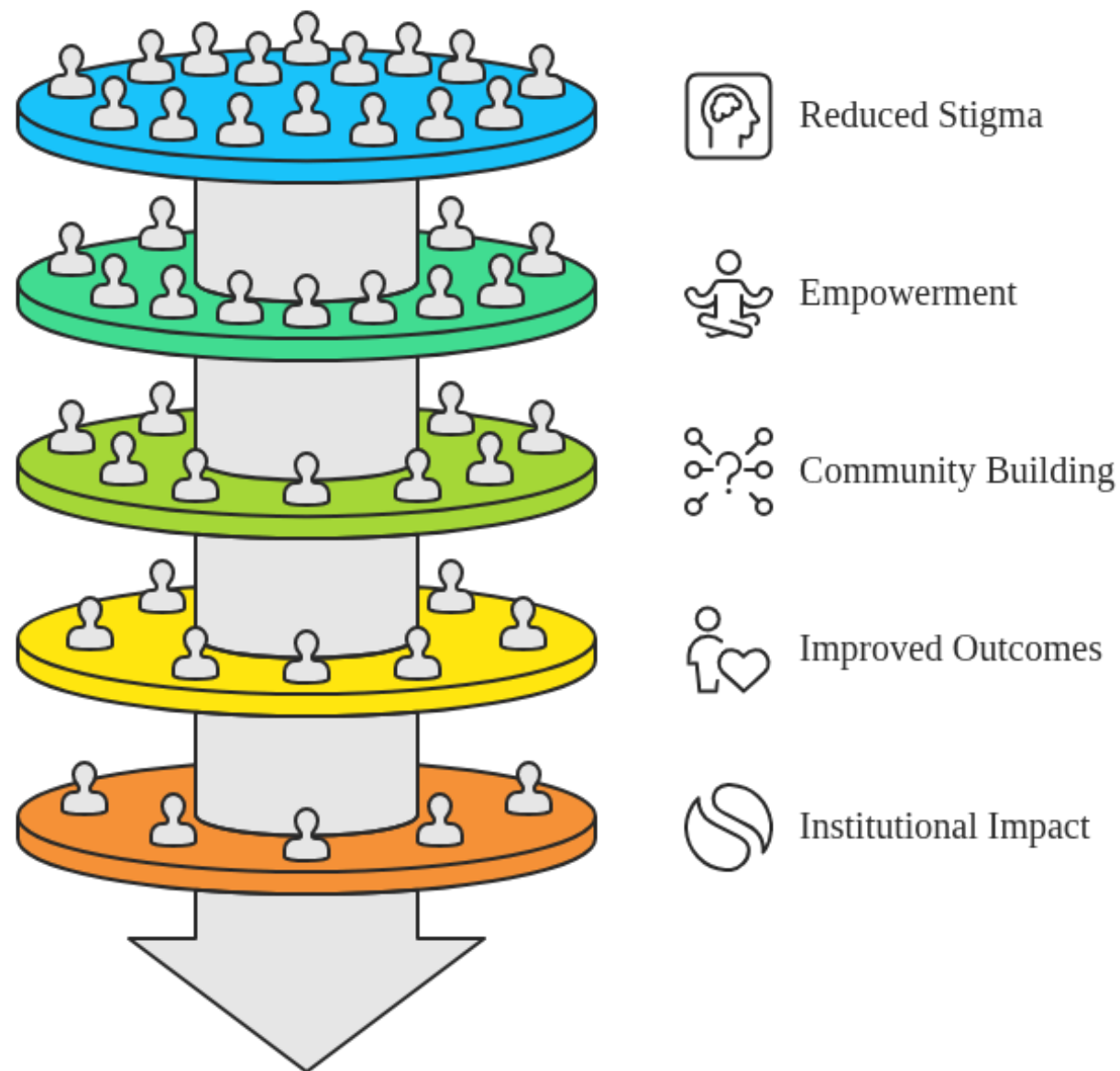
We will partner directly with universities to integrate Calmly into their support systems.

To ensure longevity, we will pursue a diversified funding strategy.

Secure a Sustainable Business Model

Potential Impact

The impact of "Calmly" goes beyond an app—it builds a digital ecosystem that reshapes mental health in higher education, shifting from reactive and stigmatized to proactive, accessible, and integrated.



Mental Health Solutions -Benefits

Reduced stigma of seeking help

Empowers individuals by reducing social barriers to support.

Social Impact

Data-driven policy making

Enables institutions to make informed social policies.

Individual Level

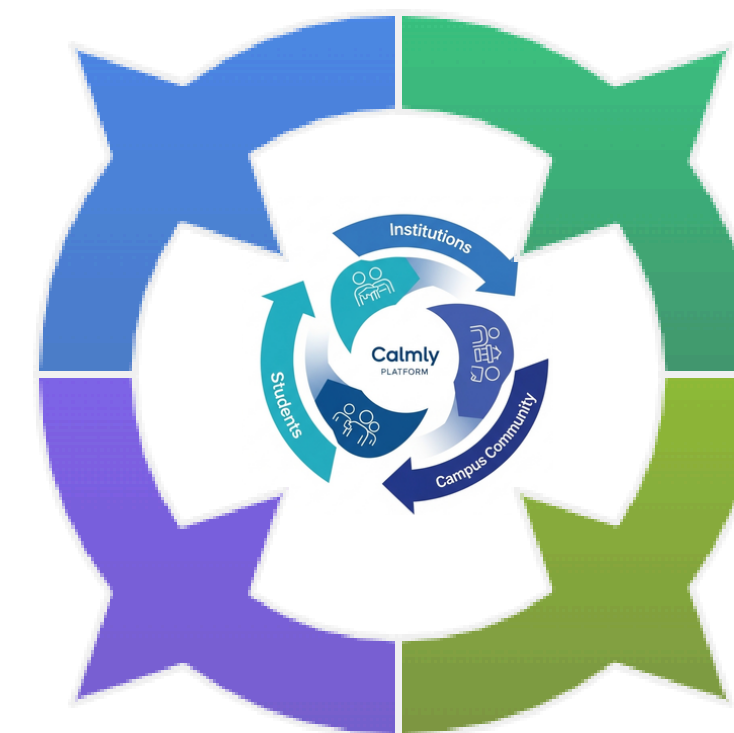
Improved student retention

Enhances economic stability by retaining individual students.

Economic Impact

Efficient resource allocation

Optimizes economic resources for institutional efficiency.



Institutional Level

- github.com
- vercel.com
- perplexity.ai
- <https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Depression>
- <https://www.nimh.nih.gov/health/topics/anxiety-disorders>
- <https://www.mentalhealthfirstaid.org/>
- <https://www.mayoclinic.org/healthy-lifestyle/stress-management/basics/stress-management/hlv-20049495>
- <https://www.apa.org/topics/resilience>