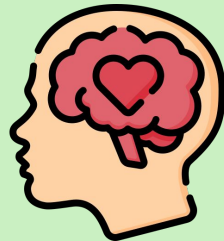


- **Problem Statement ID :** *SIH25092*
- **Problem Statement Title :** *Development of a Digital Mental Health and Psychological Support System for Students in Higher Education*
- **Theme :** *HealthTech/MedTech*
- **PS Category :** *Software*
- **Team ID :**
- **Team Name:** *Manas Mitra*



# Manasthithi: Complete Mental Wellness Ecosystem



## PROBLEM

### Lack of Early Detection

1 in 10 students suicidal

### Mental Health Stigma

80% of Indian youth avoid seeking help.

### Societal Silence

No one to turn to.

### Demand > Supply

1:2000 student to counsellor ratio in campus

## OUR SOLUTION

### Predictive Analysis

Depression Classifier, sentiment analysis

### AI Driven Insights

CBT - integrated Chatbot

### Peer Network

Students can share, connect & heal together

### Counsellor Integration

Large enterprise customers and government agencies.

### AI INSIGHTS

Smart Detection

### PREDICTIVE

Early Warning



### CHATBOT

24/7 Support



### PEER NETWORK

Student Community



### COUNSELLOR

Expert Access



### PRIVACY

Secure & Private

## HOW MANASTHITI SUPPORTS A STUDENT



Mood Check-In



Instant Screening



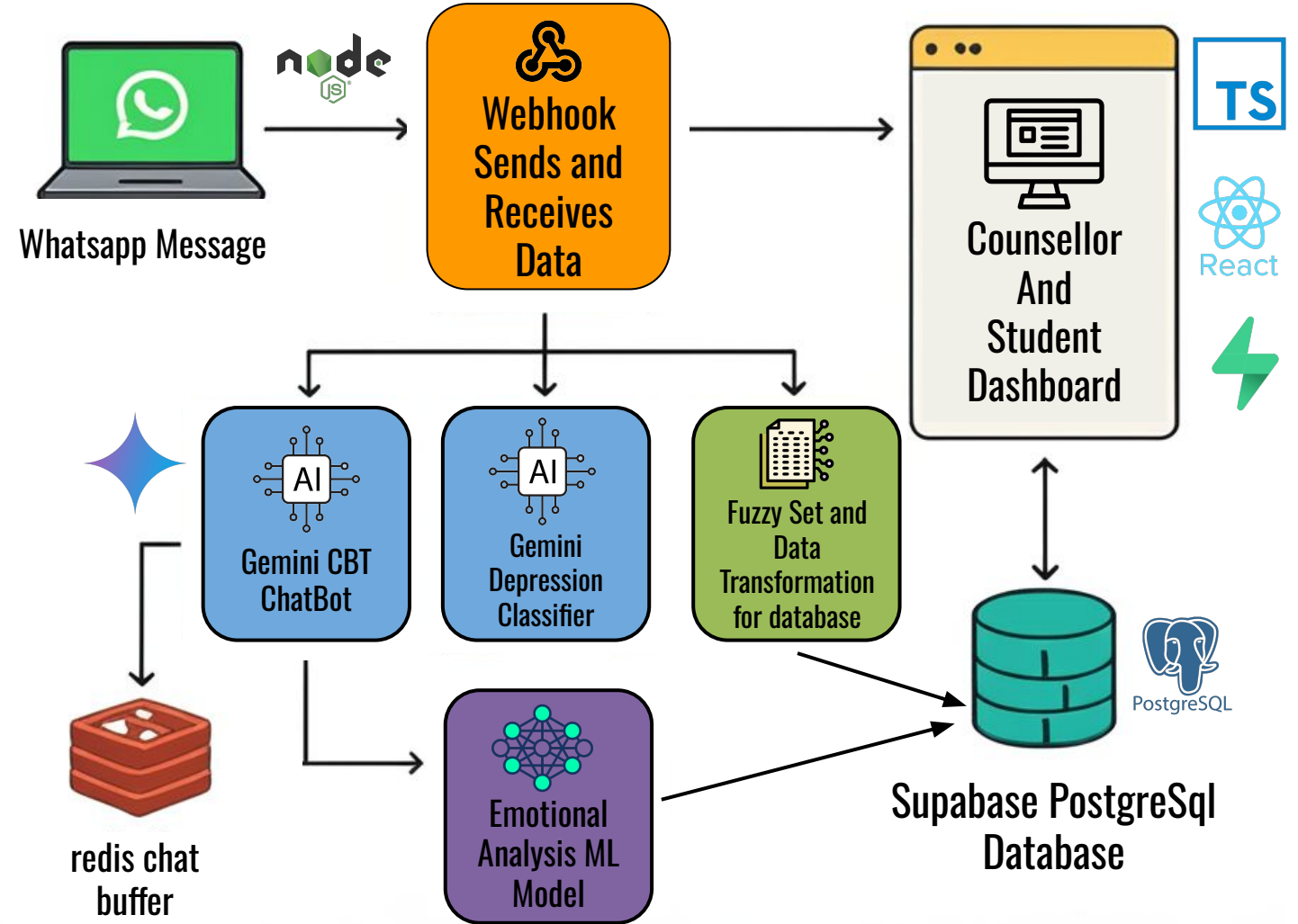
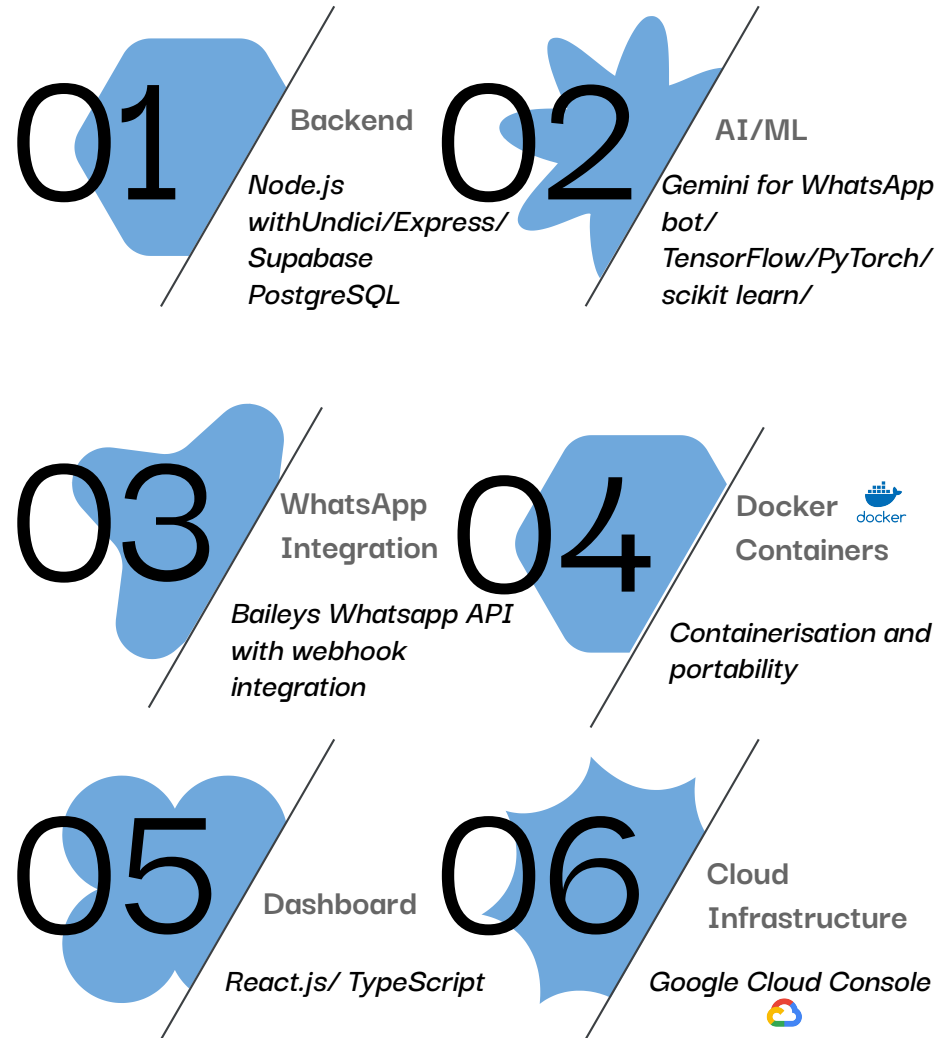
Actionable Support



Confidential Escalation



Progress & Community



1	Technical Feasibility	<ul style="list-style-type: none"><li>• High Accuracy Achieved</li><li>• WhatsApp Integration</li><li>• Scalable Architecture</li><li>• Low latency and Real time processing</li></ul>
2	Potential Challenges	<ul style="list-style-type: none"><li>• Data Privacy Concerns</li><li>• User Engagement</li><li>• Clinical Validation</li><li>• Algorithm Bias</li></ul>
3	Risk Mitigation Strategies	<ul style="list-style-type: none"><li>• Privacy Protection</li><li>• Engagement Enhancement</li><li>• Clinical Oversight</li><li>• Bias Prevention</li></ul>



### Awareness

Improved mental health up aleness and early intervention



### Confidential Support

Enhanced access to confidential Whats app support



### Stigma Reduction

Reduced stigma seeking mental health help



### Empowered Community

Empowered peer support communities

1

## **Students**

Early detection reduces risk of severe depression by 60% through timely intervention

3

## **Counselors**

Increased efficiency with 75% reduction in manual screening time

5

## **Accessibility**

24/7 support through WhatsApp removes geographical and time barriers

7

## **Stigma Reduction**

Private, judgment-free initial screening encourages help-seeking behavior

2

## **Preventive Care**

Early intervention costs significantly less than crisis intervention

4

## **Remote Accessibility**

Decreases travel requirements for counseling sessions

6

## **Scalability**

One system can serve thousands of students simultaneously

8

## **Digital-First Approach**

Reduces paper-based assessments and physical infrastructure needs





**(American Psychiatric Association) Are Therapy Chatbots Effective for Depression and Anxiety?**

- Key Insight: Establishes the growing acceptance and evidence for AI-powered chatbots as a scalable first-line tool for mental health support.
- *Source Type: Professional Association*

**(PubMed Central - PMC3052992) Internet-based versus face-to-face cognitive-behavioral intervention for depression: A randomized controlled non-inferiority trial.**

- Key Insight: This study provides clinical evidence that digital interventions can be as effective as traditional face-to-face therapy, validating our tech-based approach.
- *Source Type: Peer-Reviewed Journal*

**(NASSCOM Community) AI/Digital Therapy Assistants: How AI Chatbots Support Mental Wellness.**

- Key Insight: Highlights the industry trend and technological feasibility in India for using AI to bridge the mental healthcare gap, supporting our market relevance.
- *Source Type: Industry Report*

**(National library of Medicine) Efficacy of Peer Support Interventions for Depression: A Meta-Analysis**

- Key Insight: This high-level analysis of multiple studies provides strong clinical evidence that peer support significantly reduces depressive symptoms, validating our "Peer Network" feature as an effective and evidence-based part of the solution.
- *Source Type: Meta-Analysis / Peer-Reviewed Medical Research*