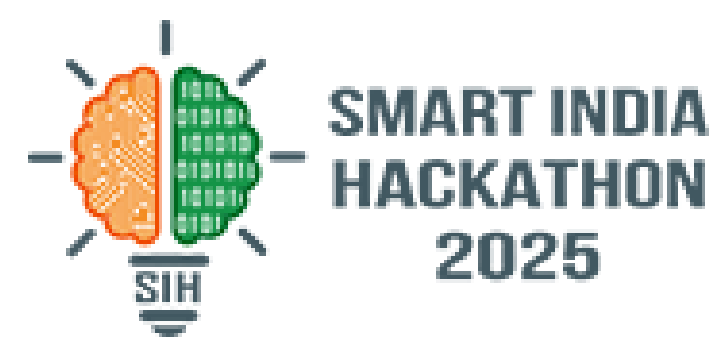
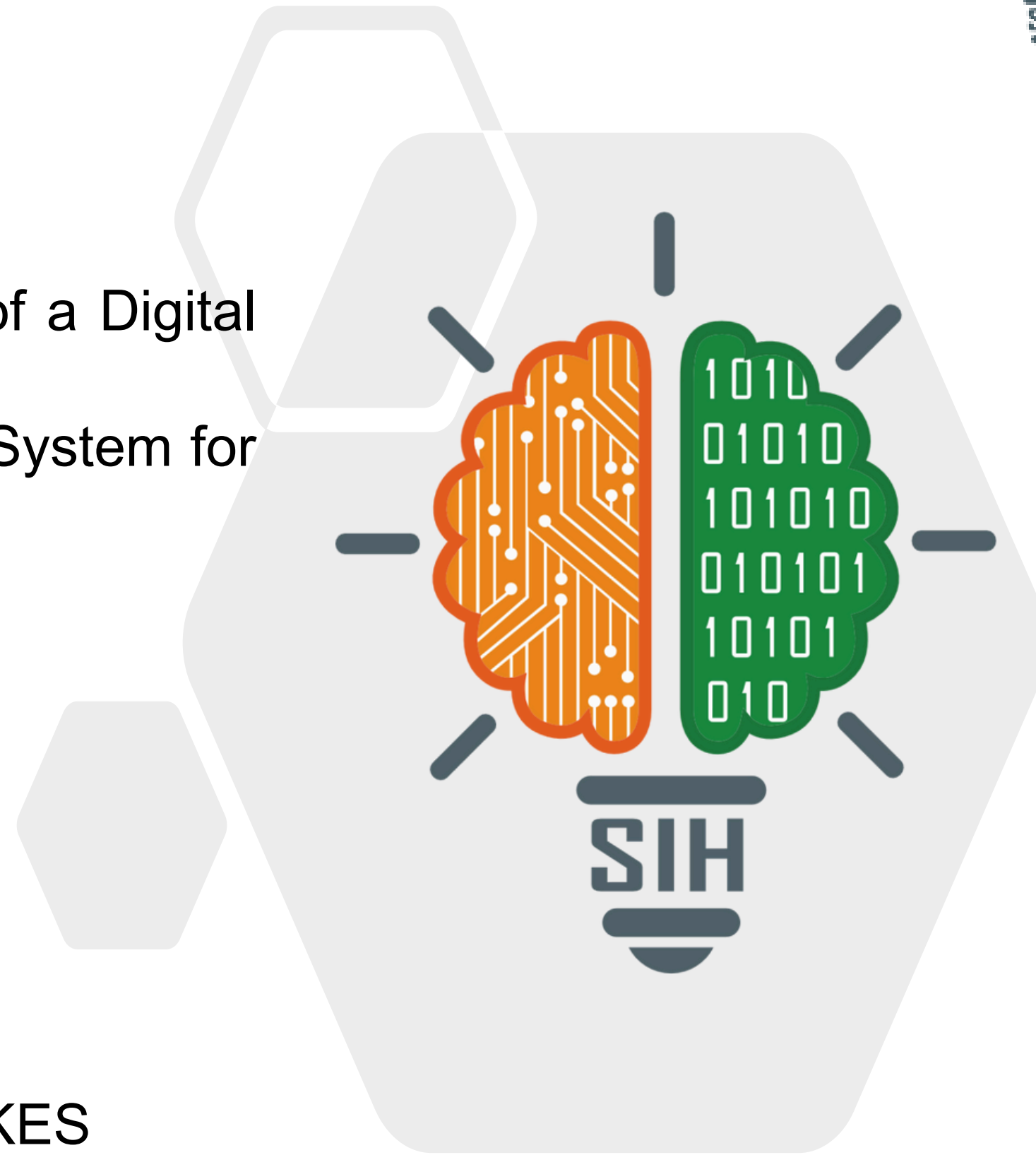


# SMART INDIA HACKATHON 2025

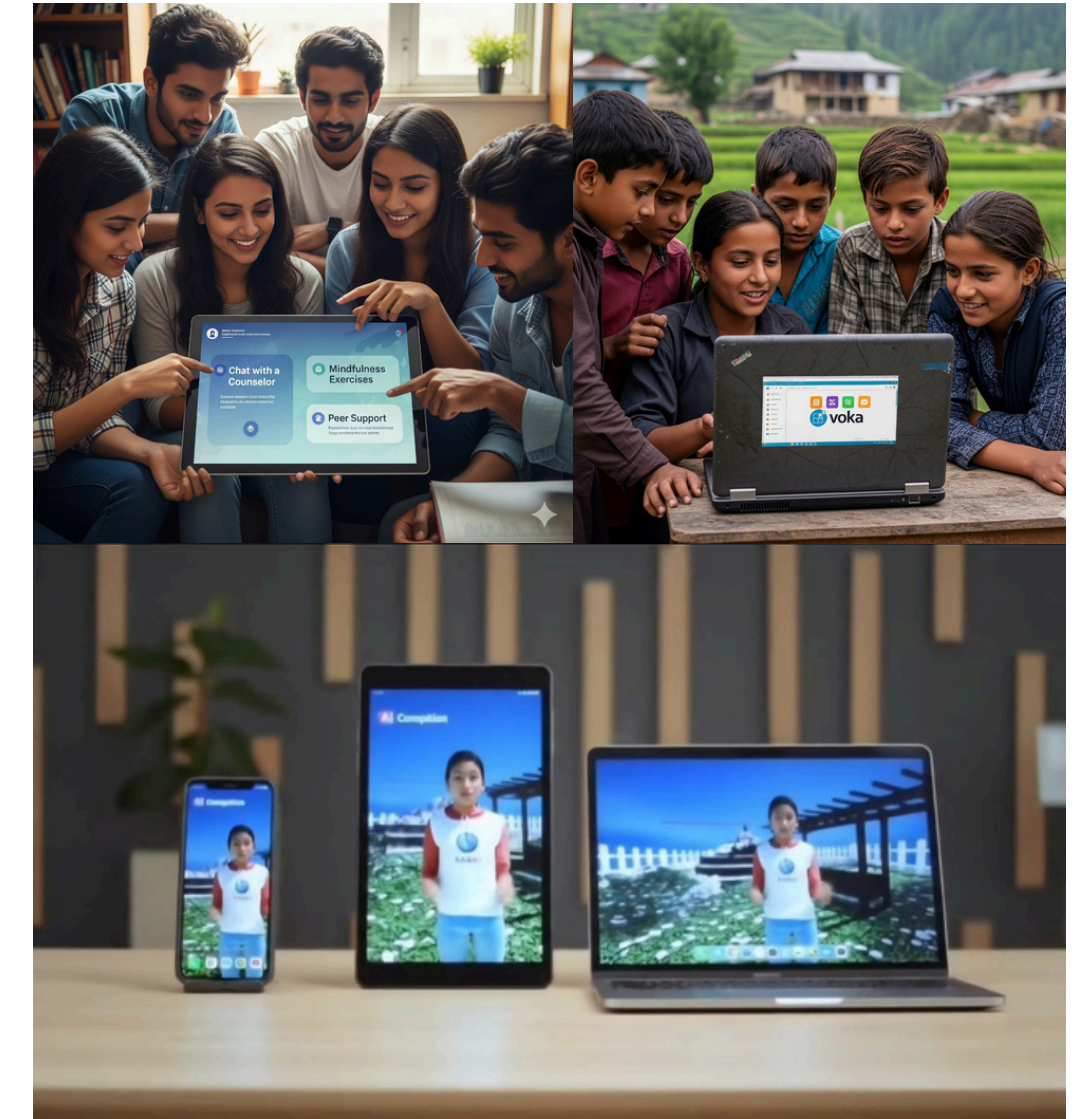


- **Problem Statement ID – 25092**
- **Problem Statement Title-** Development of a Digital Mental Health and Psychological Support System for Students in Higher Education.
- **Theme-** MedTech / Biotech / HealthTech.
- **PS Category-** Software.
- **Team ID-**
- **Team Name (Registered on portal):** VOIKES

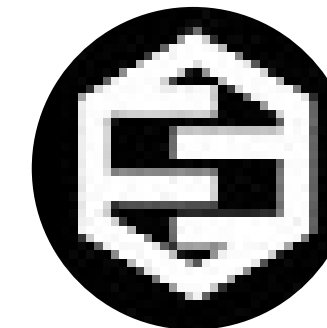


## • Proposed Solution:

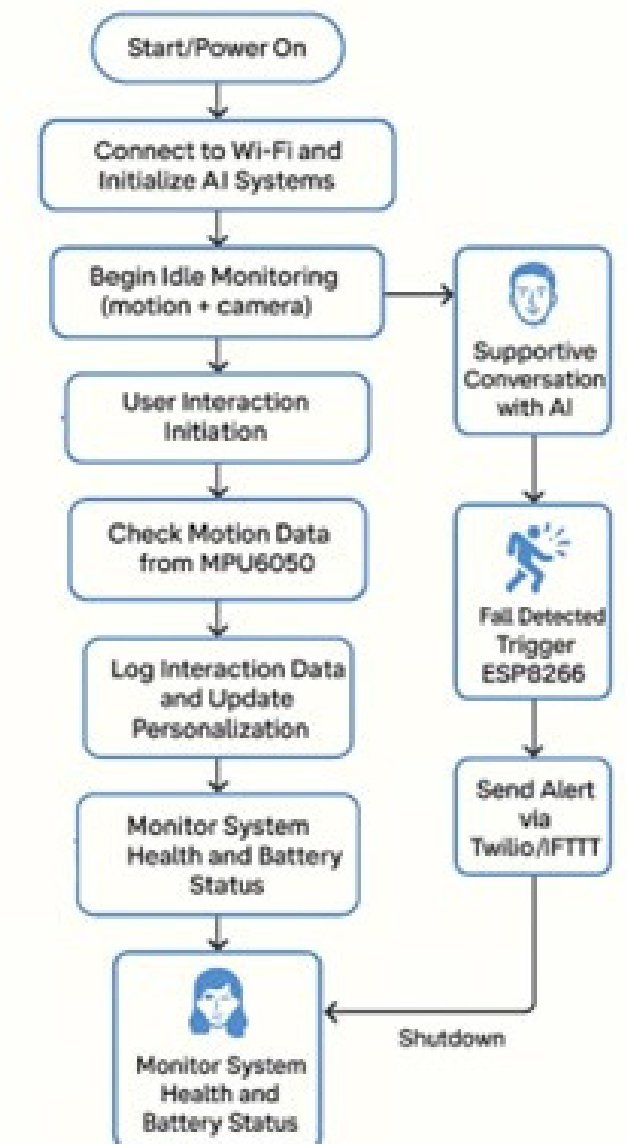
- AI-powered digital companion for students' mental health
- 24/7 conversational support, always available
- Psychological screenings (PHQ-9, GAD-7) for early detection
- Mood monitoring to track stress, anxiety, and depression
- Learns gradually from interactions, giving personalized guidance
- Provides coping strategies and mental wellness tips
- Interactive 3D avatars for engaging, human-like conversations
- Ensures privacy, confidentiality, and secure data handling
- Easily integrates into university systems for access
- Helps reduce dropouts, promote wellness, and boost academic success



- Modular AI architecture for flexibility and scalability
- NLP for conversational support
- Machine learning models for adaptive, personalized guidance
- Psychological screening algorithms (PHQ-9, GAD-7) for assessments
- Learns from continuous interactions to improve responses over time
- Text/speech sentiment analysis for emotional state detection
- 3D avatars with Unreal Engine/Metahuman for immersive experience
- Cloud-based services for scalability and accessibility
- Data privacy ensured via encryption and anonymization



## WORKING METHODOLOGY OF VOKA





- 24/7 accessible, stigma-free psychological support
- AI-driven personalization for tailored student care
- Interactive 3D avatars make support engaging and relatable
- Regular screenings and mood monitoring for early detection
- Prevents escalation of stress, anxiety, and depression
- Improves academic performance and focus
- Helps reduce student dropout rates
- Builds a supportive and caring campus culture
- Reduces burden on counselling centres with scalable digital care
- Fosters resilience, emotional stability, and overall well-being
- Creates long-term positive impact on students and society

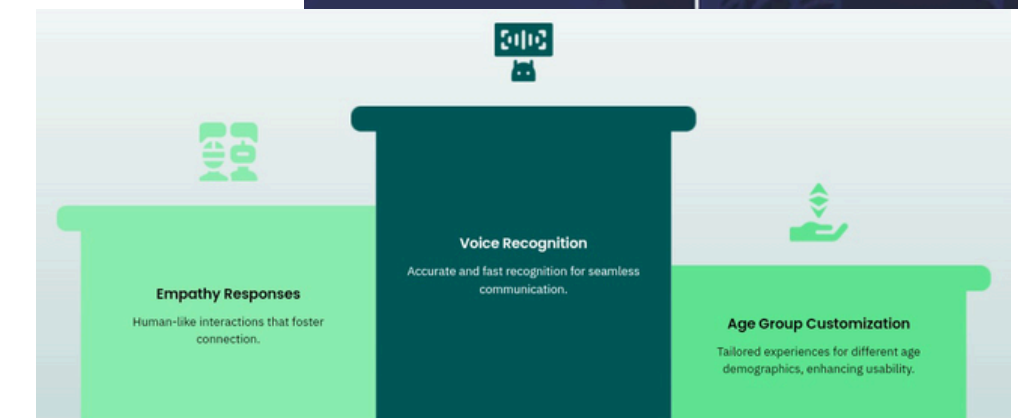
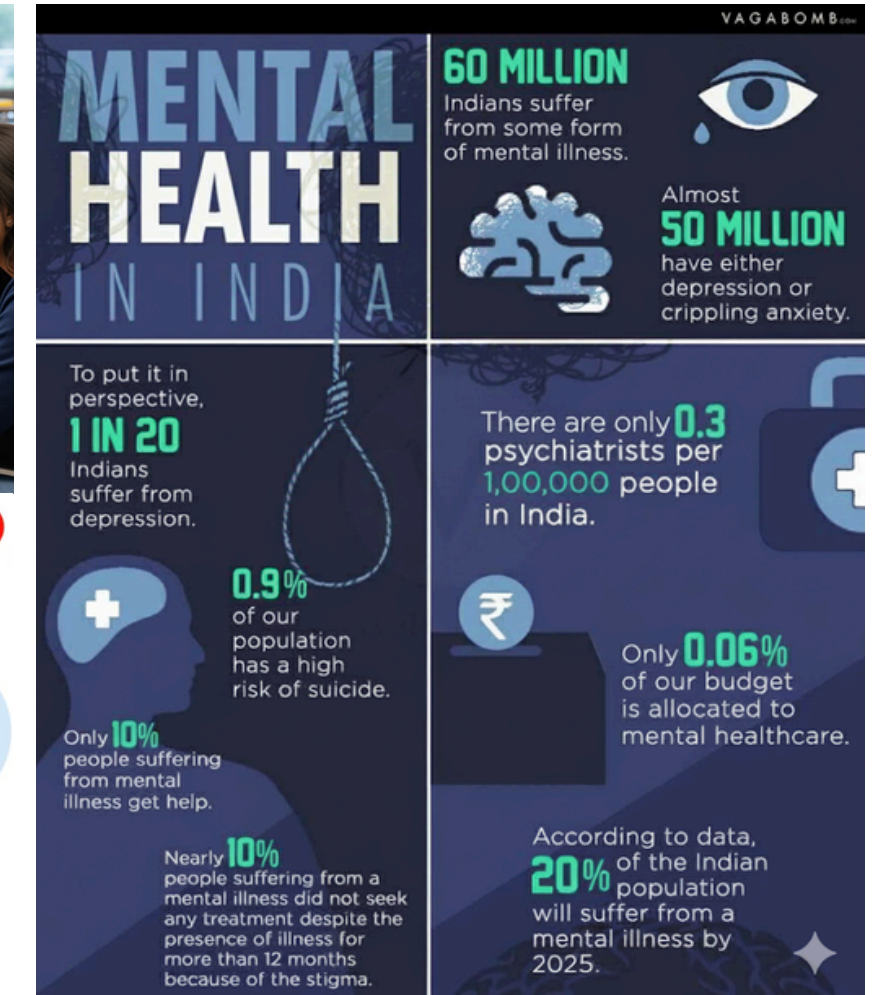
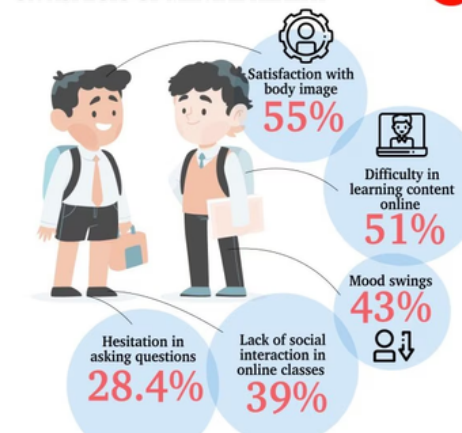




- Provides 24/7 accessible, stigma-free psychological support
- AI-driven personalization for tailored guidance
- Interactive 3D avatars make support engaging and relatable
- Regular screenings and mood monitoring for early detection
- Prevents escalation of stress, anxiety, and depression
- Improves academic performance and focus
- Peer Support Platform: Moderated peer-to-peer support forum with trained student volunteers.
- Builds a supportive and caring campus culture
- Reduces burden on counseling services through scalable digital care
- Fosters resilience, emotional stability, and overall well-being
- Ensures long-term positive impact on students and society



PERCENTAGE OF STUDENTS RESPONSES ON ASPECTS OF MENTAL HEALTH



- **<https://www.education.gov.in/>**: Reports on stress, dropout rates, and psychological challenges among students.
- **<https://www.ugc.ac.in/>**: Guidelines on student well-being, mental health cells, and anti-ragging committees in HEIs.
- **<https://nimhans.ac.in/>**: Government-backed data on prevalence of mental disorders in India, with youth-specific findings.
- **<https://icmr.nic.in/>**: Studies on digital mental health adoption, telemedicine, and psychological interventions.
- **<https://jkhighereducation.nic.in/>**: J&K Health Mission and J&K Higher Education Dept publish data on student well-being and mental health programs.