

Gen AI Exchange Hackathon

Team Name : Gen Ai Agents

Team Leader Name : Jiya Toshniwal

Problem Statement : Generative AI for Youth Mental Wellness

Project Name: Aspira

An AI-first mental wellness ecosystem designed for Indian youth.

It is a cloud-based, website platform for youth mental wellness

Safe 

Confidential 

Culturally aware 

The solution targets Indian youth with **regional language support** and gamified engagement for sustained mental health improvement.



Empathetic, multilingual, Indian context aware AI companion

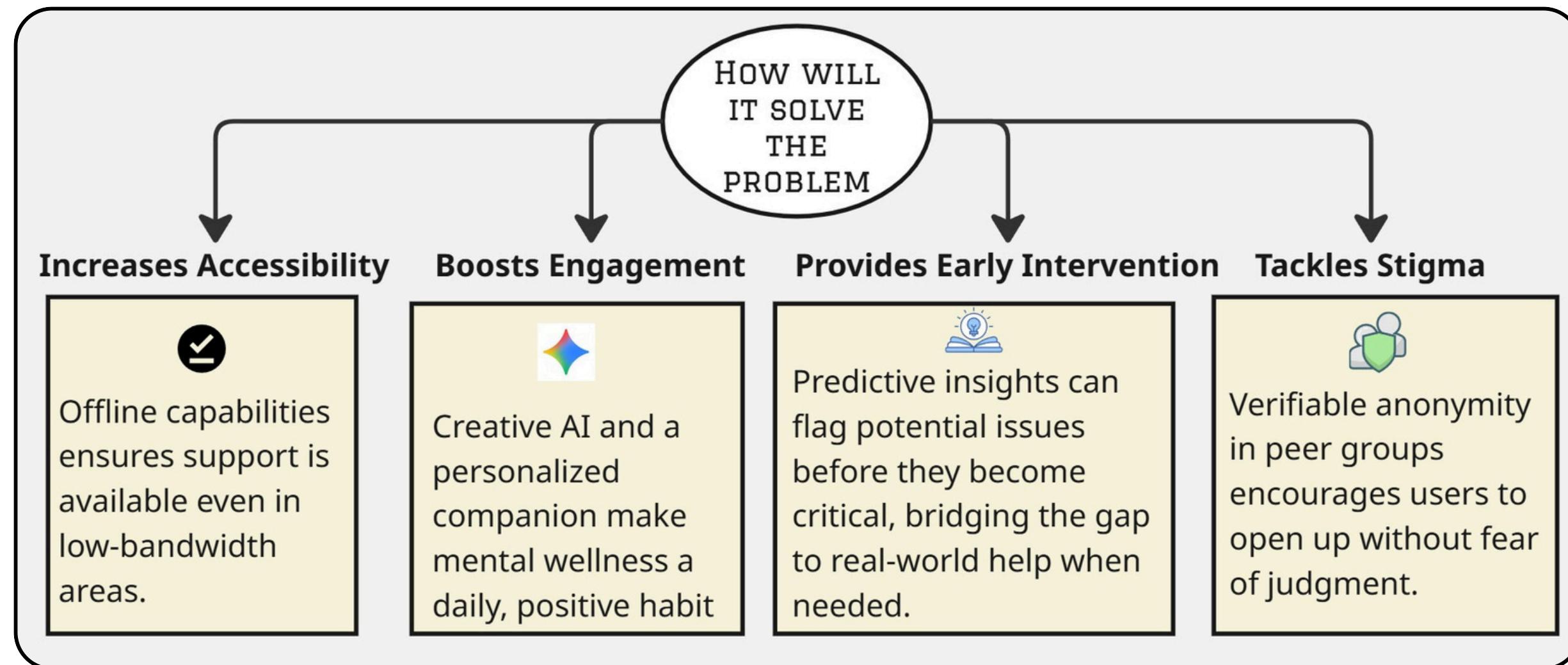
Blockchain based anonymous peer support groups

Expert counselor check-ins

Gamified Engagement

Unique Selling Proposition (USP)

- Aspira's unique proposition is its shift from reactive treatment to **proactive, daily mental wellness**. We've created a safe, culturally-aware ecosystem that young Indians *want* to engage with, long before a crisis occurs.



The current solutions for mental wellness are scattered on different platforms and apps

We bring all these solutions into a single unified platform

Aspira

Predictive Mental Health Insights (ML Early Warning)

- Generate weekly wellness reports.
- Detects patterns → provides early warnings.
- Suggests connecting with counselors immediately.
- **Tech:** Google Cloud Natural Language API

Blockchain-based Anonymous Peer Groups

- Secure, anonymous peer interactions using a lightweight blockchain ledger..
- **Tech:** Google Cloud BigQuery + Blockchain datasets for storing proofs

Expert Micro-Check-ins

- Book sessions with verified mentors
- Video/audio integration with professional counselors
- AI-generated session summaries
- **Tech :** Google Calendar integration (for mentors), Google meet for interactive sessions

KEY FEATURES

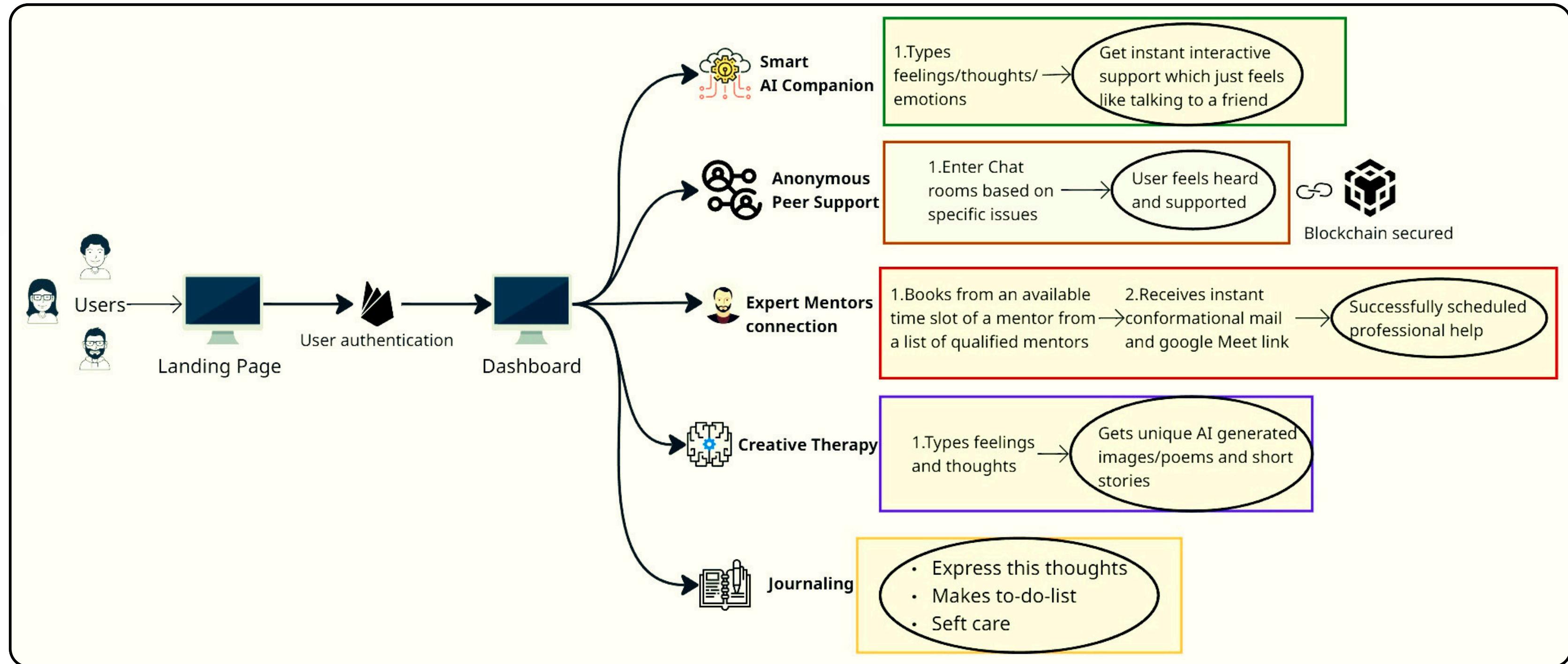
AI Companion

- Remembers past interactions, mood trends, and journaling insights.
- Provides personalized context aware replied
- **Tech:** Google Gemini & Firebase Firestore.

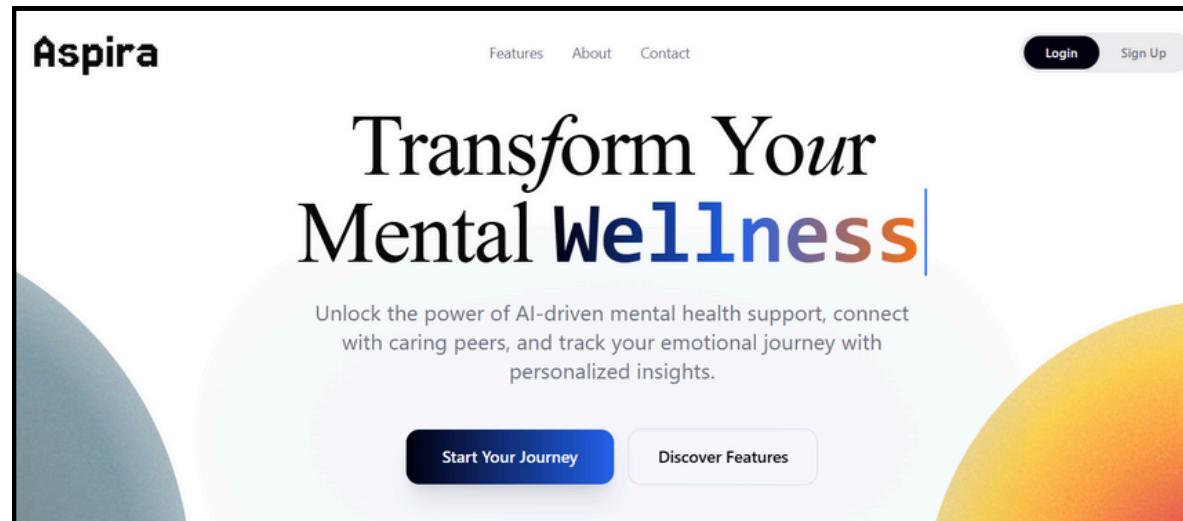
Creative Therapy AI

- Journaling to poems, affirmations, or art prompts.
- Guided meditations
- **Tech:** Gemini multimodal API + Google Text-to-Speech for audio experiences.

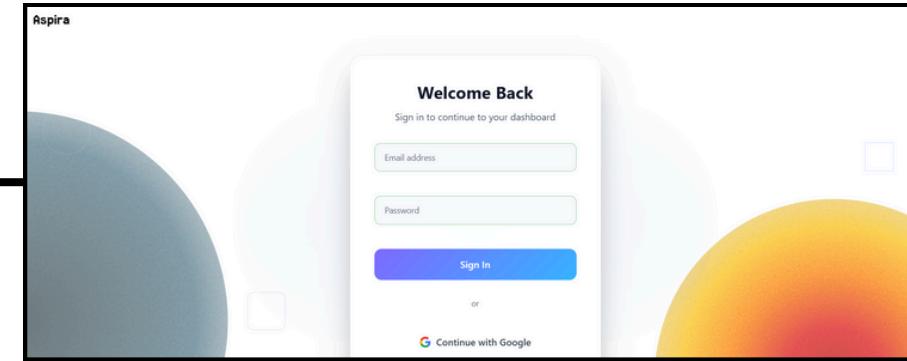
Flow diagram



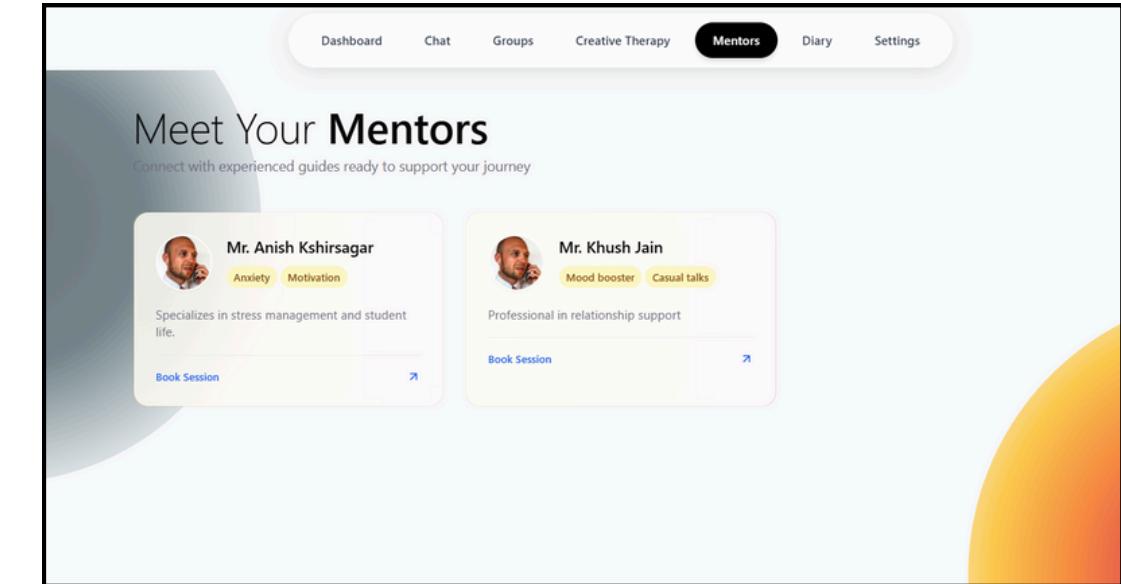
Mock diagrams



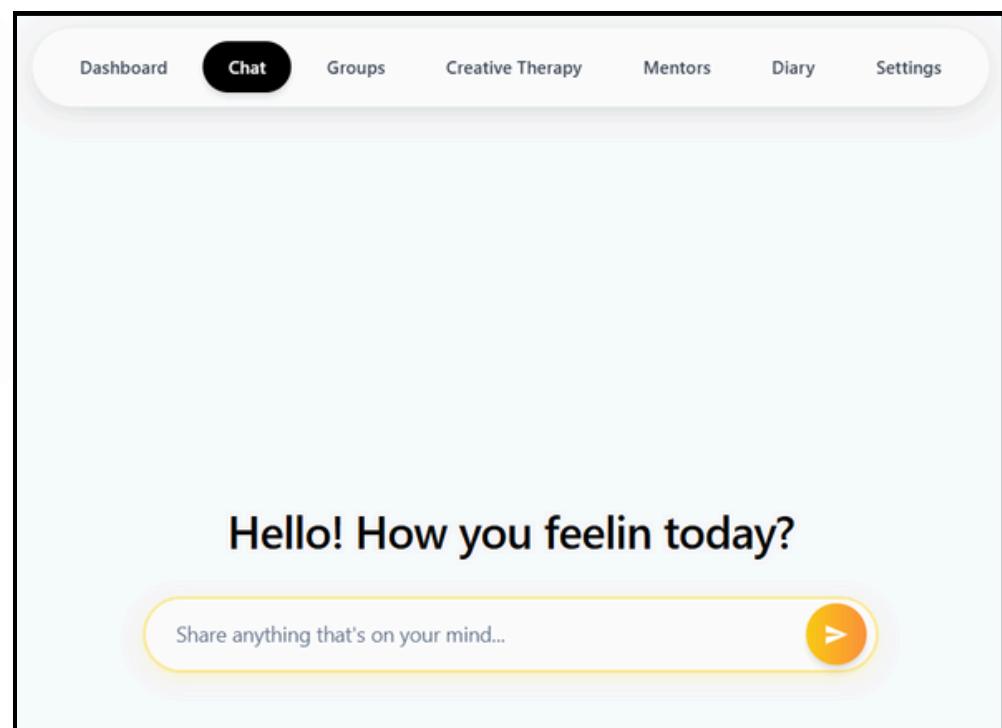
Landing Page



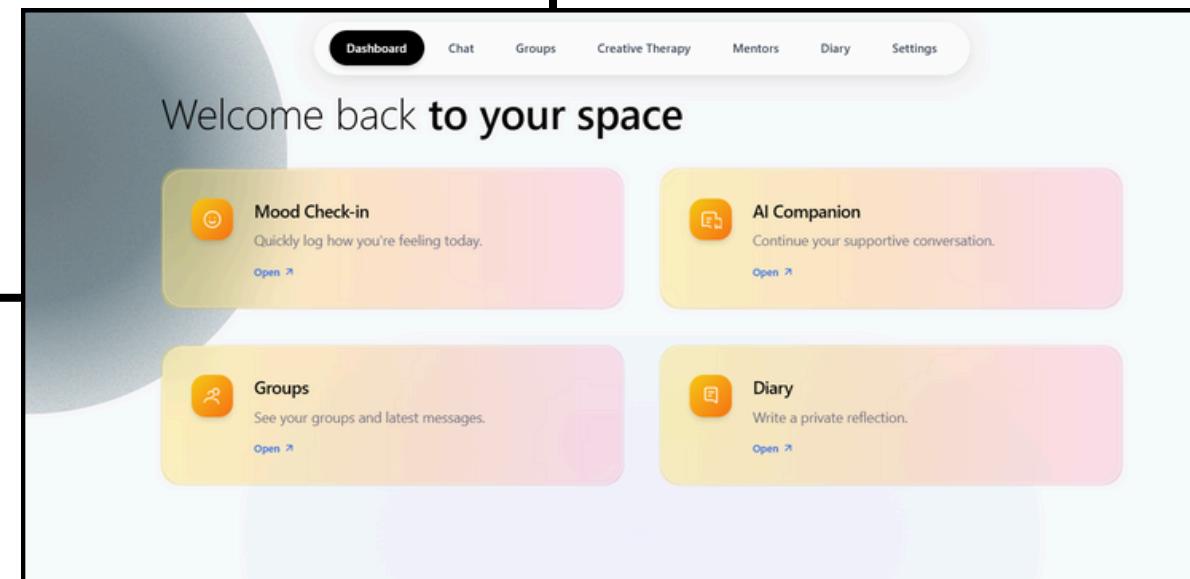
User Sign in



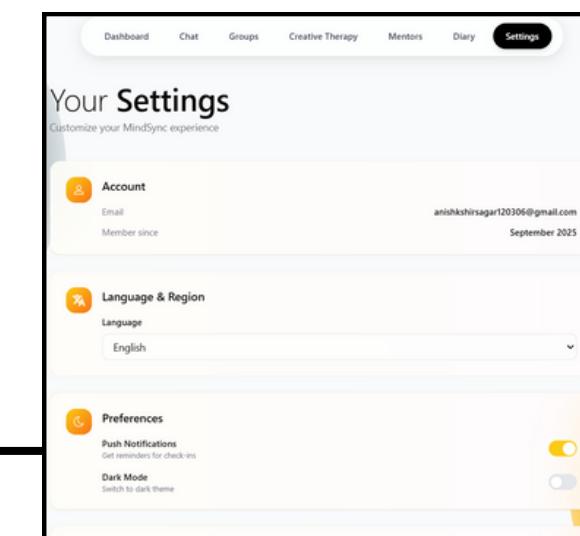
Mentor's page



Smart AI companion

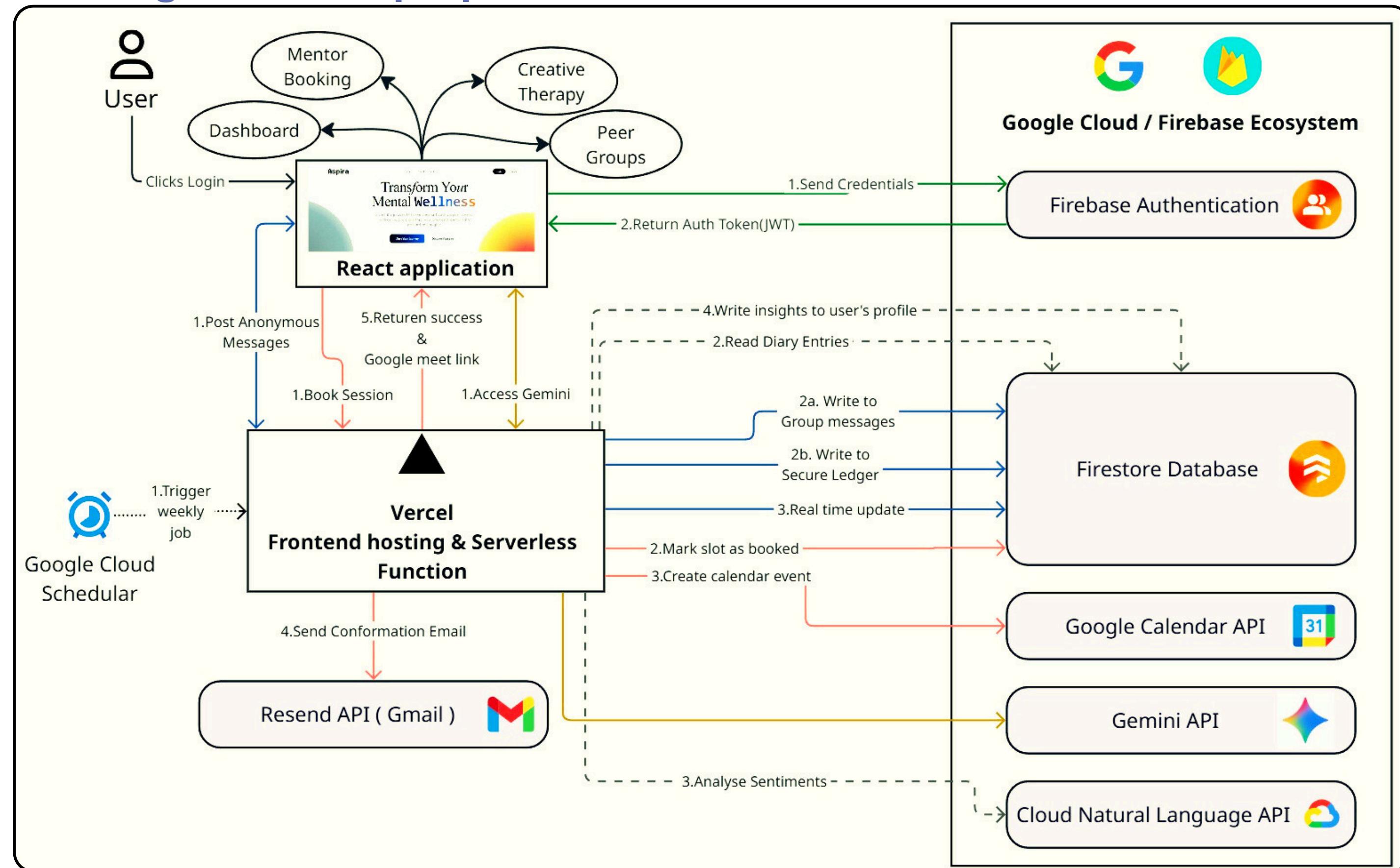


Dashboard



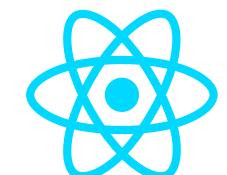
Settings

Architecture diagram of the proposed solution



Technologies used

Frontend

**React JS****Tailwind CSS**

Builds a fast, modern, and responsive user interface

Core AI & Logic



Google Gemini 2.5 Pro

Powers long-term AI Companion with multilingual, empathetic, and personalized conversations

Google Gemini 2.5 Flash Image Preview

Fuels Creative Therapy by turning emotions into unique AI-generated art

Database & Real-Time Services



Firebase Firestore

Dual-mode database for real-time anonymous chat and immutable secure ledger

Firebase Authentication

Secure and seamless user onboarding

Scheduling & Integration



Google Calendar API

Automates mentor booking and generates Google Meet links

Cloud Natural Language API

Deployment & Development

**Vercel**

Hosts React frontend and serverless backend functions

**Google Cloud****SDK / CLI**

Used for backend setup, IAM permissions, and debugging

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Thank you