Vaibhav :

We all have someone in our lives who experiences severe levels of anxiety, instability and

Prachi :   
Recently a survey was conducted by our team which showed the following results:

Around 70% of the students are suffering from mental health issues .60% are not really happy or satisfied and in search of someone to console them. The data shows that there is a great scope of technology in promoting mental health.

These analytics clearly show the need to introduce the concept of mental health among students.

Vaibhav :

Coming towards the features, the flagship service that we aim to provide to each and every student is a Self Assessment Test that can be taken anywhere, anytime, which will provide personalized solutions officially prescribed by WHO and the World Federation of Mental Health. This will help students clearly identify the problem they are facing and give them unique solutions.

Prachi :

An AI/ML chatbot will be included which will serve as a personal assistant and mentor the user throughout the journey.

The website provides a platform for like minded people to openly discuss their problems and provide peer support.

A complete list of the medical practitioners experts in their respective fields is provided to the user for complete reference and support.

It provides an option of scheduling an appointment with the medical experts as per the requirement of the user.

It provides a personal journalling tool for recording day to day condition and improvements.

The website comes with an option to track the mood of the user and provide a rating on the scale of 1 to 10 .

It provides a great peer support and self help resources uin the form of spotify playlists and mind relaxing video sessions.

Vaibhav :   
Technical things

Prachi :

Some of the already existing websites working in this domain are as follows..

None of these websites provides student centered solutions of the day to day problems faced by the teenagers.

Moreover none of them provides an integrated platform for all the services at a single place.

There is no confirmation of the authenticity of the provided information.

Well! Keeping all these points in mind we have tried to design a software that could be student specific which provides personalised solutions and helps to identify the problem and provide the best and authorised solution.

Technology intervention in the domain of mental health could prove to be a great asset for the users and may improve the quality of life .

Vaibhav :

Summarising our Presentation, I would like to say that by building a reliable and student focused online mental health platform, with all the student focused features and resources, we aim to empower each student and help them take control of their mental well-being so that they can guide through life’s challenges with a positive attitude and lead a successful, well-balanced and fulfilled academic as well as adult life.