

Problem Statement : Generative AI for Mental Health Self-Help Bot

Background:

Many people hesitate to talk directly to a counselor but are willing to talk to a friendly AI chatbot for preliminary self-help guidance.

Objective:

Build an empathetic chatbot that provides:

- Motivational responses.
- Suggests simple exercises (breathing, journaling, etc.)
- Identifies possible signs of stress, burnout, or anxiety.

Dataset:

Training Dataset:

- EmpatheticDialogues Dataset
- DailyDialog Dataset
- Pre-trained models like microsoft/DialoGPT-small or GPT-4o API for fine-tuning or prompt-engineering.

Test Dataset:

- 10 pre-written user prompts like:
 1. "I feel overwhelmed with my studies."
 2. "I'm not sleeping well these days."
 3. "I don't feel motivated to go to work."
- (will be shared during the hackathon)

Evaluation based on:

- Empathy level (via sentiment analysis scoring)
- Relevance of advice
- UI appeal and accessibility.

Deliverables Expected from Each Team:

- A 2-min lightning talk with:
- A single-slide explanation.
- Live demo showcasing system performance.
- UI front-end (web/mobile/desktop) showcasing usability.
- Use of any pre-trained LLM or open-source model allowed.