

THERAPIQUE

MINOR PROJECT SYNOPSIS

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Submitted By

Ishaan Jain – 06117702722

Rishab Negi – 07817702722

Tarun – 07017702722

Under the Supervision of

Dr. Shalini Gambhir

Assistant Professor



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Introduction

The numbers suggest that about 1 in every 7 people in India suffers from some psychological Mental illness, and as of 2017, around 197.3 million people suffered from some forms of mental disorders in India. This indicates a deep chronic gap that digital interventions can fill. Getting help is still hard because care costs money, people fear judgement, there aren't enough therapists, and services aren't available everywhere—even though online options have grown. Therapique is the affordable, anonymous and most straightforward web platform that connects people with licensed healthcare professionals through text, voice, and video for confidential and flexible care.

Literature Review

The conventional therapy requires in-person meetings, scheduled appointments, and may be costly. The currently available online choices—like YourDost, BetterHelp, and Talkspace—enhance accessibility, but usually ask users to expose their identity or pay fees that are out of the affordability of Indian youth and working class. Most also lack more than one channel (chat, voice, video) and may support only a major language or English. Studies show that when therapy is anonymous, easily accessible, and reasonably priced, more individuals are willing to seek help.

Problem Statement & Feasibility Study

Problem Statement

India lacks therapists (just 0.75 psychiatrists per 100,000 population) and has a huge treatment gap in mental health services. Social stigma, long waiting times, and high charges deter people—particularly youth, working professionals, and rural dwellers. Confidentiality is the biggest issue for new or reluctant users.

Feasibility Study

Market Needs:

- Primary target groups are students (academic pressure), urban professionals (professional pressure), and rural dwellers (scarcity of local specialists).
- Secondary audience: corporate staff and NGOs looking for wellness programs.

Proposed Solution Features:

- Connects users to licensed therapists through anonymous text, voice, and video sessions.
- No personal information needed for access, thus ensuring confidentiality.
- Reasonably priced—starting from ₹499, various payment options, and a few free sessions for students.
- Viewable from a smartphone, tablet, or computer, smooth performance even on low bandwidth.
- Personalized library with articles, videos, and exercises for self-help between sessions.

Feasibility Highlights:

- Platform development, therapist recruitment, and outreach are covered by initial capital investment.
- Digital adoption and projected revenue indicate long-term viability.
- Collaborations with institutions and NGOs will allow for reaching under-served communities and schools.

Hardware and Software Requirements

Hardware

- Smartphones (Android/iOS), Tablets, Computers with standard Internet Connection.

Software

- Web portal and mobile application for users and therapists.
- Secure video, voice, and chat modules.
- Secure database for minimal user data and confidential notes.
- Easy dashboard for therapist onboarding and session scheduling.
- Hosting on stable cloud servers for reliability.

Implementation Plan

- Hire and authenticate licensed therapists.
- Develop and test platform interface and session functionality.
- Configure support, feedback, and troubleshooting mechanisms.
- Roll out in phases, increase outreach through schools, colleges, social media, and corporate wellness programs.

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Conclusion

Therapique addresses the urgent and growing need for accessible, affordable, and confidential mental health care in India.

By leveraging digital technology, the platform bridges the gap between licensed therapists and individuals seeking support, overcoming barriers of stigma, high costs, and geographical limitations. With features such as anonymous multi-channel sessions, flexible pricing, and a resource library for self-help, the project is both technically feasible and socially impactful.

The proposed implementation ensures long-term sustainability through scalable architecture, therapist partnerships, and institutional collaborations. In the long run, Therapique has the potential to empower students, professionals, and under-served communities by making mental health care more approachable and normalized.

This project is not just a technological solution but also a step toward creating a healthier, more supportive society.