

- Mental Anxiety Level: Moderate

1) Ramesh initiated the conversation by asking to talk, followed by inquiries about past discussions and greetings.

2) Ramesh expressed feeling low due to heavy workload and teachers' demands.

3) Ramesh forgot the reason for his headache, indicating possible memory issues or cognitive strain.

4) Ramesh's repetitive questions and forgetfulness may suggest anxiety or stress-related symptoms.

5) Insights include Ramesh's struggle with academic pressures impacting his mental well-being.

6) Due to Ramesh being relatively new to the platform, further assessments are needed to determine the specific mental health condition.

Overall, Ramesh's messages reflect a sense of distress and cognitive challenges, highlighting a potential need for support and guidance.