Gen AI Exchange Hackathon

Presented by Team - CodeFlash

Problem Statement

Generative AI for Youth Mental Wellness.

Our Mission

To provide accessible, engaging, and personalized mental health support for young people using innovative AI.
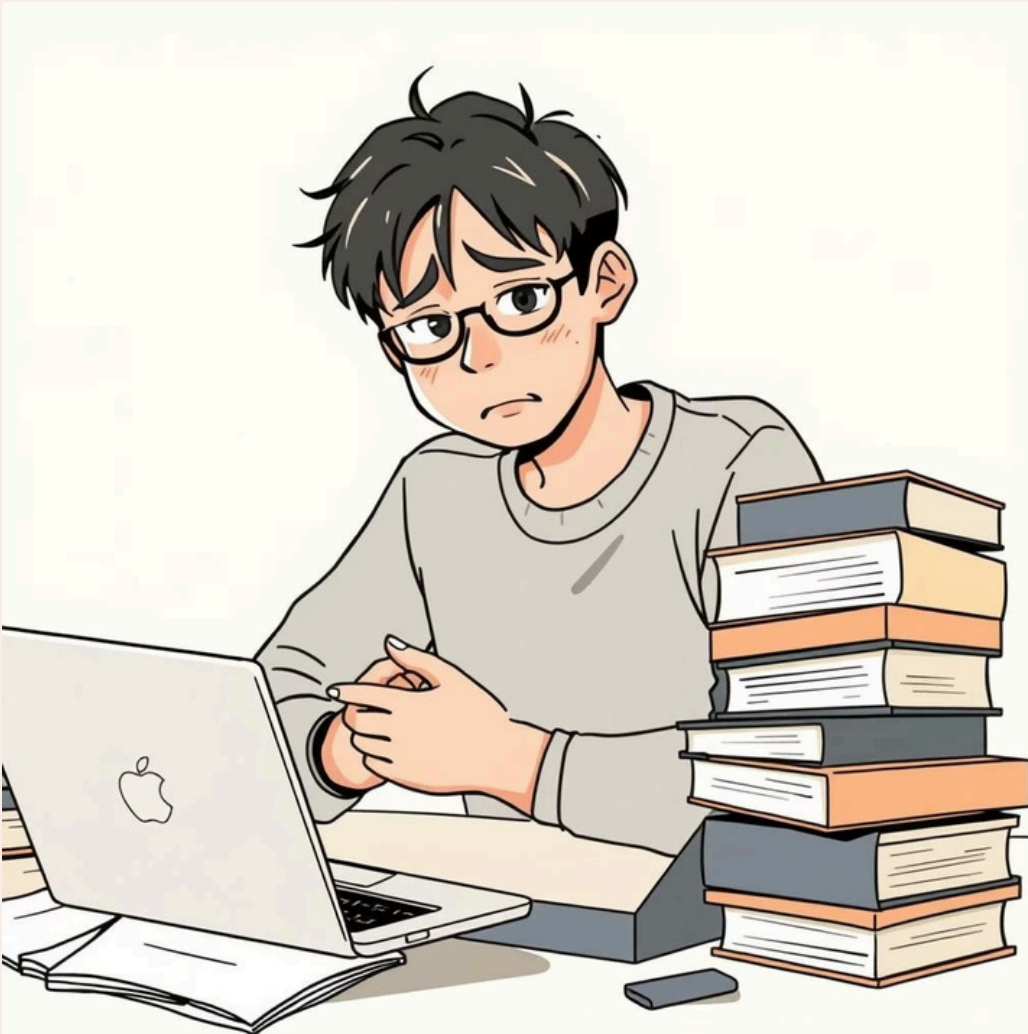
Key Features

Empathetic AIchat, mood-based stories, step-by-step relief exercises, and gamified progress tracking.

Core Goal

Encouragedaily engagement, mindfulness, and emotional resilience.

Introduction: Understanding the Challenge

The Problem

The Solution 3 Calmixy

- Youth today face immense stress, anxiety, and emotional challenges from academics, social pressures, and digital overload.

- A significant lack of accessible, friendly, and safe mental health support for daily emotional wellbeing.

- Existing solutions often fall short in personalization, engagement, or gamification, hindering consistent use.

- An AI-powered platform providing daily mood tracking, personalized stories, and effective relief exercises.

- Combines empathy, gamification, and guided support to motivate consistent daily engagement.

- Supports emotional resilience through positive reinforcement, reflective journaling, and safe community sharing.

Calmixy is designed to be a supportive companion, guiding young users towards better emotional health in a way that feels natural and fun.

Your Empathetic AI Chat Companion

Talk, Share, Feel Better 3 Calmixy's AI chat is always there to listen and guide you.

Daily Mood Check-In

The AI greets you with a warm "How are you feeling today?" You can select your mood or describe it, adding optional notes on why.
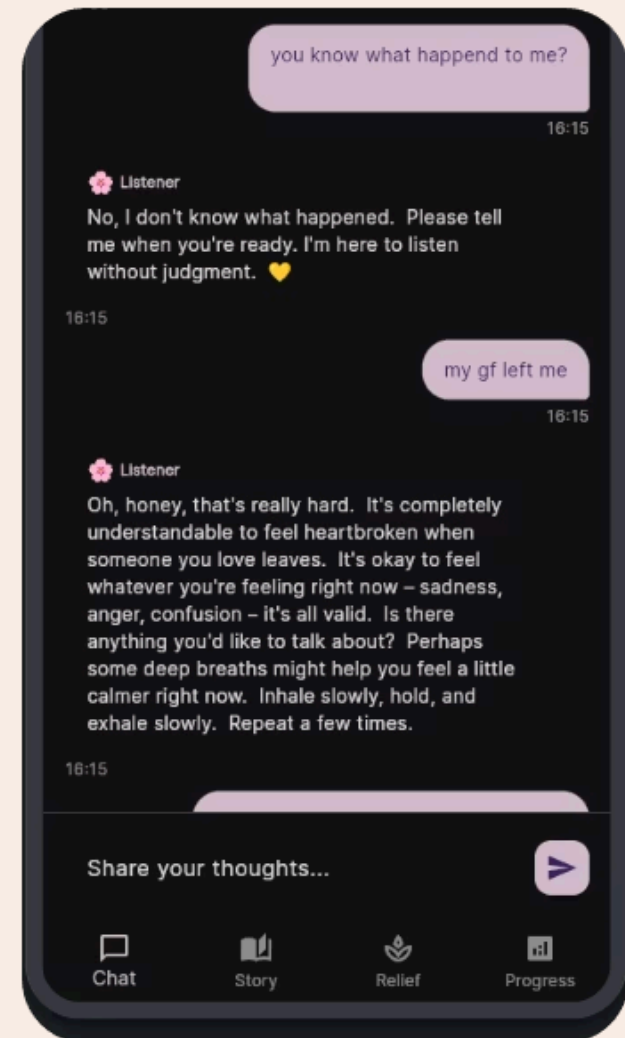
Dynamic Responses

Based on your mood, the AI suggests a positive story, guided exercises, or helpful resources tailored to your needs.

Always Positive & Safe

Conversations are supportive, empathetic, and non-judgmental. Risky keywords trigger anonymous alerts to mental health authorities for safety.

Relevant Resources

Curated videos, meditation guides, or motivational posts are suggested only when relevant, avoiding overwhelming clutter.

you know what happend to me?

16:15

🌸 Listener
No, I don't know what happened. Please tell me when you're ready. I'm here to listen without judgment. 💛

16:15

my gf left me

16:15

🌸 Listener
Oh, honey, that's really hard. It's completely understandable to feel heartbroken when someone you love leaves. It's okay to feel whatever you're feeling right now – sadness, anger, confusion – it's all valid. Is there anything you'd like to talk about? Perhaps some deep breaths might help you feel a little calmer right now. Inhale slowly, hold, and exhale slowly. Repeat a few times.

16:15

Share your thoughts...

Chat   Story   Relief   Progress

Enriching Stories & Effective Stress Relief

Calmixy delivers deeply engaging content designed to soothe your mind, uplift your spirit, and foster lasting well-being.

Your Personal Storyteller

- Experience truly personalized, mood-responsive stories, intelligently crafted by AI to calm and inspire, each lasting over 5 minutes.
- Immerse yourself in friendly, engaging narration powered by advanced Gemini 2.5 Flash TTS technology.
- Seamlessly integrate well-being into your routine with embedded mini-exercises like guided breathing, mindfulness prompts, and gentle stretches during your story.
- Save your favorite narratives, create beautiful shareable posters or cards, and easily share uplifting content with your friends and community.

Dynamic Relief Pathways

- Access bespoke 5-step exercise packages, expertlydesigned by AI to effectively alleviate stress, anger,oranxiety.
- Discover a proven path to calm, such as: **Breathe → Reflect -> Walk → Journal → Check-in**, tailored to yourimmediate needs.
- Stay motivated with our gamified system: earnpoints, unlock exclusive badges, and collect uniqueAI-generated posters as you complete exercises.
- Benefit from continuous, adaptive support:iflingering stress persists, our AI automatically generatesnew, relevant packages, ensuring you always haveafreshpath to well-being.

Track Your Progress: Your Mood Journey

See how far you've come and celebrate every step of your emotional growth with Calmixy's intuitive dashboard.

Mood Tracker

Visually track daily and weekly moods to gain better self-awareness and understand your emotional patterns.
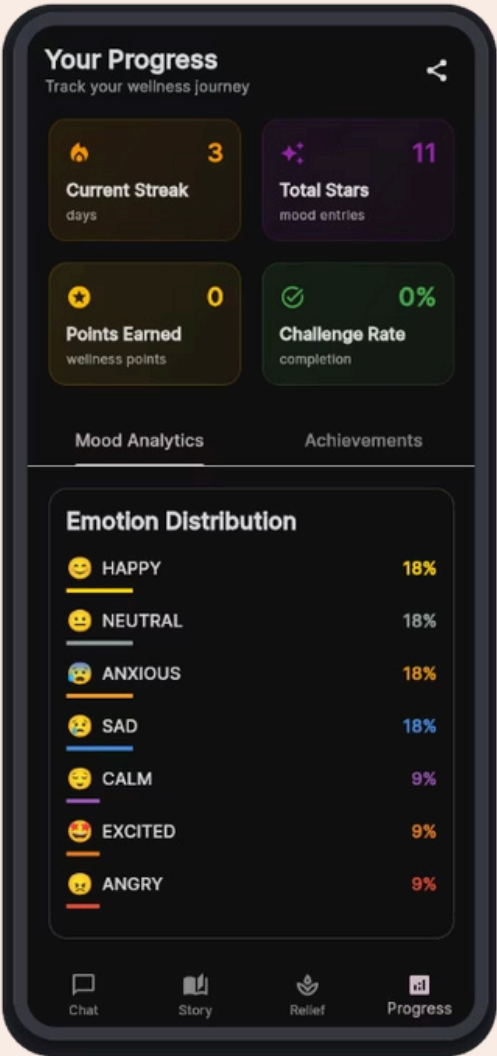
Calendar & Journal

Log past moods and personal reflections. AI tags relevant chat interactions to help you connect insights and understand triggers.

Gamification

Earn points and badges for completing stories and exercises. Star progression visually shows your growth and dedication.

Weekly AI Insights

Get personalized summaries of your reflections, highlighted patterns, and motivational feedback to keep you going.

Your Progress
Track your wellness journey

🔥 **3**
Current Streak
days

✦ **11**
Total Stars
mood entries

⭐ **0**
Points Earned
wellness points

✅ **0%**
Challenge Rate
completion

Mood Analytics | Achievements

Emotion Distribution

😊 HAPPY   18%

😐 NEUTRAL   18%

😰 ANXIOUS   18%

😢 SAD   18%

😌 CALM   9%

😆 EXCITED   9%

😡 ANGRY   9%

Chat | Story | Relief | Progress

Your Daily Flow & Why Calmixy Works

Seamless Daily Flow

1 **Log In & Share**

Selectyourmoodordescribe your feelings to start your day.

2 **Personalized Content**

AIcheck-ingeneratescustomized stories and relief exercises.

3 **Engage & Earn**

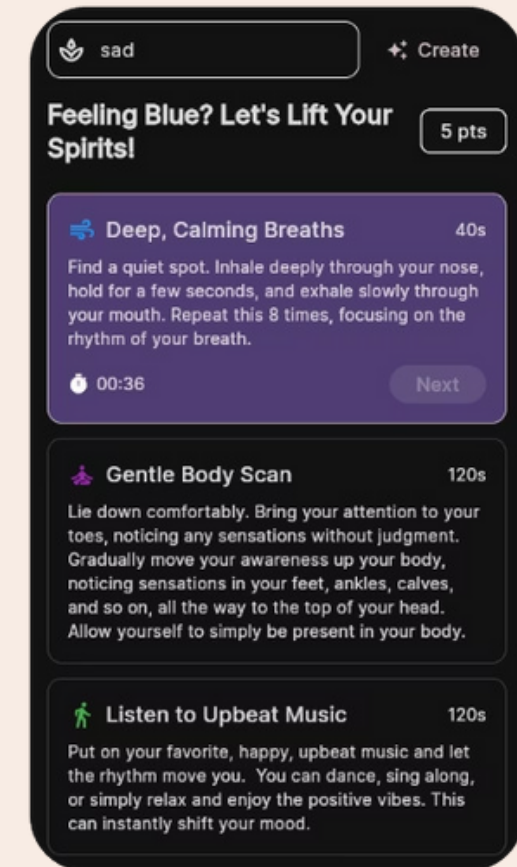Completeexercisestoearn points and badges, fueling your progress.

4 **Listen & Create**

ListentoAIstories,then save them in your library or share as posters/cards.

5 **Reflect & Grow**

Thedashboard showsyour mood trends, journal entries, AI reflections, and streaks.

Why Calmixy Excels

- **AI-powered empathy + gamification** motivates dailyengagement and emotional growth.

- **Tailored content** for every mood ensures personalized support.

- **Positive reinforcement** through points, badges, and posters encourages mindfulness.

- **Clean, intuitive UI** makes it easy for youth to use daily.
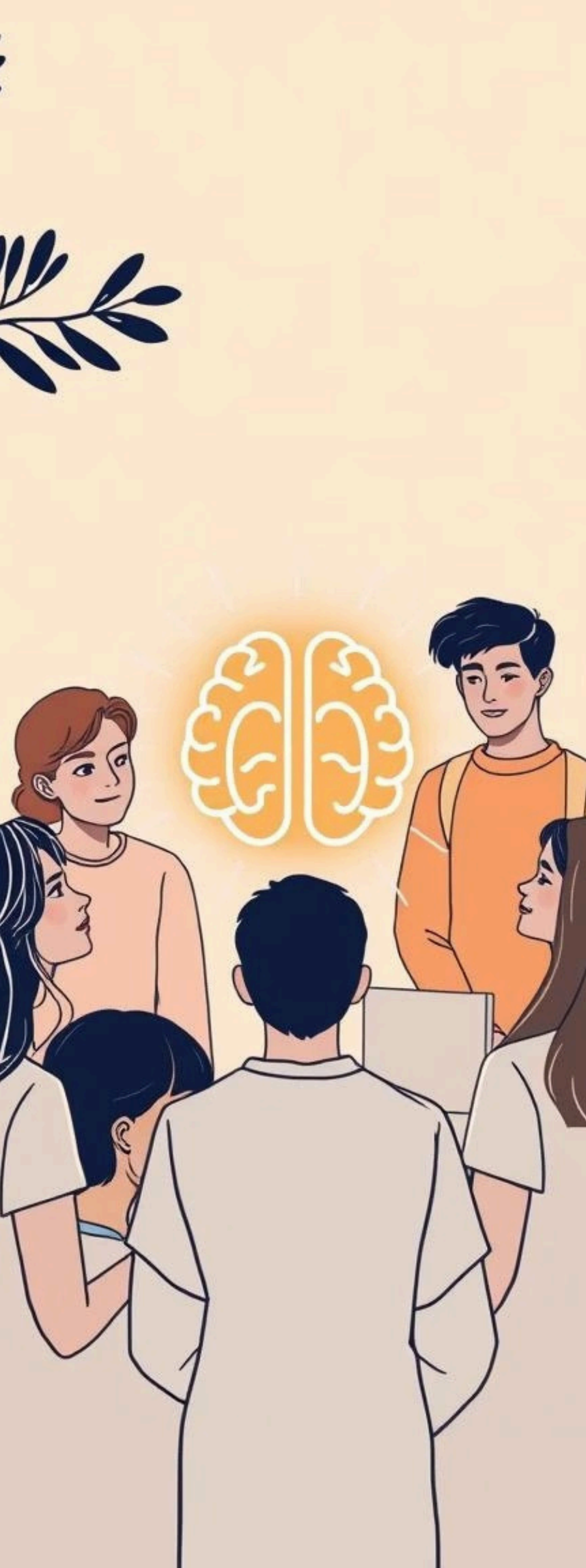
Thank You!

Team: Code Flash

> "Empowering Youth Mental Wellness with AI 3 one thoughtful interaction at a time."

We believe Calmixy can make a profound difference in the lives of young people, offering a beacon of support in their emotional journey.

Innovation

Leveraging cutting-edge AI for empathetic support.

Empathy

Creating a safe, non-judgmental space for emotional sharing.

Engagement

Gamification to foster consistent self-care habits.

Impact

Building a community focused on positive mental health.