

Basic Details of the Team and Problem Statement

Ministry/Organization Name/Student Innovation: Government of Gujarat.

PS Code: SIH1363

Problem Statement Title: Self-identifying the mental health status and get guidance for support.

Team Name: CIPHER-26

Team Leader Name: SUPREET PRAJAPATI

Institute Code (AISHE): C-36143

Institute Name: SHRI G.S. INSTITUTE OF TECHNOLOGY AND SCIENCE

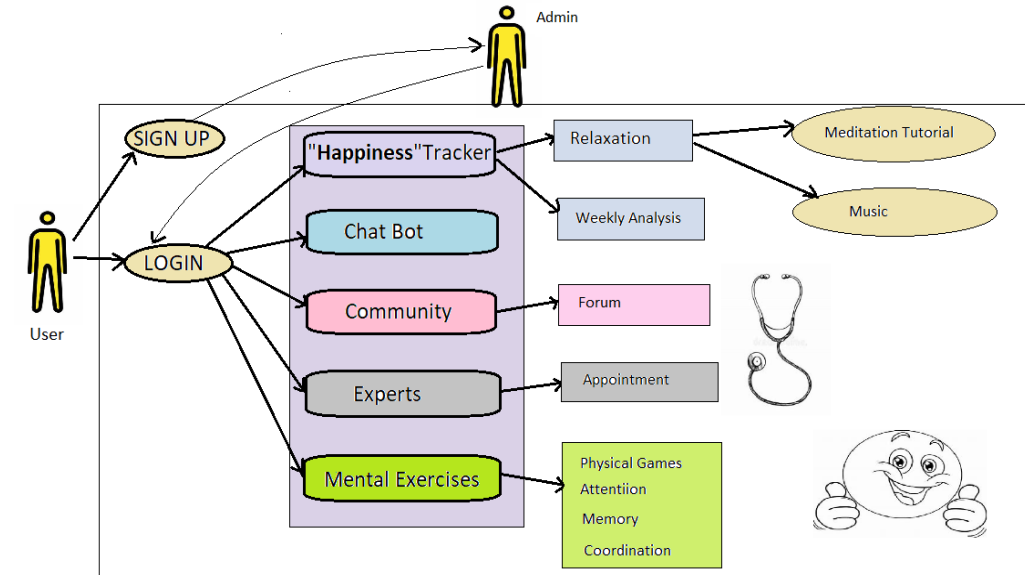
Theme Name: Mental health issues.

Ideas/Approach Details

Our **solution** to the problem is by creating an **android** based application that will serve as a platform for consumers to get the analysis of their mental health and an **interactive solution** to improve it.

The Prototype will function as follows:

- Identification of the mental health issues present in our users through the **set of questionnaire** which will work as a **quotient** for their mental health.
- The user will also be able to join **communities** for resonating minds and a real-life **AI** with **natural language processing(NLP) bot**.
- Interactive exercises to measure mental state of a person.
- Other than that we are also going to give **therapist support** for severe patients/people.
- Products from the app have provided **relief** to the exercises based approaches such as **CBT** and **ACT**(acceptance and commitment therapy), **OCD, ADHD**



Describe your Technology stack here:



Idea/Approach Details

Describe your Use Cases here

- Individuals can use the app to regularly assess their mental health, helping them **track** changes in their emotional well-being over time.
- Based on the severity of a user's mental health assessment, the user can get help from mental health professionals.
- The user will also be able to join communities for resonating minds and a real-life AI bot.
- For worse conditioning, **therapists** can be incorporated towards the consumers and provide healthy medication.
- The app would have an option to work in **discrete** mode allowing the identity of user to remain **anonymous** for safety and **privacy**.

Describe your Dependencies / Show stopper here

- The **only mobile app** that would provide a support to the minds of young consumers by **personalized mind exercises** and 24/7 therapist support.
- A **multilingual** android platform based on various different languages which simplifies the application for the patron.
- The built-in **AI** would analyses the daily check in data and **mood patterns** along with anxiety levels and suggest cognitive therapy if the user asks so.
- Real time **heart rate** monitoring to detect anger or anxiety levels and recommend the solutions for the same.

Team Member Details

Team Leader Name: Supreet Prajapati

Branch (B-tech)	Stream (EI)	Year (II)
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Team Member 1 Name: Daksh Baxi

Branch (B-tech)	Stream (CSE)	Year (II)
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Team Member 2 Name: Adarsh Raghuwanshi

Branch (B-tech)	Stream (CSE)	Year (II)
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Team Member 3 Name: Akshita Sinha

Branch (B-tech)	Stream (CSE)	Year (II)
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Team Member 4 Name: Praphool Rathore

Branch (B-tech)	Stream (IT)	Year (II)
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Team Member 5 Name: Anany Sharma

Branch (B-tech)	Stream (CSE)	Year (II)
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Team Mentor 1 Name: Mrs. Neha Mehra

Category : Academic (in years): 6 years	Expertise : Data Mining and Machine Learning	Domain Experience
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