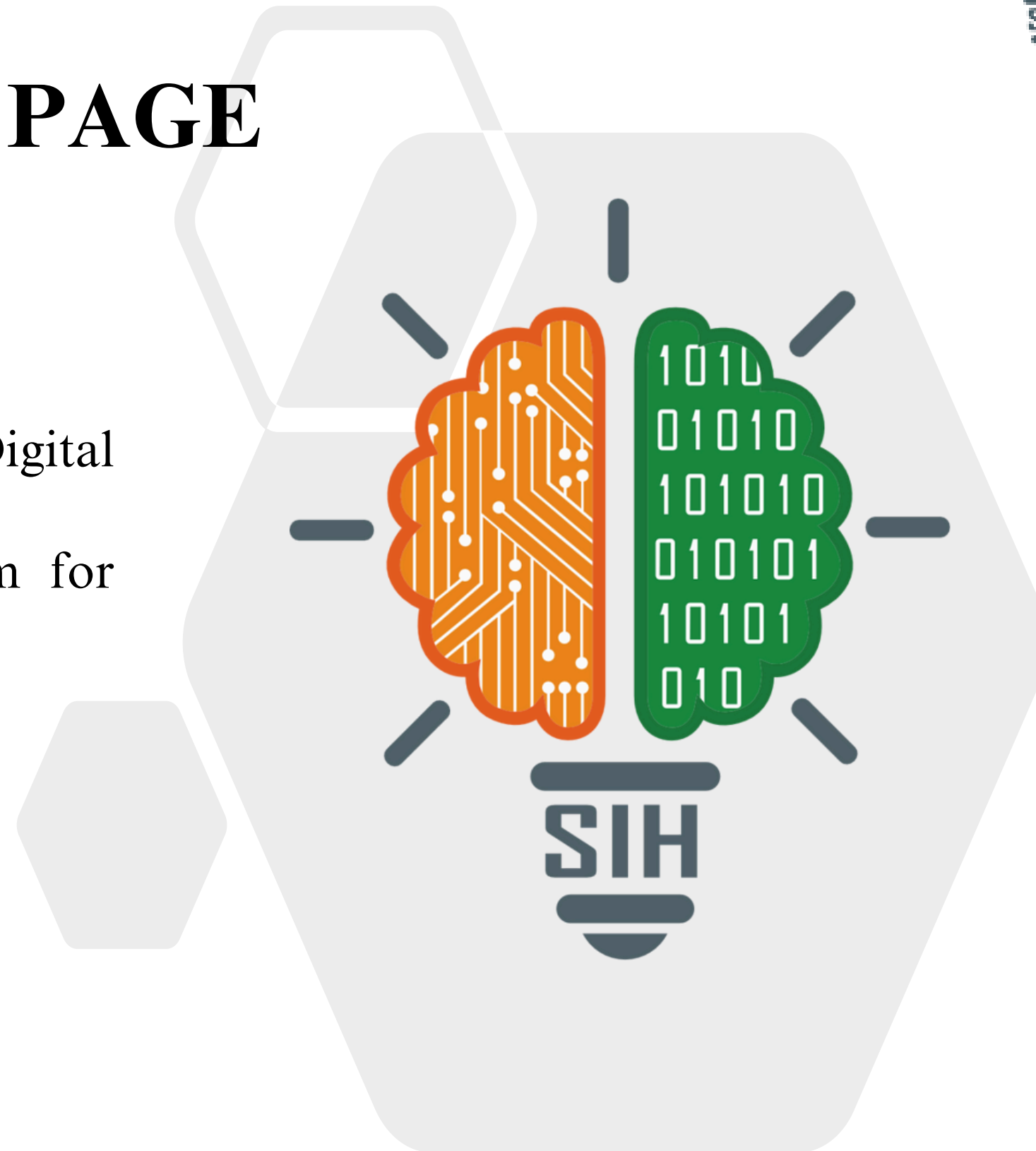# SMART INDIA HACKATHON 2025

TITLE PAGE

- **Problem Statement ID** –SIH25092

- **Problem Statement Title-** Development of a Digital Mental Health and Psychological Support System for Students in Higher Education

- **Theme-** MedTech / BioTech / HealthTech

- **PS Category-** Software

- **Team ID-**

- **Team Name** - Cognicode

IDEA TITLE

Proposed Solution
- It is a platform providing a complete mental wellness ecosystem.
- It is built on three core pillars:
    1. Professional Care: On-demand access to licensed counselors.
    2. AI & Instant Relief: A 24/7 AI companion and anonymous emotional release tools.
   3. SOS button

How it addresses the problem
- Tackles Lack of Access: Provides immediate, 24/7 support through the AI Companion and flexible scheduling with professionals, bypassing long wait times.
- Reduces Stigma: uses rag method to personalise your chat moderated forums allow students to express themselves without fear of judgment.

Innovation and uniqueness of the solution
- Proactive & Context-Aware: Unlike other apps, It integrates with a student's calendar to provide timely, relevant support .
- Self help toolkit : A self-help toolkit built to end mental health struggles not temporarily, but for life. (sleep hygienic toolkit , guided breathing exercises)

TECHNICAL APPROACH

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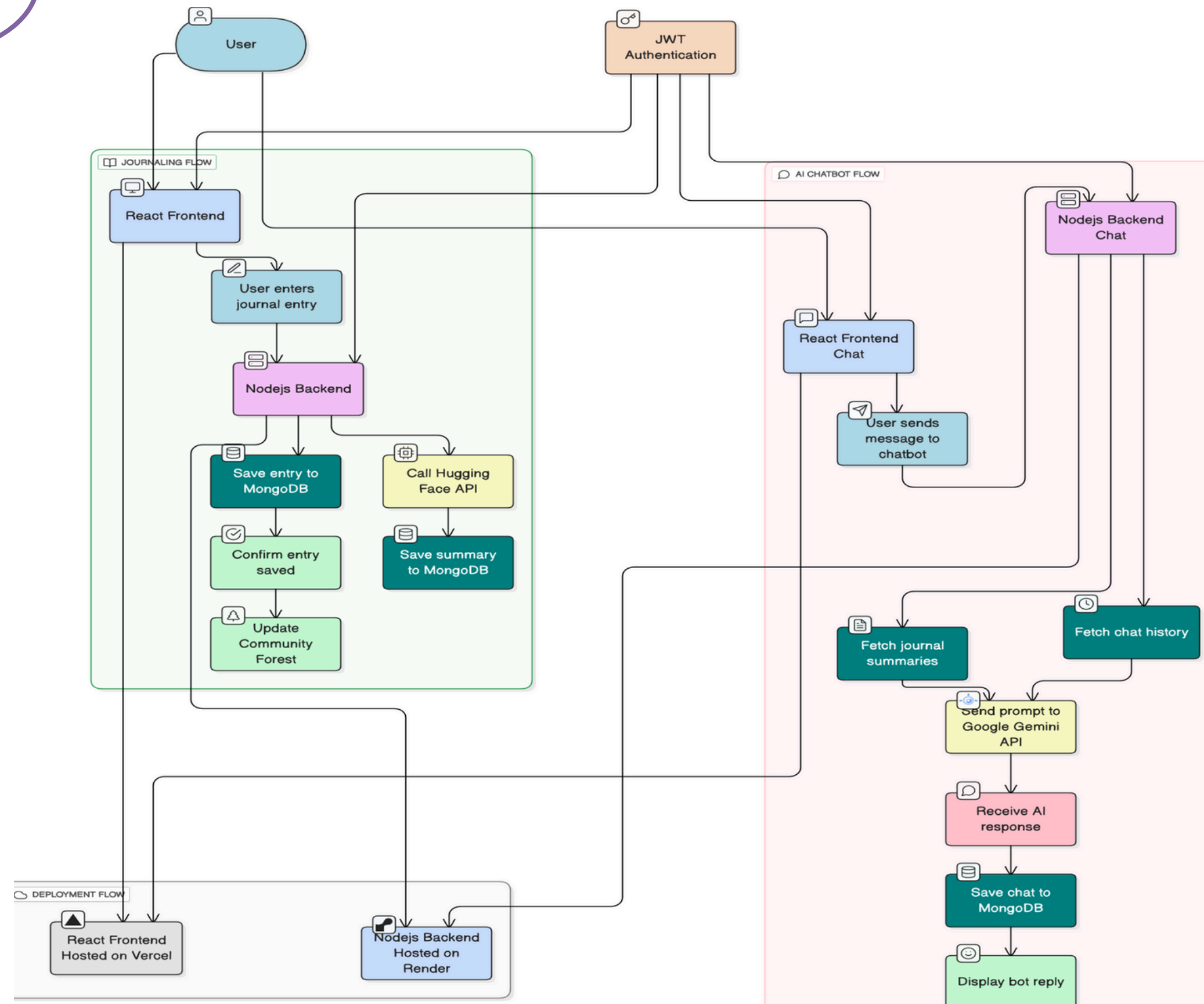
Tech Stack
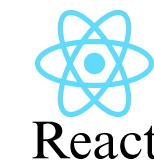
React · Vite · CSS · Tailwind css · React hook · MongoDB · npm · ESLint · Gemini · HuggingFace

FEASIBILITY AND VIABILITY

Feasibility of Idea

- Youth today is more open to seeking mental health support (online platforms seeing rapid adoption).
- Surveys show rising demand for accessible, stigma-free psychological help.
- Digital platforms provide 24/7 reach, aligning with student lifestyles.

Potential Challenges & Risks

- Data Security: Risk of data leakage, hacking, or misuse of sensitive mental health info.
- Trust & PR: Any breach could damage credibility and adoption.
- Tech Reliability: AI errors or downtime may affect student trust.

Strategies to Overcome

- End-to-end encryption, regular audits, and strong cyber-security protocols.
- Explore advanced methods (e.g., quantum encryption) for future-proof safety.
- Transparent policies + quick response teams to handle issues & maintain trust.

IMPACT AND BENEFITS

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Why It Matters?

- College students face high levels of stress, anxiety, and depression due to exams, placements, and isolation.
- >75% never seek help because of stigma, lack of access, or high costs.

Importance

- Poor mental health → lower academic performance, absenteeism, and rising dropout rates.
- Growing need for accessible, stigma-free, and proactive support systems.

Benefits of Our Solution

- Social: Creates a healthier, stigma-free campus culture.
- Economic: Reduces dropouts & improves academic outcomes.
- Environmental: 100% digital, minimal resource footprint.

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- 1 in 7 adolescents face mental disorders → need early, stigma-free campus support.
  https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health

- NMHS-2 informs anonymous, ethics-compliant trend analytics → shapes our admin dashboard.
  https://indianmhs.nimhans.ac.in/

- Tele-MANAS proves 24×7 digital triage + human escalation → we integrate booking/escalation.
  https://cmhlp.org/imho/blog/indias-digital-mental-health-landscape-government-initiatives-and-challenges/

- Indian college reviews show high depression/anxiety/stress → use PHQ-9/GAD-7 + rapid referrals.
  https://pmc.ncbi.nlm.nih.gov/articles/PMC9894831/

- Reviews of university students
  https://www.perplexity.ai/search/review-of-indian-students-in-u-_v6.DQ3xSMuNgFTm0UZ5PQ

- AI chatbots work when safety checks and human-in-the-loop are present → our AI first-aid design.
  https://pscentre.org/wp-content/uploads/2024/09/Boucher_Artificially-intelligent-chatbots.pdf