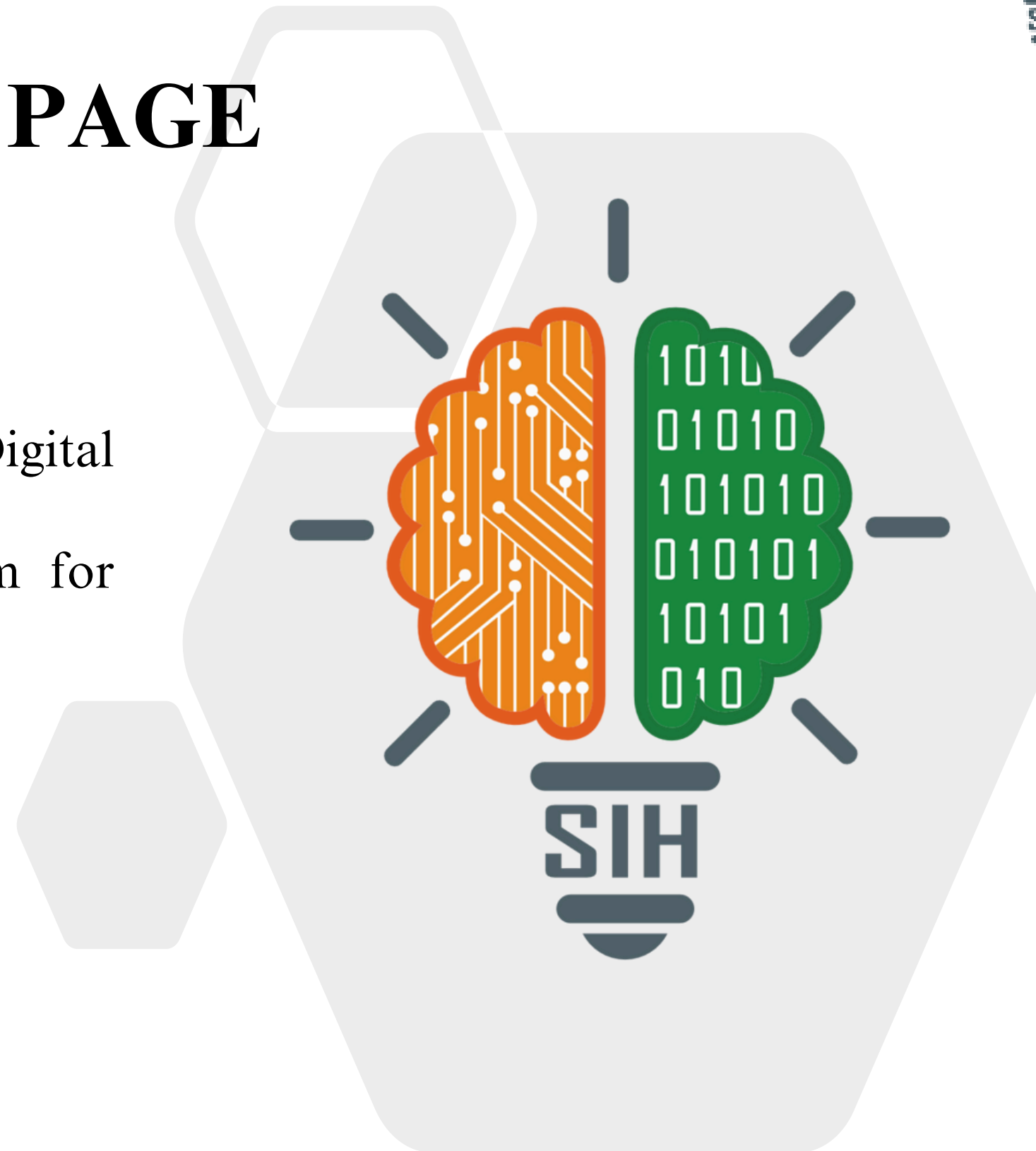


## TITLE PAGE

- **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



# WELLNESS COMPANION

## Proposed Solution

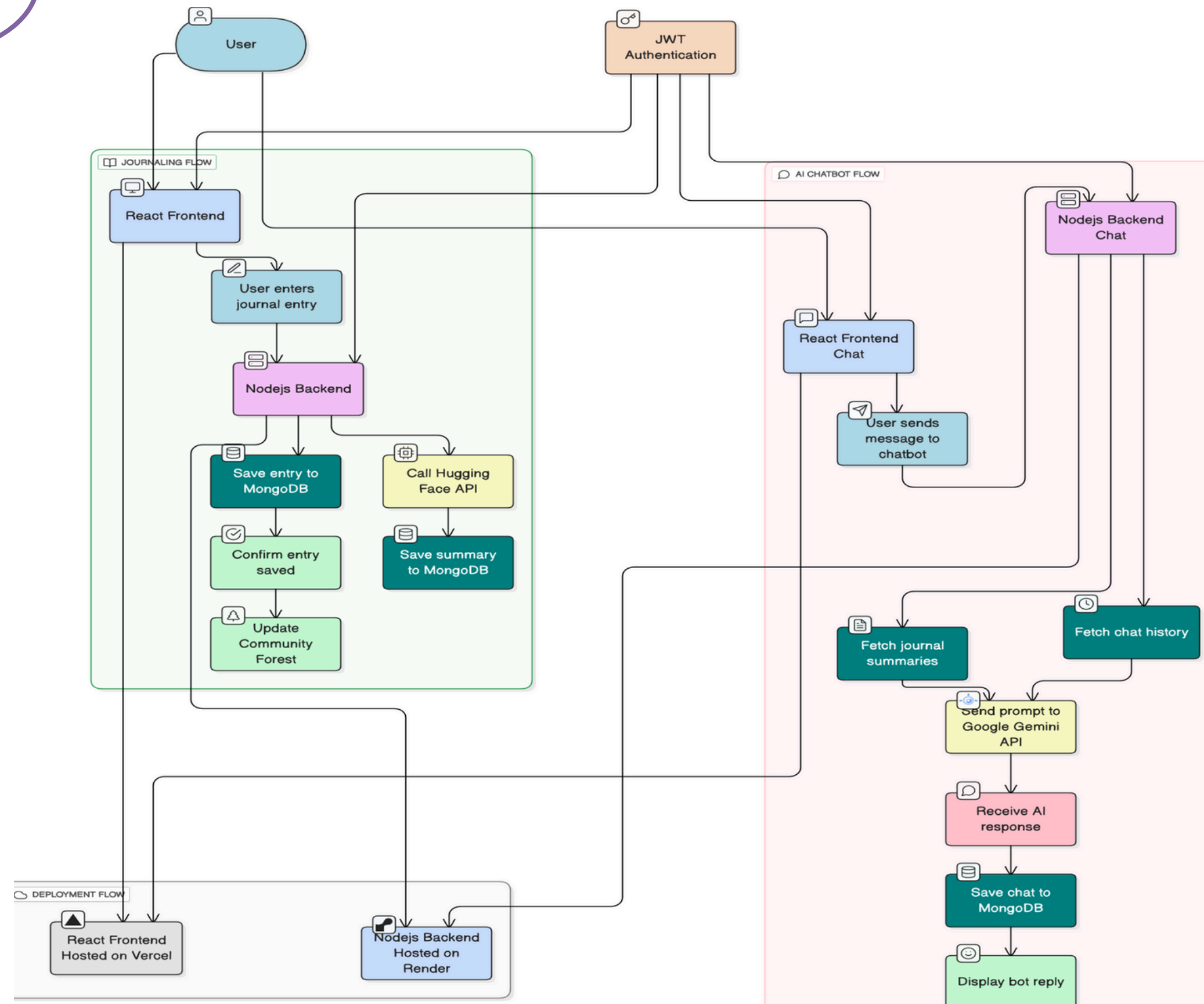
- It is a platform providing a complete mental wellness ecosystem.
- It is built on three core pillars:
  1. Professional Care: On-demand access to licensed counselors.
  2. AI & Instant Relief: A 24/7 AI companion and anonymous emotional release tools.
  3. SOS button

## How it addresses the problem

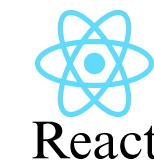
- Tackles Lack of Access: Provides immediate, 24/7 support through the AI Companion and flexible scheduling with professionals, bypassing long wait times.
- Reduces Stigma: uses rag method to personalise your chat moderated forums allow students to express themselves without fear of judgment.

## 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 )



## Tech Stack



React



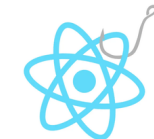
Vite



CSS



Tailwind css



React hook



MongoDB



npm



ESLint



Gemini



HuggingFace

## 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.

## 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.

- 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](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](https://pscentre.org/wp-content/uploads/2024/09/Boucher_Artificially-intelligent-chatbots.pdf)