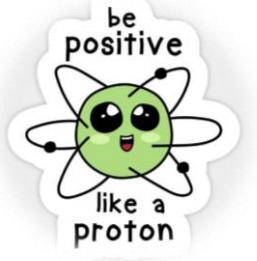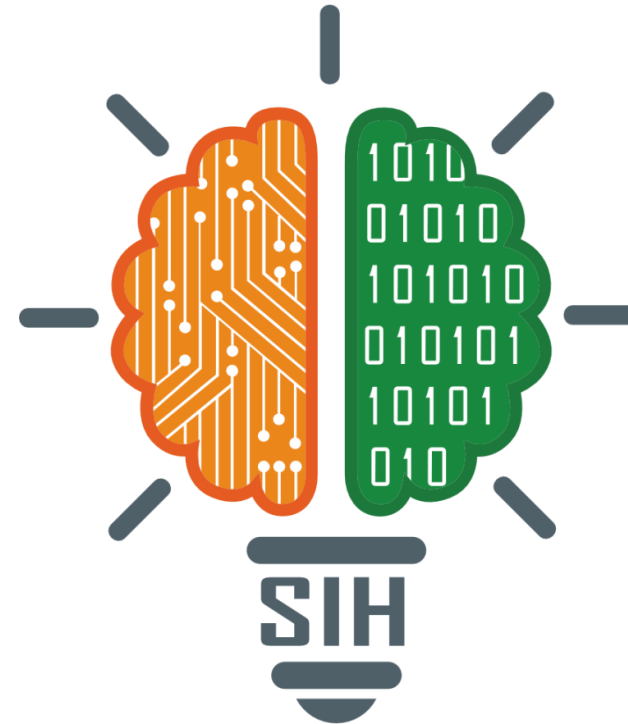# SMART INDIA HACKATHON 2025
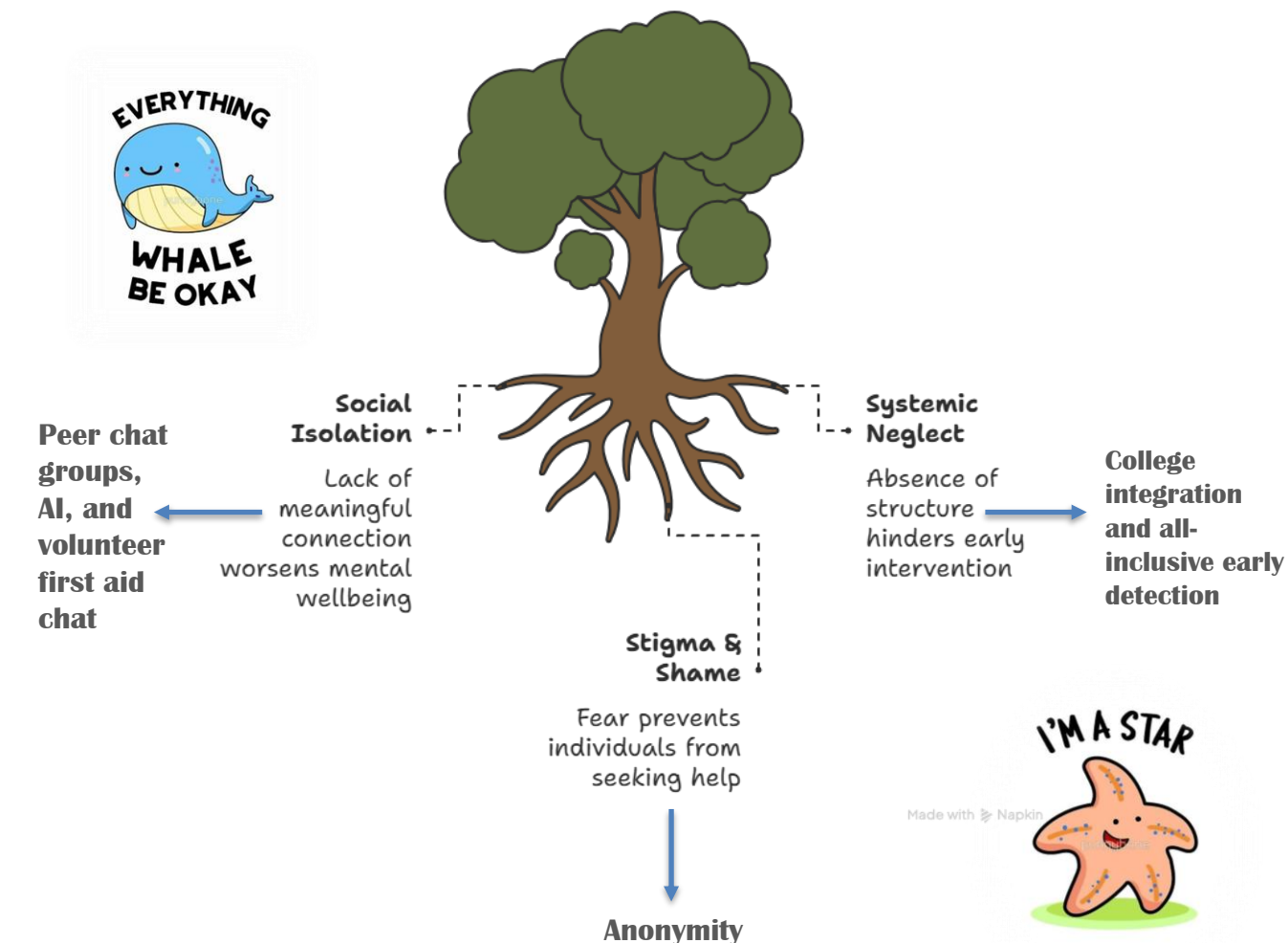## TITLE PAGE

- **Problem Statement ID –** 25092

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

- **Theme-** Medtech/BioTech/Health Tech

- **PS Category-** Software

- **Team ID-**

- **Team Name (Registered on portal)**

IDEA TITLE

Addressing Mental Health Issues and it's solutions

EVERYTHING WHALE BE OKAY

Peer chat groups, AI, and volunteer first aid chat

Social Isolation

Lack of meaningful connection worsens mental wellbeing

Systemic Neglect

Absence of structure hinders early intervention

College integration and all-inclusive early detection

Stigma & Shame

Fear prevents individuals from seeking help

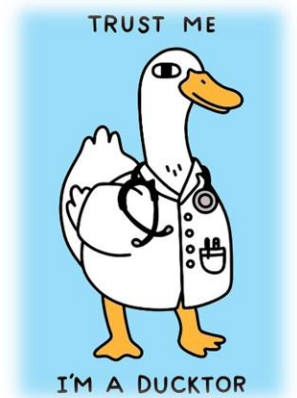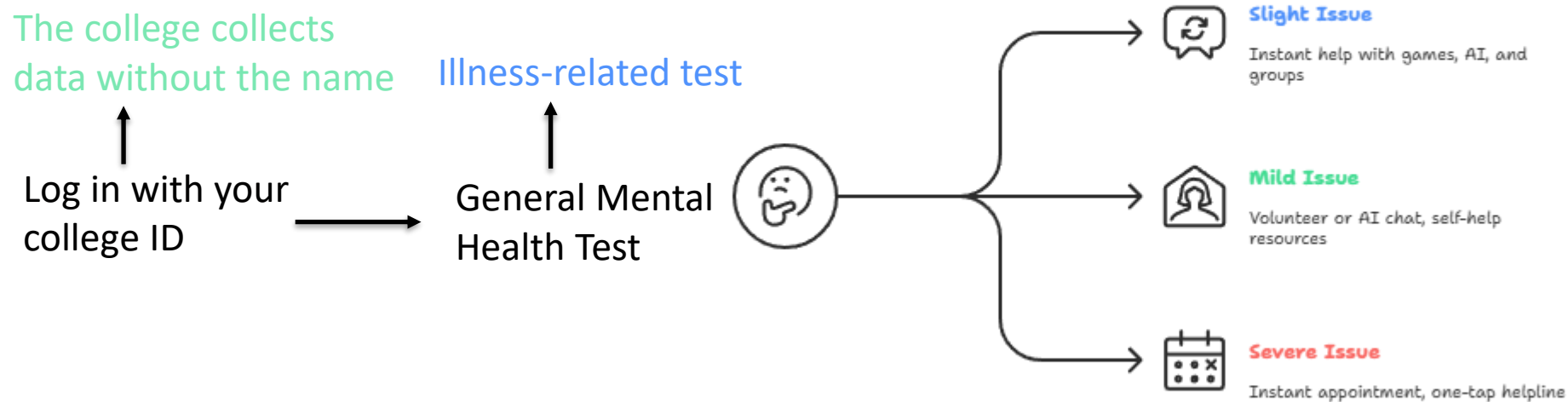I'M A STAR

Made with Napkin

Anonymity

Unique aspects

- **New generation-oriented** working and interface.
- Uses an **AI/ML** first aid chat system for instant relief.
- **Instant games** to relieve stress or slight symptoms of anxiety, etc.

Competitive Advantage

- System to provide data to the admin **without disclosing the identity**, while keeping it dependable.
- First to provide mental health help in more than **13 languages**

TECHNICAL APPROACH

Technologies

- **AI/ML Algorithms** for chatbot NLP, mood/sentiment detection, and early risk flagging.
- Authentication & Privacy Layer using **JWT +encryption** to ensure stigma-free, confidential access.
- **Cloud Deployment (AWS/GCP)** with **Docker/Kubernetes** for scalability and high availability.

The college collects data without the name

Illness-related test

Log in with your college ID

General Mental Health Test

Slight Issue
Instant help with games, AI, and groups

Mild Issue
Volunteer or AI chat, self-help resources

Severe Issue
Instant appointment, one-tap helpline

TRUST ME
I'M A DUCKTOR

Made with Napkin

FEASIBILITY

- **Scalable Infrastructure:** Designed for scalability using cloud computing and decentralized storage solutions.
- **Resilience towards culture:** Being a multi-language, institute incorporated, new-gen based system, its scaled to include everyone.
- **Partnership with institutes:** Having integrated with institutes will help them take actions regarding the same while being able to research the best course of action.
- **Cost-effective:** Using AI/ML for self-learning, volunteer program, the cost of maintenance is significantly reduced.

Challenges

- **Trust in the Institution:** Students may be wary of the college itself having access to their mental health data.
- **Variable requirement:** different regions and institutes require different systems and courses of action, along with following different rules according to the region.
- **Data Security:** Need for robust encryption, secure servers, and regular security audits to prevent data breaches.
- **Accuracy of AI Chatbot:** AI must provide safe, reliable responses and avoid misguiding users.
- **Resource Availability:** Making sure enough counsellors and support staff exist to meet demand.

Impact on the Users

- **24/7 Availability:** Less feeling of loneliness and help at odd times, when a person is more vulnerable
- **Early Detection and support:** It will be a step towards a healthy generation, as early detection means easier to cure and less harm.
- **No Language Barrier:** Language barrier has been an obstacle for a long time but providing help in native languages will help a wider audience.

Benefits of the solution

- Promotes a **culture of openness** towards this serious issue and a **community** to share experiences with.
- Strengthens **student-institution trust**, while providing both with the resources they need.
- **Low-cost, scalable** digital solution.
- Remote support lowers travel needs and **increases accessibility** for students in rural areas.

RESEARCH AND REFERENCES

- **World Health Organization-** World Mental Health Today, 2 September 2025

  https://www.who.int/publications/i/item/9789240113817

- **Tele MANAS App-** by the government of India