

## **BTP-01 PROJECT IDEA**



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## **Title of your project -> Sarathi: A Multilingual AI-Powered Mental Health**

### **Description :**

Our Sarathi project is an AI-driven mental health care system to allow individuals to freely share their emotions and receive advice in a secure, confidential manner. Stress, anxiety, or emotional issues confront numerous individuals, but they refrain from sharing them because of stigma, language differences, or not having access to assistance.

Sarathi is a multilingual chatbot through which individuals can converse in their own desired language so that conversations become comfortable and personal. It leverages AI to recognize emotions, provide empathetic feedback, and communicate useful coping tips and resources suited to the individual's needs.

To take it beyond being a mere chatbot, Sarathi also features a journaling aspect where one can log in their thoughts. The AI picks up on these entries over time to determine patterns and indicators of chronic distress, suggesting gentle reminders for self-care or professional intervention when necessary.

Sarathi aims to bring mental health care to the masses, promote free conversation, and facilitate emotional well-being in daily life.