

MindMate.AI

Generative AI for Youth Mental Wellness

Team: Siddharth Katiyar

Problem

- Youth often feel anxious, stressed, or lonely.
- Stigma + lack of access -> they hesitate to seek help.
- Existing tools: generic, not youth-focused, little personalization.
- Need: Private, empathetic, AI-based support.

Solution: MindMate.AI

- Empathetic conversational AI check-ins.
- Mood detection (positive / neutral / negative).
- Personalized coping strategies: breathing, journaling, grounding.
- Safety layer: red-flag detection -> crisis hotlines.
- Mood dashboard with local data storage.

MindMate.AI - Chat Demo

User: I'm stressed about my exams.

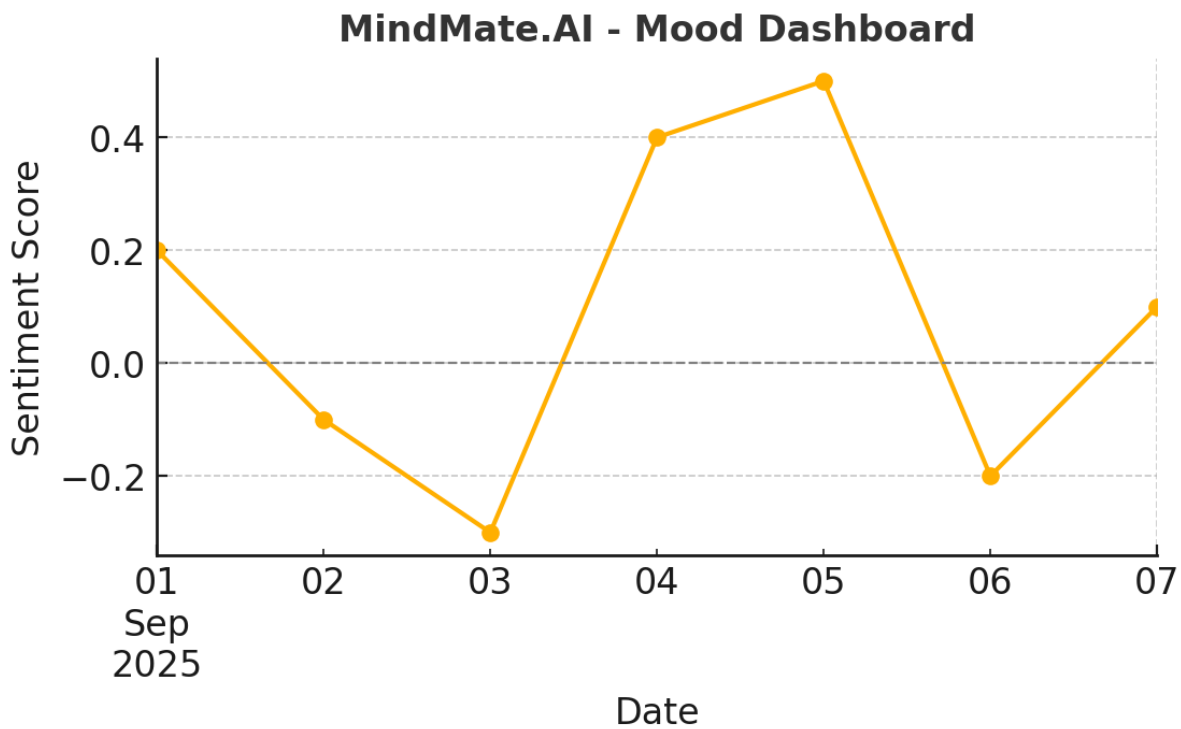
MindMate: I hear you. Exams can feel overwhelming. Let's try a 3-minute breathing exercise together.

MindMate: Suggested quick tips:

- Try 4-4-6 breathing
- Grounding exercise: 5-4-3-2-1 method

Demo & Tech

- Prototype: Streamlit app (single file).
- Core features in MVP:
 1. Chat with empathetic reply.
 2. Sentiment analysis & coping tips.
 3. Mood dashboard with CSV export.
- Tech stack: Python, Streamlit, NLTK (VADER), SQLite/CSV.
- Privacy-first: no cloud storage, runs locally.



Safety & Roadmap


- Impact: empower students to self-reflect & build coping habits.
- USP: safe, private, youth-centered micro-interventions.

Roadmap:

- Phase 1: Transformer sentiment classifier.
- Phase 2: LLM fine-tuned for safe dialogue.
- Phase 3: Multilingual + voice support.
- Phase 4: Clinician integration.

Ask: mentorship, hosting credits, pilot partners.

MindMate.AI - Safety Alert

 **Emergency Detected**
If you are in immediate danger,
please call your local emergency services
or dial 988 (US).

MindMate.AI - Executive Summary

Problem

Youth today face high levels of stress, anxiety, and loneliness, yet stigma and lack of access prevent many from seeking help. Existing wellness apps are often generic, impersonal, or lack safety features.

Solution

MindMate.AI is a Generative AI-powered wellness companion that offers empathetic conversations, automatic mood detection, personalized coping strategies, and a simple mood dashboard. It is lightweight, privacy-first, and designed specifically for students.

Unique Value Proposition

- Privacy-first: no logins, local data storage.
- Safety layer: red-flag detection with hotline escalation.
- Student-centered: short, actionable coping strategies.
- Lightweight tech stack: Streamlit + Python, easy to deploy.
- Scalable: foundation for LLM fine-tuning, multilingual support, clinician integration.

Impact

MindMate.AI empowers students to self-reflect, build coping habits, and take the first safe step toward mental wellness - while reinforcing that professional care is always recommended for severe distress.

Roadmap

Phase 1: Transformer-based sentiment analysis

Phase 2: Fine-tuned safe LLM dialogue

Phase 3: Voice + multilingual support

Phase 4: Clinician integration & pilot testing

MindMate.AI - Elevator Pitch

Students often feel anxious, stressed, or isolated, but stigma and lack of access stop them from seeking help.

MindMate.AI is our Generative AI-powered wellness companion that provides empathetic conversations, detects mood, suggests short coping strategies, and visualizes emotional trends in a private dashboard.

It's lightweight, runs locally without logins, and includes a safety layer that escalates red-flag phrases to crisis hotlines.

Our hackathon prototype already demonstrates 3 working features, and our roadmap includes transformer-based sentiment models, fine-tuned safe LLMs, and multilingual support.

MindMate.AI empowers youth to take the first safe step toward mental wellness.

MindMate.AI - Judge's Quick Review Sheet

At-a-Glance

- Challenge: Generative AI for Youth Mental Wellness
- Team: Siddharth Katiyar
- Prototype: Streamlit app (chat, mood detection, dashboard)
- Duration: Built for Hackathon 2025

Problem

- Students face stress & anxiety but hesitate to seek help due to stigma & access gaps.

Solution

- AI companion with empathetic chat, automatic mood detection, coping tips, dashboard, and safety alerts.

Unique Value Proposition

- Privacy-first: local data storage
- Safety-first: red-flag detection
- Lightweight: easy to run on laptop or cloud
- Tailored for students

Impact

- Helps students reflect, cope, and seek professional support when needed.

Roadmap

- Transformer sentiment -> Safe LLM dialogue -> Multilingual/voice -> Clinician integration.

Hackathon Prototype Submission Cover Letter

Dear Hackathon Organizer / Mentor,

Please find attached my team's submission for the Gen AI Exchange Hackathon - Student Track: Generative AI for Youth Mental Wellness.

Project Name: MindMate.AI

Challenge: Generative AI for Youth Mental Wellness

Team Lead: Siddharth Katiyar

Submission Package Includes:

- Prototype (Streamlit app)
- GitHub repository
- Pitch Deck (with screenshots)
- Demo storyboard & script
- Executive Summary (1-pager)
- Elevator Pitch Card
- Judge's Quick Review Sheet
- Screenshots (chat, dashboard, safety alert)

Links:

- Prototype Bundle (ZIP): [Attach or link Final_Submission_Bundle_v2.zip]
- GitHub Repository: https://github.com/YOUR_USERNAME/MindMateAI_Prototype
- Demo Video (2-3 min): [Insert uploaded YouTube/Drive link]

We have designed MindMate.AI as a privacy-first, empathetic AI companion for students that provides emotional check-ins, mood tracking, coping tips, and a safety escalation feature. The prototype demonstrates 3 core working features, and the roadmap includes transformer-based sentiment analysis, safe LLM integration, and multilingual support.

We are excited to share this work and look forward to feedback from the evaluation team.

Thank you,

Siddharth Katiyar

Team: MindMate.AI

MindMate.AI - Hackathon Submission Checklist

1. Challenge Selected: [Student] Generative AI for Youth Mental Wellness
2. Brief about your solution: Paste the prepared text (MindMate.AI description).
3. USP of the solution: Paste the prepared USP points.
4. Upload Project Deck: Upload 'MindMateAI_PitchDeck_with_Screenshots.pdf' (<=5MB).
5. Prototype Link: Provide hosted link OR attach 'MindMateAI_Prototype.zip'.
6. Demo Video: Record 2-3 min demo using 'Demo Script' & 'Storyboard', upload MP4.
7. GitHub Repository: Push code using provided steps, paste repo URL.
8. Attachments available in Final Bundle ZIP: Prototype, GitHub repo, Deck, Storyboard, Screenshots.
9. Final check: Ensure video length < 3 minutes, deck PDF size < 5MB, GitHub repo public.
10. Submit before deadline: Sept 21, 2025, 2:29 PM (IST).

Tip: Keep this checklist open while filling the hackathon submission form.