Day 16 – 16 July 2025 (Wednesday):

Testing and Ethical Review

The session was focused on **testing and ethical evaluation** of the Mental Health Support Bot. After completing all core modules, we conducted a series of structured tests to check how the bot responded to different emotional tones—positive, negative, and neutral. I carefully observed whether the responses were empathetic, non-judgmental, and relevant to the user's input. Some refinements were made to avoid repetitive or overly generic replies, ensuring that each message sounded authentic and human-like.

The mentor, **Mr. Paramveer Nandal**, led a discussion on the **ethical dimensions of AI**, particularly when dealing with mental health or emotional topics. We examined how **bias** in data or prompts can influence AI behavior, potentially leading to insensitive outputs. Additionally, we learned about **data privacy**, stressing that user inputs—especially in emotional contexts—should never be stored or shared without consent. The principle of **user trust and transparency** was also emphasized, ensuring that AI interactions remain safe and supportive rather than manipulative.