**Title of the Project:**Zentora An Adaptive AI For Personalized Learning on MentalHealth

**Name of the Students**:Ananthitha.V,Ashlin Rithzia GA

**Register Number:**211423104039,211423104061

**Name of the Guide:**Dr.N.Maheswari

**ABSTRACT:**

In recent years, the importance of emotional well-being among students has gained increasing attention, especially in the context of primary and secondary education. Many students experience stress, anxiety, or emotional instability that often goes unnoticed due to limited access to school counsellors and the stigma surrounding mental health discussions. To address this issue, the proposed system introduces an AI-based chatbot and journaling platform designed to support school counselling through real-time emotional assistance and long-term behavioural monitoring.

The system allows students to express their thoughts and feelings through a chatbot or journaling interface. Using Natural Language Processing (NLP) techniques, the chatbot analyses the text input to detect the user’s emotional state, such as happiness, sadness, anger, or anxiety.

Based on the identified emotion, the system provides personalized coping suggestions inspired by Cognitive Behavioural Therapy (CBT) and Social and Emotional Learning (SEL) principles, encouraging self-reflection and emotional regulation.

All interactions are securely stored in a centralized database, which updates a counsellor dashboard in real time. The dashboard enables school counsellors to monitor student progress, identify high-risk cases, and provide targeted feedback.

This system not only enhances the efficiency of school counselling services but also fosters a safe and interactive environment where students can openly communicate their feelings.

By combining AI-driven emotion detection with human-centered counselling, the project aims to bridge the gap between technology and mental health support.