



# Vardhaman College of Engineering (2024–25)

Igniting Innovation | Empowering Startups | Impacting Society

## Innovation Title

MindEase - Your Mental Wellness Companion

## Innovation Id

IR2025-942972

## Theme

Healthcare & Biomedical devices.

## Problem Statement

Young adults in India struggle with rising stress and limited support, lacking proactive, accessible tools for emotional wellness, leading to burnout and reduced self-awareness.

## Proposed Solution

- AI-powered wellness companion using emotion prediction.
- Personalized journaling, breathing, conversational tools.
- Stigma-free, mobile-first, multilingual design.
- Scalable freemium model with institutional partnerships.

## TRL Level

- TRL LEVEL - 5
- Validated in Lab

## SDG's



## Budget

## Market Analysis

Category	Budget Allocated
Platform Development	3 Lakh
Infrastructure & Cloud Hosting	1 Lakh
User Testing & Optimization	1 Lakh
UI/UX Design, Accessibility & Safety	1.5 Lakh
Compliance, Marketing & Contingency	1.2 Lakh
<b>Total</b>	<b>7.5 Lakh</b>

**TAM : 200 M**

( World Wide )

**SAM : 50 M**

( India )

**Target Market  
0.1 M**

## Prototype

## Competition

- Wysa(AI bot for mental health)
- Headspace / Calm (global apps)
- Amaha (formerly InnerHour)
- YourDOST

## Bussiness Model Canvas



## Team Details

Mr Tareeq Zaid - Mentor  
P Venkata Teja - Team Lead  
H Uday Kumar - Tech Lead

Let's Innovate

For more details: <https://mic.gov.in>