



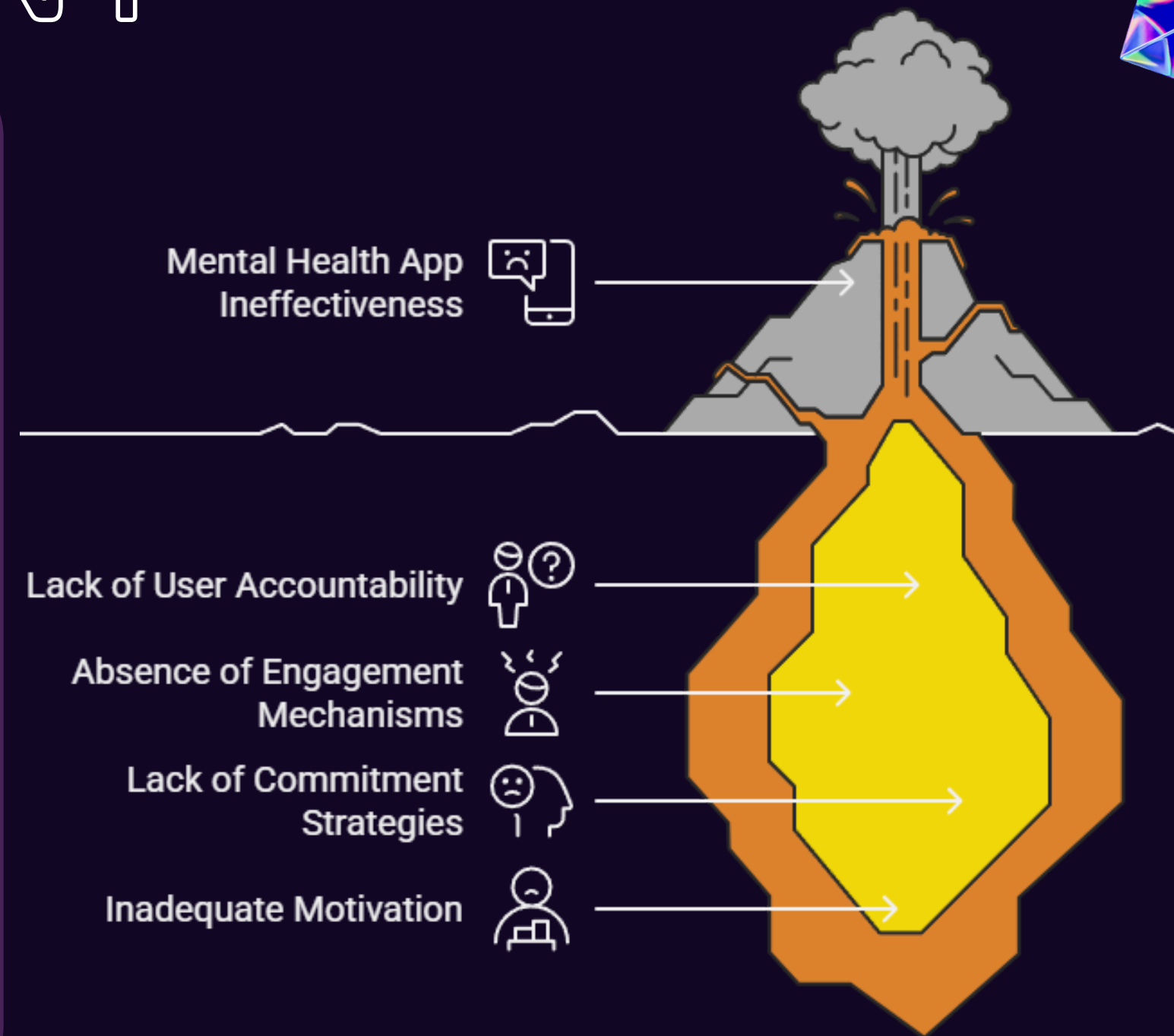
MINDMESH

AI-POWERED
MENTAL
WELLNESS
COMPANION

PROBLEM

STATEMENT

- Most apps are static and don't react to the user's actual mood.
- Users have no accountability — no real motivation to stick to habits.
- Meditation is often manually tracked (users can skip or fake it).
- Data is stored centrally, creating privacy and trust issues.
- There's no reward for healthy behavior.
- No personalized or emotionally aware AI support.
- Therapy is expensive and often disconnected from self-tracking tools.





Uses **real-time emotion detection** from webcam + mic to adapt to user mood

Gamifies self-care with XP rewards, levels, and daily streaks.

Includes a **smart AI chatbot (Luna)** that gives custom journaling, motivation, and daily check-ins

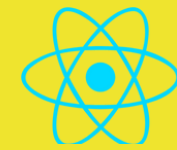


Provides **visual mood and focus tracking** via graphs and predictions.

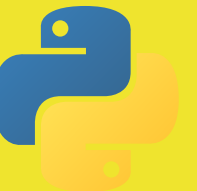
Supports **calming games** as part of the mental wellness process.

Enables **user choice and control**, with privacy-first architecture (Firebase, optional local processing).

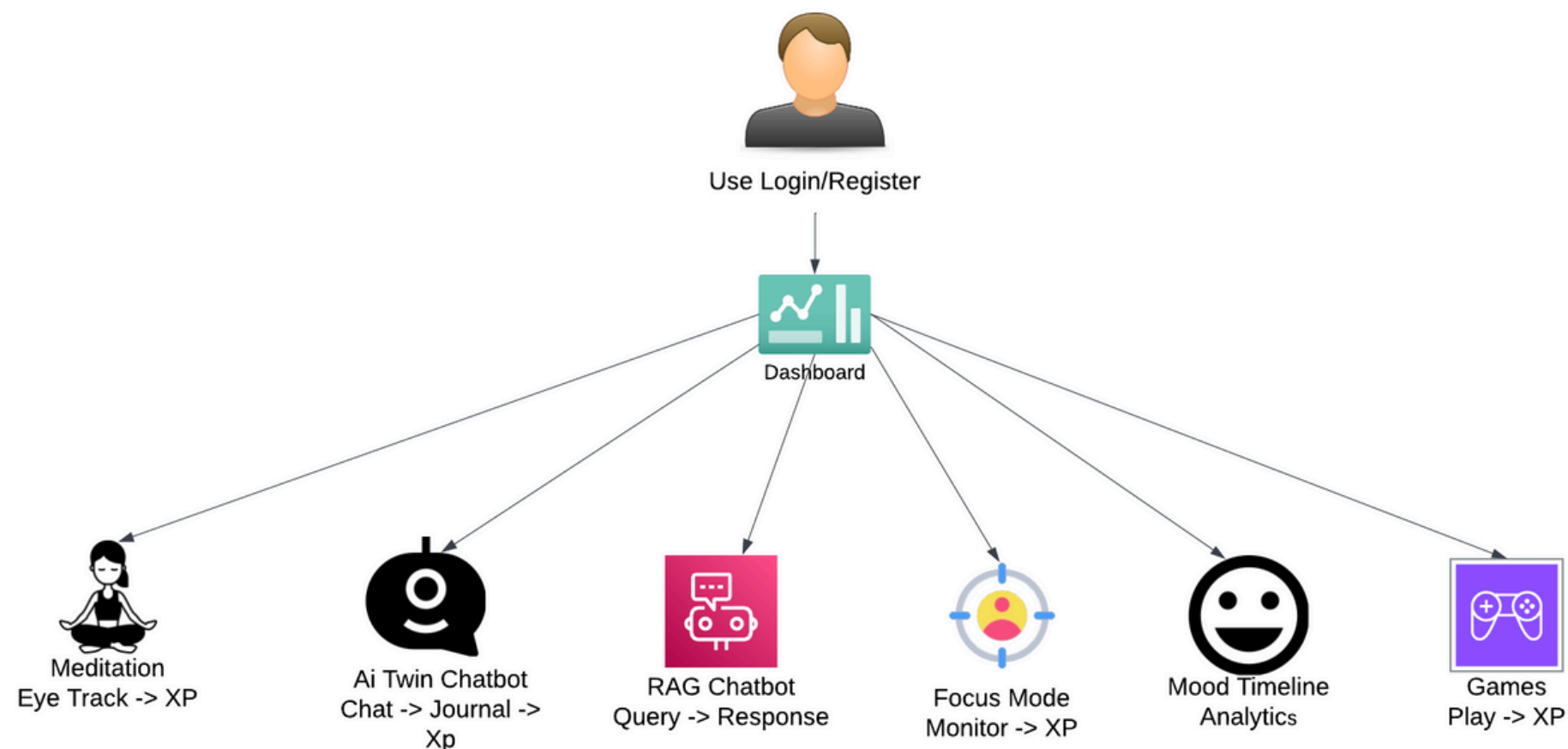
TECH STACK



- Frontend: React (Vite), Tailwind CSS
- Backend: FastAPI, Uvicorn
- Data Storage: Firebase
- Hosting: Vercel (for front-end) LangChain
- AI/ML: Hugging Face, LangChain, TensorFlow, MediaPipe, Groq
- Eye Tracking: Face Mesh



WORK FLOW




ARCHITECTURAL DIAGRAM



Database
MongoDB

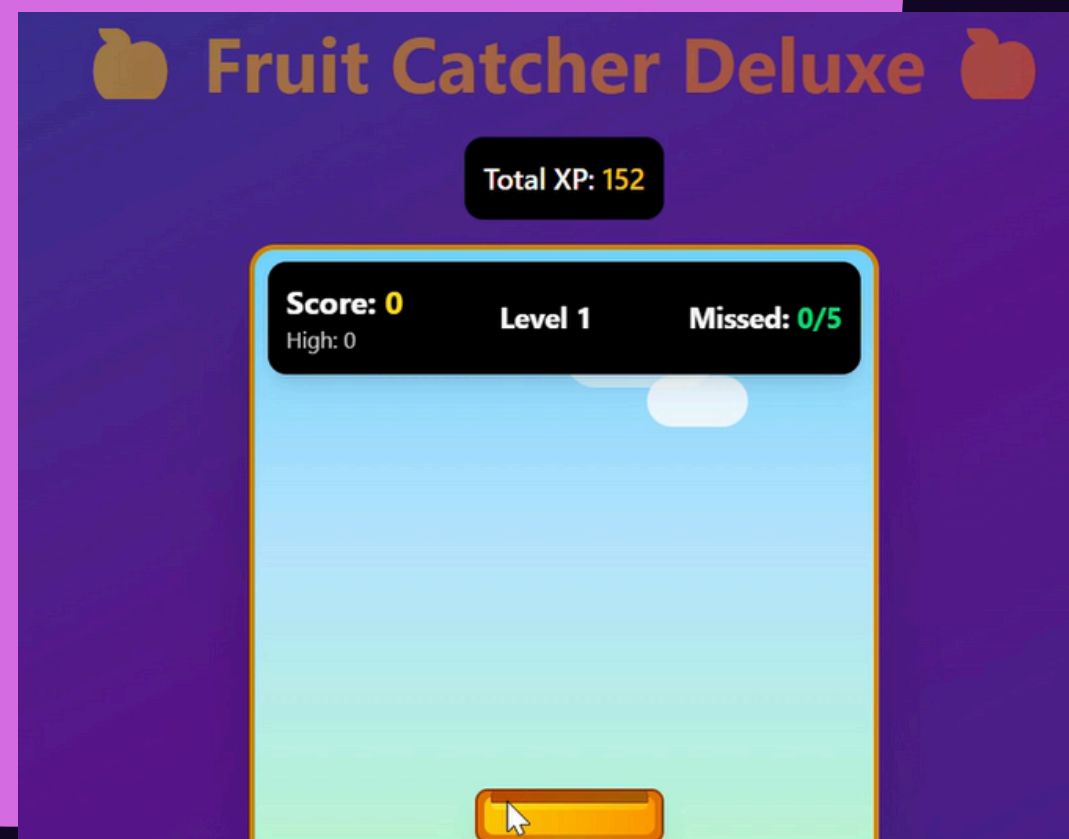
IPFS
Storage

GAMIFICATION SYSTEM

 COSMIC DEFENDER

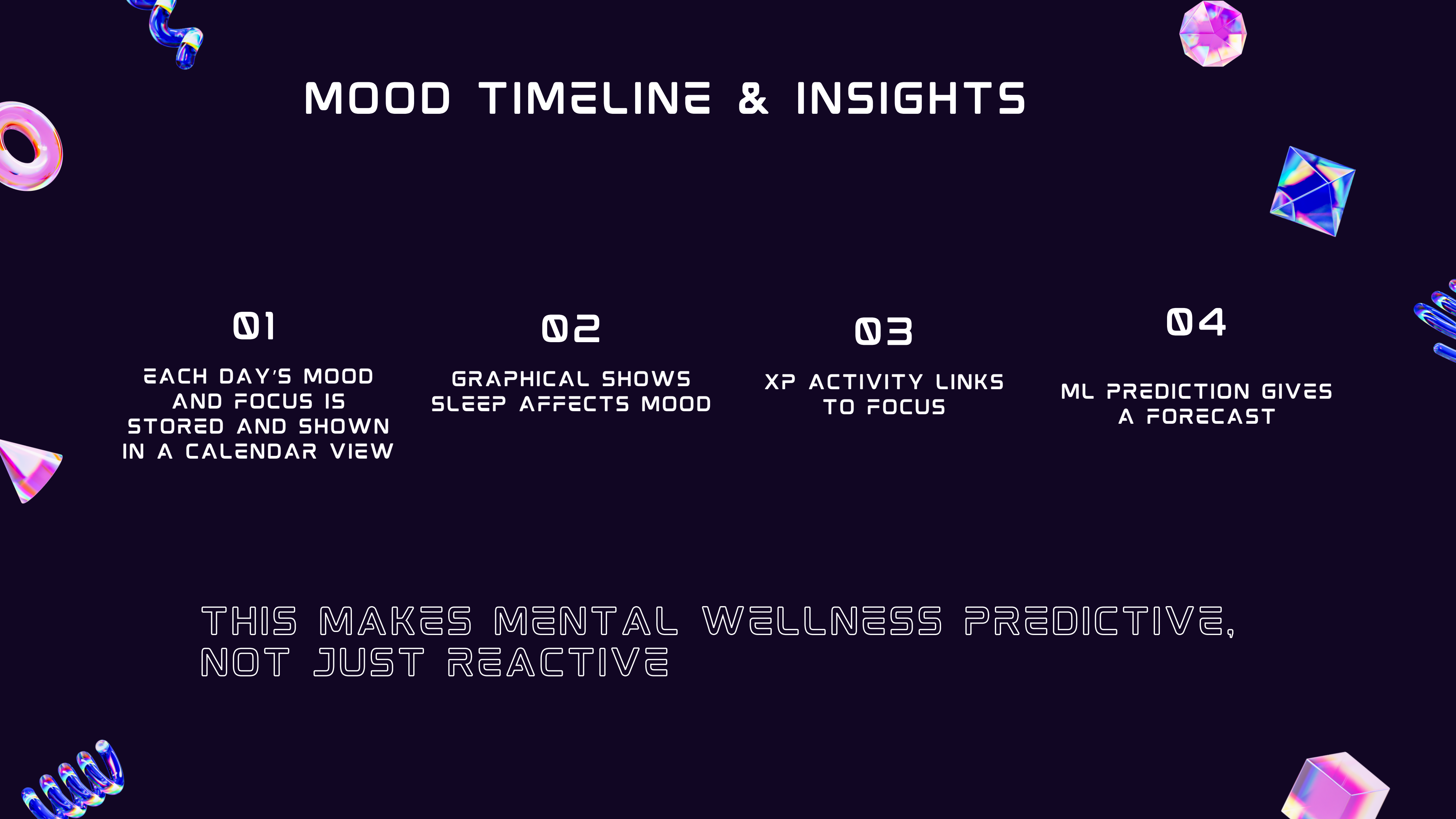


 FRUIT CATCHER DELUXE



EVERY TIME A USER COMPLETES HE EARNS XP AND CAN LEVEL UP THEIR PROFILE.

- 01 FINISHES MEDITATION
- 02 JOURNALS
- 03 UPDATES THEIR MOOD
- 04 PLAYS A GAME



MOOD TIMELINE & INSIGHTS

01

EACH DAY'S MOOD
AND FOCUS IS
STORED AND SHOWN
IN A CALENDAR VIEW

02

GRAPHICAL SHOWS
SLEEP AFFECTS MOOD

03

XP ACTIVITY LINKS
TO FOCUS

04

ML PREDICTION GIVES
A FORECAST

THIS MAKES MENTAL WELLNESS PREDICTIVE,
NOT JUST REACTIVE

MOOD TIMELINE & INSIGHTS

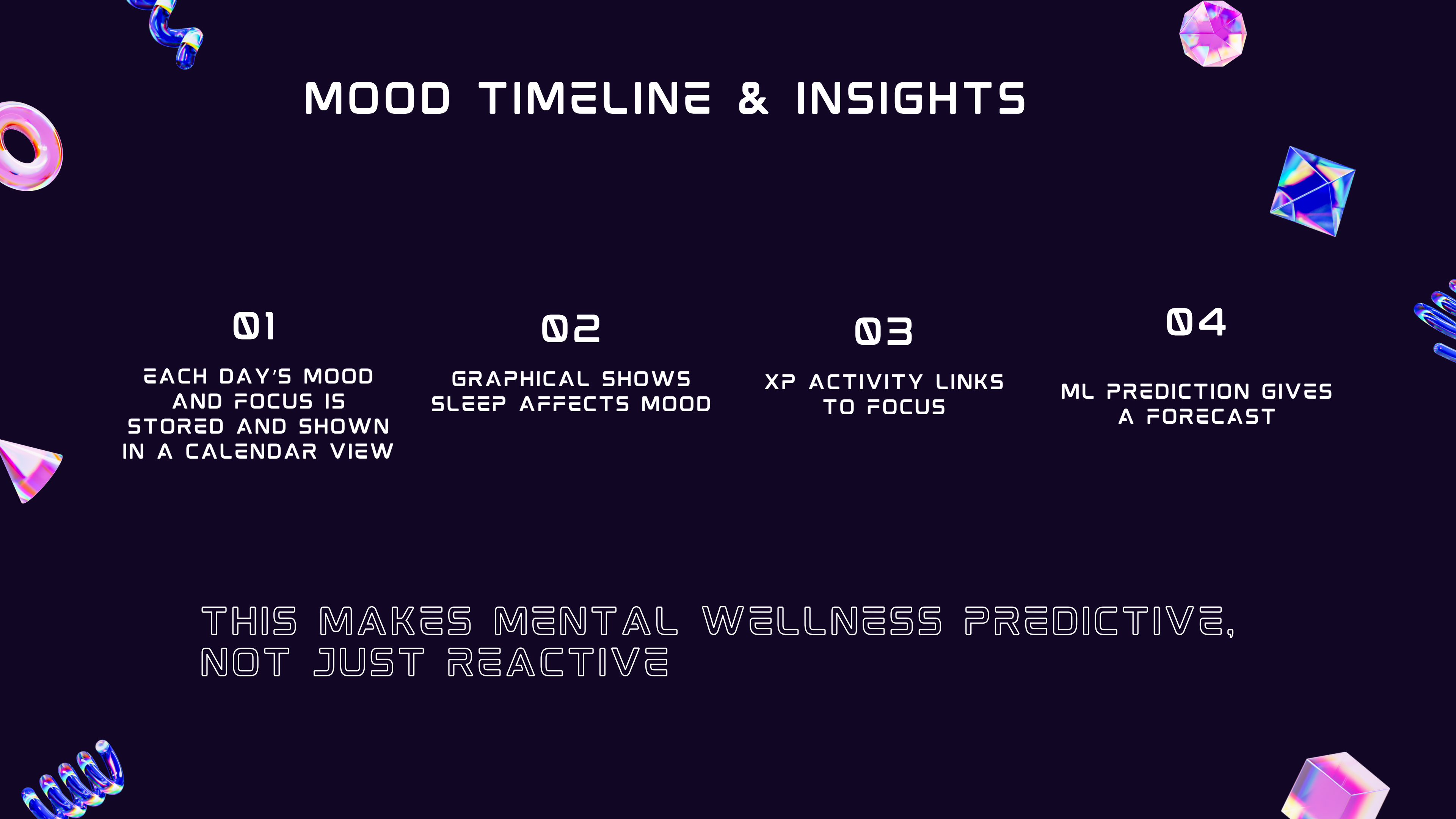
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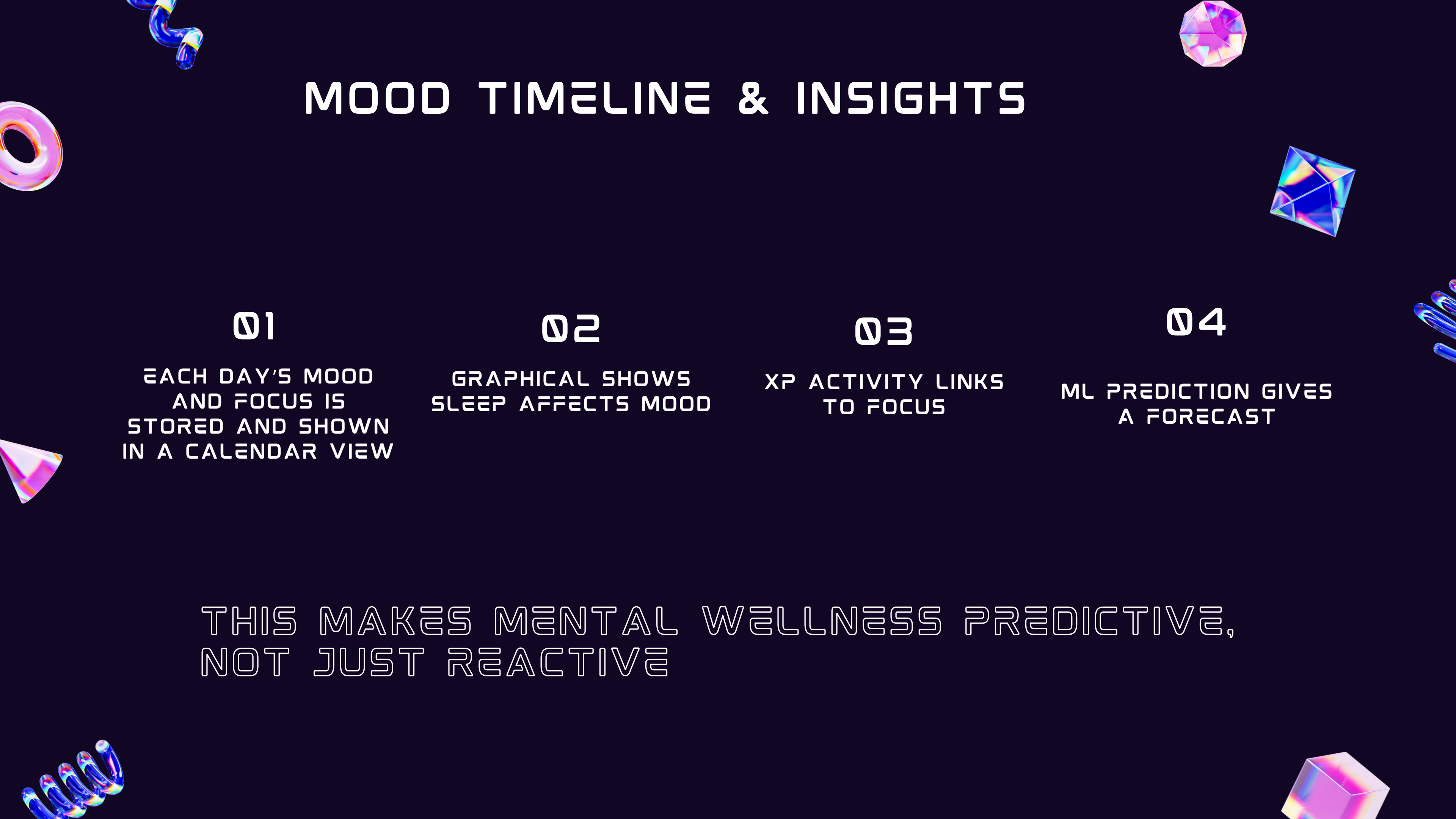
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CHATBOT ASSISTANT

LUNA (AI TWIN CHATBOT)

KNOWS YOUR MOOD,
STREAK, AND XP

ASKS QUESTIONS TO
HELP WITH
JOURNALING

GIVES PERSONALIZED
TASKS AND
MOTIVATIONAL TIPS

STORES ENTRIES
PRIVATELY AND
GIVES XP

RAG CHATBOT

BUILT USING
RETRIEVAL-
AUGMENTED
GENERATION

ANSWERS
PLATFORM-RELATED
AND MENTAL HEALTH
QUESTIONS

USES TEXT-TO-
SPEECH TO REPLY
WITH VOICE

HELPS GUIDE NEW
USERS AROUND THE
APP



IMPACT

Builds **healthy habits** using XP and streaks

Makes self-care fun through **games**

Helps users understand and manage **their emotional health**

Makes **mental wellness more accessible** without needing a therapist every time

Encourages reflection and journaling — supported by **AI**



FUTURE SCOPE

Add **group wellness rooms** or voice chat check-ins

Integrate with **wearables** (like Fitbit) for better sleep/health tracking

Add **more smart games** with real-time feedback

THANK YOU

Thank you for listening! **MindMesh** is not just a wellness app — it's a complete, AI-powered companion that helps you grow emotionally, mentally, and even joyfully. I'm excited to keep building it further.