

Emotion Aware AI for Mental Health Monitoring

Mr. Sharad Jadhav¹, Ekta Kushwaha², Anikesh Tripathy³, Chaitri Kewal Bhatia⁴

Asst. Professor, Department of Computer Engineering¹

Students, Department of Computer Engineering^{2,3,4}

Dr. D. Y. Patil College of Engineering and Innovation, Pune, India

Abstract: *Mental health challenges like depression, anxiety, and stress are increasingly common in today's fast-paced world. Early detection and consistent monitoring of emotional states are essential for timely support. This report outlines the development of an Emotion-Aware AI system that tracks and evaluates an individual's emotional well-being in real time. By integrating advanced machine learning models and deep neural networks, the system analyzes facial expressions, voice tones, and text data to provide a holistic understanding of the user's emotional state.*

Keywords: Mental health challenges