DIGITAL MENTAL HEALTH
INNOVATION CHALLENGE

A Competitive Event for Youth

Innovate for Mental Health & Well-being, Design for Impact.

Are you passionate about mental health and technology?

Join us for a competitive event to ideate, design, and present innovative digital mental health solutions.

WHAT IS THE CHALLENGE?

- Participants will showcase innovative concepts or paper prototypes for digital tools that support mental health and well-being.

- Examples include:Mobile or Web-Based Self-Help Tools/ Peer Support Platforms /Solutions for Mental Health Services, etc.

Who can Participate?

- 18-25 yrs, College students or working youth (individuals or teams)

- Open to youth from all disciplines

- No prior technical background required

What Will Participants Do?

- Present an innovative digital mental health solution

- Decribe the innovation (As concept note/ paper prototype)

- Explain the need/ gap it can address

Why Participate?

- Amplify youth voices in digital mental health

- Gain recognition and awards for top innovative ideas

- Learn from experts at the intersection of mental health, design, and technology

Awards & Recognition

Top innovative ideas will be recognised and awarded prizes.

Event Details

- Date: 21st February 2026
- Duration: 2.5 hours
- Venue & Mode: Board Room, Convention Centre, NIMHANS (Hybrid)
- Team Size: Individual or team of up to 3 members
- Presentation Time: 15 minutes per entry
- Entries: Only one entry per individual/team
- Registration Deadline: 15th February 2026

For Registrations

Ready to Design for Mental Well-being?