



# **SERENIFI**

**Hackathon project by:**

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# PROBLEM STATEMENT

Anxiety disorders are among the most common mental health conditions globally, affecting millions of people. The fast-paced nature of modern life, combined with increased stress and uncertainty, has led to a surge in anxiety levels. Despite the availability of various treatments, many individuals still lack access to effective, easily accessible tools to manage their anxiety on a daily basis.

# OUR SOLUTION: ANXIETY RELIEF APP

- Comprehensive app to manage anxiety.
- Includes tools and resources in one place.
- Features:
  - Guided breathing exercises
  - Mindfulness practices
  - Meditation sessions
  - Interactive journaling section
  - Calming sounds to lower anxiety level
  - Quick-tips section
  - Daily challenges and Mini-games

# USER EXPERIENCE

- User-Friendly Interface
  - Built with Streamlit for easy navigation
- Secure Data Handling
  - Encryption and privacy-focused design
- Multi-Device Accessibility
  - Available on smartphones, tablets, and computers
- AI Integration
  - ClaudeAI powers AI-generated responses and exercises
  - Personalized support and context-aware assistance

# FUTURE SCOPE

1

## Doctor Interaction

- Planned Feature: Adding real-time consultations with mental health professionals.
- Benefit: Provides users with direct access to expert advice when needed.

2

## Expanded Resources

- Content Growth: Continuously adding more articles, videos, and interactive tools.
- User Benefit: Ensures users have diverse and up-to-date resources for managing anxiety.

3

## Advanced Analytics

- Data Insights: Using analytics to better understand user behavior and anxiety patterns.
- Personalization: Tailoring recommendations and exercises based on individual needs.

# BUSINESS MODEL

## FREE FEATURES

Guided Breathing Exercises

Mindfulness Practices

Meditation Sessions

Interactive Journaling  
Session

Calming Sounds to lower  
anxiety levels

Quick tips Section

Daily Challenges and Mini-  
games

## PREMIUM FEATURES

Doctor Appointments

Online Community

Offline Stress Relief  
Workshops and Sessions

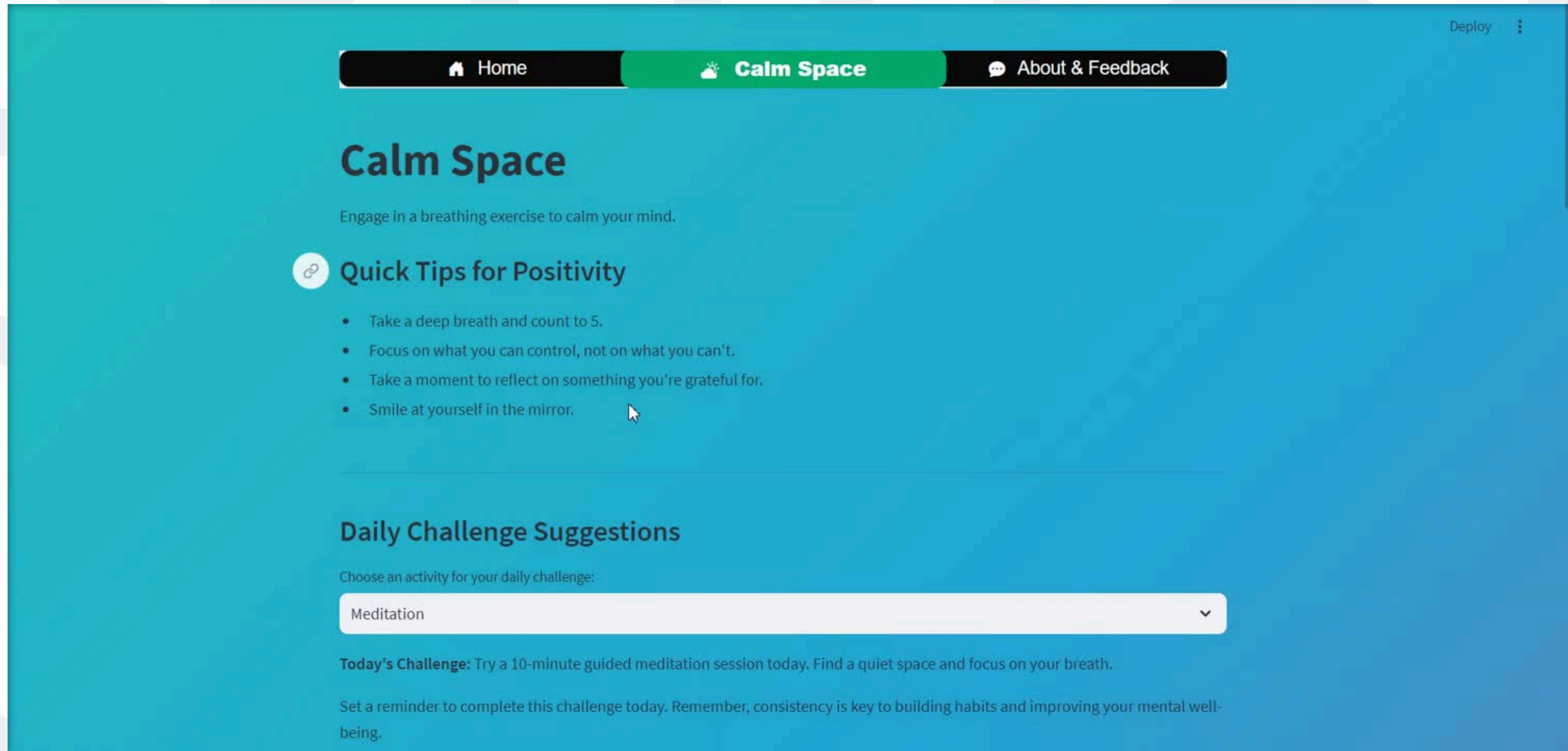
Device Connection with  
Fitbits and Smartwatches

AI Chatbot for Health and  
Anxiety Queries

Instant Access to a Dedicated  
Support Team



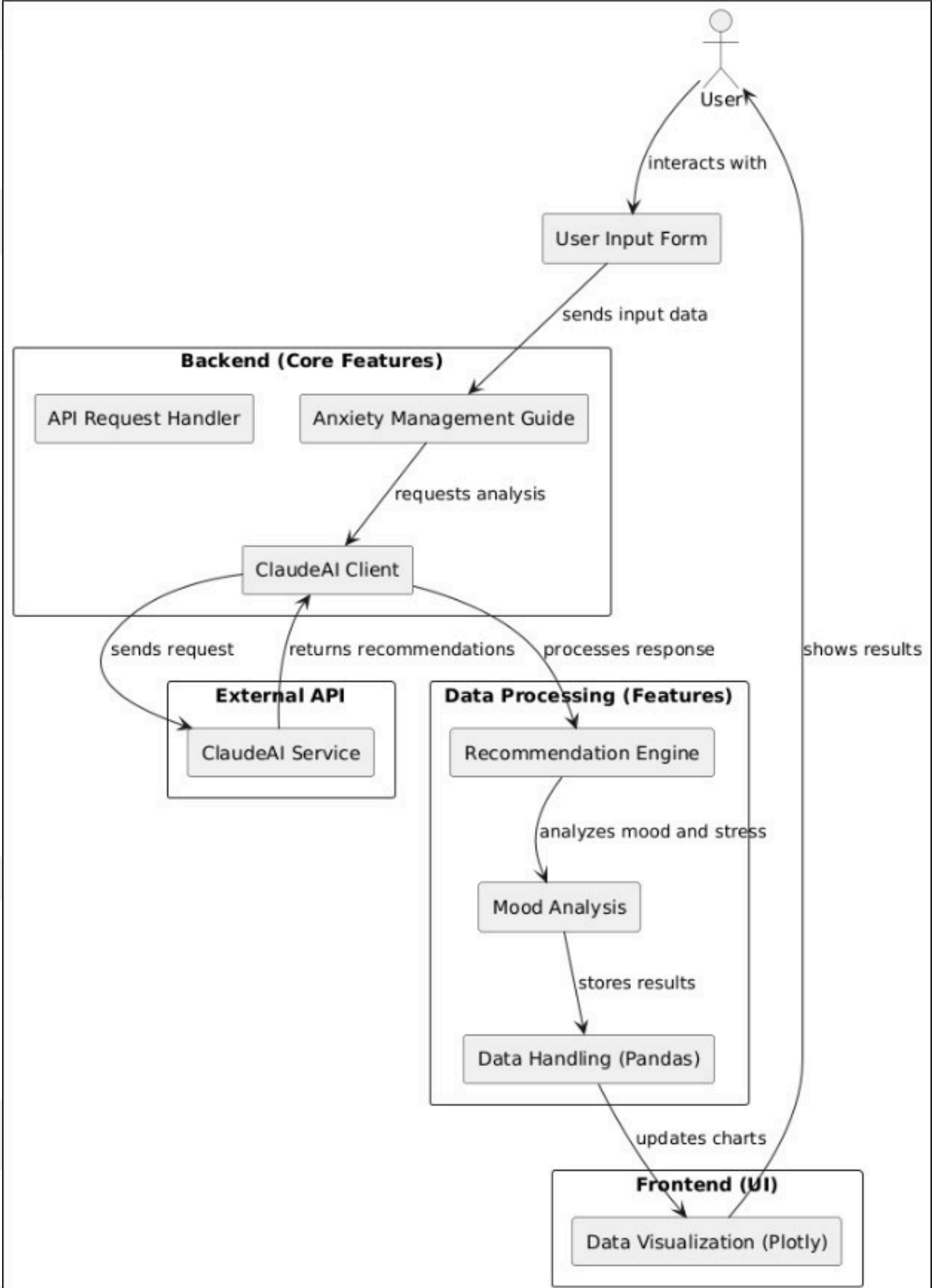
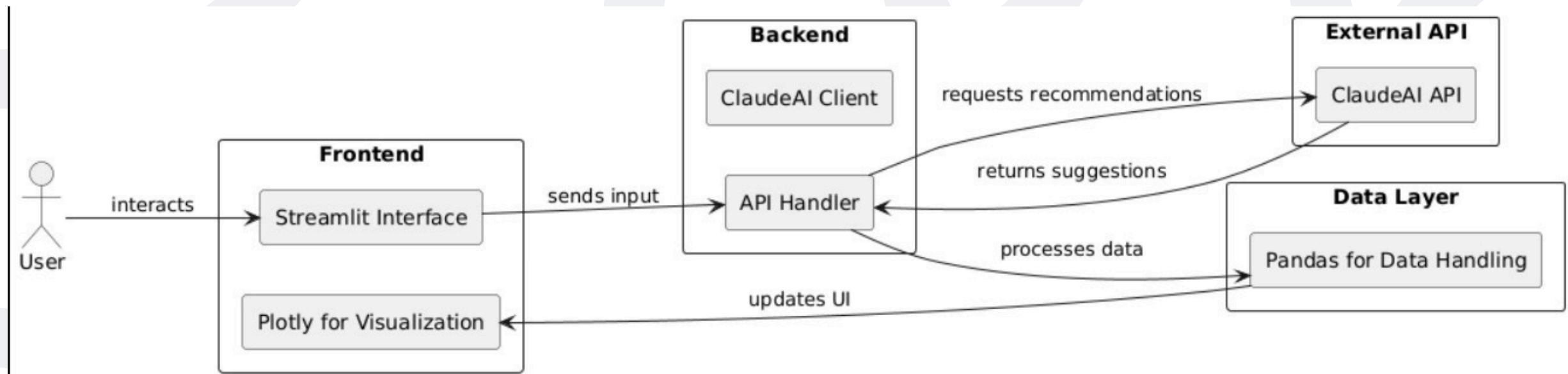
# DEMO VIDEO



# Q&A



# BLOCK DIAGRAM





**THANK YOU**

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