

**COSMIC MIND**

# INNOVATORS

Your Health, Our Mission



# TEAM MEMBERS

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INNOVATOR'S

# PROBLEM STATEMENT



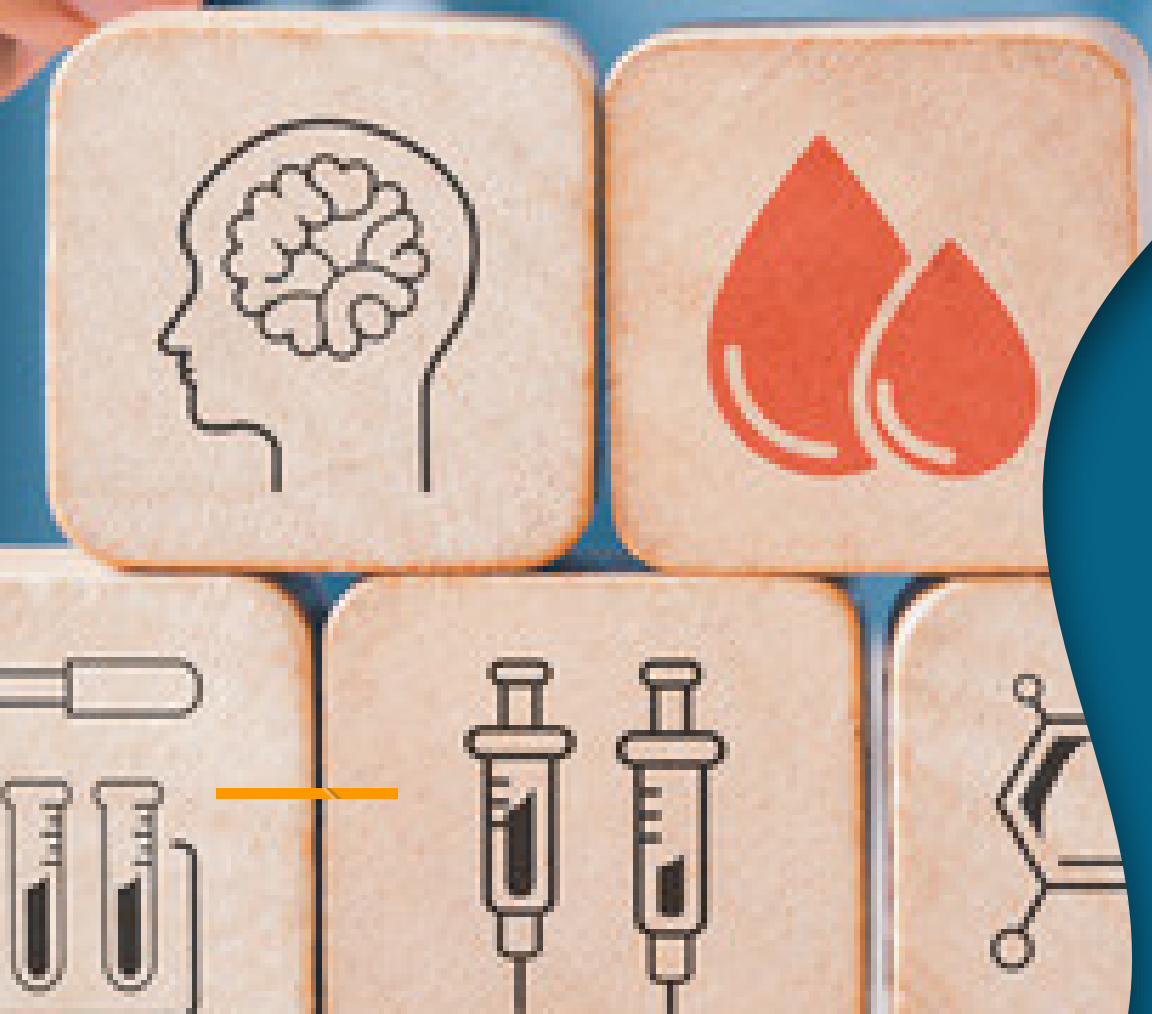
**Self-identifying the mental health status and get guidance for support.**

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# COSMIC MIND

*“HEAL THE MIND, HEAL THE MIND”*





## What is mental health?

Mental health includes our emotional, psychological, and social well-being.

it affects every aspect of our lives —  
how we think, how we feel and how we act.

Mental health is important at every stage of life, from childhood and adolescence through adulthood and aging.



# Mental health conditions

## **Anxiety Disorders**

Excessive fear and dread  
Ex : phobias

## **Mood Disorders**

Persistent swings in mood or  
persistent feelings that  
interfere with daily life.  
Ex : Depression, Bipolar

## **Personality Disorders**

Extreme inflexible personality  
traits.  
Ex : Anti Social disorder, OCD.





# Mental health conditions

## **Psychotic Disorders**

Disordered thinking.  
Ex : schizophrenia, prayer.

## **Impulse Disorders**

Unable to resist urges.  
Ex :  
kleptomania, pyromania, gambling.

## **Eating Disorders**

Extreme emotional attitudes  
toward food.  
Ex : Bulimia, anorexia.

# Solution

## Questions

To understand the problem /  
Solutions

After Questioning

Analyze the main problem  
(Screening Test)

Task about the problem  
cure it

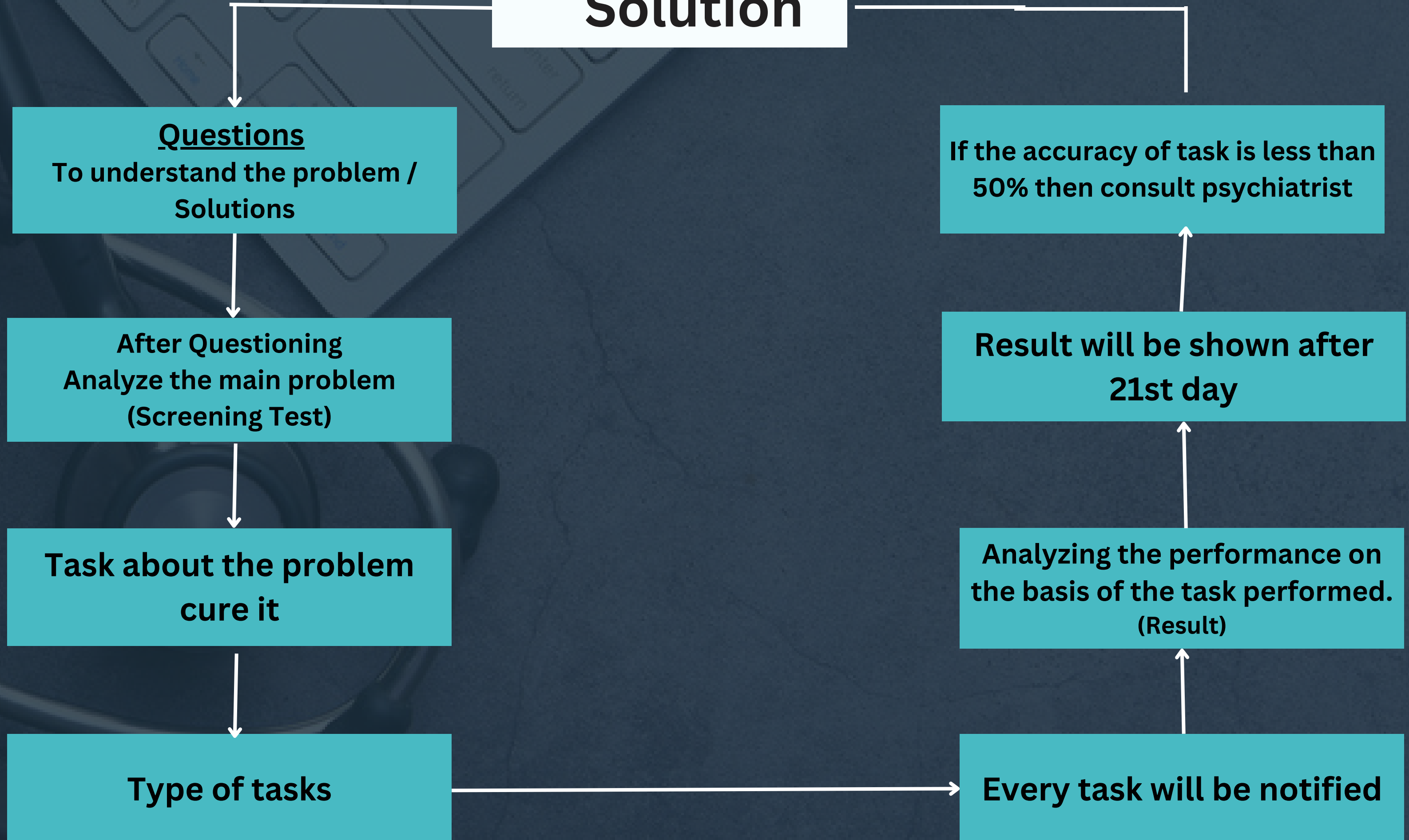
Type of tasks

If the accuracy of task is less than  
50% then consult psychiatrist

Result will be shown after  
21st day

Analyzing the performance on  
the basis of the task performed.  
(Result)

Every task will be notified





# *Mental Health*

## DAILY ROUTINE CHALLENGE

Practice  
Mindfulness

Get Enough  
Sleep

Exercise

Practice  
Selfcare

Set  
Achievable  
Goals

Avoid  
Negative  
Self Talk

Be Kind  
To  
Yourself

Learn  
New Skills

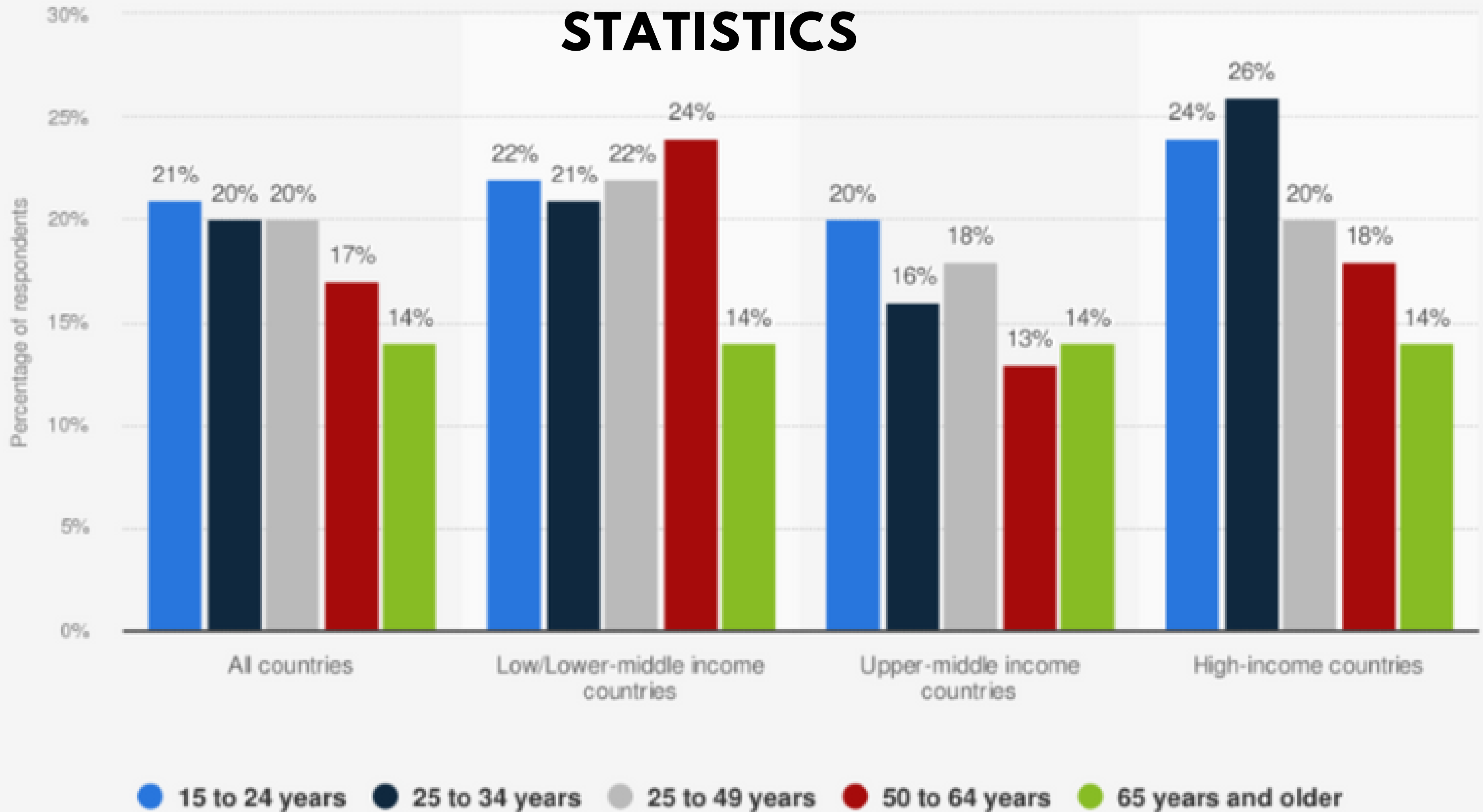
Connect With  
Your  
Spiritual Side

Limit Screen  
Time

Keep A  
Routine

Spend Time  
In  
Nature

# STATISTICS





**Thank You**