

**SYSTEM ANALYSIS
AND DESIGN LABORATORY**
CSE-3411 (B)



**SRS
REPORT**

**Presented to,
Tasmin Sanjida**



Meet Team Daimyoz



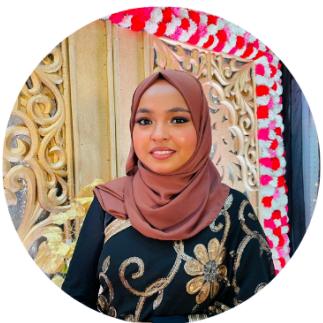
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SYSTEM ANALYSIS AND
DESIGN LAB (A)

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Abstract

Kawan is an all-in-one platform designed to empower individuals on their journey to personal growth and well-being. By integrating advanced AI technology, Kawan offers a seamless experience across five core modules: AI Chatbot, EBook Library, Habit Tracker, Health & Nutrition, and Skill Development. Users can engage in meaningful conversations, access personalized e-books, cultivate habits, achieve health goals, and develop new skills—all within a single application.

The platform's AI-driven recommendations and progress tracking features ensure a personalized and adaptive user experience. Whether you're looking to improve mental health, maintain a balanced lifestyle, or pursue self-improvement, Kawan provides the tools and resources to support your aspirations. With its intuitive interface and comprehensive features, Kawan becomes a reliable companion in helping users build a brighter, healthier, and more fulfilling future.

Acknowledgement

We express our heartfelt gratitude to everyone who supported the creation of **KAWAN**, our project designed to be a true "friend" to users. From personalized advice to skill development and healthy lifestyle support, **KAWAN** aims to empower its users in meaningful ways.

Special thanks to our mentors for their guidance, our peers for their collaboration, and our testers for their valuable feedback. We also acknowledge the tools and resources that made this project possible.

This project reflects the collective efforts of everyone involved, and we hope it serves as a reliable companion for users.

Sincerely,
Team Daimyoz

CHAPTER 1: Introduction

1.1 Purpose:

Life can be overwhelming, and we all need a little support now and then. That's where **Project KAWAN** comes in—a friendly, AI-powered companion designed to help people, especially Gen Z, take care of their mental health and grow as individuals.

The idea is simple: create a space where users can feel safe, reflect on their emotions, and build habits that promote personal growth. Through features like an emotional support chatbot, habit trackers, and a vibrant online community, Project KAWAN makes self-care something you can easily fit into your day.

This platform aims to break down barriers like cost and stigma, offering mental wellness tools that are easy to use and personalized to your needs. Think of it as your go-to buddy for emotional well-being and self-improvement, right in your pocket.

1.2 Problem Statement:

1.2.1 Problem Background:

For Gen Z, mental health and personal growth are more important than ever. But let's be honest, life throws a lot at you. Stress from school, work, and social life can pile up fast, and finding the right resources to manage it all isn't always easy.

Sure, therapy is great, but it's not always affordable or accessible. And while self-help content is everywhere, it's often too generic to make a real impact. People are craving something that's supportive, approachable, and fits into their fast-paced, digital lives.

1.2.2 Problem Description:

Without the right tools and resources, many people face challenges like:

- **Struggling to Express Feelings:** It's tough to put emotions into words, which can leave stress and anxiety unresolved.
- **Generic Wellness Resources:** One-size-fits-all advice doesn't work for everyone, making it hard to feel truly supported.
- **Feeling Alone:** Stigma around mental health stops people from reaching out or sharing their struggles.
- **Inconsistent Self-Care Habits:** Without engaging tools, sticking to healthy habits feels like a chore.

1.2.3 Problem Reasoning:

Here's why these challenges exist and why they need attention:

1. Emotional Disconnect:

- People lack simple, effective ways to reflect on their emotions, leading to bottled-up feelings.

2. Accessibility Issues:

- Professional mental health support is often expensive or stigmatized, leaving many without help.

3. Isolation:

- There aren't enough safe spaces to share struggles without fear of judgment.

4. Inconsistent Growth Tools:

- Most self-care tools don't make the process engaging, so it's hard to stay motivated.

Project KAWAN is designed to tackle these problems by blending technology with empathy, creating a supportive, engaging, and empowering platform for anyone who needs it.

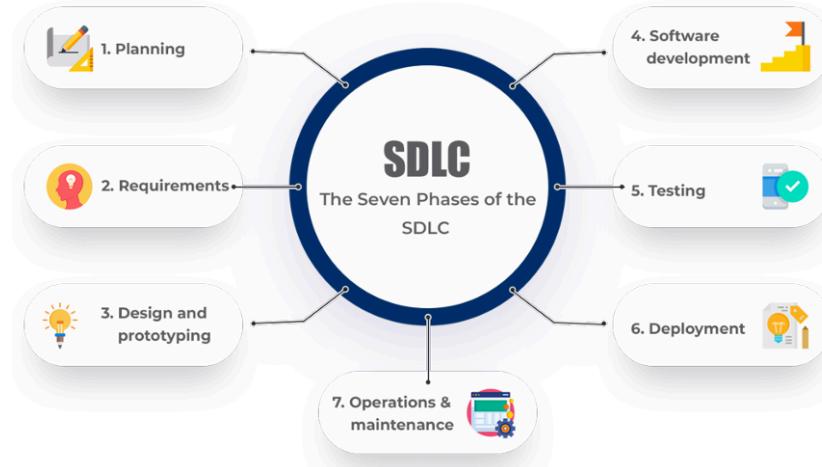
1.3 Goal:

The goal of **Project KAWAN** is to make emotional support and personal growth accessible to everyone. Here's how:

- **Support Your Emotional Journey:** Through reflective, meaningful conversations with an AI chatbot.
- **Help You Grow:** By offering habit trackers, self-improvement workshops, and fun challenges to keep you on track.
- **Create a Community:** Where you can connect with others, share your journey, and find inspiration.
- **Keep It Easy and Inclusive:** Affordable, stigma-free tools that anyone can use, anytime, anywhere.

By bringing all this together, Project KAWAN aims to help people feel heard, supported, and motivated to grow.

1.4 System Development Life Cycle (SDLC):



To make sure Project KAWAN delivers on its promise, we're following a structured plan called the Software Development Life Cycle. Here's how it works:

1. Planning:

- Setting clear goals and understanding what users really need.

2. Gathering Requirements:

- Figuring out all the technical and functional details to build the platform.

3. Designing the Platform:

- Sketching out how it will look and work, from user interfaces to system architecture.

4. Building the Features:

- Developing the chatbot, habit tracker, and all the other tools users will love.

5. Testing It Out:

- Making sure everything runs smoothly and works as intended.

6. Launching the Platform:

- Rolling it out for everyone to use, while keeping an eye out for any bugs or issues.

7. Keeping It Fresh:

- Updating and improving the platform based on user feedback and changing needs.

This process ensures that Project KAWAN not only meets expectations but also keeps evolving to support users better.

CHAPTER 2: System Study or Information Gathering

2.1 Introduction:

The effectiveness of **KAWAN** stems from its holistic approach to supporting personal growth and well-being. With features spanning AI Chatbot, Ebook Library, Habit Tracker, Health & Nutrition, and Skill Development, **KAWAN** serves as a dependable companion. By focusing on user-centered design and personalized tools, it offers guidance, monitors progress, and promotes a balanced lifestyle, ensuring it caters to the varied needs of its users.

2.2 Information Sources:

2.2.1 Internal Sources

Internal sources of information form the foundation of **KAWAN** by leveraging data directly provided by users and generated within the system. This includes:

- **User Inputs:** Personal details, preferences, and activity logs provided by users help tailor the features to individual needs, ensuring personalized recommendations and advice.
- **System Interactions:** Data collected from user engagement with core modules, such as the AI Chatbot, Ebook Library, Habit Tracker, Health & Nutrition, and Skill Development, enables **KAWAN** to adapt and enhance its functionality over time.
- **Feedback and Testing:** Information derived from internal testing, pilot runs, and user feedback during the development phase is utilized to refine features and improve the overall user experience

2.2.2 External Sources

External sources provide additional knowledge and resources to enhance the capabilities of **KAWAN** and ensure its features are robust and reliable. These include:

- **Publicly Available Datasets:** Health, nutrition, and exercise-related datasets are integrated to offer accurate meal plans, exercise routines, and personalized health targets.
- **Open-Source Libraries and APIs:** Resources for e-book management, AI-driven interactions, and skill-development content are incorporated to expand the functionalities of **KAWAN**.
- **Expert Consultations:** Insights and recommendations from professionals in mental health, education, fitness, and related fields contribute to making **KAWAN** a well-rounded companion.
- **Research and Guidelines:** Academic studies, articles, and evidence-based practices for habit formation, personal development, and self-help strategies are used to inform and optimize the design of the platform.

2.3 Information Gathering

2.3.1 Internal Sources

Internal sources are essential to shaping the design and features of KAWAN, as they rely on user-provided and system-generated data to offer a personalized experience.

1. User Inputs:

- Daily mood check-ins, journal entries, and chatbot interactions provide insight into users' emotional states, preferences, and challenges.
- Feedback from users on the effectiveness of habit trackers, workshops, and community features ensures continuous improvement.

2. System Usage Data:

- Tracking user engagement with features like e-books, podcasts, and habit trackers allows the platform to understand patterns and recommend relevant content.
- Progress data from workshops and challenges aids in designing more engaging and impactful self-development modules.

3. Pilot Testing and Feedback:

- Initial testing phases with selected users provide critical insights into feature usability and overall platform performance.
- User feedback gathered from beta versions helps refine functionalities, ensuring the system meets real-world needs.

2.3.2 External Sources

External sources complement internal data by providing expert insights, reliable resources, and foundational knowledge to create a robust and versatile platform.

1. Professional Resources:

- Insights from psychologists, wellness coaches, and fitness experts inform the design of AI Chatbot responses, health and nutrition modules, and workshop content.
- Research on mental health and productivity supports evidence-based self-help strategies.

2. Open-Source Tools and APIs:

- Integration with open-source libraries for e-books, habit tracking, and skill development resources enriches the platform's content diversity.
- AI models and natural language processing tools power the chatbot's ability to understand and respond empathetically.

3. Curated Content Libraries:

- Partnerships with publishers and access to open-access e-books, podcasts, and articles ensure a rich repository of self-help materials.

- Summaries and tailored content recommendations keep the library engaging and relevant to users' interests.

4. Market Research and Trends:

- Analysis of Gen Z preferences for gamified experiences, bite-sized learning, and community interaction ensures the platform aligns with user expectations.
- Competitive analysis of similar tools and applications informs innovative features and user-friendly design.

2.5 Research Papers :

"Providing Self-Led Mental Health Support Through an Artificial Intelligence Conversational Agent"

Authors: [Authors not specified]

Published in: *Journal of Medical Internet Research*, 2023

Summary: This paper discusses the feasibility of AI-powered platforms in supporting mental well-being. It introduces "Leora," a conversational agent designed to engage users in discussions about their mental health, providing support for mild symptoms of anxiety and depression. The study highlights the potential of AI in offering accessible mental health assistance.

Link: <https://www.jmir.org/2023/1/e46448/>

"Building Habits in the Digital Age: Incorporating Psychological Insights and Knowledge from Practitioners to Inform the Design of Digital Therapeutics"

Authors: [Authors not specified]

Published in: [Publication details not specified], 2023

Summary: This research reviews the requirements for habit formation and examines how these are implemented in habit-tracking applications. It discusses design principles for digital therapeutics, emphasizing the integration of psychological insights to support behavior change effectively.

Link:

https://www.researchgate.net/publication/375867669_Building_Habits_in_the_Digital_Age_Incorporating_Psychological_and_Knowledge_from_Practitioners_to_Inform_the_Design_of_Digital_Therapeutics

"Artificial Intelligence in Positive Mental Health: A Narrative Review"

Authors: [Authors not specified]

Published in: *Journal of Medical Internet Research*, 2023

Summary: This narrative review explores the spectrum of AI applications in mental health, focusing on its positive roles. It discusses various facets of AI, including machine learning approaches, and their potential to redefine mental health care by identifying conditions early, personalizing treatments, and empowering patients.

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10982476/>

"Digital Behavior Change Intervention Designs for Habit Formation: A Systematic Review"

Authors: [Authors not specified]

Published in: *Journal of Medical Internet Research*, 2024

Summary: This systematic review analyzes 41 research articles to identify commonly applied behavior change techniques in digital interventions aimed at habit formation. It highlights methods such as self-monitoring, goal setting, and the use of prompts and cues, providing insights into effective strategies for designing habit-forming digital tools.

Link: <https://www.jmir.org/2024/1/e54375/>

"Artificial Intelligence for Mental Healthcare: Clinical Applications, Barriers, Facilitators, and Artificial Wisdom"

Authors: [Authors not specified]

Published in: [Publication details not specified], 2021

Summary: This article provides an overview of AI approaches in mental healthcare, focusing on applications in clinical diagnosis, prognosis, and treatment. It discusses the potential of AI to objectively redefine mental illnesses, personalize treatments, and empower patients, while also addressing challenges such as bias, privacy, and ethical considerations.

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8349367/>

"How Self-Tracking and the Quantified Self Promote Health and Well-Being: Systematic Review"

Authors: [Authors not specified]

Published in: *Journal of Medical Internet Research*, 2021

Summary: This systematic review examines the role of self-tracking technologies in daily life and healthcare. It synthesizes findings on how self-tracking and the quantified self-movement contribute to health and well-being, providing insights into the benefits and challenges associated with these practices.

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8493454/>

2.6 Similar Websites

Here's an expanded description of each platform, emphasizing how their features relate to Project KAWAN's objectives:

Coursera:

Coursera offers online courses and specializations in a variety of fields, including personal development, mental health, and productivity. Its key strengths include partnerships with top universities and institutions, providing high-quality, accredited content. For KAWAN, Coursera serves as inspiration for the Skill Development module, offering structured learning paths, interactive content, and expert-led sessions that can be adapted for user growth.

Udemy:

Udemy is a marketplace for diverse online courses, covering everything from mindfulness to technical skills. Its strengths lie in its affordability and flexibility, allowing learners to choose courses that fit their interests and schedules. KAWAN's Skill Development module can take cues from Udemy's approach to user personalization, offering customizable learning plans and short, engaging modules.

Skillshare :

Skillshare specializes in creative and entrepreneurial skill development, with courses ranging from photography to productivity. Its collaborative approach—where users can interact with instructors and peers—aligns with KAWAN's goal of fostering a community-oriented platform. The focus on creativity could inspire workshops within KAWAN for both skill-building and mental wellness.

Khan Academy:

Khan Academy provides free educational resources with a focus on accessibility and inclusivity. It is known for its structured, user-friendly design and gamified learning system, which keeps users motivated. KAWAN can adopt similar methods for its Habit Tracker and Skill Development modules, ensuring ease of use and engagement for users of all backgrounds.

Duolingo:

Duolingo gamifies the process of learning languages, making it fun and addictive. Its use of streaks, leaderboards, and bite-sized lessons provides an excellent model for KAWAN's Habit Tracker. By gamifying self-improvement tasks like mindfulness exercises, fitness goals, or skill-building activities, KAWAN can keep users engaged and consistent.

Headspace:

Headspace focuses on mindfulness and mental health, offering guided meditations and sleep tools. It excels in creating a calming, user-friendly interface with personalized recommendations.

This aligns closely with KAWAN's Health & Nutrition and AI Chatbot modules, which aim to provide emotional support and tools for stress management.

MindTools:

MindTools is a productivity and career development platform offering resources like time management guides, decision-making tools, and leadership skills. It targets personal and professional growth, making it a great reference for KAWAN's Skill Development and Habit Tracker modules. The inclusion of actionable resources could make KAWAN more impactful.

BetterUp:

BetterUp is a coaching platform focusing on mental fitness and career growth through personalized 1:1 coaching and assessments. Its key strength is the integration of AI with human-led coaching to provide highly tailored support. KAWAN's AI Chatbot could incorporate similar adaptive learning techniques, offering personalized advice and actionable insights.

TED:

TED provides inspirational talks on a variety of topics, including personal growth, mental health, and innovation. It emphasizes storytelling and motivation, which can inspire KAWAN's Community module. KAWAN could include curated motivational videos or integrate similar content to inspire users on their journey of self-improvement.

Zen Habits

Zen Habits is a blog focused on simplicity, mindfulness, and habit formation. It offers practical, minimalist approaches to building healthy habits and achieving personal growth. KAWAN can draw from this for its Habit Tracker module, offering minimalist tools that encourage users to focus on small, consistent steps toward improvement.

These platforms collectively highlight various strengths and approaches that can inspire and enhance KAWAN's modules. By combining the best aspects of each—such as gamification, personalization, accessibility, and community—KAWAN aims to offer an all-in-one, user-centric experience. Let me know if you'd like to dive deeper into any platform.

2.7 Define and Desired State

Define (Current State):

- Many users face difficulties in accessing affordable and personalized mental health resources.
- Existing tools often lack integration, requiring users to switch between multiple apps for habit tracking, learning, and emotional support.
- Social stigma and limited awareness discourage people from seeking mental wellness solutions.

Desired State:

- A single, integrated platform that offers AI-powered emotional support, habit tracking, health and nutrition guidance, and skill development.
- Affordable, engaging, and inclusive tools that cater specifically to Gen Z's needs.
- A vibrant online community to encourage interaction, reduce isolation, and inspire growth.

By addressing the gaps in current systems and integrating innovative features, Project KAWAN aims to redefine digital wellness and personal growth for its users.

CHAPTER 3: System Analysis

3.1 Introduction

System analysis is a vital step in developing **KAWAN**, ensuring that the platform effectively addresses the varied needs of its users. This phase involves thoroughly examining requirements, functionalities, and user interactions to design a well-structured and efficient system.

The primary focus of system analysis for **KAWAN** is to align its core features—such as the AI Chatbot, Ebook Library, Habit Tracker, Health & Nutrition module, and Skill Development tools—with the preferences and expectations of Gen Z users. By understanding user behavior, challenges, and goals, we aim to deliver a personalized and intuitive experience.

This process also identifies the relationships between modules, analyzes data flow, and determines integration points to ensure smooth functionality and scalability. Additionally, it evaluates the technical feasibility and usability of key features like interactive workshops, community support, and gamified progress tracking to enhance user engagement and satisfaction.

Overall, system analysis serves as the foundation for **KAWAN**, guiding the creation of a user-centric platform that acts as a dependable companion for personal growth and holistic well-being.

3.2 Gap Analysis:

1. Limited Dynamic Interaction:

- **KAWAN** lacks real-time empathy and dynamic interactions found in advanced AI chatbots like Wysa and BetterHelp.

2. Absence of Therapy Services:

- Missing critical features like live video, text, or chat therapy sessions available in competitors like BetterHelp.

3. Narrow Skill Development Tools:

- Focuses only on gamified learning and habit-building but does not include project-based learning or career coaching, unlike Skillshare and BetterUp.

4. No Corporate Training Features:

- Competitors like BetterUp offer corporate training and team collaboration tools, which are absent in **KAWAN**.

5. Lack of Offline Access:

- Offline content access, a feature in solutions like Headspace, is missing in **KAWAN**.

6. Health and Nutrition Features Underutilized:

- Unique focus on health and nutrition is present but lacks depth and integration with fitness or wellness tracking.

7. Minimal Content Diversity:

- **KAWAN** primarily provides e-books, while competitors include focus music, meditation, and dynamic educational content.

8. No Adolescent-Specific Support:

- Competitors provide tailored tools for adolescents, an area KAWAN currently does not address.
- 9. Underdeveloped Progress Tracking:**
- Basic tracking exists but lacks advanced reflective tools like mood analytics or habit progression found in other solutions.
- 10. No Integration with Professional Therapy Network:**
- Competitors provide therapist directories, reviews, and job application portals, which KAWAN does not offer.

Targeted Gap Analysis: What Others Lack That KAWAN Offers

- 1. Comprehensive Health and Nutrition Focus:**
 - Unlike competitors like Headspace and Calm, KAWAN integrates health and nutrition features, offering a holistic wellness approach.
- 2. Guided Skill Development:**
 - KAWAN includes guided learning tools and progress trackers, absent in most mental health-focused solutions like Wysa or BetterHelp.
- 3. Habit-Building Tools with Rewards:**
 - KAWAN promotes habit development through rewards and structured guidance, which many competitors lack or only provide minimally.
- 4. Personalized EBook Access:**
 - KAWAN's unique feature of personalized e-book suggestions stands out, as competitors focus on static or limited content.
- 5. Integrated Mood and Reflection Tracking:**
 - Provides mood tracking and journaling as core features, surpassing solutions that rely solely on conversational interactions, like Woebot.
- 6. Focus Tools for Productivity:**
 - Offers focus-enhancing tools and music, absent in many therapy-first platforms like BetterHelp.
- 7. Adolescents' Habit Development Focus:**
 - While others like Headspace touch on adolescent mental health, KAWAN explicitly supports developing habits in younger audiences.
- 8. Progress Reflection Beyond Mental Health:**
 - KAWAN tracks progress not just for emotional support but also for skill development and habit-building, unlike solutions focusing solely on mental health.
- 9. Holistic Emotional Support:**
 - Combines AI-driven emotional support with journaling and practical advice, providing more diverse emotional well-being tools than traditional chatbots.
- 10. Well-Rounded Approach Without Subscription Bias:**
 - Offers multiple features like focus tools and e-books that aren't locked exclusively behind subscription models, unlike subscription-heavy platforms like Calm and BetterUp.

3.3 Benchmark:

The benchmark for **KAWAN** outlines a comprehensive comparison of features, functionalities, and performance metrics against similar platforms. It evaluates key aspects such as user experience, personalized recommendations, gamified progress tracking, and content variety. This benchmark serves as a guide to ensure **KAWAN** meets and exceeds industry standards while providing a user-focused, engaging, and innovative platform for personal growth and well-being. Here is our Benchmark;

Feature	Headspace	Calm	Woebot	BetterHelp	Wysa	BetterUp	Fabulous	Zen Habits	Limitless	Skillshare	MindTools
Subscription Based	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes
Sleeping Tool	Yes	Yes	No	No	Yes	No	Yes	No	No	No	No
Ask Questions to Track Users' Mental Health	No	No	Yes	Yes	Yes	Yes	No	No	No	No	No
Relaxation	Yes	Yes	No	No	Yes	Yes	Yes	No	No	No	No
Mental Health Support	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No
Web	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Mood Tracking	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No
Progress Reflection	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No
Adults' Anxiety, Adolescents' Developing Mind	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No
News	No	No	No	No	No	No	No	Yes	No	No	No
Therapy Service	No	No	No	Yes	Yes	Yes	No	No	No	No	No
Text, Chat, Phone, or Video Sessions	No	No	Yes	Yes	Yes	Yes	No	No	No	No	No
Individual, Couple, Child Section	No	No	No	Yes	Yes	Yes	No	No	No	No	No
Reviews	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Kindly Refer at the end of this document for the whole table.

3.4 Survey:

In the pursuit of continuous improvement and customer-centric product development, we conducted a Customer Satisfaction Survey to gauge the sentiment and feedback of our valued customers regarding our latest product. The survey aimed to identify areas for improvement, and understand how our product will align with customer expectations.

3.4.1 Survey Methodology

1. **Survey Type:** Online questionnaire.
2. **Sample Size:** 259 respondents.

Survey Questions:

1.Do you currently use any platform for mental health support, habit tracking, health & nutrition, or skill development?

2.If yes, which platform(s) do you use?

3.How satisfied are you with your current platform(s)?

4.If you use a self help app, which of the following app features would be the most important to you?

5.How likely are you to use a single app that combines all these features?

6.What pricing model would you prefer for such an app?

7.How valuable would you find an AI chatbot designed for mental health support?

8.Which additional functionalities would you like from an AI chatbot?

9.What would motivate you to use the e-book library feature?

10.How likely are you to use the habit tracker feature for forming new habits?

11.Which features of the habit tracker would you find most beneficial?

12.What would you prioritize in the health & nutrition module?

13.If you could find your recipe on the app, would you also like to order from the ingredient list?

14.Would you like to track your exercise information from a smart wearable via this app?

15.How interested are you in learning new skills through the app?

16.Which skill categories would you focus on?

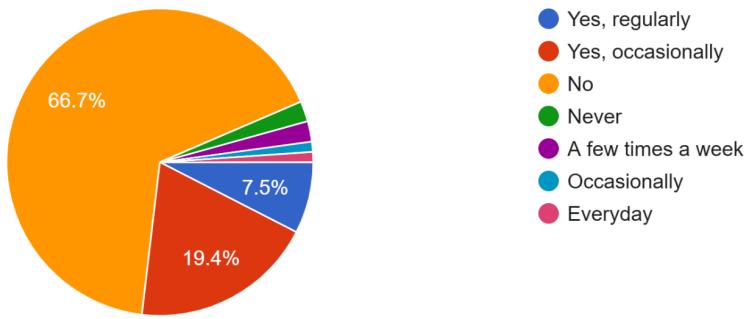
17.What would make you choose this app over other platforms?

18.Share your thoughts — we appreciate your feedback!

3.4.2 Survey Results and Analysis:

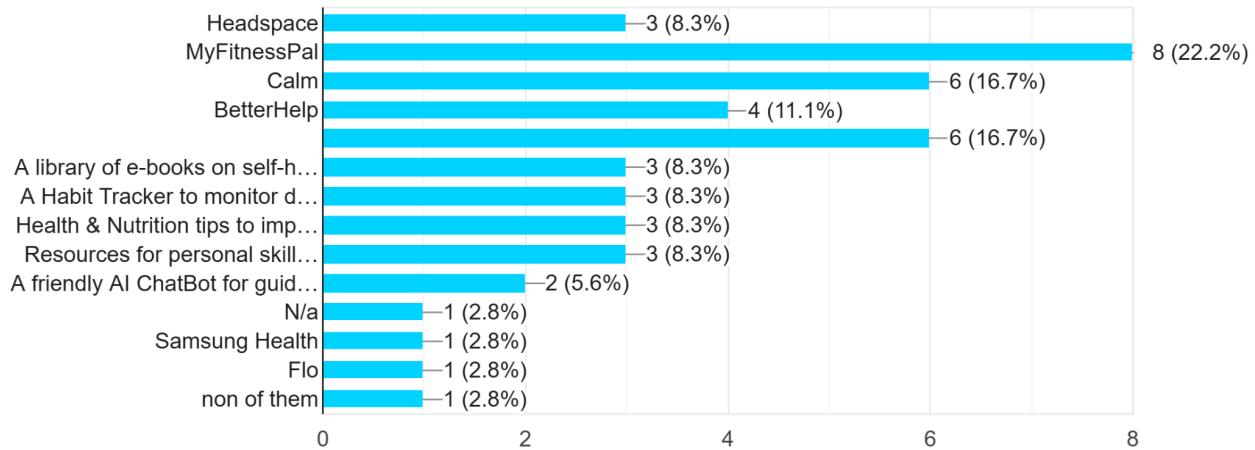
Do you currently use any platform for mental health support, habit tracking, health & nutrition, or skill development?

93 responses



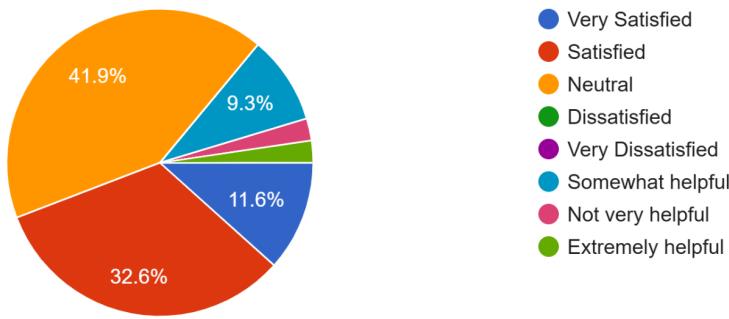
If yes, which platform(s) do you use?

36 responses



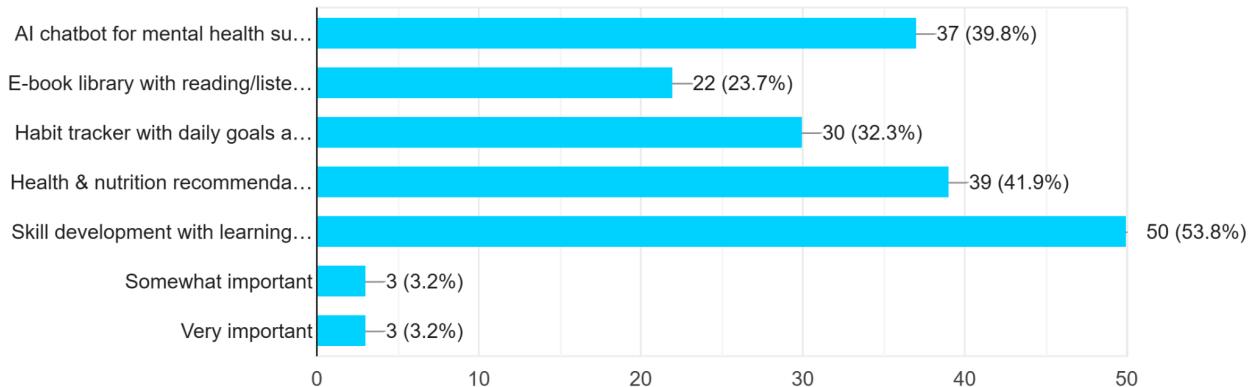
How satisfied are you with your current platform(s)?

43 responses



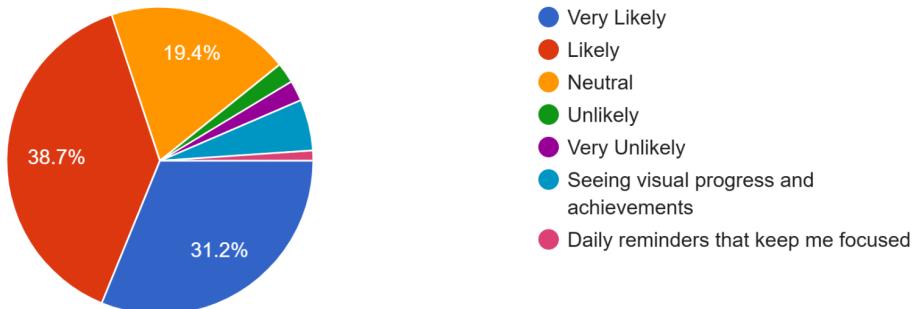
If you use a self help app, which of the following app features would be the most important to you?

93 responses



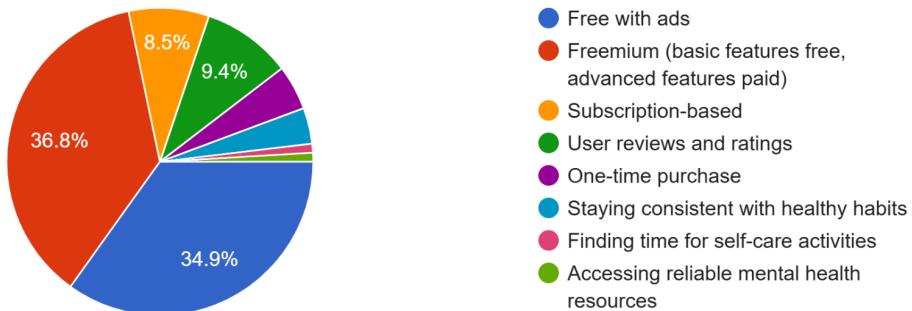
How likely are you to use a single app that combines all these features?

93 responses



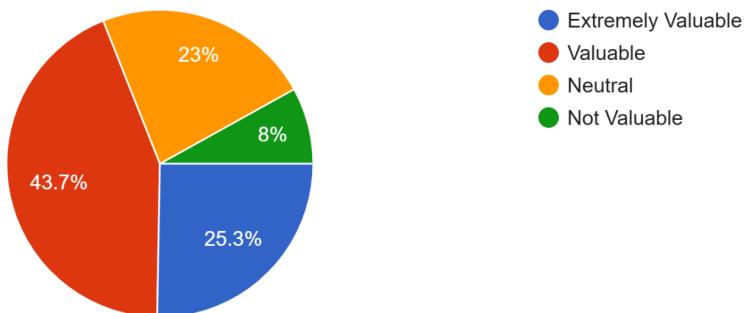
What pricing model would you prefer for such an app?

93 responses



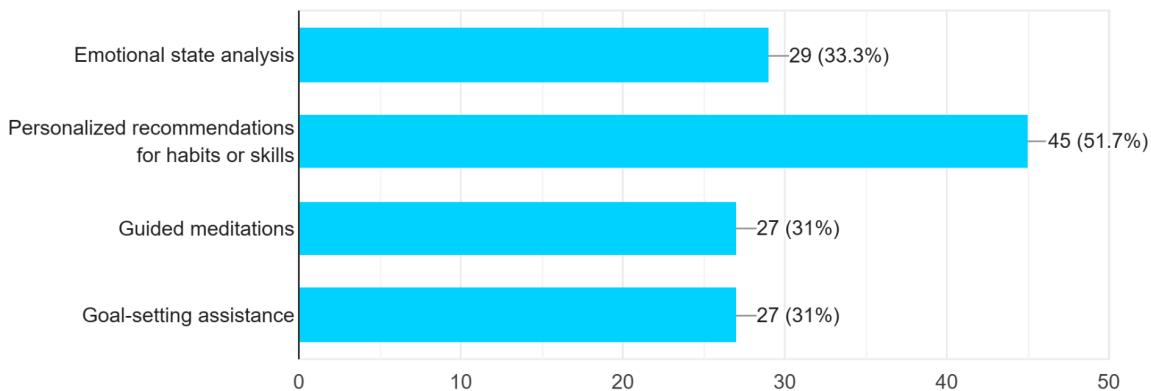
How valuable would you find an AI chatbot designed for mental health support?

87 responses



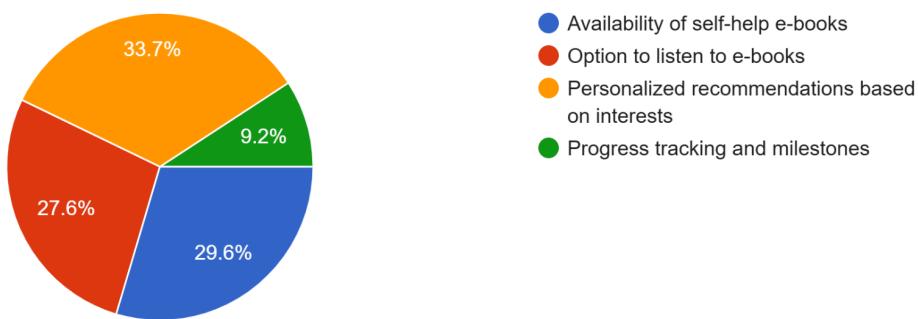
Which additional functionalities would you like from an AI chatbot?

87 responses



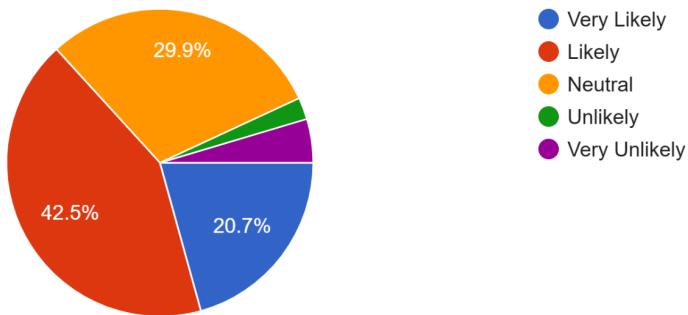
What would motivate you to use the e-book library feature?

87 responses



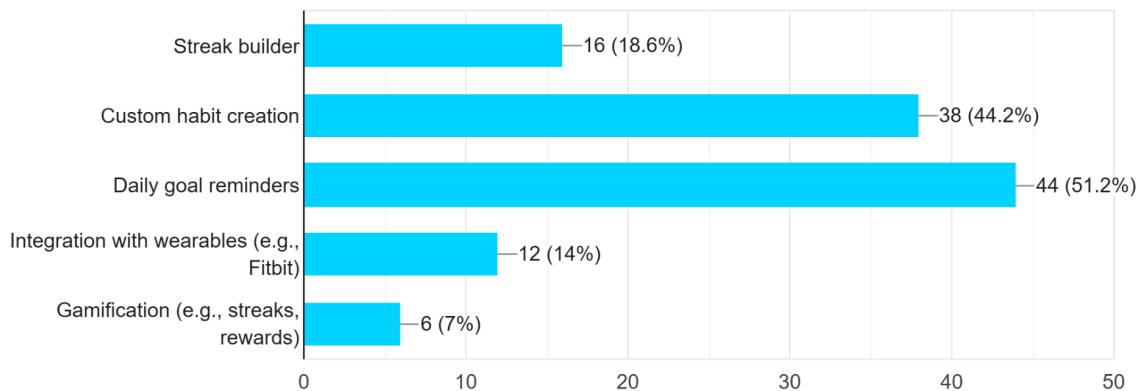
How likely are you to use the habit tracker feature for forming new habits?

87 responses



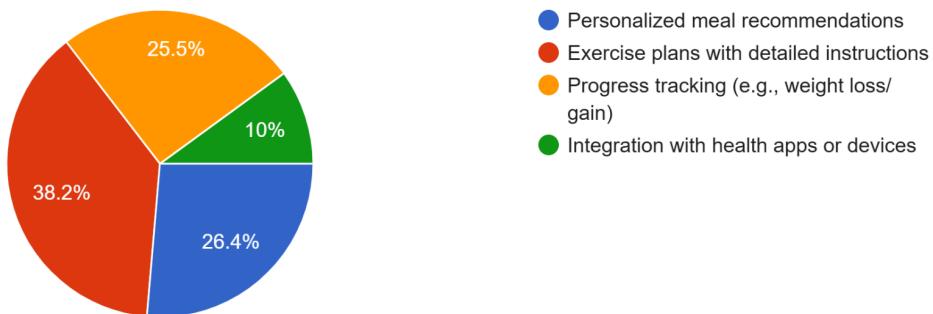
Which features of the habit tracker would you find most beneficial?

86 responses



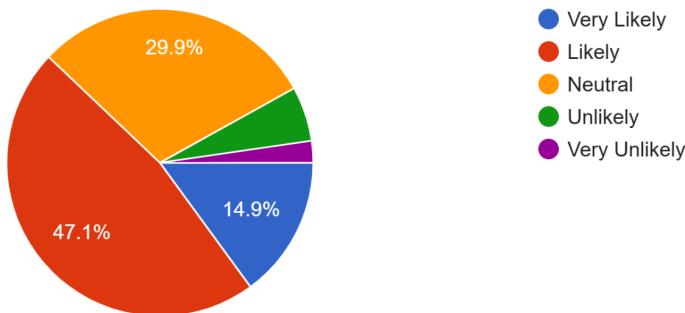
What would you prioritize in the health & nutrition module?

87 responses



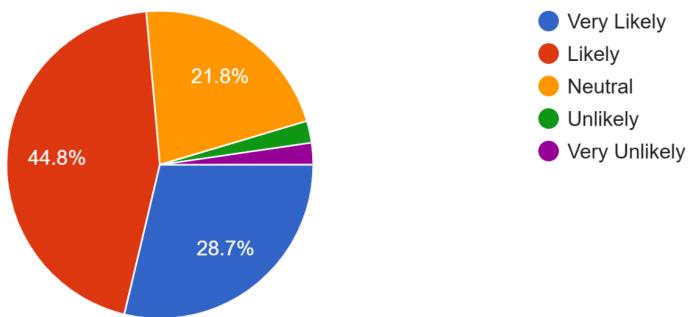
If you could find your recipe on the app, would you also like to order from the ingredient list?

87 responses



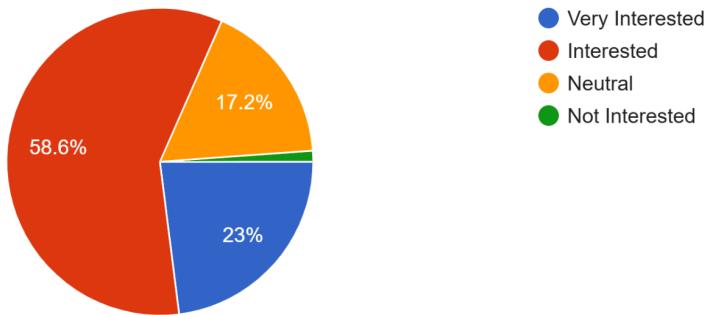
Would you like to track your exercise information from a smart wearable via this app?

87 responses



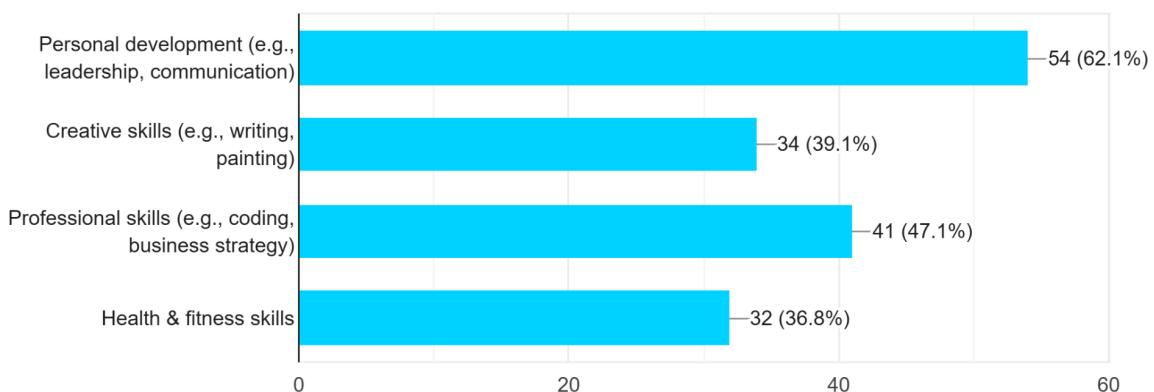
How interested are you in learning new skills through the app?

87 responses



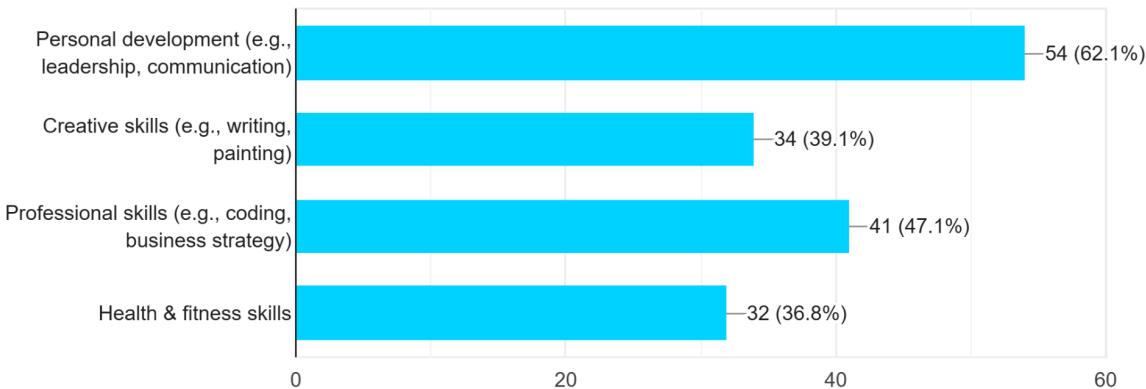
Which skill categories would you focus on?

87 responses



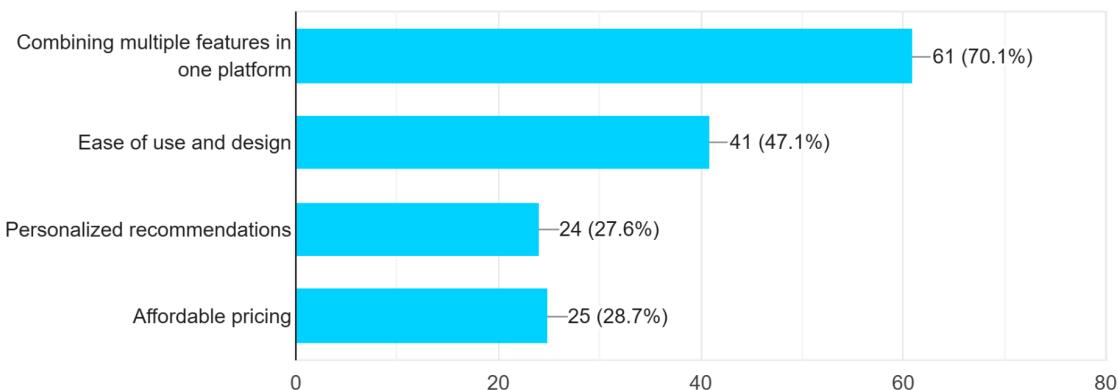
Which skill categories would you focus on?

87 responses



What would make you choose this app over other platforms?

87 responses



3.4.3 Some Reviews On Our Survey

Review 01

If you are making and combining all of these, try to make it user friendly while also not overwhelming the customer. I really like the gamification idea because it makes you feel like you are being rewarded somehow after you have accomplished any goals. Also i think it would be better if there was a community inside the app so that you could maybe compete with friends or other people thus it would be easier to

remove bad habits like sleeping late or social media addiction. That was my feedback, good luck on your project.

Review 02

Most individuals don't keep their goals and roadmaps in written format. Something like this app would be very interesting, you may consider adding personal financial status tracking on the way.

Review 03

The app's focus on mental health and skill development is great guided meditations progress tracking are very useful so over all it's strong self improvement toll

3.5 SWOT ANALYSIS

KAWAN - All in One Software for Mental Health Tracking and Self Development	
Strength	Weakness
<ul style="list-style-type: none">1. Skilled Team Composition:<ul style="list-style-type: none">○ Frontend Expertise: One of our team members, a React developer with broad project experience, provides insights into scaling and ensures a strong, scalable frontend.○ Backend Expertise: Our Node.js developer, recently learning the tech, focuses on scalable backend solutions and continuous improvement.○ Project Management: Presence of a project manager ensures organized workflow, clear timelines, and effective communication.2. Experience and Connections:<ul style="list-style-type: none">○ One of our team members has worked in startups and is experienced on how to scale an operation	<ul style="list-style-type: none">1. Development Complexity:<ul style="list-style-type: none">○ Integrating AI, progress tracking, and multiple modules requires high technical expertise and time.2. Initial Resource Requirements:<ul style="list-style-type: none">○ Building features like voice-enabled e-books or a personalized recommendation system might be resource-intensive.3. Scalability Concerns:<ul style="list-style-type: none">○ Handling increasing users and data (e.g., AI interactions, e-book progress) could pose technical challenges without proper infrastructure.4. Dependency on User Engagement:<ul style="list-style-type: none">○ Modules like habit tracking or skill development rely heavily on consistent user input.

<ul style="list-style-type: none"> We have connections with potential investors who can invest in our product 	
Opportunities <ol style="list-style-type: none"> Growing Market for Self-Help Tools: <ul style="list-style-type: none"> Increasing demand for apps that improve productivity, health, and learning. AI Trends: <ul style="list-style-type: none"> Rising acceptance of AI-based solutions can attract tech-savvy users. Partnerships: <ul style="list-style-type: none"> Collaborations with publishers (for e-books), fitness brands, or learning platforms can enhance offerings. Diverse User Base: <ul style="list-style-type: none"> Potential to attract individuals across different age groups and demographics. Growing Interest: <ul style="list-style-type: none"> Mental health tech is gaining traction among investors, providing a potential funding source 	Threats <ol style="list-style-type: none"> Competitive Landscape: <ul style="list-style-type: none"> Numerous established self-help apps with similar features could pose competition. Privacy Concerns: <ul style="list-style-type: none"> Collecting personal data (e.g., health information, chat history) may raise user trust and compliance issues. User Retention: <ul style="list-style-type: none"> Maintaining engagement across multiple modules can be challenging if the content or interface doesn't meet expectations. Technological Changes: <ul style="list-style-type: none"> Rapid advancements could make some features obsolete or require constant updates.
<p>Strategy: Leverage our AI chatbot and tailored recommendations to dominate the growing self-help market, offering cross-functional utility for diverse users. Prioritize scalable, secure architecture and gamified features to enhance retention and mitigate risks. Expand through partnerships with publishers and fitness brands while innovating with AI advancements. Continuously gather feedback to adapt, improve, and stay ahead of health and learning trends.</p>	

Chapter - 4: Design of the System

4.1 Introduction

This chapter presents the design of the system, which includes both high-level and detailed models of how the features of the system will function. The design process includes defining various components and their interactions within the system architecture. The goal is to create a blueprint that ensures scalability, user experience, and the efficient handling of user data.

The system will be designed using different diagrams that represent functional and non-functional requirements. These diagrams will guide developers during the implementation phase, ensuring that the user's journey from mood tracking to community support and habit building is seamless.

4.2 Context Diagram

The Context Diagram shows how the system interacts with external entities. It highlights the boundaries of the system and provides an overview of data flow between the system and its users or other external systems.

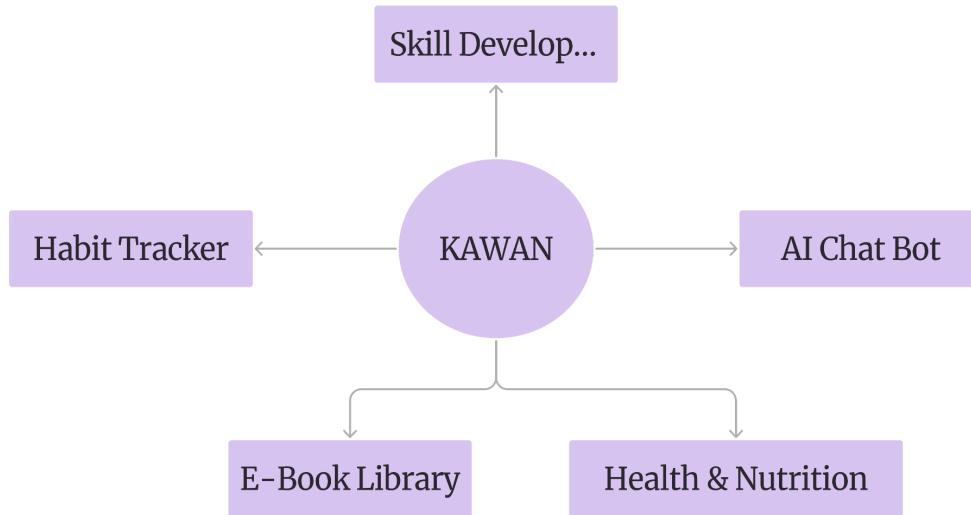
- **External Entities:**

- Users (End users interacting with the system)
- Third-party services (for external resources like podcasts or e-books)
- Database (storing user data, activity logs, etc.)

- **System Functions:**

- Chatbot for emotional support
- Interactive workshops and challenges
- Social community for peer support
- Personalized habit tracker
- Digital library of resources

Context Diagram:



4.3 Use-Case Diagram

A Use-Case Diagram depicts the interactions between users and the system. It helps to understand the high-level functionality of the system.

- **Actors:**
 - User
 - Admin (if applicable for managing community moderation)
- **Use Cases:**
 - Log Mood
 - View Progress
 - Participate in Challenges
 - Access Workshops
 - Track Habits
 - View Digital Content
 - Interact with Chatbot
 - Join Groups

4.3.1 USE CASE Description:

Use-Case ID: UC-001

Use-Case Name: Category Selection

Primary Actor: User

Secondary Actors: Subscriber

Description: The purpose of this use case is to allow the User to select a category of interest with the assistance of the ChatBot. The Category Selection use case is initiated when the User expresses a desire to explore specific topics or content within the system.

Preconditions:

- The system is installed and operational on the user's device.
- User registration is complete.
- Internet connectivity is available.
- The User is logged into the system.
- The ChatBot is initialized and ready to assist.

Success Scenario:

1. The User initiates the conversation by interacting with the ChatBot and expressing an interest in exploring specific categories.
2. The ChatBot acknowledges the User's request and prompts the User to provide more details or specify the category they are interested in.
3. The User responds with the desired category or seeks recommendations.
4. The ChatBot processes the User's input, validates the category, and provides relevant options or suggestions based on the system's content.
5. The User reviews the options and selects a specific category of interest.

6. The ChatBot confirms the User's selection and may offer additional information or actions related to the chosen category.

Alternative Scenarios:

- System Failure:
 - Issue: Technical failure during category selection.
 - Solution: Chat Bot informs the User, attempts automatic recovery (e.g., module restart), and, if successful, continues with the User's category selection. If automatic recovery fails, the system advises the User to try again later or contact technical support.
- Invalid Category Input:
 - Issue: User provides an invalid or unrecognized category.
 - Solution: Chat Bot informs the User, prompts for a valid category, and guides the User to input a valid category. If repeated invalid attempts occur, the system may offer additional assistance or suggest contacting support.
- User Aborts:
 - Issue: User chooses to abort the category selection.
 - Solution: System acknowledges the User's decision, smoothly transitions back to the main conversation state, and discards any unsaved progress related to category selection.

Post Conditions:

- The User has successfully selected a category of interest.
- The system is ready to present content or perform actions related to the chosen category.
- The Chat Bot is in a standby state, prepared to assist the User with further inquiries or actions.
- A log of the category selection interaction is maintained for tracking and analysis purposes.
- In the case of a system failure and successful recovery, the system retains the User's progress in the category selection process.
- If the User provided an invalid category, the system has recorded the interaction details for analysis and improvement.
- If the User chose to abort the category selection, the system has reverted to the main conversation state, ensuring a seamless transition for the User.

Use-Case ID: UC-002

Use-Case Name: Search E-Books

Primary Actor: User

Secondary Actors: System

Description: This use case enables the User to search for e-books available in the library by providing specific search criteria such as title, author, or category.

Preconditions:

- The system is operational and accessible.
- User registration is complete.
- The User is logged into the system.

Success Scenario:

1. The User navigates to the e-book library section.
2. The User enters search criteria (e.g., title, author, or category).
3. The system processes the search query and retrieves matching e-books.
4. The User views the list of results and selects an e-book of interest.
5. The system displays the selected ebook details.

Alternative Scenarios:

- No Results Found:
 - Issue: No ebooks match the search criteria.
 - Solution: The system informs the User and provides options to modify the search or browse available categories.
- Invalid Input:
 - Issue: The User provides invalid or incomplete search criteria.
 - Solution: The system prompts the User to provide valid input and guides them through the search process.

Post Conditions:

- The User has successfully searched for and accessed details of an e-book.
- A log of the search interaction is maintained for tracking and analysis.

Use-Case ID: UC-003

Use-Case Name: Track Habit Progress

Primary Actor: User

Secondary Actors: System

Description: This use case allows the User to view their progress for habits they are currently tracking.

Preconditions:

- The system is operational and accessible.
- The User has registered and logged into the system.
- The User has initiated at least one habit tracking activity.

Success Scenario:

1. The User navigates to the Habit Tracker section.
2. The system displays the list of habits being tracked.
3. The User selects a habit to view progress details.
4. The system presents the progress data, including completion rates and milestones.

Alternative Scenarios:

- No Habits Being Tracked:
 - Issue: The User has not started tracking any habits.
 - Solution: The system informs the User and provides options to browse and start new habits.

Post Conditions:

- The User has successfully accessed and reviewed habit progress.
- Progress data is logged and updated for tracking purposes.

Use-Case ID: UC-004

Use-Case Name: Get Meal Recommendations

Primary Actor: User

Secondary Actors: System

Description: This use case provides meal recommendations to the User based on their personal information and health targets.

Preconditions:

- The system is operational and accessible.
- The User has logged into the system.
- The User has provided personal information and health goals.

Success Scenario:

1. The User navigates to the Health & Nutrition section.
2. The User selects the "Get Meal Recommendations" option.
3. The system processes the User's profile and health targets.
4. The system generates and displays meal recommendations.

Alternative Scenarios:

- Incomplete Profile:
 - Issue: The User has not provided sufficient personal information.
 - Solution: The system prompts the User to complete their profile before generating recommendations.

Post Conditions:

- The User has successfully received meal recommendations.
- The system logs the interaction for future reference and analysis.

Use-Case ID: UC-005

Use-Case Name: Attempt Skill Challenges

Primary Actor: User

Secondary Actors: System

Description: This use case allows the User to participate in challenges designed to enhance their skills.

Preconditions:

- The system is operational and accessible.
- The User has logged into the system.
- The User has selected a skill to develop.

Success Scenario:

1. The User navigates to the Skill Development section.
2. The User selects a skill and views available challenges.
3. The User attempts a challenge and submits the results.
4. The system evaluates the submission and provides feedback.

Alternative Scenarios:

Challenge Not Available:

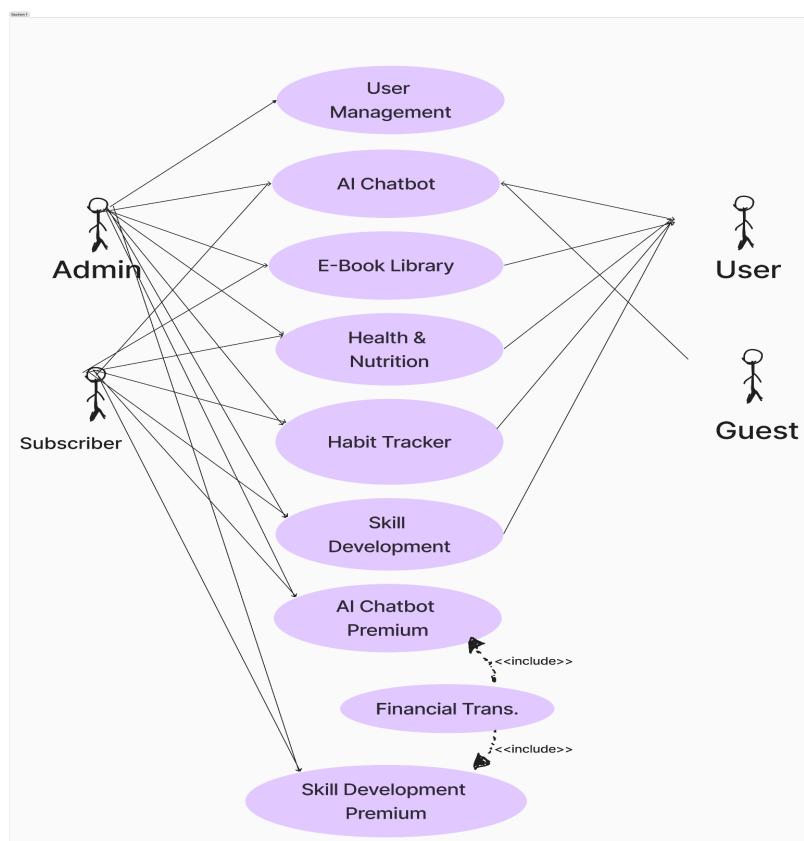
Issue: The selected skill does not have available challenges.

Solution: The system informs the User and suggests other skills or activities.

Post Conditions:

- The User has successfully attempted a skill challenge.
- The system updates the User's skill progress and logs the interaction.

Use Case Diagram:



4.4 Use-Case Description

1. Log Mood:

- **Description:** Users log their mood daily, which is recorded to track emotional patterns over time.
- **Actors:** User
- **Pre-condition:** User has logged into the app.
- **Post-condition:** Mood is recorded and analyzed for insights.

2. View Progress:

- **Description:** Users can view their emotional and habit-building progress over time.
- **Actors:** User
- **Pre-condition:** User has interacted with the system regularly.
- **Post-condition:** Users can visualize their growth and areas of improvement.

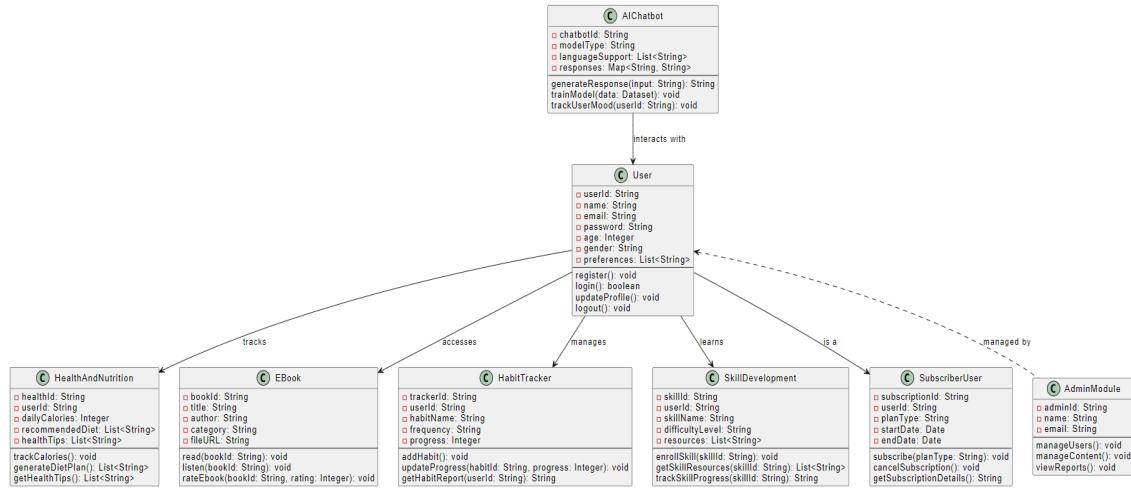
4.5 Class Diagram

A Class Diagram shows the different classes of objects in the system and their relationships.

● Classes:

- User
- Mood
- Habit
- Workshop
- Challenge
- DigitalResource

Class Diagram:



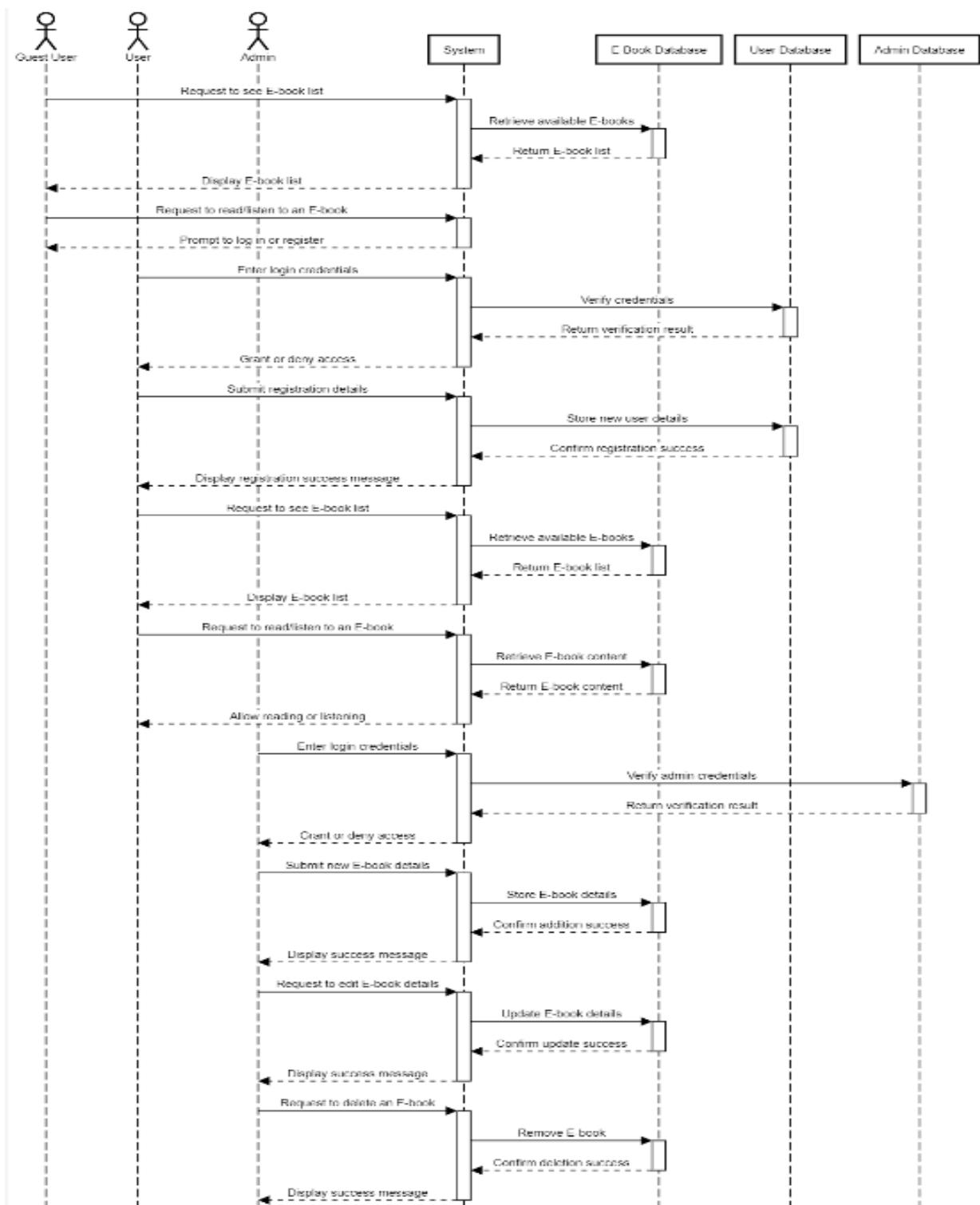
4.6 Sequence Diagram

The Sequence Diagram illustrates how objects interact in a sequence over time.

Scenario: User logging mood.

1. User inputs mood data.
2. System stores the mood data in the database.
3. System returns confirmation to the user.

Diagram:



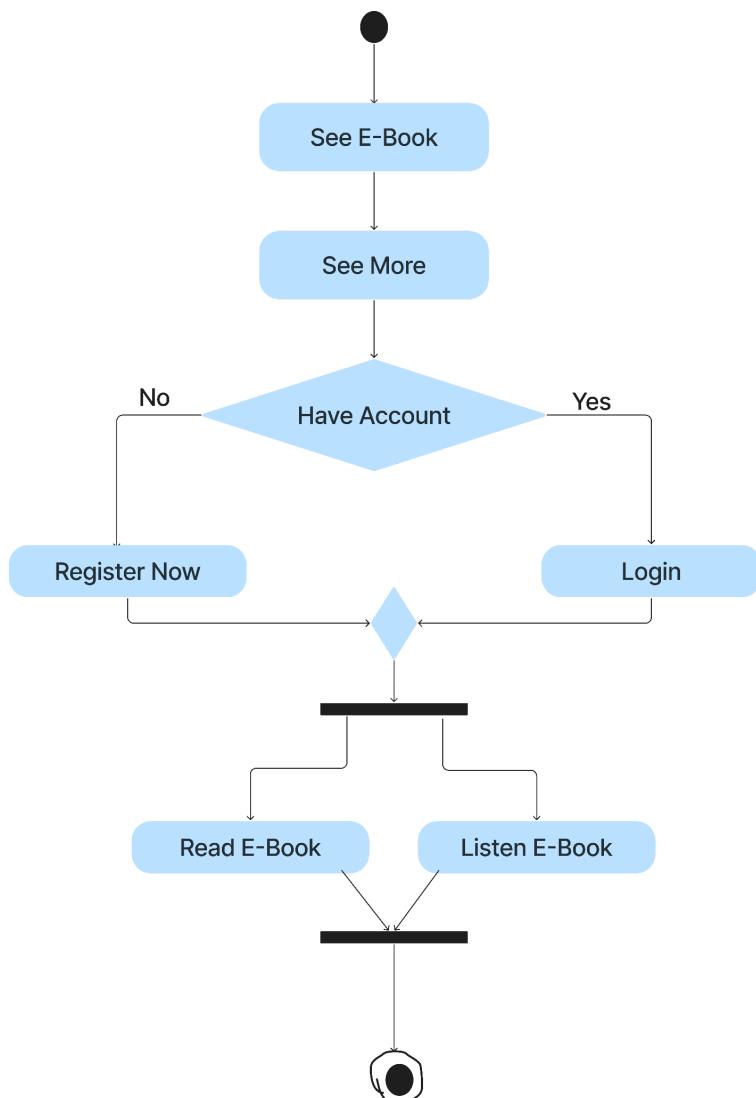
4.7 Activity Diagram

The Activity Diagram represents the flow of activities within the system.

Scenario: User completes a workshop.

1. User selects a workshop.
2. User completes daily tasks in the workshop.
3. User earns a certificate upon completion.

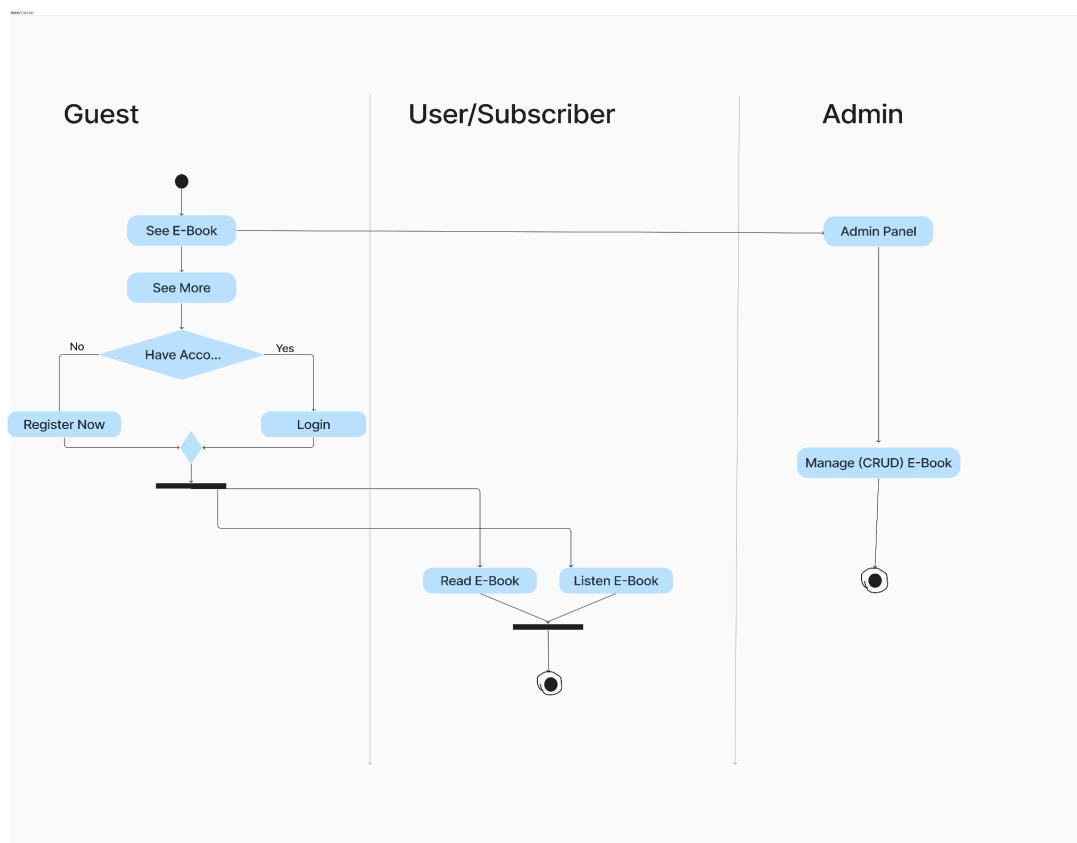
Diagram:



4.8 SwimLane Diagram

This diagram breaks down the activities of multiple users or processes within the system.

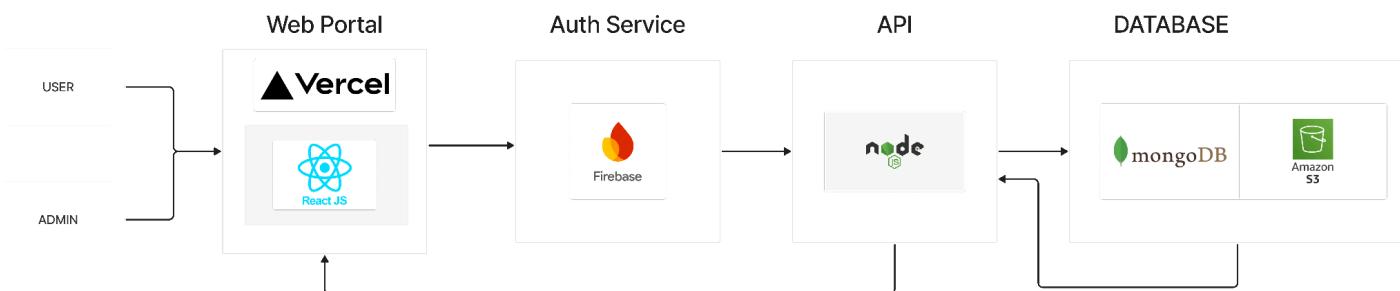
Diagram:



4.10 Deployment Diagram

The Deployment Diagram shows the hardware and software components of the system and how they interact.

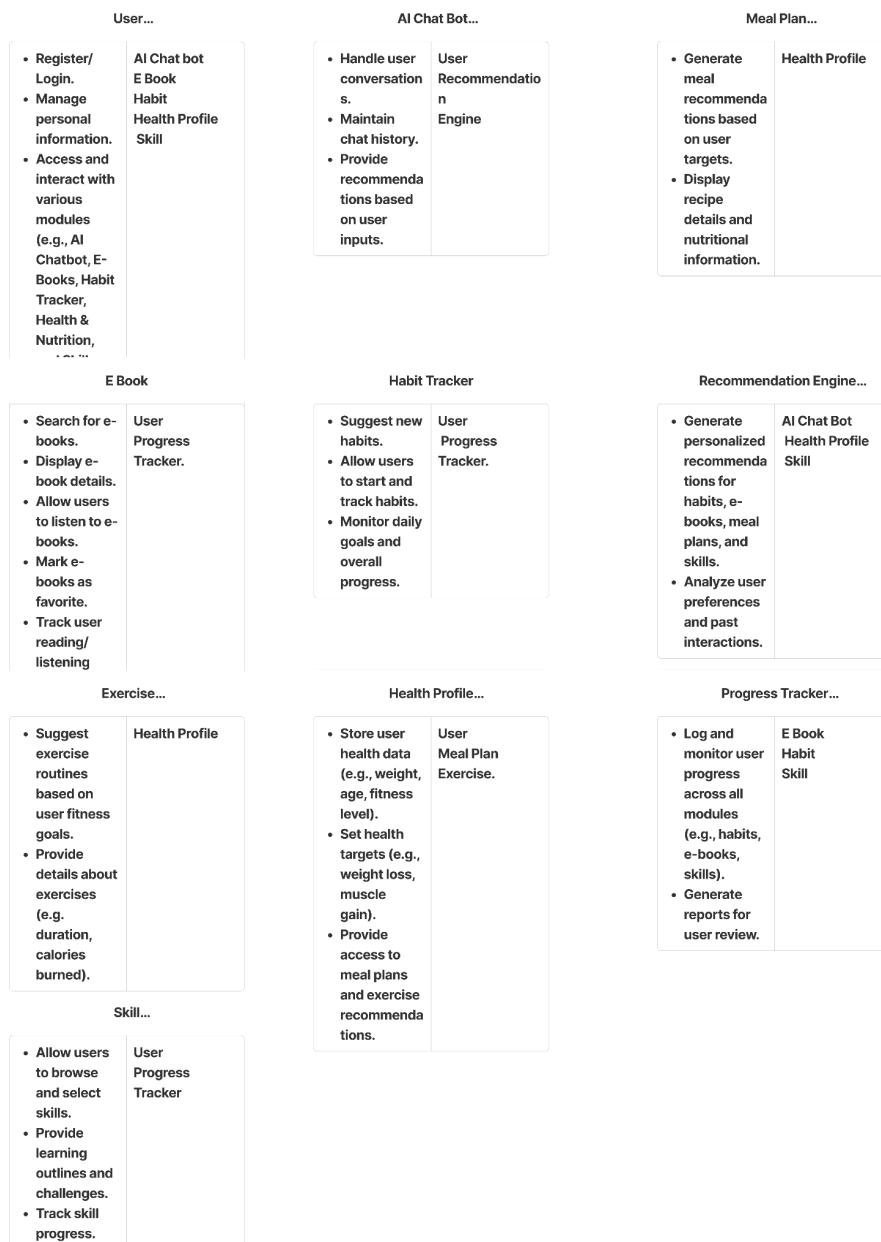
Diagram:



4.11 CRC Diagram

The CRC (Class-Responsibility-Collaborator) diagram outlines the responsibilities and interactions of the system classes.

Diagram:

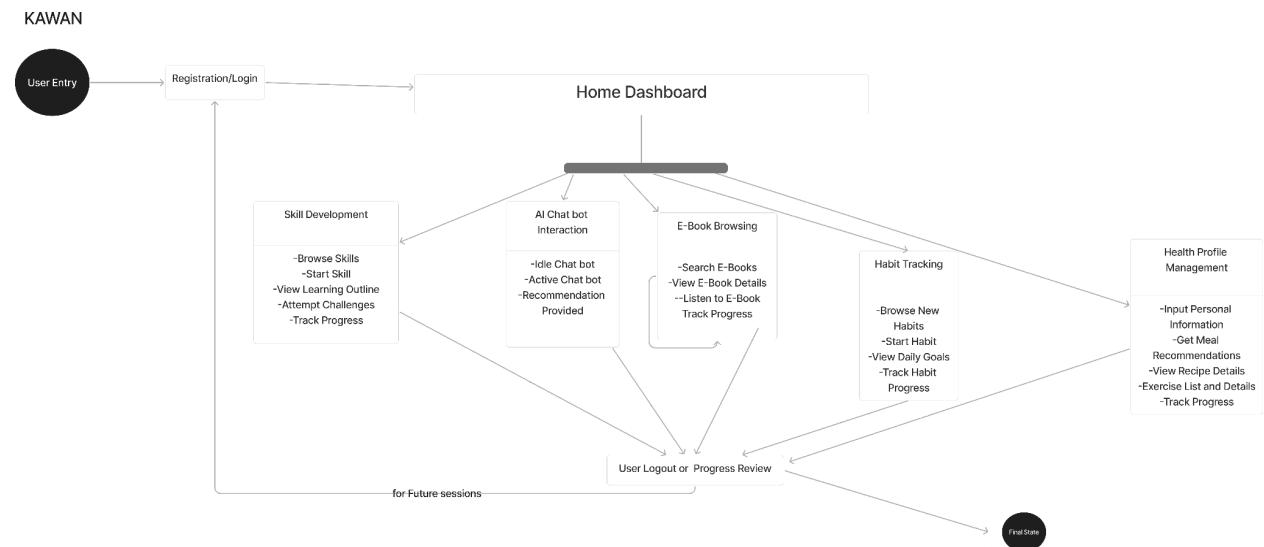


4.12 State Diagram

The State Diagram represents the various states of an object in the system.

Example: The user's mood logging process has multiple states, including "Idle", "Logging Mood", and "Mood Saved".

Diagram:



4.13 Schema Diagram:definition

A schema diagram is a visual representation of the logical structure of a database.



Chapter - 5: Prototype or UI Design

5.1 Introduction

This chapter outlines the prototype and UI design process for Project KAWAN, a digital platform aimed at improving mental health and personal growth for Gen Z users. The goal of the UI design is to create an intuitive, engaging, and user-friendly experience that aligns with the platform's purpose. The chapter details the tools used for prototyping, the key elements of the UI design, and the overall sitemap.

5.2 Prototyping Tools Used

To ensure an effective and visually appealing prototype, the following tools were utilized:

1. **Figma**: For creating high-fidelity wireframes and interactive prototypes. Figma's collaboration features allowed the design team to gather real-time feedback.
2. **Canva**: Aided in the creation of graphic assets, such as icons and promotional visuals.

5.3 UI Design

The UI design of Project KAWAN focuses on simplicity, accessibility, and personalization to meet the needs of its target audience. The following are key elements of the design:

Rules of UI Design:

Numerous sets of guidelines, including Norman's Design Principles, Shneiderman's Eight Golden Rules, and the Three Golden Rules, were developed by various individuals to address the best practices and specifications of user interface design.

Mandel's Golden Rules

The golden rules are divided into three groups:

1. Place Users in Control
2. Reduce Users' Memory Load
3. Make the Interface Consistent

Each of these groups contains a number of specific rules. The rules (and a keyword for each rule) for each group are:

Place Users in Control

1. Use modes judiciously (modeless)
2. Allow users to use either the keyboard or mouse (flexible)
3. Allow users to change focus (interruptible)
4. Display descriptive messages and text(Helpful)
5. Provide immediate and reversible actions, and feedback (forgiving)
6. Provide meaningful paths and exits (navigable)
7. Accommodate users with different skill levels (accessible)
8. Make the user interface transparent (facilitative)
9. Allow users to customize the interface (preferences)
10. Allow users to directly manipulate interface objects (interactive)

Reduce Users' Memory Load

1. Relieve short-term memory (remember)
2. Rely on recognition, not recall (recognition)
3. Provide visual cues (inform)
4. Provide defaults, undo, and redo (forgiving)
5. Provide interface shortcuts (frequency)
6. Promote an object-action syntax (intuitive)
7. Use real-world metaphors (transfer)
8. User progressive disclosure (context)
9. Promote visual clarity (organize)

Make the Interface Consistent

1. Sustain the context of users' tasks (continuity)
2. Maintain consistency within and across products (experience)
3. Keep interaction results the same (expectations)
4. Provide aesthetic appeal and integrity (attitude)
5. Encourage exploration (predictable)

5.3.1 Color Palette

- **Primary Colors:** Calming blues and greens to evoke a sense of tranquility and trust.
- **Secondary Colors:** Soft pastels to add a youthful and approachable feel.
- **Accent Colors:** Bright oranges and yellows used sparingly for highlights and call-to-action buttons.

5.3.2 Typography

- **Headings:** A bold and modern sans-serif font (e.g., Poppins) to ensure readability.
- **Body Text:** A clean and simple sans-serif font (e.g., Roboto) for a professional yet friendly tone.
- **Accessibility:** Font sizes and contrast ratios are optimized for readability and compliance with accessibility standards (WCAG 2.1).

5.3.3 Layout

- **Navigation:** A bottom navigation bar featuring five main tabs:
 1. **Home:** Overview of personalized content and key features.
 2. **Chat:** Access to the emotional support chatbot.
 3. **Community:** A space for users to share experiences and find peer support.
 4. **Habits:** Interactive habit trackers and goal-setting tools.
 5. **Profile:** Personal settings and progress reports.
- **Card-Based Interface:** Content and actions are organized into easily digestible cards.
- **Responsive Design:** Ensures usability across devices, including smartphones, tablets, and desktops.

5.3.4 Key Features

- **Emotional Support Chatbot:** A conversational interface designed to understand and respond to users' emotions.
- **Habit Trackers:** Gamified elements like streaks and badges to motivate consistent self-care.
- **Community Forum:** Moderated spaces for discussions, advice, and peer connections.
- **Personalization:** Tailored recommendations based on user input and activity.

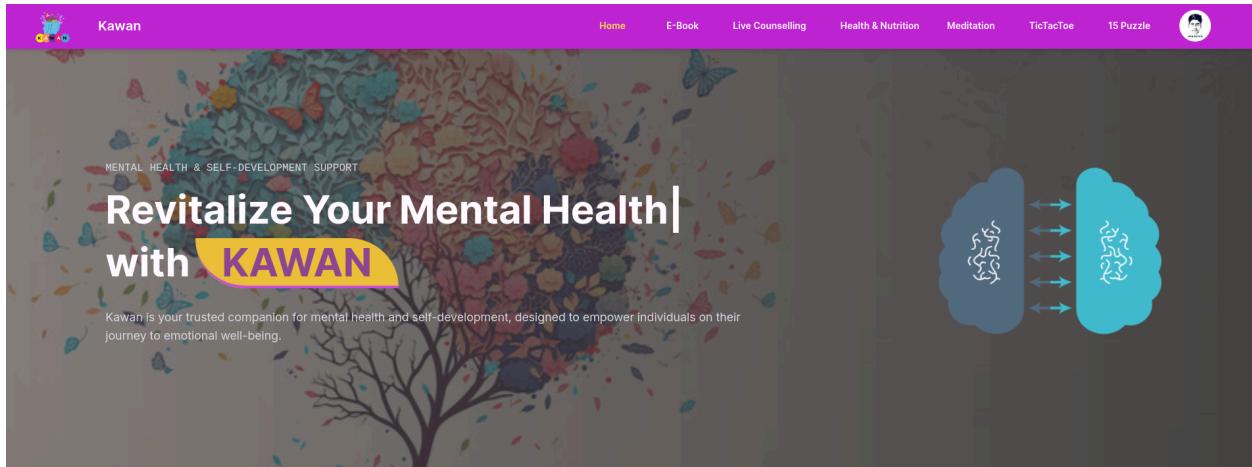
5.4 Sitemap

The sitemap serves as a blueprint for the structure and navigation of Project KAWAN. It organizes the platform into distinct sections to ensure a seamless user experience.

5.4.1 Overview of Sitemap

1. Landing Page:

- Welcome message and introduction to the platform.
- Options to sign up or log in.



A screenshot of the Kawan app's "Frequently Asked Questions" section. The top navigation bar is purple with the word "Kawan" and a small icon. Below the bar, the title "Frequently Asked Questions" is centered. There are seven expandable question cards, each with a plus sign on the right. The questions are: "What is Kawan?", "How can I access self-development resources on Kawan?", "Can I track my progress on Kawan?", "Is there a limit to how many resources I can access?", "Can I get professional help through Kawan?", "What should I do if I encounter issues on Kawan?", and "Is Kawan free to use?". The bottom right corner of the screen has a small circular icon with a magnifying glass symbol.

2. Dashboard (Home):

- Personalized updates and shortcuts to main features.

Why Choose Kawan?

Empower your mental health and personal growth journey with Kawan, your trusted companion.

- AI-Powered Chatbot**
Engage in meaningful conversations with Kawan's empathetic AI chatbot, designed to listen, guide, and support you.
- Personalized Self-Development**
Access resources like e-books, meditation guides, and custom-tailored tools to enrich your growth journey.
- Mental Health Support**
Find peace and clarity through meditation, journaling, and other tools designed to nurture your mental well-being.
- Community Engagement**
Connect with a supportive community of individuals sharing similar experiences, fostering growth and understanding.
- Progress Tracking Tools**
Monitor your journey with intuitive dashboards and analytics that highlight your growth and milestones.
- Secure & Confidential**
Your privacy is our priority. Kawan ensures secure interactions and protects your personal data at every step.

- Daily tips and motivational messages.
- 3. EBook Library**
- Curated Self-Help Books: Focus on personal development, mental health, skill

Summary: An Introduction with Step-by-Step Examples

Author Details: Ana Espinola-Arredondo School of Economic Sciences Washington State University Pullman, WA, USA · Felix Muñoz-García school of Economic Sciences Washington State University Pullman, WA, USA

Chapter 1
Chapter 2
Chapter 3
Chapter 4

Game Theory NEW

Author: Ana Espinola-Arredondo · Felix Muñoz-García

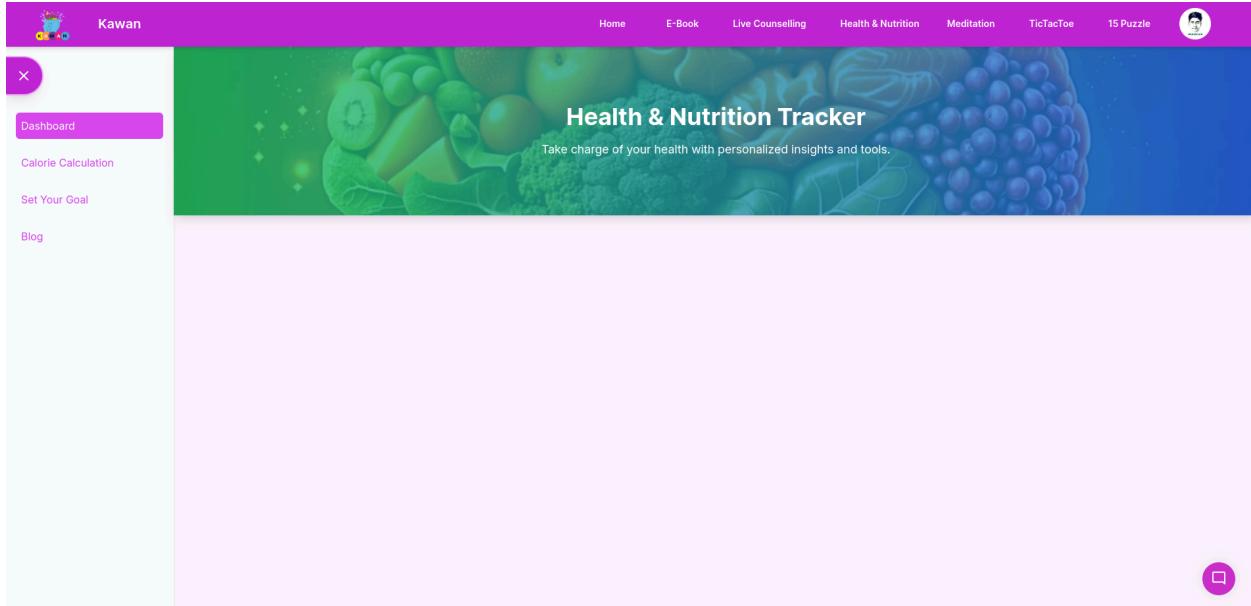
Category: Philosophy

Rating: 4.8
Publish Date: 500 BC
Language: English

- building.
- Personalized Recommendations: Based on user interests and progress.
 - Progress Tracker: Tracks reading progress and offers summaries/key takeaways.

4. Health & Nutrition:

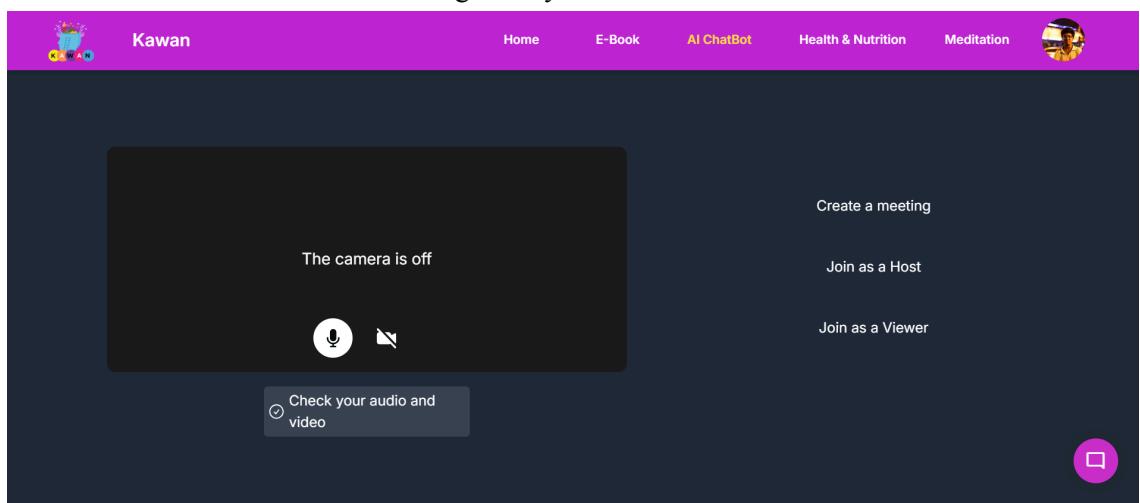
- Nutrition Tips: Dietary advice tailored to user goals (e.g., mood, energy).
- Exercise Plans: Mental and physical health-oriented routines.
- Wellness Insights: Articles and tips on holistic well-being.



○

5. Live Video Chat

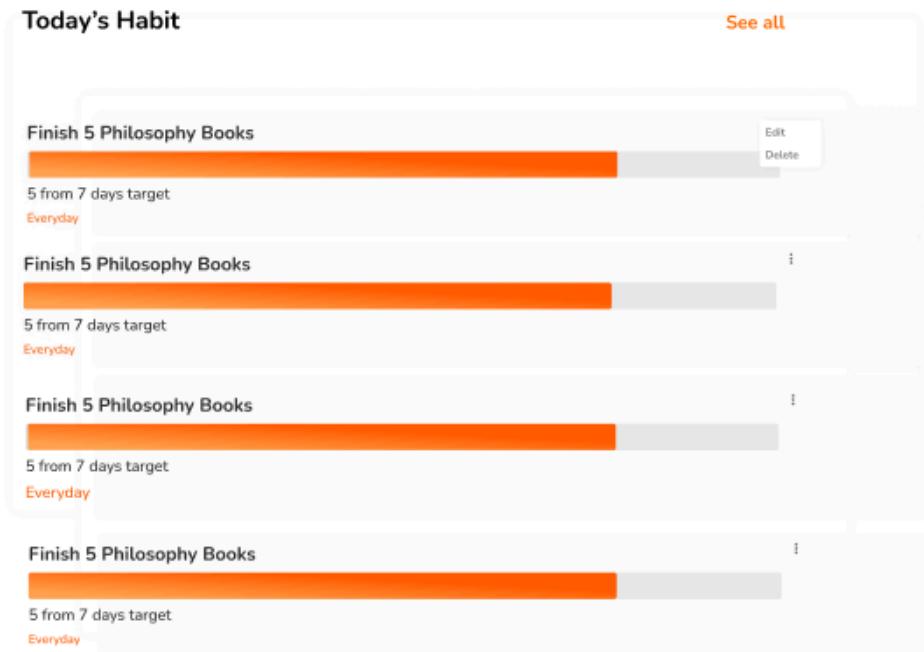
- Emotional support chatbot.
- Saved conversations and mood tracking history.



6. Community:

- Forums categorized by topics (e.g., stress management, personal growth).
- Moderation tools for a safe environment.

7. Habits:



- Habit tracker overview.
- Options to add, edit, and monitor habits.
- Gamification features.
-

8. Profile:

- User profile settings.
- Progress analytics and feedback.
- Privacy settings and preferences.

5.4.2 Navigation Flow

- Users start at the **Landing Page**.
- Upon login, they are directed to the **Dashboard**, which serves as the central hub.
- From the dashboard, users can easily access all other sections via the bottom navigation bar.
- Each section features a consistent design and quick return options to the dashboard.

Conclusion:

The prototype and UI design of Project KAWAN are rooted in the principles of simplicity, maintaining 3 golden rules: personalization, and accessibility. Through intuitive layouts, engaging visuals, and seamless navigation, the platform provides an inviting and supportive environment for users to prioritize their mental health and personal growth.

References:

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 - Link:
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12. Headspace
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13. MindTools
 - Link: <https://www.mindtools.com>
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 - Link: <https://www.ted.com>
16. Zen Habits
 - Link: <https://zenhabits.net>

Future Works

Kawan as a platform still has a very long way to go. In the near future, we want to implement a pairing process with various smart wearable devices, create a community module and much more.

Figma prototype:

The Figma prototype shows the homepage of the Kawan platform. At the top left is the Kawan logo with the tagline "Be Kind to Your Mind". To its right is a button labeled "E-Book". Along the top navigation bar are links for "Home", "Services", and a user profile icon labeled "Tommy". Below the navigation is a central illustration of four people interacting with books. A large open book is the central focus, with one person sitting on it and others standing around holding books. Below this illustration is the slogan "Keep reading, You will fall in Love". Underneath the slogan is a descriptive text block: "A library of bite-sized business eBooks on soft skills and access to 30+ millions books in various languages with an easy and simple monthly subscription and read anywhere, any devices." A large orange button at the bottom is labeled "Start Your Journey".

Keep reading, You will fall in Love

A library of bite-sized business eBooks on soft skills and access to 30+ millions books in various languages with an easy and simple monthly subscription and read anywhere, any devices.

Start Your Journey

The footer section of the Kawan platform features a dark blue background. At the top left is a "QUICK LINKS" heading. Below it is a row of links: Home, Find a Therapist, E-Books, AI Chatbot, About, Register with us, Contact Us, Privacy Policy, and Terms & Conditions. At the bottom left is a copyright notice: "© 2024 KAWAN. All right Reserved". On the right side are social media icons for Twitter and Facebook.

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Keep exploring

The Awesome Power Of Knowledge, Right At Your Fingertips!

Popular Authors



J.K. Rowling



Virginia



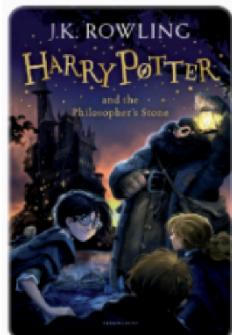
Charles



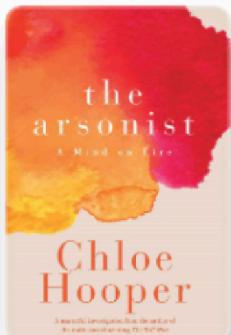
view all

Continue Reading

view all



Harry Potter



The Arsonist



The Guest

Trending books

view all

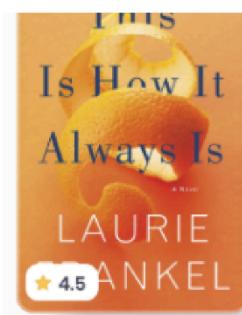
Fantasy

Comedy

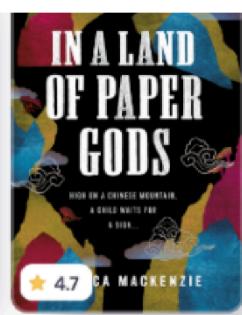
Horror

Fiction

Action



4.5



4.7



4.5

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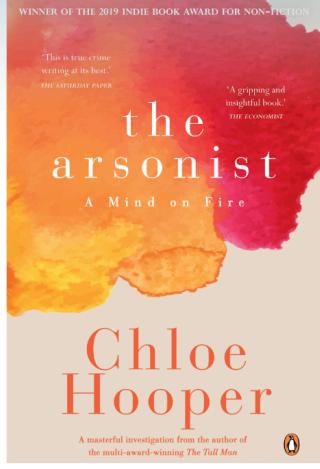
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E-Book

[Home](#)
[Services](#)
[Tommy](#)

WINNER OF THE 2019 INDIE BOOK AWARD FOR NON-FICTION

"This is true crime writing at its best."
THE GUARDIAN PAPER

"A gripping and insightful book."
THE ECONOMIST

**the
arsonist**
A Mind on Fire

**Chloe
Hooper**

A masterful investigation from the author of the multi-award-winning *The Toll Man*

5 stars

The Arsonist

Chloe Hooper

2010 Published in | 156 Pages | 187 Reviews

Lorem ipsum dolor sit amet, consectetur adipiscing elit, seduis nostrud exercitation ullamco laboris nisi ut aliquip ex commodo consequat. Duis aute irure dolor in reprehenderit voluptate velit esse cillum dolore eu fugiat nulla pariatur.

 **START LISTENING**

Latest reviews

★★★★★

Review title

Review body

 Reviewer name
Date

★★★★★

Review title

Review body

 Reviewer name
Date

★★★★★

Review title

Review body

 Reviewer name
Date

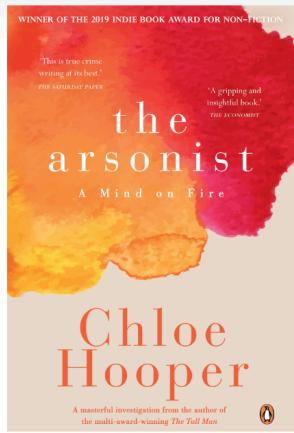
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Chapter : 2

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed
uis nostrud exercitation ullamco.



Chapter

Select Chapter



Read

Listen

17:13 24:56

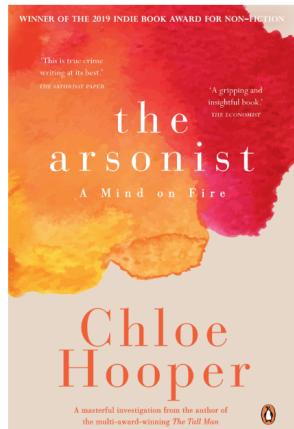


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The Arsonist

Chapter : 2

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamcomum laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum.

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamcomum laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum.

Chapter

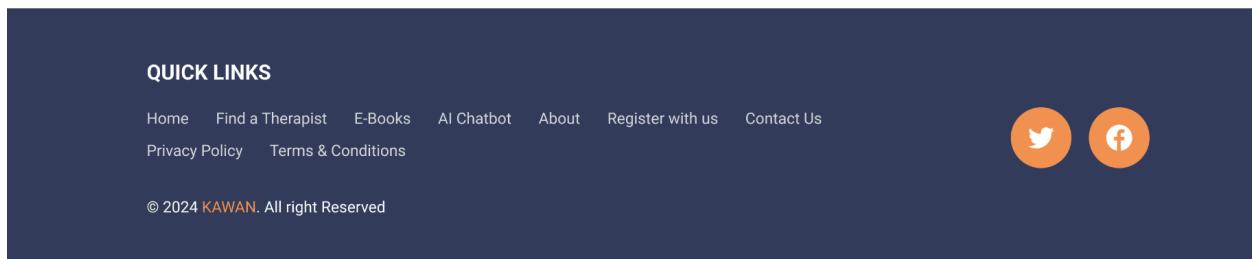
Select Chapter



Read



Listen



The image shows the Kawan app's home screen. At the top left is the Kawan logo with the tagline "Be Kind to Your Mind". Next to it is a button labeled "Skill Development". To the right are links for "Home", "Services", and "Tommy" (with a profile picture). Below these are two gray circular icons. The main heading "Welcome Tommy" is centered above a search bar with a magnifying glass icon and the placeholder "Search Here". Below the search bar are three colored buttons: "UI/UX" (gray), "Website Design" (orange), and "Figma" (dark gray). A section titled "Continue Watching" shows a wireframe project by Alex Watson with a 20% completion bar. Another section titled "Trending Now" shows UI UX Design and App Design projects by Mumaili and Alex Watson respectively, each with a 100% completion bar.

KAWAN
Be Kind to Your Mind

Skill Development

Home Services Tommy

UI/UX Website Design Figma

Welcome Tommy

Search Here

Continue Watching View All

Wireframes By Alex Watson 20 % Done

UI UX Design By Mumaili 100 Mins Done

App Design By Alex Watson 20 Mins Done

The image shows the Kawan app's footer. It features a "QUICK LINKS" section with links to Home, Find a Therapist, E-Books, AI Chatbot, About, Register with us, Contact Us, Privacy Policy, and Terms & Conditions. Social media icons for Twitter and Facebook are also present. The footer is dark blue with white text.

QUICK LINKS

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The screenshot shows a website for 'Skill Development'. At the top left is the Kawan logo with the tagline 'Be Kind to Your Mind'. The top navigation bar includes 'Home', 'Services', and a user profile for 'Tommy'. A large video player in the center displays a collage of mobile app screens related to UI/UX design. Below the video, there are three tabs: 'Overview' (selected), 'Lessons', and 'Reviews'. The main content area features a course titled 'Mobile App UI UX' by Tom Makesman, rated 5 stars. It highlights '100 + Lessons', '7 Weeks', 'Certificate', and '20% off'. To the right, a 'Skills' section lists 'UI/UX', 'Website Design', 'Figma', 'XD', 'Animation', and 'User Persona'. A large orange button at the bottom says 'MAKE AN ENROLLMENT'. The footer contains 'QUICK LINKS' with links to Home, Find a Therapist, E-Books, AI Chatbot, About, Register with us, Contact Us, Privacy Policy, and Terms & Conditions. It also features social media icons for Twitter and Facebook.



Skill Development

- [Home](#)
- [Services](#)
- [Tommy](#)





Overview
Lessons
Reviews

▼

Lesson 1 : What is UX/UI design?

-  Lorem ipsum dolor sit amet consectetur.
-  Lorem ipsum dolor sit amet consectetur.
-  Lorem ipsum dolor sit amet consectetur.
-  Lorem ipsum dolor sit amet consectetur.

Lesson 2 : App Design Process
^

Lesson 3 : App Design Process
^

Lesson 4 : App Design Process
^

Lesson 5 : App Design Process
^

[MAKE AN ENROLLMENT](#)

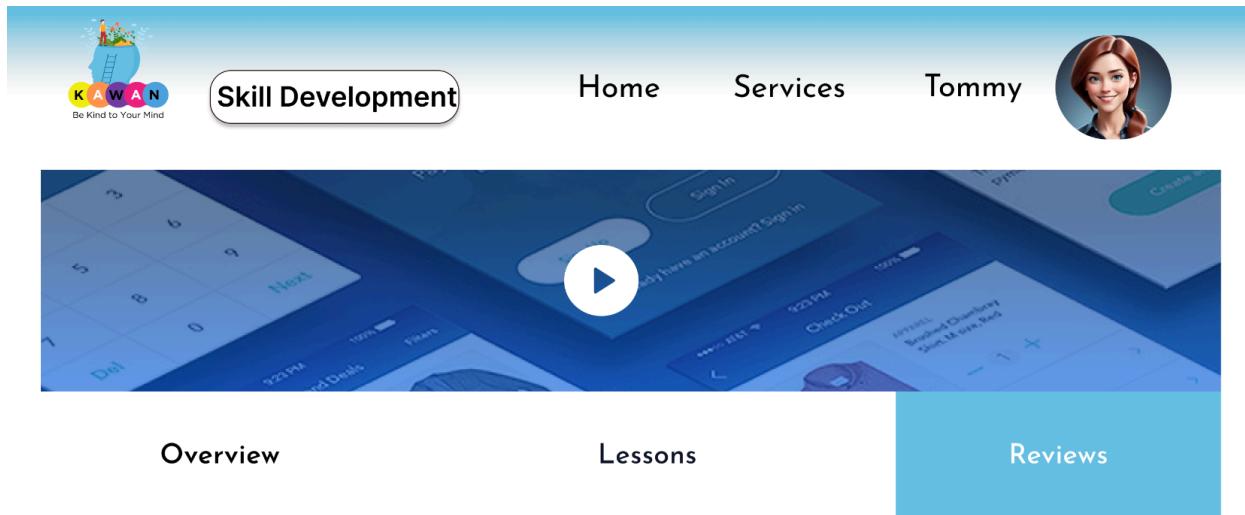
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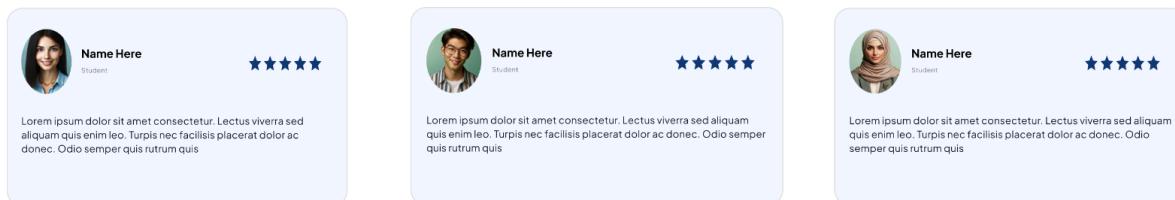


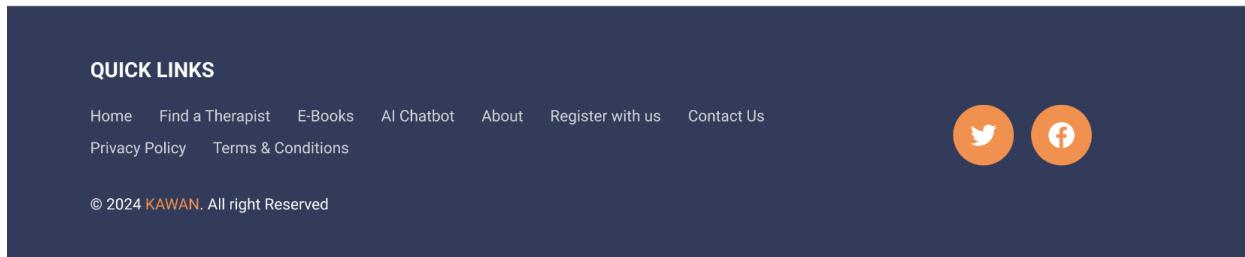
The image shows the homepage of the Kawan Skill Development website. At the top left is the Kawan logo with the tagline "Be Kind to Your Mind". Next to it is a button labeled "Skill Development". To the right are links for "Home", "Services", and "Tommy", accompanied by a circular profile picture of a woman.

The main content area features a large blue banner with a play button icon in the center, set against a background of blurred mobile application screens showing calendar and task management interfaces.

Below the banner are three tabs: "Overview" (white), "Lessons" (white), and "Reviews" (blue). The "Reviews" tab is currently selected.



[MAKE AN ENROLLMENT](#)



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Skill Development

Home Services Tommy



←

My Courses

	Mobile App UI UX By Mumair	<div style="width: 10%;">0 Mins Done</div>
	Wireframing By Mumair	<div style="width: 100%;">100 Mins Done</div>
	Wire-Framing Pro By Mumair	<div style="width: 40%;">40 Mins Done</div>
	User Flow By Mumair	<div style="width: 100%;">100 Mins Done</div>
	Web And App By Mumair	<div style="width: 100%;">100 Mins Done</div>
	UI UX Design By Mumair	<div style="width: 100%;">100 Mins Done</div>

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[Home](#)[Services](#)[Tommy](#)

Sun, 1 March 2024

Hello, Tommy!

70%

3 of 5 habits completed
today!



Today's Habit

[See all](#)

Meditating



⋮

Meditating



⋮

Journaling



⋮



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[Home](#)[Services](#)[Tommy](#)

Sun, 1 March 2024

Hello, Tommy!

70%**3 of 5 habits completed
today!**

Today's Habit

[See all](#)

Meditating



Read Philos



Today's Habit

[See all](#)

Finish 5 Philosophy Books

5 from 7 days target

Everyday

Finish 5 Philosophy Books

5 from 7 days target

Everyday

Finish 5 Philosophy Books

5 from 7 days target

Everyday

Finish 5 Philosophy Books

5 from 7 days target

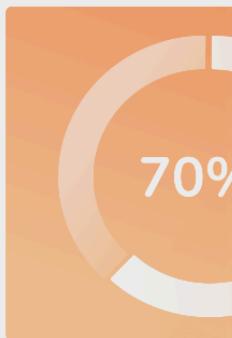
Everyday

[Create New](#)

[Home](#)[Services](#)[Tommy](#)

Sun, 1 March 2024

Hello, Tommy



Create New Habit Goal

Your Goal

Habit Name

Period

1 Month (30 Days)

Habit Type

Everyday

[Create New](#)

Meditating



Read Philos



Journaling

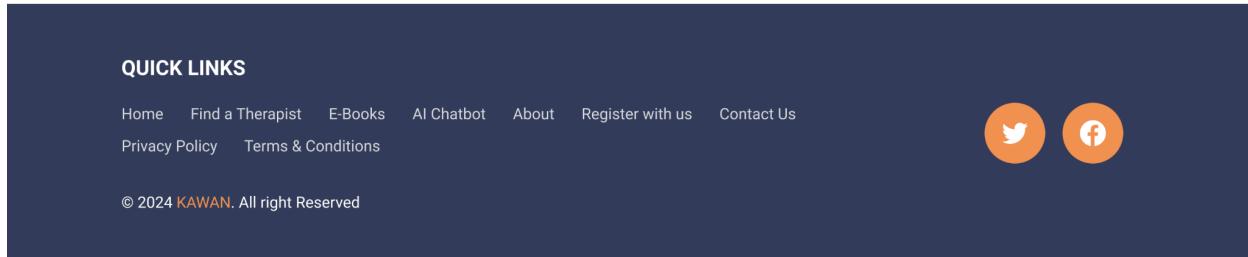




Done!

New Habit Goal has added
Let's do the best to achieve your goal!

OK



The screenshot shows the Kawan app's habit tracking interface. At the top, there's a navigation bar with the Kawan logo, "Home", "Services", "Tommy", and a user profile picture. Below the navigation is a section titled "Your Habit" with a back arrow. A horizontal timeline shows dates from March 1st to February 26th. Under "Today's habit", there are three items: "Meditating" (checked), "Meditating" (checked), and "Journaling" (unchecked). At the bottom of the main screen is a toolbar with icons for gear, home, and a checkmark.

1
March

29
Feb

28
Feb

27
Feb

26
Feb

26
Feb

Today's habit

Meditating :

Meditating :

Journaling :

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1
March

29
Feb

28
Feb

27
Feb

26
Feb

26
Feb

Today's habit

Meditating

Meditating

Journaling

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.....The End