



AI-Driven Student Wellness Dashboard

Select date range ▾

Total Responses



908

Total School Name



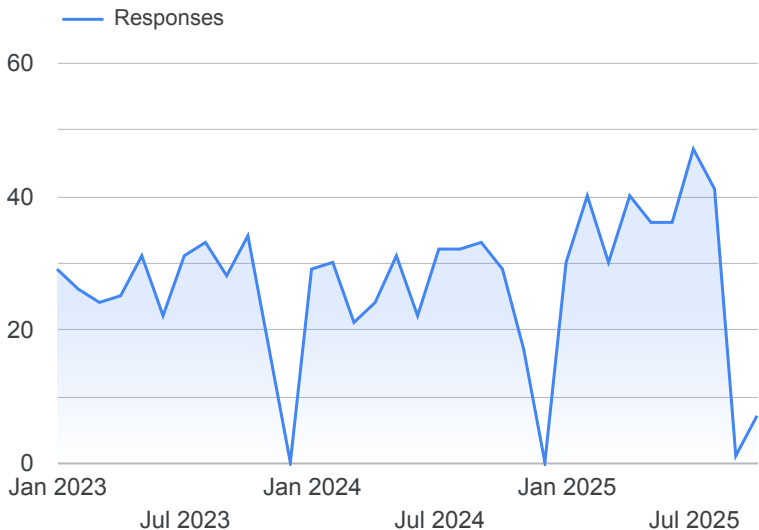
4

Total Programs

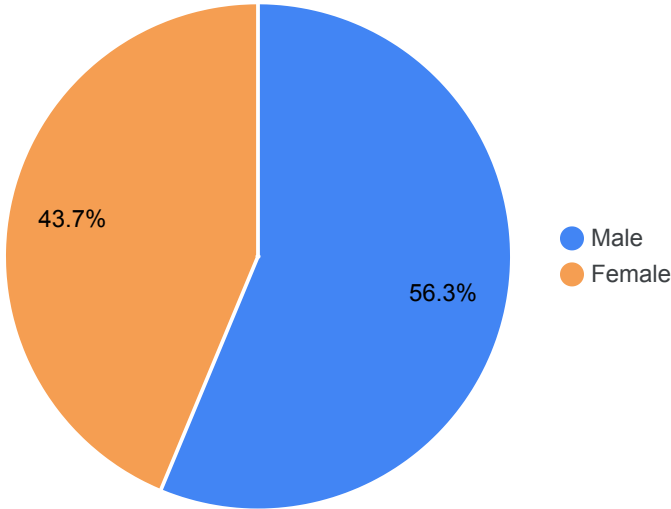


21

Responses Line Chart



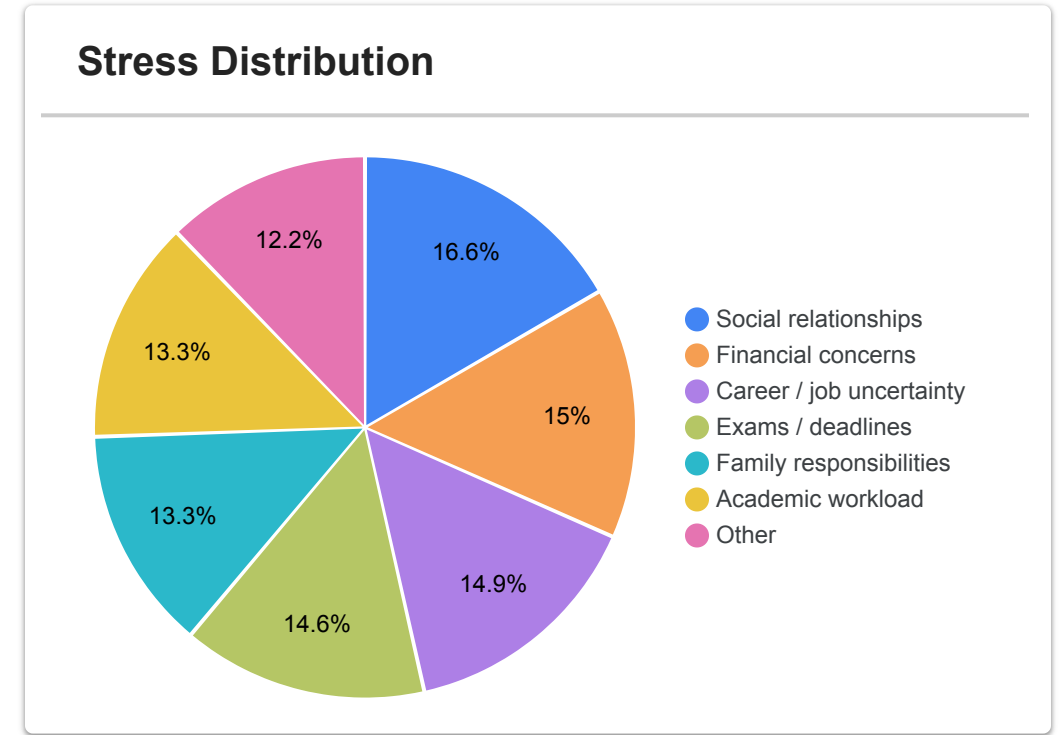
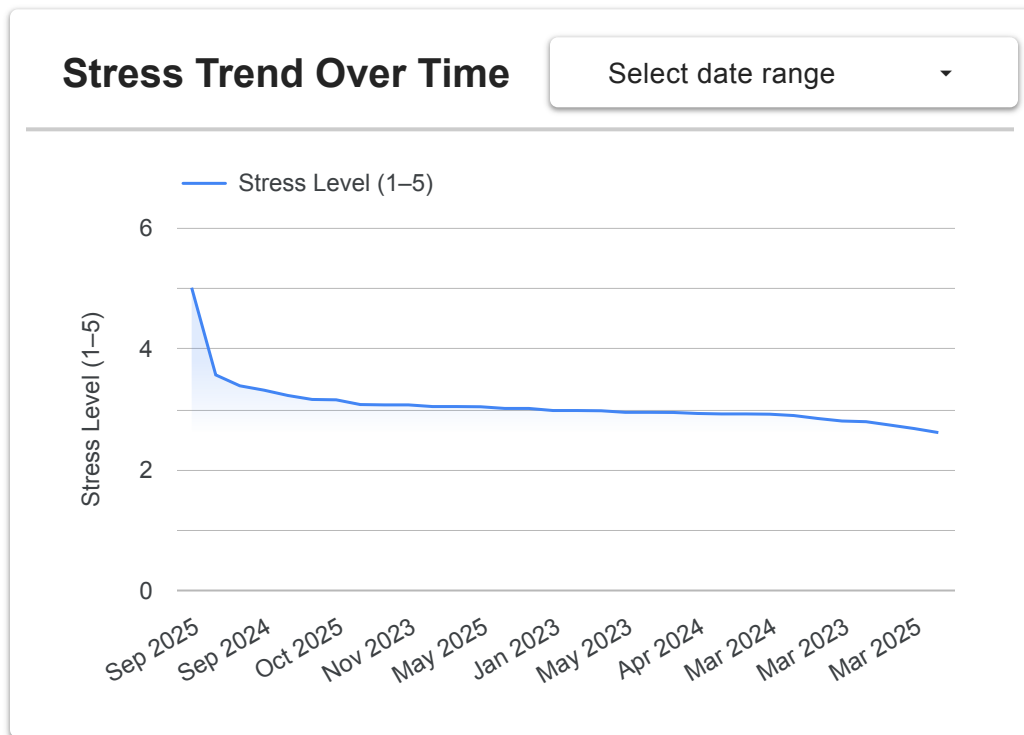
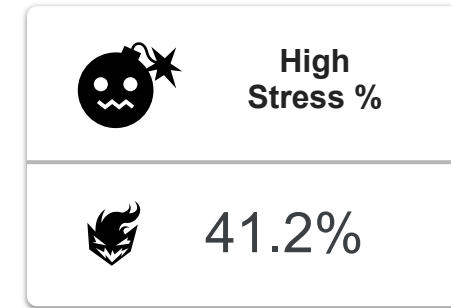
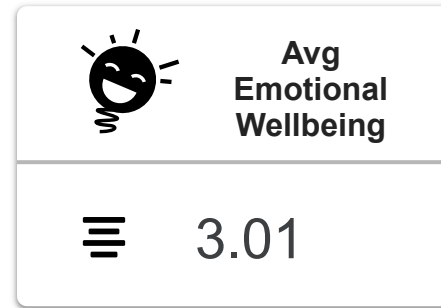
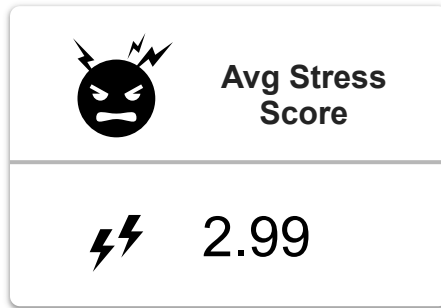
Gender Split



Analyzing **stress**, **sleep**, and **emotional patterns** across students to promote better well-being through data-driven **insights**

Stress Overview

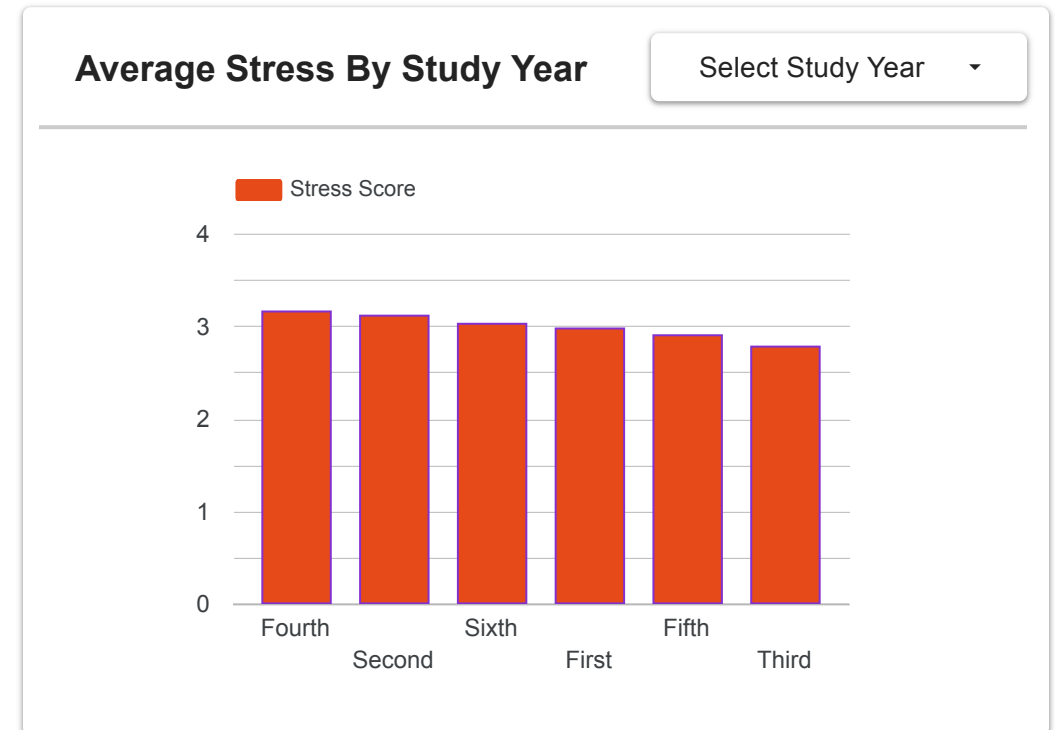
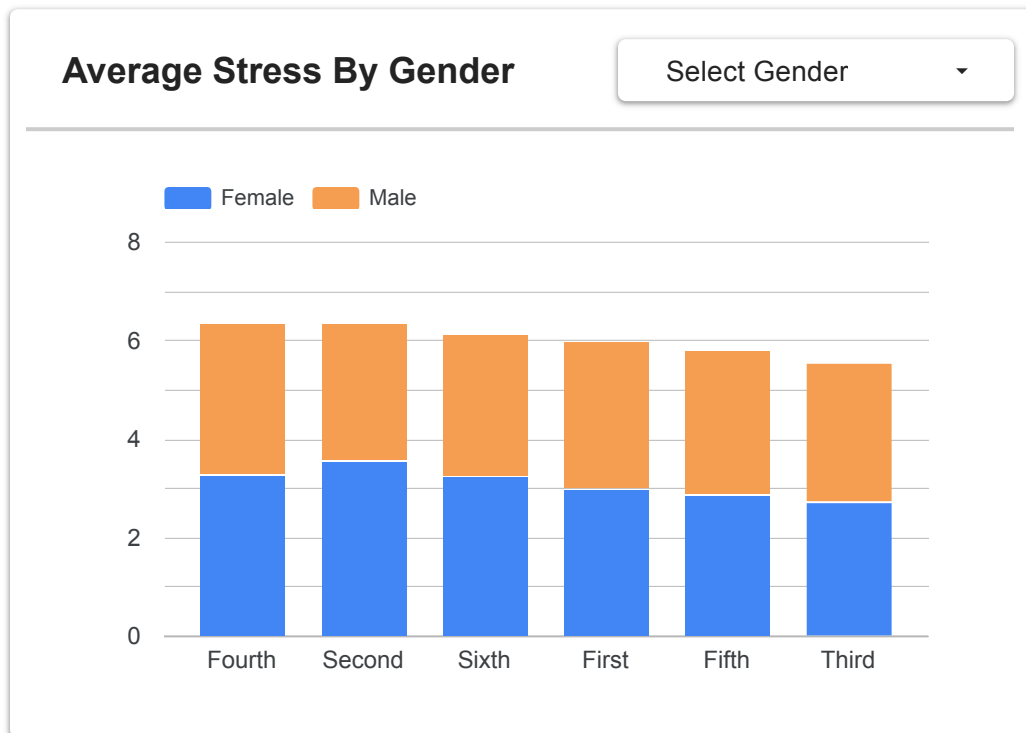
What factors influence students stress levels and how do they vary over time?



Student stress levels show a **steady decline over time**, with average wellbeing remaining **balanced**. Major stress factors stem from **social, financial, and academic pressures**, indicating key focus areas for support.

Stress Breakdown (Who is affected?)


How does stress vary among students based on gender and year of study?




Female students exhibit slightly **higher stress levels** than males across most study years. **Stress peaks** among **fourth-year students**, indicating **increased stress levels** compared to other years at this stage.

Stress Predictions


Prediction Confidence

 98.8%

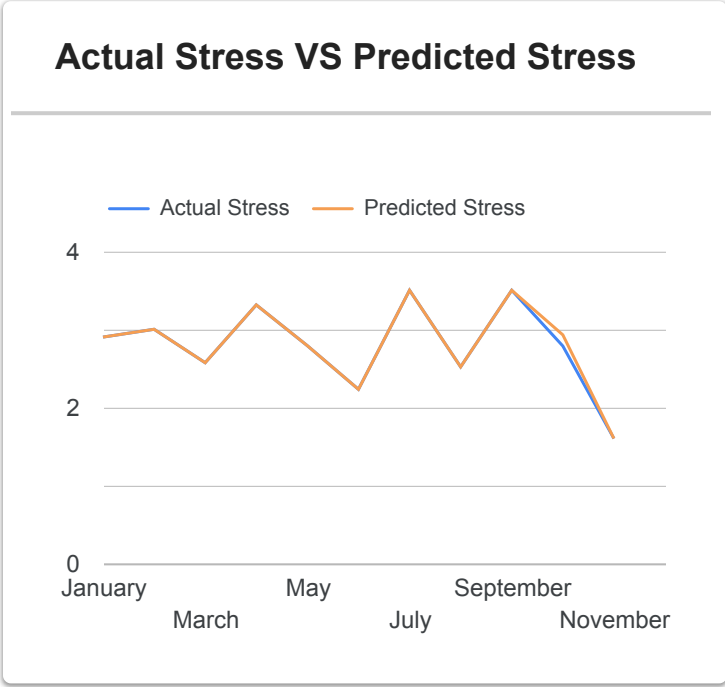
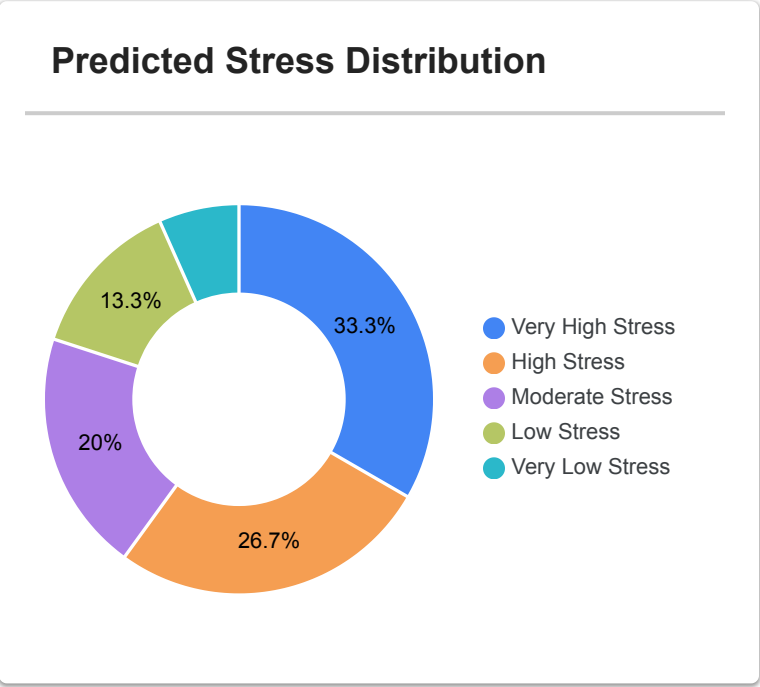
Prediction %
for High Stress

 37.72%

Correct Prediction %

 99.40%

Select date range



Actual & Prediction Records

Actual Stress Class	Predicted Stress Class / Record Count				
	Very Low Stress	Moderate Stress	High Stress	Very High Stress	Low Stress
Very Low Stress	43	-	-	-	-
Moderate Stress	-	36	-	-	-
High Stress	-	-	32	-	-
Very High Stress	-	-	-	30	-
Low Stress	-	-	1	-	25

Sleep & Lifestyle Impact on Student Wellness

How daily habits shape student stress and wellness levels

Average Sleep Hours

6.49

Average Sleep Quality

3.28

Average Exercise Frequency

4.06

Average Diet Quality

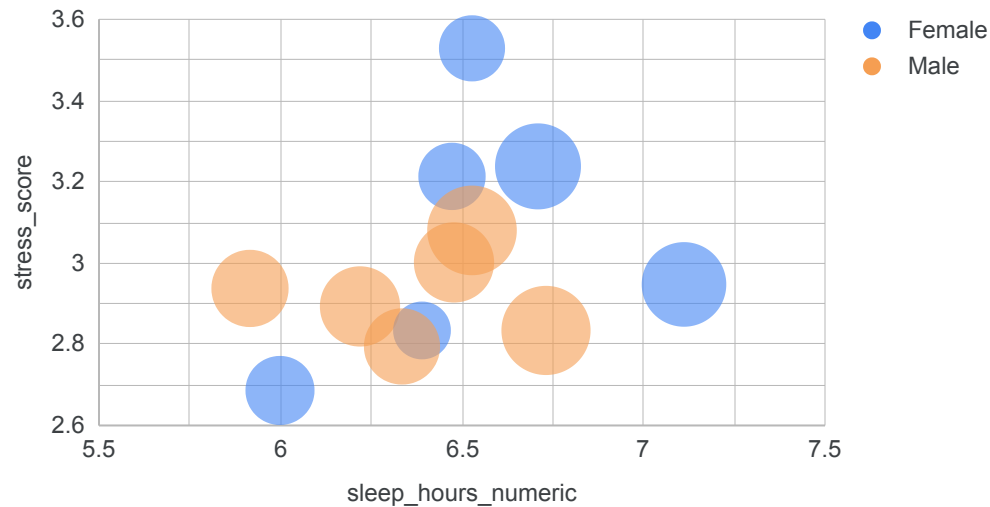
3.1

Average Water Intake (c/d)

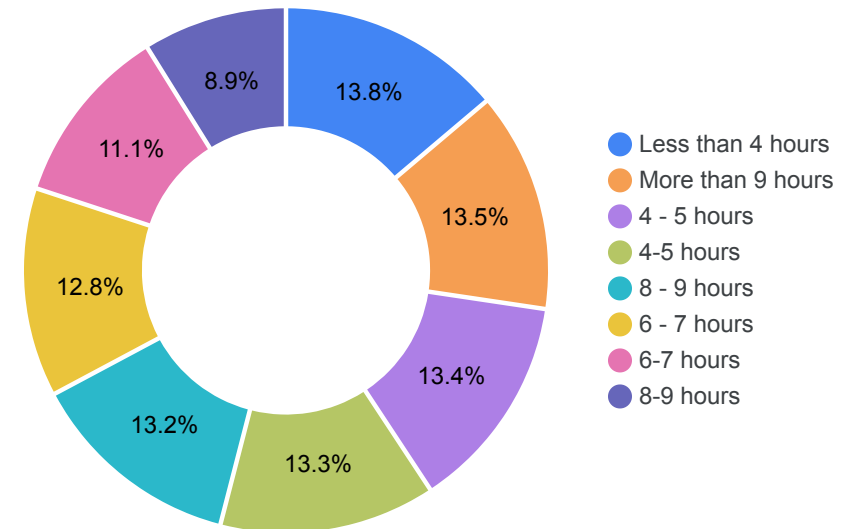
5.36

Sleep Hours vs Stress Level

Gender

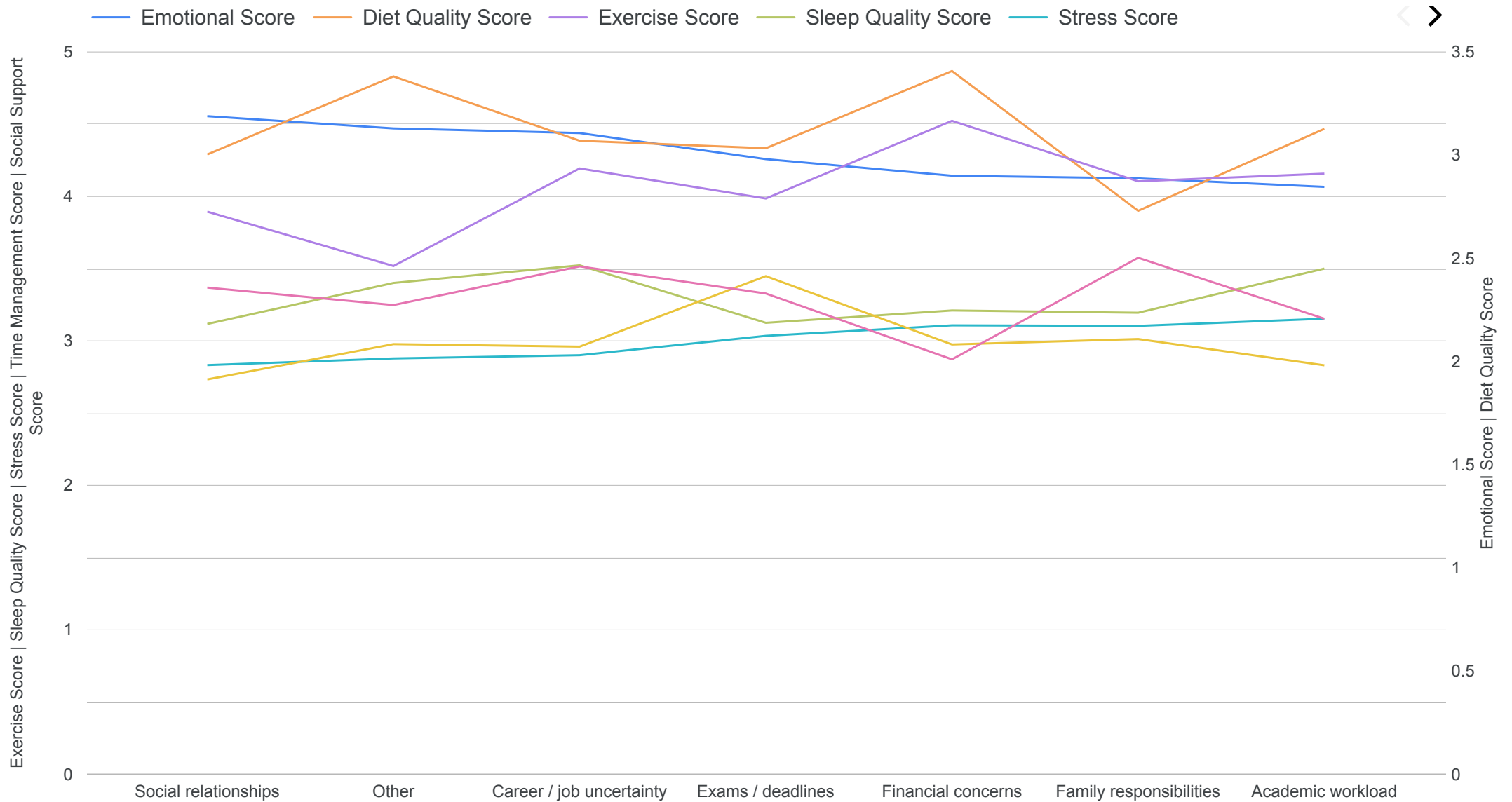


Sleep Quality vs Emotional Wellbeing



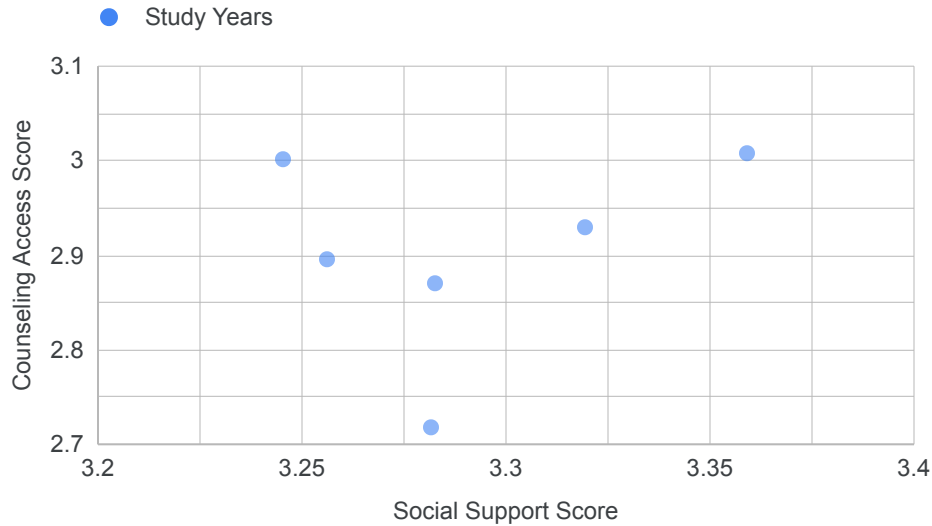
Students with **better sleep quality** and **healthy lifestyle habits** show **lower stress** and higher wellbeing, while **poor sleep** and **irregular routines** correlate with **elevated stress** levels.

Lifestyle Balance

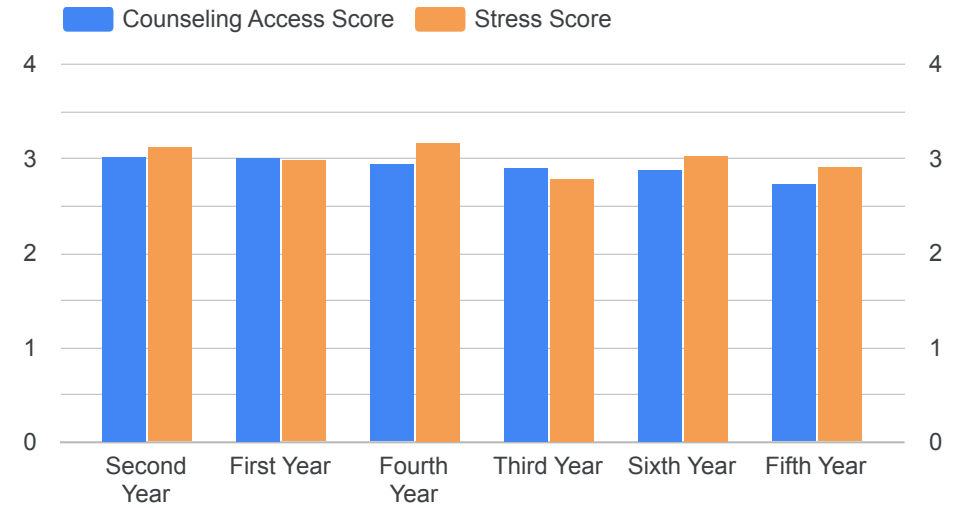


Emotional and stress levels remain steady, with academics and finances causing slight fluctuations. Better diet and exercise habits link to improved emotional balance and reduced stress.

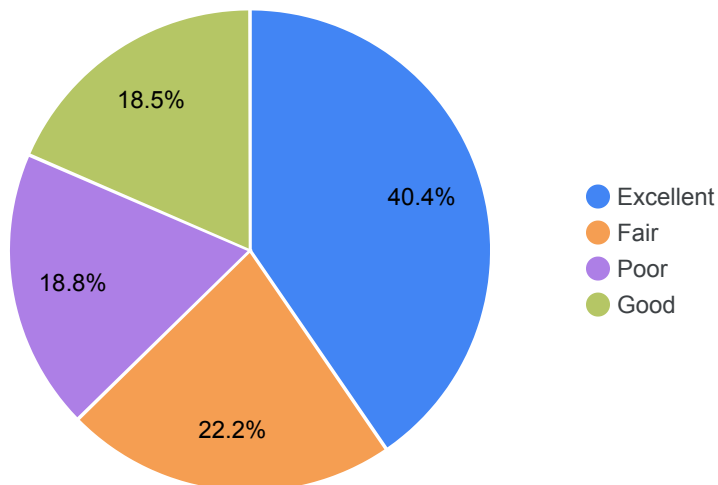
Emotional VS Social Support



Counseling Access VS Stress



Emotional Health Distribution



Emotional vs Social Support: Higher social support aligns with slightly better emotional and counseling access scores.

Counseling Access vs Stress: Students with greater counseling access show marginally lower stress across study years.

Emotional Health Distribution: Nearly 40% of students report excellent emotional health, while a small portion experience poor wellbeing.

Feedbacks

Feedbacks Based on Stress Level

Select Stress Level



Feedback	
1.	Counseling access: Sometimes, suggestion: Encourage open conversations about mental health.
2.	Year Fourth Year, time management: Always, would like: Upgrade classroom technology.
3.	Year Fifth Year, time management: Sometimes, would like: More cultural fests to reduce stress.
4.	Sixth Year in Computer Science & Engineering: Upgrade classroom technology.
5.	Third Year in Media Production & Digital Marketing [B.Sc]: Better hostel food quality is needed.
6.	Need to look out juniors
7.	Counseling access: Yes, always, suggestion: Organize regular fitness and wellness sessions.
8.	Peer support: Often, diet: Neutral / Average, recommends: Encourage open conversations about mental health.
9.	Mental health: Very poor, sleep: 8 - 9 hours, exercise: 5 - 6 times per week. Improve sports/recreation facilities
10.	Stressed by Career / job uncertainty; suggests to More extracurricular activities would help.
11.	Mental health: Very poor, sleep: 6 - 7 hours, exercise: 5 - 6 times per week. Need to improve a lot of things
12.	Peer support: Always, diet: Healthy, recommends: Reduce academic workload.
13.	Year Fourth Year, time management: Often, would like: More cultural fests to reduce stress.
14.	Sixth Year in Agriculture (Hons) [B.Sc]: Create student support groups.
15.	Sixth Year in Professional Accounting & Financial Technology [B.Com]: Better hostel food quality is needed.
16.	Stressed by Academic workload; suggests to Upgrade classroom technology.
17.	Mental health: Very poor, sleep: 6 - 7 hours, exercise: 5 - 6 times per week. Encourage open conversations about mental health
18.	Mental health: Very poor, sleep: More than 9 hours, exercise: Daily. Upgrade classroom technology
19.	Third Year in Agriculture (Hons) [B.Sc]: Bring in more visiting faculty.
20.	Peer support: Often, diet: Very unhealthy, recommends: Increase mental health awareness events.
21.	Year Third Year, time management: Sometimes, would like: Subsidize healthy meal plans.
22.	Mental health: Very poor, sleep: 8 - 9 hours, exercise: 1 - 2 times per week. Need to look out juniors

Latest Feedback

Select Program Name ▾

Select Study Year ▾

Select School Name ▾

	Timestamp ▾	School Name	Program Name	Feedback
1.	Oct 4, 2025, 6:20:38 PM	School of Computer Science & Technology	Computer Science & Engineering	Need to improve
2.	Oct 4, 2025, 4:16:24 PM	School of Engineering & Technology	Aerospace Engineering (Spez in AI & ML)	Need to look out juniors
3.	Oct 4, 2025, 4:13:00 PM	School of Computer Science & Technology	Computer Science & Engineering	Need to improve basic structure
4.	Oct 4, 2025, 12:36:11 AM	School of Engineering & Technology	Computer Engineering	It's better to leave the college 😞
5.	Oct 3, 2025, 10:56:36 PM	School of Computer Science & Technology	Computer Science & Engineering	Establish more counseling centers in the campus for easy access by students to relieve their minds and work on themselves.
6.	Oct 3, 2025, 9:20:52 PM	School of Engineering & Technology	Computer Engineering	Nothing
7.	Oct 3, 2025, 9:06:38 PM	School of Science, Arts & Media	Media Production & Digital Marketing [B.Sc]	Need to improve a lot of things
8.	Sep 23, 2025, 8:51:00 PM	School of Computer Science & Technology	Computer Science & Engineering (Spez in AI & ML)	Stressed by Financial concerns; suggests to Improve sports/recreation facilities.
9.	Aug 31, 2025, 10:39:00 AM	School of Agriculture	Agriculture (Hons) [B.Sc]	Counseling access: Yes, always, suggestion: Need to improve a lot of things.
10.	Aug 31, 2025, 10:07:00 AM	School of Agriculture	Agriculture (Hons) [B.Sc]	Year Fourth Year, time management: Rarely, would like: Increase mental health awareness events.
11.	Aug 29, 2025, 8:24:00 PM	School of Science, Arts & Media	Information Security & Digital Forensics [B.Sc]	Fourth Year in Information Security & Digital Forensics [B.Sc]: Better hostel food quality is needed.
12.	Aug 29, 2025, 10:22:00 AM	School of Computer Science & Technology	Computer Engineering	Mental health: Good, sleep: More than 9 hours, exercise: 5 - 6 times per week. Need to look out juniors
13.	Aug 28, 2025, 10:59:00 AM	School of Engineering & Technology	Computer Science & Engineering (Spez in Cyber Security)	Stressed by Career / job uncertainty; suggests to Need to improve basic structure.
14.	Aug 28, 2025, 10:43:00 AM	School of Computer Science & Technology	Computer Engineering	Counseling access: Yes, always, suggestion: Upgrade classroom technology.
15.	Aug 27, 2025, 8:56:00 PM	School of Engineering & Technology	Computer Engineering	Mental health: Excellent, sleep: 6 - 7 hours, exercise: 5 - 6 times per week. Create student support groups
16.	Aug 24, 2025, 10:44:00 AM	School of Science, Arts & Media	Forensic Science [B.Sc]	Peer support: Often, diet: Neutral / Average, recommends: Offer flexible exam schedules.
17.	Aug 23, 2025.	School of Science, Arts & Media	Forensic Science [B.Sc]	Peer support: Never, diet: Somewhat unhealthy, recommends: Organize