

Project Report Template

Title of Project: Rhythm Within Dance For Mental Health

Name of the Innovator: Chaya Devi CS

Start Date: 13-10-2025

End Date: 17-10-2025

Day 1: Empathise & Define

Step 1: Understanding the Need

- Which problem am I trying to solve?

I am trying to solve the problem of **increasing stress, anxiety, and emotional disconnection** among individuals. Many people lack access to creative and engaging ways **to improve their mental wellbeing**. Traditional approaches can feel restrictive or unrelated, reducing motivation to participate. **Rhythm Within** aims to offer a fun, movement-based method that uses dance and rhythm to **support mental and emotional health**.

Step 2: What is the problem?

In today's world, mental health issues such as stress, anxiety, and depression are becoming increasingly common. Many people struggle to find healthy and enjoyable outlets to express their emotions and maintain emotional balance. Current mental health approaches often overlook the benefits of physical movement and creativity in healing. This lack of accessible, body-based solutions contributes to ongoing emotional distress and reduced overall wellbeing.

Why is this problem important to solve?

This problem is important to solve because **mental health challenges affect people's daily lives, relationships, and overall quality of life**. Without effective and engaging ways to manage stress and emotions, individuals may experience **long-term psychological and physical effects**. Promoting creative and movement-based approaches like dance and **rhythm can make mental health care more enjoyable, accessible, and inclusive**. By addressing this issue, **Rhythm Within** can help improve emotional wellbeing, self-expression, and community connection.

Take-home task

Ask 2-3 people what they think about the project:

- **1. Student (Rural College Student):**
“Students find *Rhythm Within* exciting and engaging because it gives them a fun way to relieve stress and express their emotions. They appreciate that it combines music, dance, and rhythm to improve their mood and confidence while making mental health activities more enjoyable.”
- **2. Teacher (Career Guidance Teacher):**
“Teachers believe the project is a positive and creative approach to supporting students’ mental wellbeing. They think it can help students become more focused, energetic, and emotionally balanced, which can also improve classroom behaviour and learning outcomes.”
- **3. Parent (From a Rural Area):**
“Parents view *Rhythm Within* as a valuable and healthy outlet for their children to manage stress and anxiety. They appreciate that the project encourages movement, creativity, and social interaction while promoting mental and emotional health in a safe and enjoyable way.”

AI Tools you can use for Step 1 and 2:

AI Tools Used:

1. Meta MGX

- Used as a no-code development tool to design and deploy the *Rhythm Within Dance For Mental Health*.
- It helps create interactive workflows, user interfaces, and logic without programming.
- Ideal for building features like user registration, location-based data, and skill modules.

2. ChatGPT

- Used for idea generation, content structuring, and chatbot conversation design.
- Helped in framing the AI-powered virtual assistant’s responses for guiding students.
- Also useful for generating recommendations and improving user interaction flow.

Day 2: Ideate

Step 3: Brainstorming solutions

- List at least 5 different solutions (wild or realistic):
- **Rhythm Within App** – A digital platform that uses dance, rhythm, and guided movement sessions to help users release stress, track their emotions, and improve mental wellbeing.
- **Dance Therapy Workshops** – Organize in-person or online workshops where participants engage in expressive dance activities led by instructors trained in mental health awareness.
- **Mood-Based Music & Movement System** – An AI-powered system that detects a user’s mood (via voice or movement) and recommends personalized dance routines or music to uplift or calm them.
- **Community “Move & Heal” Events** – Host regular local events combining dance, live music, and mindfulness to bring people together, reduce isolation, and promote emotional connection.
- **Virtual Reality (VR) Dance Therapy** – Develop an immersive VR experience that allows users to dance in calming or energizing virtual environments designed to reduce stress and anxiety.

Step 4: My favourite solution:

*My favorite solution is the Rhythm Within app. It uses dance and **rhythmic movement** to help people improve their mental wellbeing in a fun and engaging way. The app allows users to express their emotions through **movement**, relieve stress, and connect with others who share the same interests. This solution stands out because it is accessible, creative, and promotes both physical activity and emotional health at the same time.*

Step 5: Why am I choosing this solution?

I chose the **Rhythm Within** app because it offers a creative and enjoyable way to support mental health through dance and rhythm. It helps reduce stress, encourages self-expression, and is easy for anyone to access and use. This solution makes improving mental wellbeing both fun and meaningful.

AI Tools you can use for Step 3-5:

AI Tools for Step 3–5

1. Meta MGX

- Used to **design and build the Rhythm Within Dance For Mental Health** without coding.
- Used for designing and developing **the structure, layout, and interactive features** of the application efficiently.

2. ChatGPT

- Helped in **generating ideas, writing content, and providing guidance** for problem statements, solutions, and overall project development.
- Can **structure conversations** for the AI virtual assistant.

Day 3: Prototype & Test

Step 6: Prototype – Building my first version

What will my solution look like?

- **Rhythm Within App**
A mobile app offering guided dance and rhythm-based exercises designed to reduce stress and improve mood. It includes playlists, tutorials, and progress tracking for emotional wellbeing.
- **Community Dance Therapy Workshops**
In-person or virtual sessions where participants join group dance activities led by trained instructors to express emotions, build confidence, and improve mental health.
- **Virtual Reality Dance Experience**
A VR-based platform where users can immerse themselves in calming or energizing virtual dance environments that help relieve anxiety and boost positivity.
- **School and College Wellness Program**

An initiative that integrates dance and rhythmic movement into school wellness activities, helping students manage stress, build social connection, and improve focus.

- **“Move to Heal” Online Challenge**

A social media-based campaign or challenge that encourages people to share short dance videos as a way to express emotions, spread positivity, and promote mental health awareness.

Design Style:

- Bright, modern, and calming design that reflects positivity and movement.
- Simple layout with smooth animations for easy and engaging navigation.
- Uses soft colours and clean visuals to create a relaxing and welcoming atmosphere.

Prototype Tools:

- Built using **Meta MGX**, no coding required, with all features **interactive and testable**.

What AI tools will I need to build this?

AI Tools Needed to Build Rhythm Within Dance For Mental Health

1. **Meta MGX**

- No-code platform to **design and deploy the app**.
- Allows building **interactive screens, chat interfaces, and skill modules** without coding.

2. **ChatGPT (or similar LLMs)**

- To generate **content, conversation flows, and career guidance responses**.
- Can help **personalize recommendations** for users based on their profile and location.

What AI tools I finally selected to build this solution?

1. **Chat GPT**

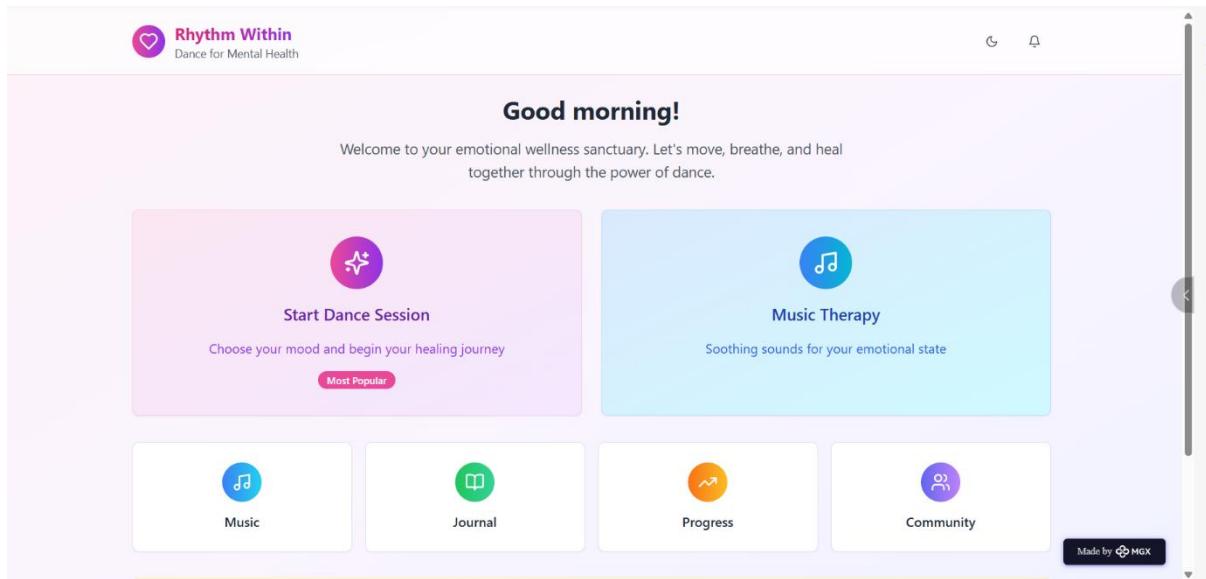
2. **Metamgx**

< Build The Innovation>

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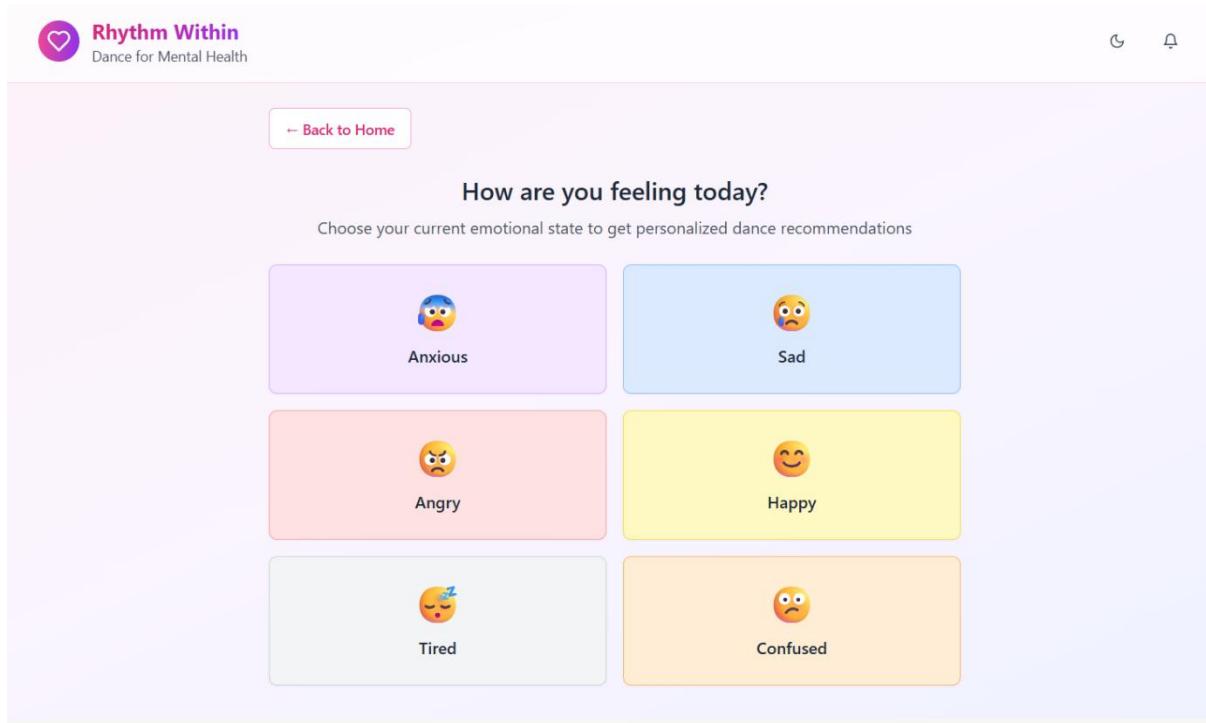
Tool Link: [Rhythm Within Dance For Mental Health](#)

MAIN SCREEN:



Internal Working of tool:

PERSONALIZED DANCE RECOMMENDATIONS:



MOVEMENTS BASED ON THEIR CURRENT EMOTIONS:

[← Back to Home](#)

Joyful Celebration

Step 1 of 3

happy

Joy Celebration

Express your happiness through movement

Movement Guide:

Free-form dancing! Let your joy move through you however feels natural.

[▷ Start Movement](#) [Skip Step](#)

MUSIC THERAPY ZONE:

 **Rhythm Within**
Dance for Mental Health [Back to Home](#)

🎵 Music Therapy Zone

Soothing sounds to complement your emotional journey

⭐ Recommended for You

 **Peaceful Waters**
Serenity Sounds
Gentle ambient sounds for anxiety relief Calming 5:30

 **Morning Light**
Classical Harmony
Inspiring classical melodies to lift spirits Uplifting 4:45

 **Storm Release**
Emotional Beats
Powerful rhythms for emotional release Energetic 3:20

 **Crystal Clarity**
Mindful Melodies
Clear, focused sounds for mental clarity Meditative 6:15

DAILY REFLECTION JOURNAL:

The screenshot shows the 'Daily Reflection Journal' section of the Rhythm Within app. At the top, there's a header with the app logo ('Rhythm Within' with a heart icon) and a subtitle 'Dance for Mental Health'. To the right are icons for a gear and a bell. Below the header, the title 'Daily Reflection Journal' is displayed with a book icon, followed by the subtitle 'Capture your emotional journey and insights'. There are two main buttons: 'Write Entry' (in a dark blue box) and 'History (1)' (in a light green box). A large pink box contains the question 'How do you feel after your dance session?'. Below it, a mood rating scale asks 'Rate your current mood (1-10)' with a slider from sad to happy, currently at 5. A text area for 'Share your thoughts and feelings:' contains the placeholder 'How did the dance session make you feel? What emotions came up? What insights did you gain?'. At the bottom of this box is a button to 'Add voice note' with a microphone icon, and a 'Record' button.

PROGRESS TRACKER:

The screenshot shows the 'Progress & Well-being Tracker' section of the Rhythm Within app. At the top, there's a header with the app logo ('Rhythm Within' with a heart icon) and a subtitle 'Dance for Mental Health'. To the right are icons for a gear and a document. Below the header, a button says '← Back to Home'. The main title is 'Progress & Well-being Tracker' with a rocket icon, followed by the subtitle 'Track your emotional journey and celebrate your growth'. Two boxes are shown: one light blue box for 'Total Sessions' (1 session) and one orange box for 'Day Streak' (1 day). Below these is a green box for 'Emotional Trend' with a heart icon, showing an 'Average Mood Rating' of 8.0/10 with a black bar and a green 'Improving' arrow. At the bottom is a white box for 'This Week's Mood Distribution' with a sad face icon and a bar chart showing 1 session at 100%.

COMMUNITY CIRCLE:

The screenshot shows the Rhythm Within app's interface. At the top, there is a purple header bar with the app's logo and name "Rhythm Within" and "Dance for Mental Health". Below the header, a button says "Back to Home". The main content area has a pink background. It features a section titled "Community Circle" with the subtitle "Share your journey and support others in their healing". Below this is a box titled "Share Your Experience" with a sub-section "How are you feeling?". It includes a row of emoji buttons: Happy (highlighted in pink), Anxious, Sad, Tired, Grateful, and Peaceful. A text input field below asks "Share your dance experience, insights, or encouragement for others...". A pink button at the bottom right of the input field says "Share with Community". Below this, there is a section titled "Community Stories" with a post from "Sarah M." (represented by a purple circle with "SM") who posted "happy" 2h ago.

Step 7: Test – Getting Feedback

- Who did I share my solution with?

I shared my **Rhythm Within Dance For Mental Health** solution with:

- Students – to get feedback on how engaging, easy to use, and effective the app is in helping them manage stress and express emotions.
- Teachers and mental health educators – to understand how well the project supports emotional wellbeing and can be integrated into wellness programs.
- Parents – to see if they find the idea beneficial for helping their children cope with anxiety and build confidence.
- Peers and mentors – for suggestions on improving the app's design, features, and overall user experience.

What feedback did I receive?

Feedback: Pros and Cons

Pros (Positive Insights from Feedback):

1. Students found the app fun, engaging, and helpful for releasing stress through dance and movement.
2. Teachers appreciated that it promotes mental wellbeing in a creative and interactive way.
3. Parents liked that it encourages their children to stay active and express emotions positively.
4. Mentors praised the user-friendly design and the focus on emotional balance.

Cons (Areas to Improve Noted in Feedback):

1. Some users suggested adding more dance styles and music options to suit different preferences.
2. A few teachers felt it would be more effective with expert guidance or therapist involvement.
3. Parents recommended including progress tracking or reminders to motivate regular use.
4. Mentors suggested improving offline accessibility for users with limited internet access.

My Response for The Feedback:

I was encouraged by the **positive feedback from students, teachers, and parents** who found *Rhythm Within* engaging and helpful for stress relief. Based on their suggestions, I plan to **add more dance styles, music options, and a progress tracking feature** to make it more interactive. I also intend to **include offline access for users** with limited internet and **consult mental health professionals** to ensure the activities are **safe and effective for emotional wellbeing**.

What works well:

What Works Well

- **Engaging Experience:** Combines dance, rhythm, and music to make mental health support enjoyable and interactive.
- **Stress Relief:** Guided dance sessions and calming beats help users relax and manage anxiety effectively.
- **User-Friendly Design:** Simple layout and colorful interface make navigation easy for all age groups.
- **Accessibility:** Can be used anytime and anywhere, encouraging consistent participation.
- **Emotional Expression:** Allows users to express feelings through movement, boosting confidence and self-awareness.
- **Inclusive Approach:** Suitable for students, adults, and beginners, promoting both physical and mental wellbeing.

What needs improvement:

- **More Dance Options:** Add a wider variety of dance styles and music genres to suit different user preferences.
- **Professional Guidance:** Include input from mental health experts or therapists to ensure safe and effective sessions.
- **Progress Tracking:** Introduce a feature that monitors mood improvement and activity consistency over time.
- **Offline Access:** Enable the app to work without constant internet connection for users in remote areas.
- **Personalization:** Improve AI suggestions to better match each user's emotional state and goals.
- **Social Interaction:** Add community features where users can share experiences and motivate each other.

AI Tools you can use for Step 6-7:

ChatGPT/Perplexity AI/Claude AI/Canva AI/Chatling AI/Figma AI/Metamgx/Gamma AI: You can use these tools to build solutions/models or mock-up dummy prototypes

Day 4: Showcase

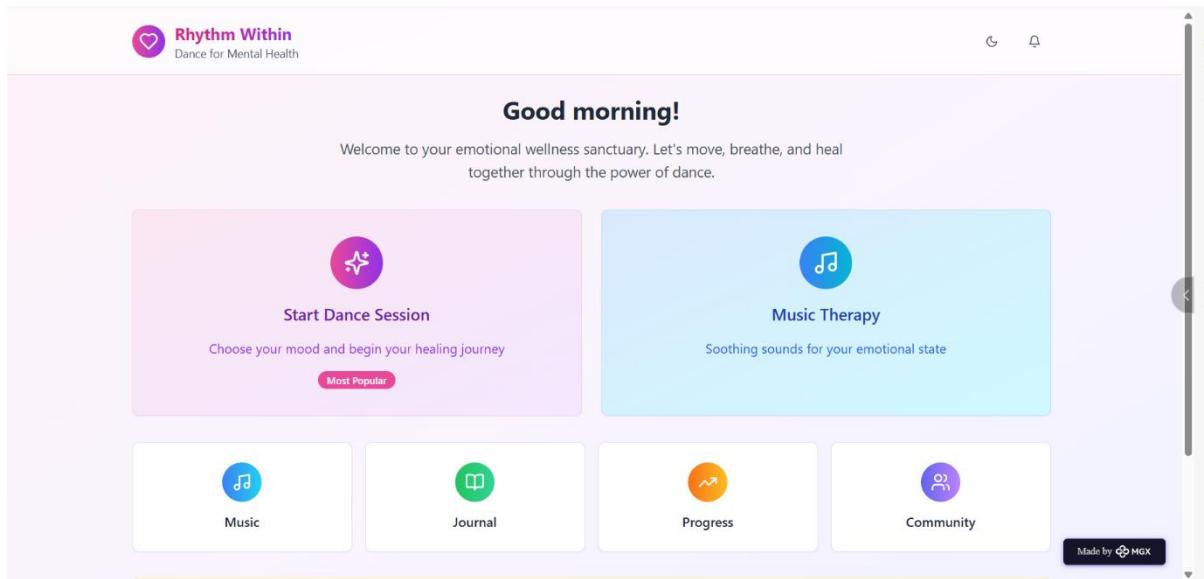
Step 8: Presenting My Innovation:

I am presenting Rhythm Within, a digital dance and rhythm-based platform designed to improve mental wellbeing through movement and music. It features:

- Guided dance and rhythm sessions that help users relieve stress and express emotions.
- Mood-based music recommendations to match the user's emotional state and energy level.
- Progress tracking tools to monitor mental wellness and encourage regular participation.
- AI-driven personalization that suggests suitable dance routines based on mood and activity.
- A colourful, user-friendly interface built with Meta MGX for easy updates and accessibility for all users.

Impact: *Rhythm Within* helps improve mental wellbeing by reducing stress and encouraging emotional expression through dance and rhythm. It promotes positivity, physical activity, and self-confidence while making mental health care more engaging and accessible.

<SHOWCASE YOUR INNOVATION TO YOUR PEERS>



Step 9: Reflections

- What did I enjoy the most during this project-based learning activity?

I enjoyed **exploring creative ways to combine dance, rhythm, and technology** to support mental health. Designing *Rhythm Within* allowed me to **express new ideas, learn about AI tools like Meta MGX and ChatGPT**, and see how innovation can make a real difference. I especially enjoyed creating something **that promotes positivity and helps others improve their wellbeing in a fun and engaging way**.

What was my biggest challenge during this project-based learning activity?

My biggest challenge was finding the right balance between **creativity and functionality** while designing *Rhythm Within*. It was difficult to ensure that the app not only looked engaging but also genuinely **supported mental wellbeing**. Learning to use AI tools like Meta MGX effectively and organizing all the **features within a user-friendly design** also required time and problem-solving. Despite these challenges, the experience helped me **improve my technical and creative skills**.

Take-home task

[Chaya-369/Rhythm-Within-Dance-For-Mental-Health_Project-Report](#)

AI Tools you can use for Step 8:

Canva AI: You can use this to design your pitch document. Download your pitch document as a PDF file and upload on GitHub