Personal Well-being Application

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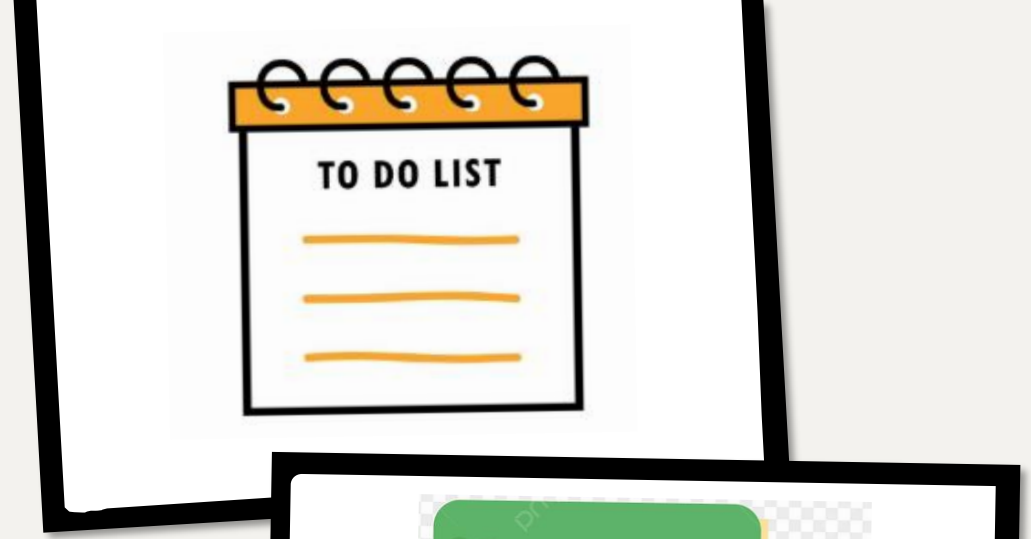
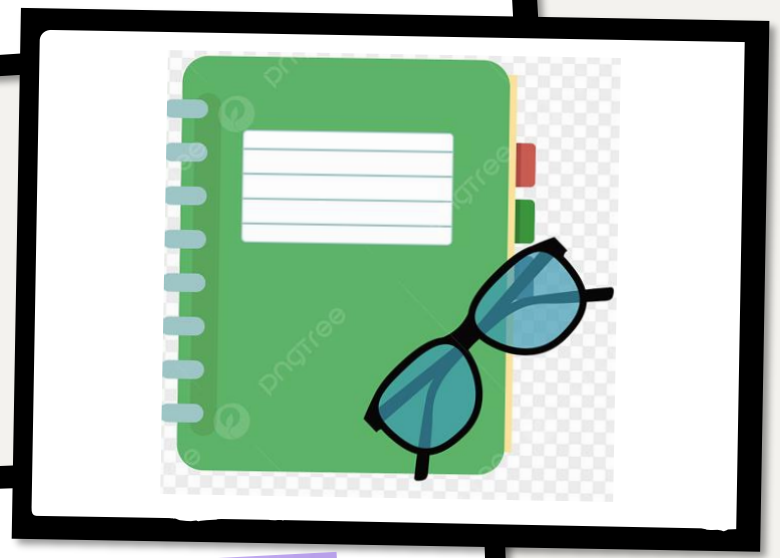




Project Introduction

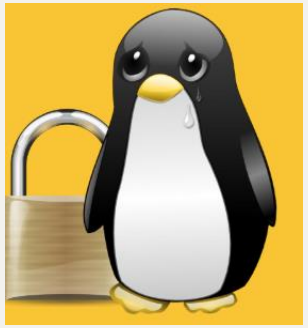
- An application designed to enhance daily life
- Helps users manage tasks, emotions, and habits
- Built using C# and Windows Forms
- Integrates a local SQL database for secure data storage
- Features include:
- To-Do List
- Journal
- Meditation Timer
- Habit Tracker
- Mood Tracker
- Promotes mindfulness and productivity
- Designed with a calming, user-friendly interface for easy navigation

ADVANTAGES

- **User-Friendly Interface**
  - + Soft colors, large buttons, and intuitive design.
- + **Offline Capability**
  - + Works offline after installation, ensuring privacy and accessibility anytime.
- + **Comprehensive Wellness Features**
  - + Includes daily task management, habit tracking, emotional health monitoring, and stress reduction through meditation.
- + **Local Data Storage**
  - + User data stored in a local SQL database for security and quick access.

CONSTRAINTS

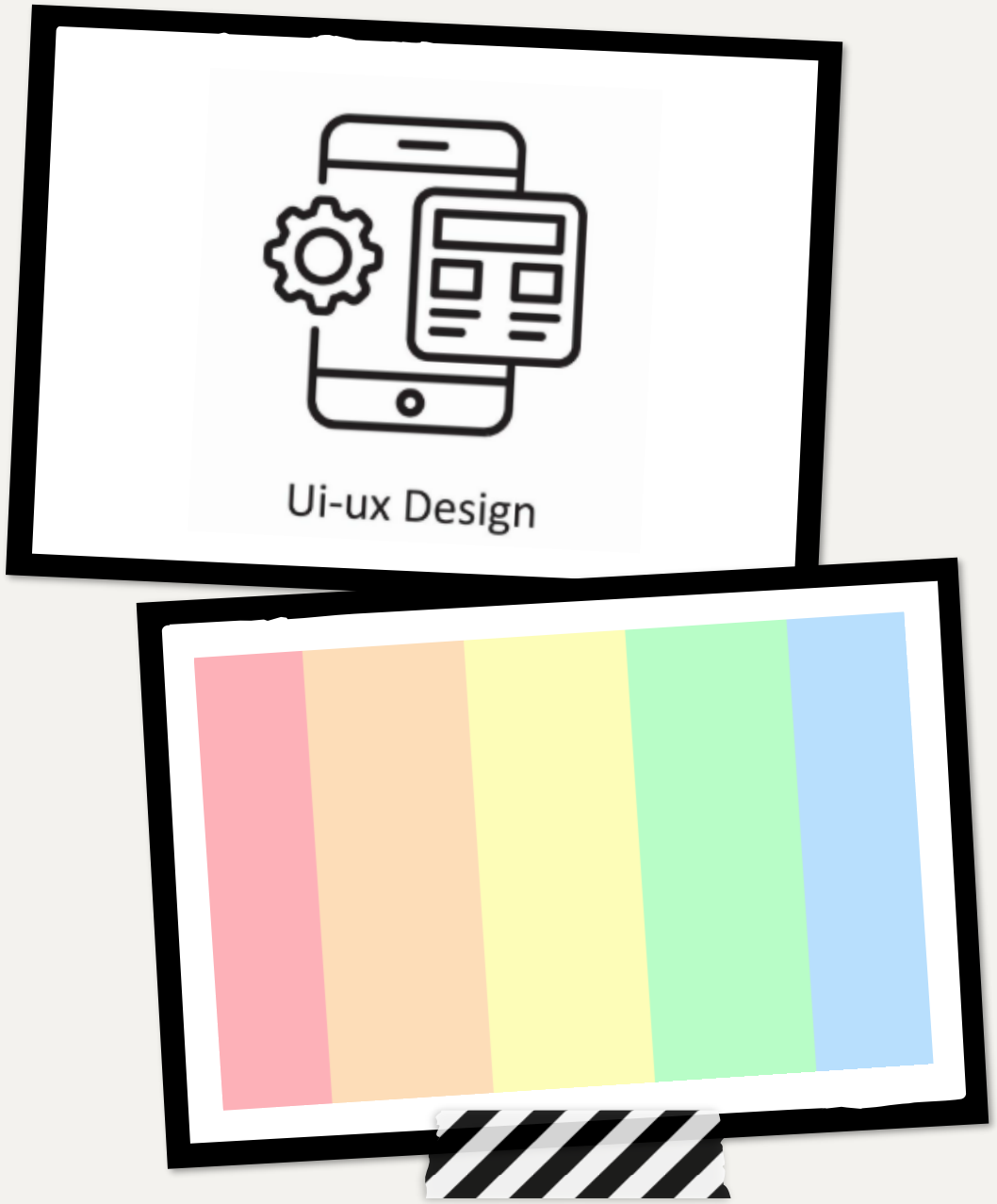
- **Platform Limitation**
  - + Designed for Windows OS only due to reliance on Windows Forms.
- + **Requires Local Storage**
  - + Limited to devices with sufficient local storage for SQL database operations.
- + **No Cross-Platform Support**
  - + Not compatible with macOS or Linux.



Nonfunctional Requirements (NFR):

1. **Usability**
   - The app layout is clean with clear labels and buttons.
   - Users can easily find and access features like journaling, mood tracking, and to-do list.
   - Navigation between pages is simple.
   - New users can understand and use the app without any training

2. **Maintainability**
   - Each feature is built on a separate form, making updates easier.



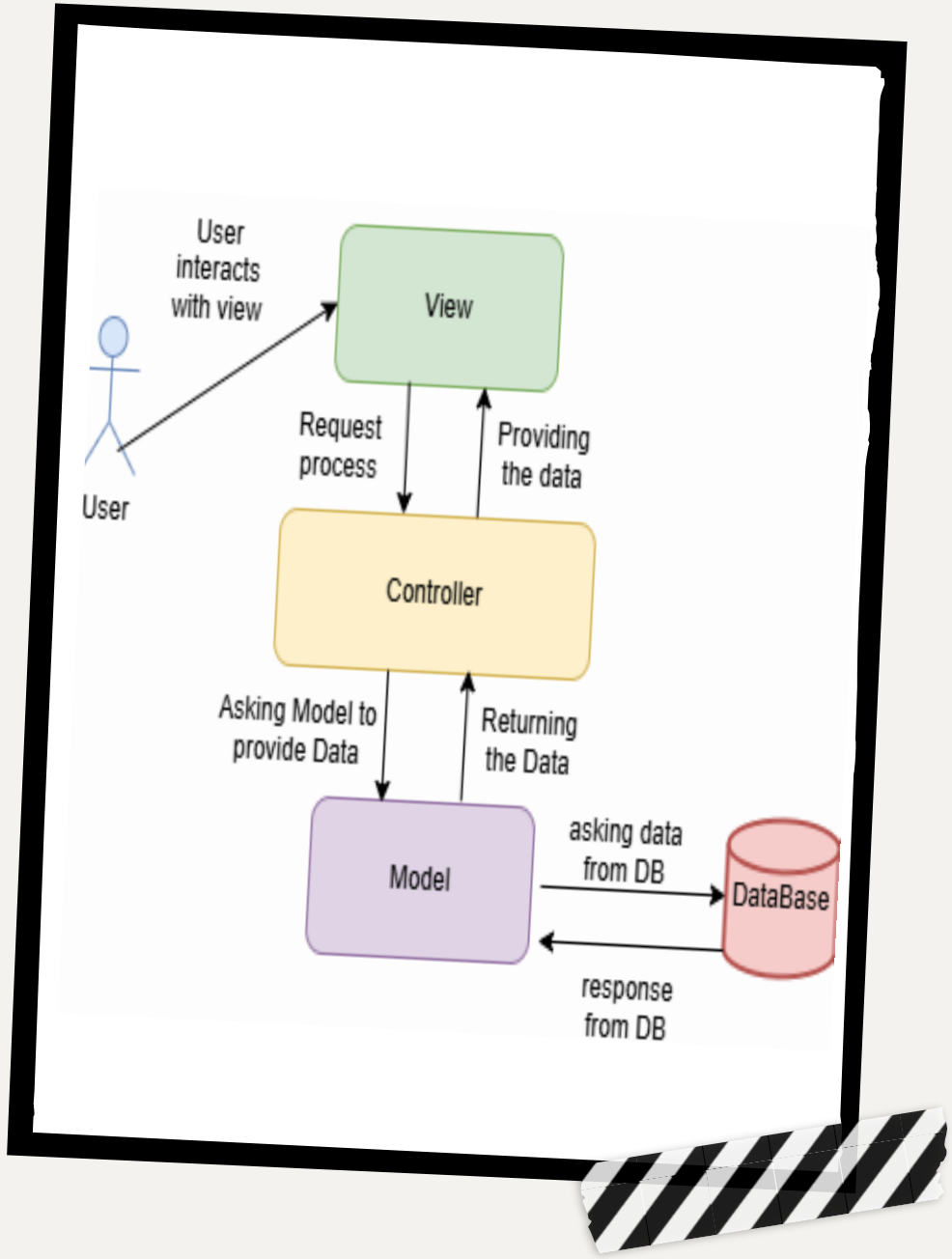
Design

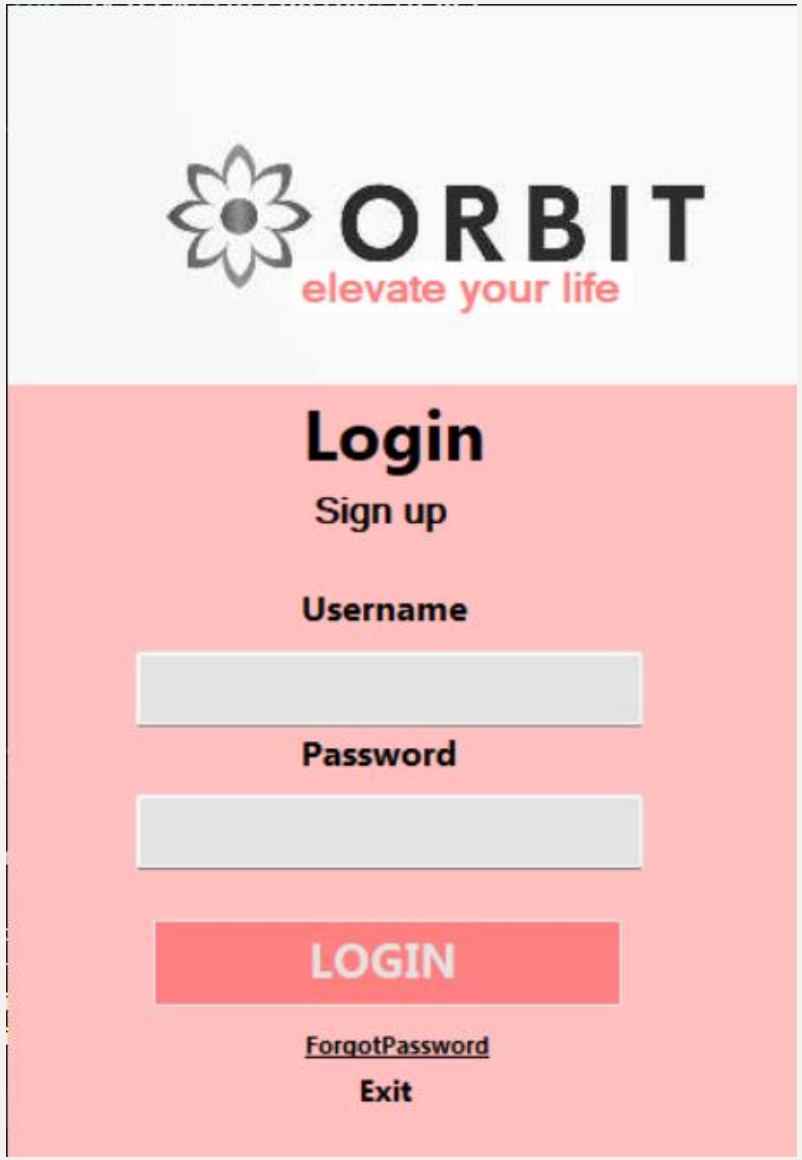
- **Focus on Simplicity & User Experience:**
  Orbit’s design prioritizes ease of use and minimalism, offering a smooth experience for all users.
- **Color Palette:**
  The design uses a soothing combination of light colors like light pink, white, blue, and purple, creating a calming atmosphere for users. This color choice supports mental wellness while interacting with the app.
- **User Interface (UI):**
- Large, clearly labeled buttons for easy interaction.
- Each feature, such as the To-Do List, Meditation, Journal, etc., is presented in separate, clearly defined sections for better organization.
- **Smooth Transitions:**
  The transition between features is smooth, making the user experience seamless and intuitive.

Architecture

The application follows a **Model-View-Controller (MVC)** architecture.

- **Model:** Represents the data layer, including the database for storing user information, tasks, moods, and habits.
- **View:** The UI layer built using Windows Forms to provide the user with an intuitive interface for interacting with the data.
- **Controller:** Handles user input, processes commands, and updates the Model and View accordingly. It processes tasks like saving journal entries, starting meditation timers, or updating moods.





Login Page Implementation

User Authentication:

- Users enter their username and password to securely log into the app.
- Error messages are shown if login credentials do not match, prompting users to correct their information.

Database Integration:

- The login credentials are validated against the stored records in the local SQL database.

Signup Page Implementation

User Registration:

- New users can create an account by entering their username, password, and other necessary details.

Validation:

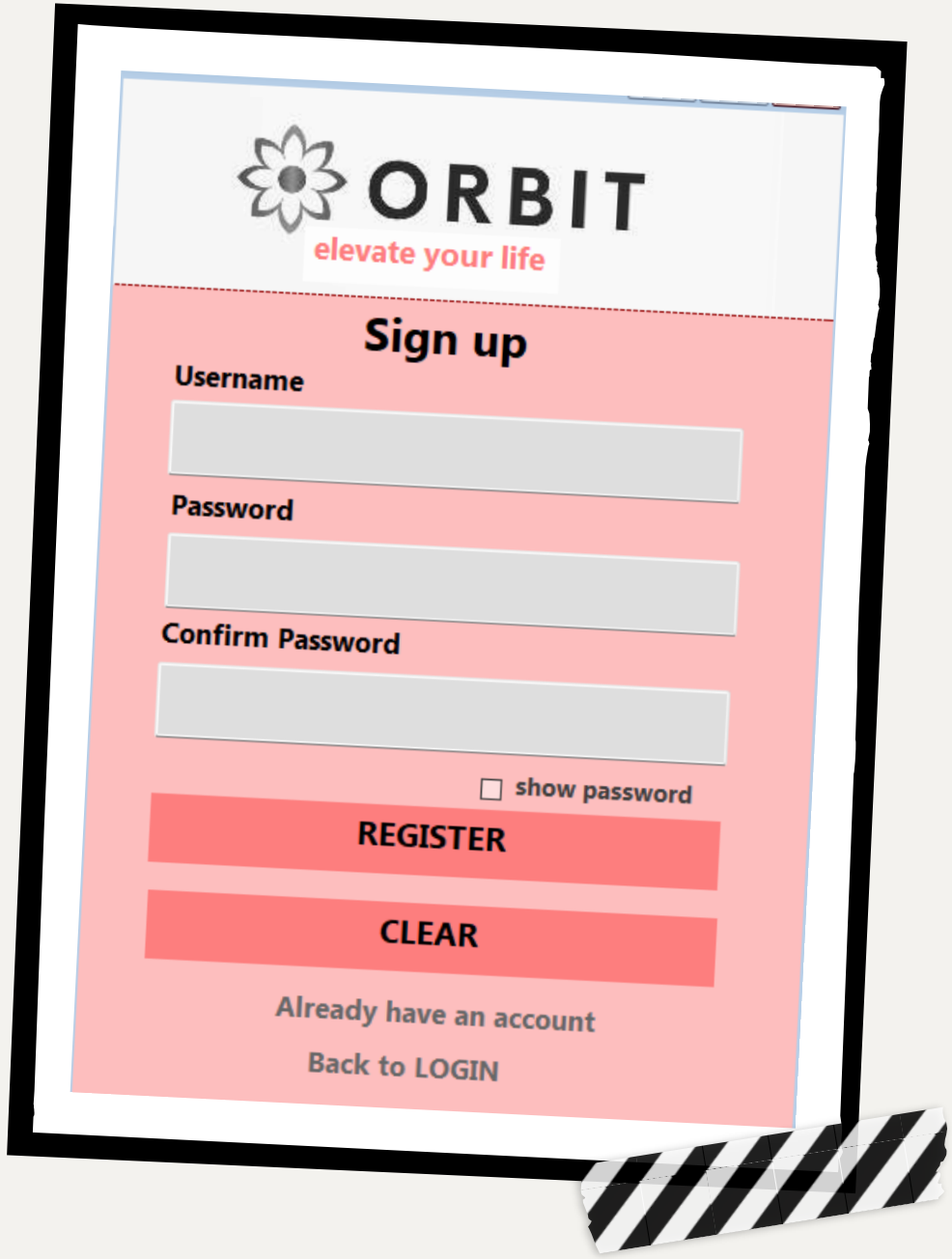
- The app ensures the entered username is unique to prevent duplicate registrations in the local database.

Database Integration:

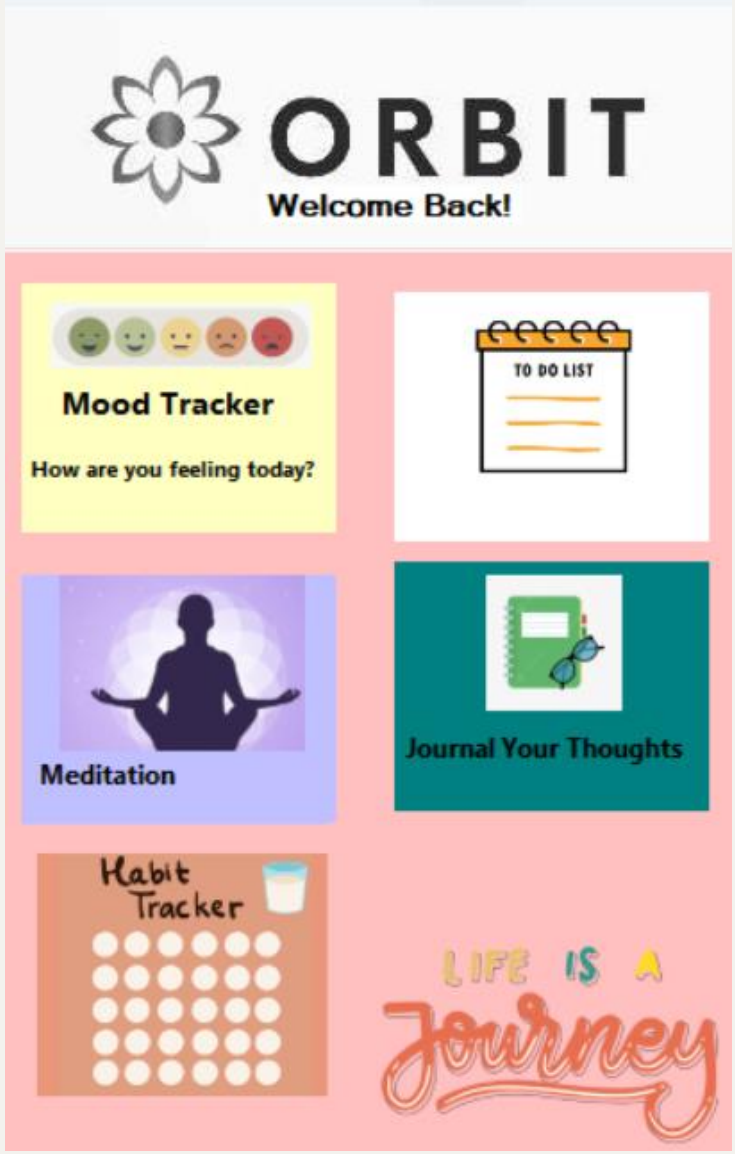
- Once the registration is successful, user details are securely saved in the SQL database.

Confirmation:

- A confirmation message is displayed after successful registration to reassure the user.



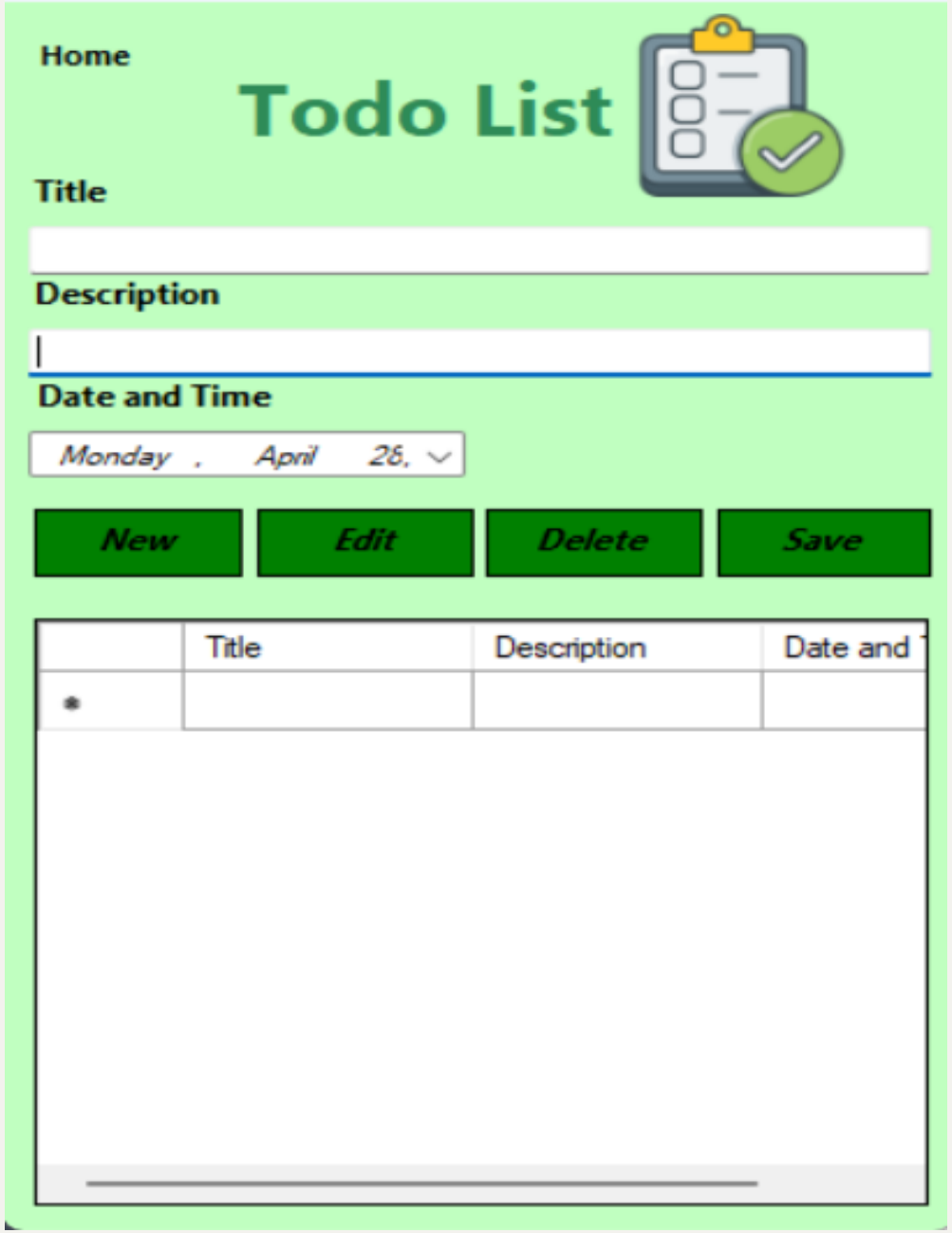
Home Page Implementation

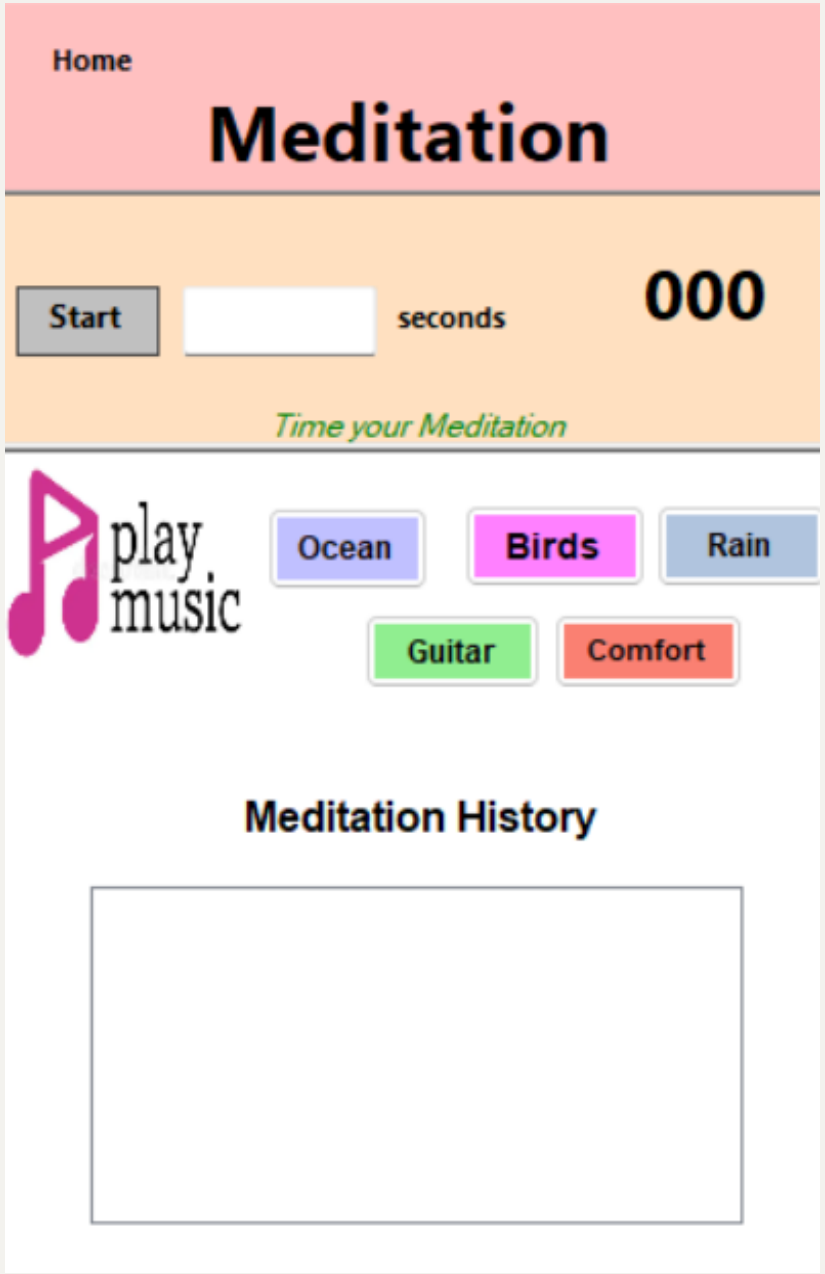


- **Main Dashboard:**
- Provides an overview of the app's features and allows users to navigate to different sections like the To-Do List, Meditation, and Journal.

To-Do List Page Implementation

- Users can add, edit, delete, and mark tasks as completed, according to the date.





Meditation Page Implementation

Timer Functionality:

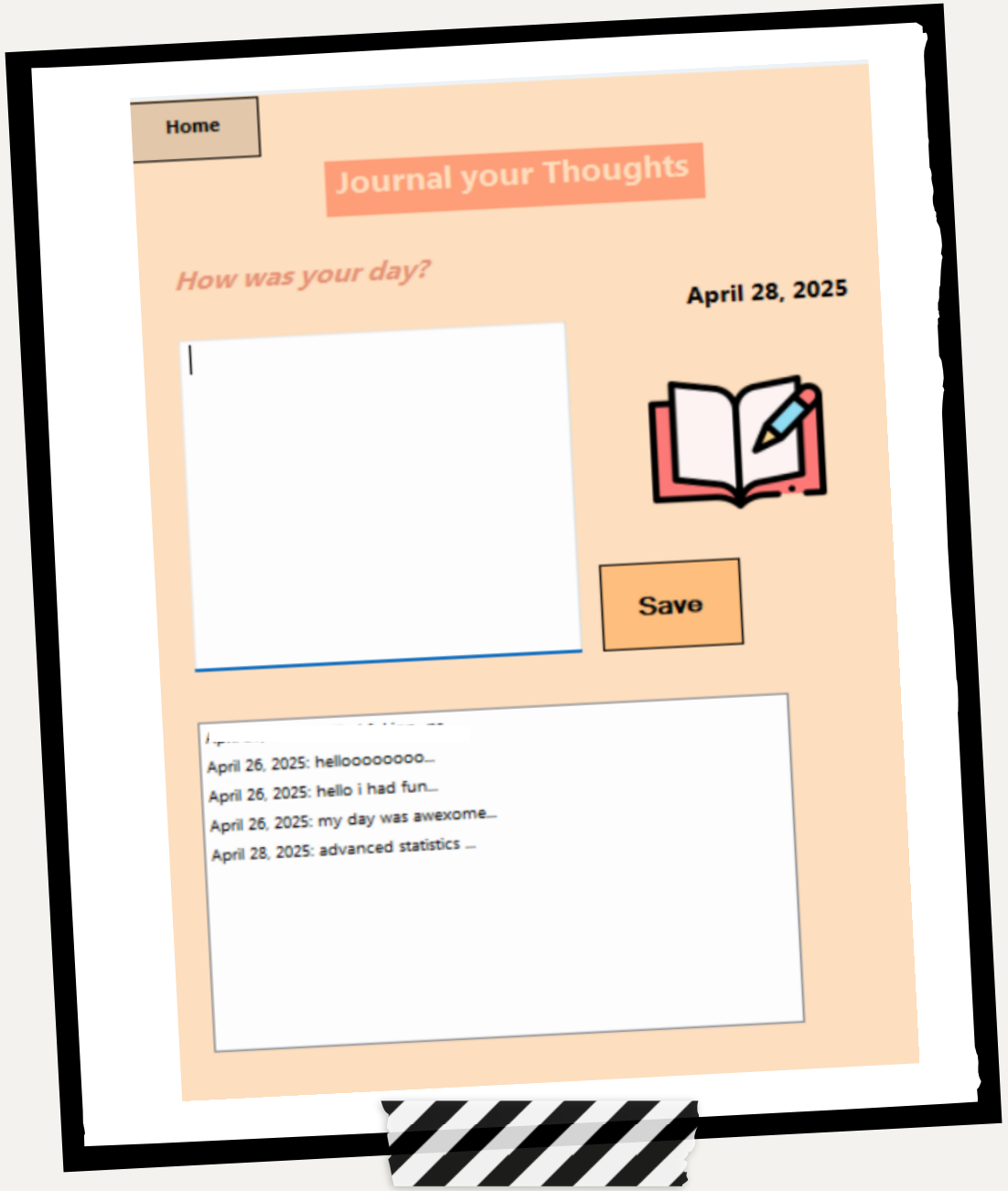
- Users can use timer for their meditation sessions.

Music Integration:

- Calming music plays during meditation sessions to enhance relaxation, which they can also stop

User Experience:

- Simple controls for ease of use, with a visually calming background to promote relaxation.

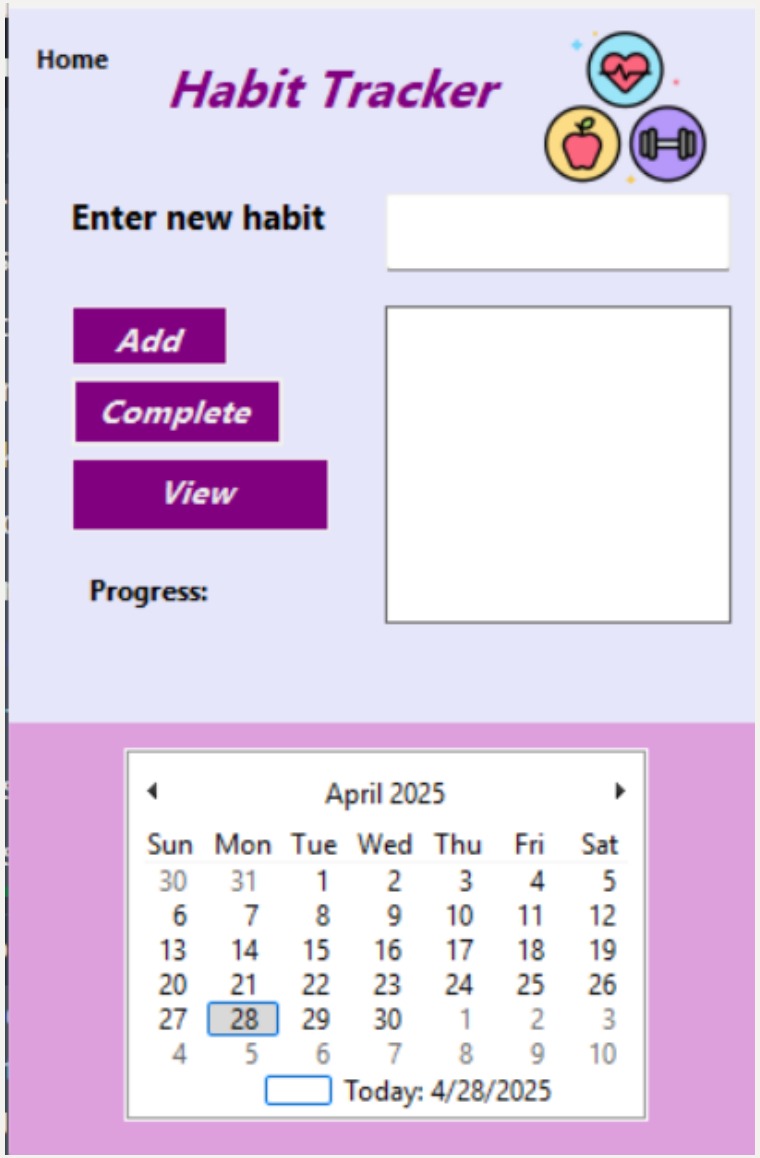


Journal Page Implementation

- Users can write, edit, and save their daily thoughts and reflections.
- Users can also see past entries
- They save entry according to date.

Habit Tracker Page Implementation

- **Tracking Daily Habits:**
- Users can record daily habits such as drinking water, exercising, etc.
- Add, enter, complete and view habits



Mood Tracker Page Implementation

- **Mood Selection:**
- Users can select their mood using an emoji to reflect how they feel on a given day.
- User can also add descriptions of their moods

Work Division

DANIA WASEEM

- Managed Trello (Scrum Board)
- Home page UI and Implementation
- Meditation UI and Implementation
- Made Sequence Diagrams
- Made Class Diagram
- Made Use Case Diagrams
- Made Activity Diagrams
- LaTeX Documentation
- Database Integration
- Made architecture design

MUNAZA TARIQ

- Designed ToDo List UI
- Login UI and Implementation
- Journal UI and Implementation
- Mood Tracker UI and Implementation
- Implemented ToDo List Page
- Designed and Implemented Habit Tracker
- Presentation Slides
- Sign up UI and implementation

Learning from this Project

- Gained hands-on experience in **Windows Forms in C#** and **SQL database** integration.
- Learned **project planning** using sprint backlogs and task management in **Trello**.
- Applied **software engineering** concepts: requirements gathering, validation techniques, and layered architecture.
- Enhanced **time management** and **teamwork** through effective collaboration and meeting deadlines.
- Developed strong **documentation** and **presentation** skills.

Thank you