

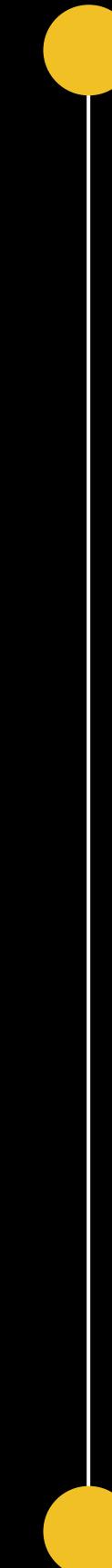


VIT®

Vellore Institute of Technology  
(Deemed to be University under section 3 of UGC Act, 1956)

# SWE1007 JAVA COMPONENT

# The Team



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92% of the public stated that mental health is as important or more important than physical health across all countries.

## SO WHAT'S THE PURPOSE OF OUR APP ?

This app contains simple functionalities like mood tracking and providing related resources depends on the mood.





# HAPPIFY HIGHLIGHTS

Write Journals describing your mood

Track your mood with Stats graph

Get related resources based on your mood

# APP HIGHLIGHTS



FEEL THE PEACE



Welcome to Happify



Happify is a personal tool that  
helps you keep track of your mental  
health



## Journal



Use the journal to write more detailed information about how you're feeling



## Mood Graph



Use the graph to view your mood history



## Resources



Get suggested articles and videos that can help you improve your mood



**How are you feeling?**

Depressed

Sad

Angry

Scared

Moderate

Happy

**NEXT**

**+**

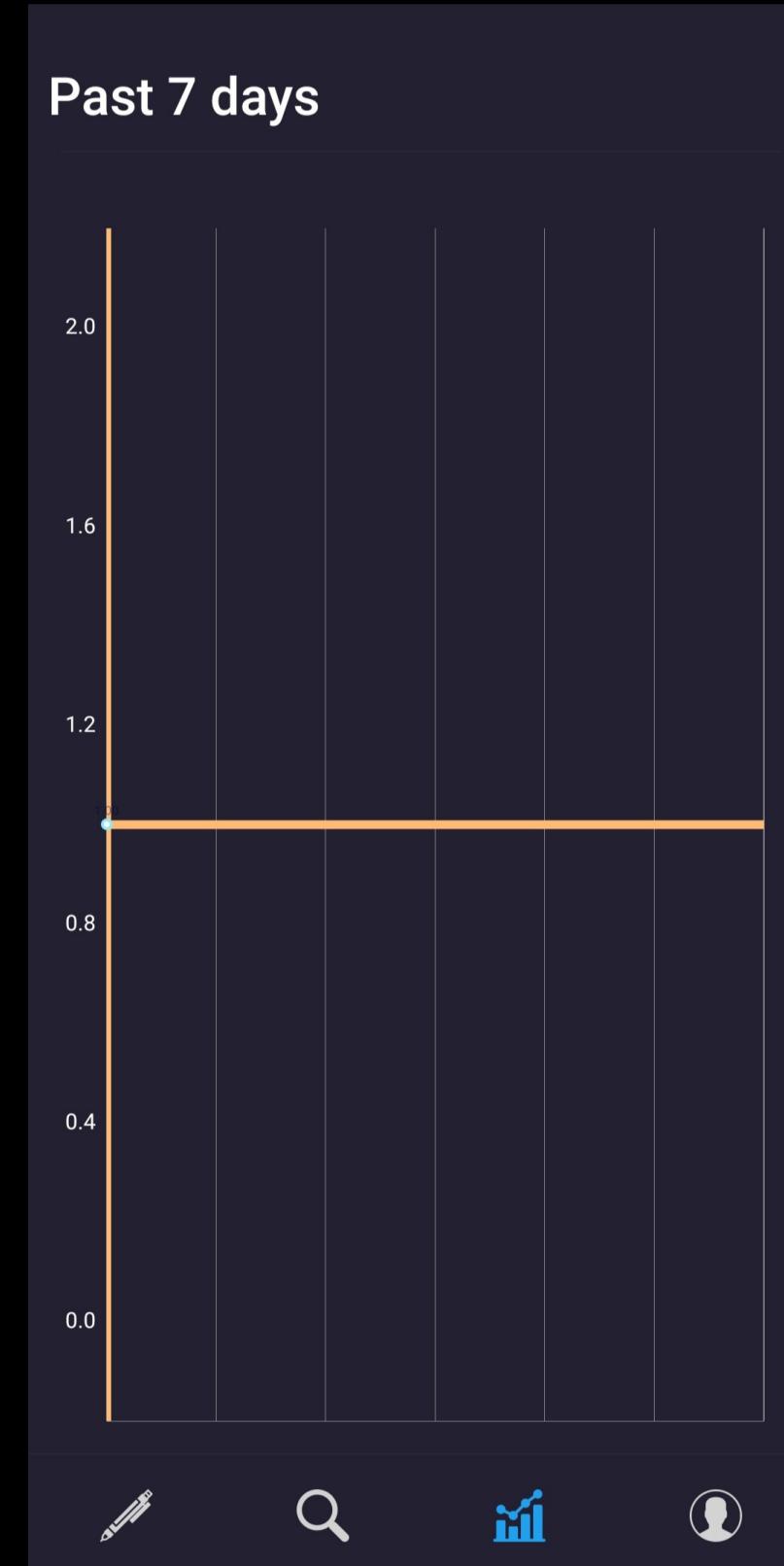
**How intense is this feeling?**

●

**SAVE**

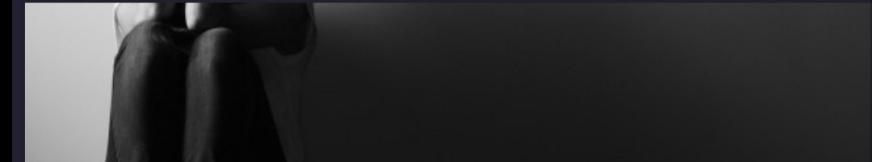
**+**



# RELATED RESOURCES ACCORDING TO YOUR MOOD

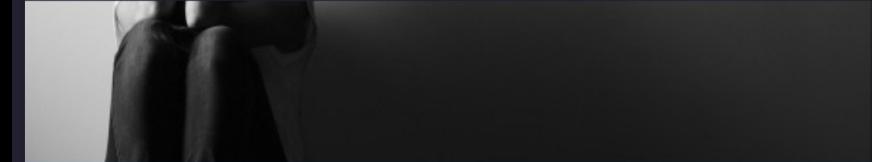




**Coping with depression**

When you're depressed, you can't just will yourself to "snap out of it." But these tips can help put you on the road to recovery.

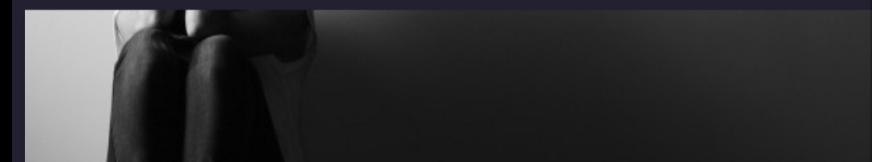
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**What is depression?**

Depression is a disorder that is evidenced by excessive sadness, loss of interest in enjoyable things, and low motivation.

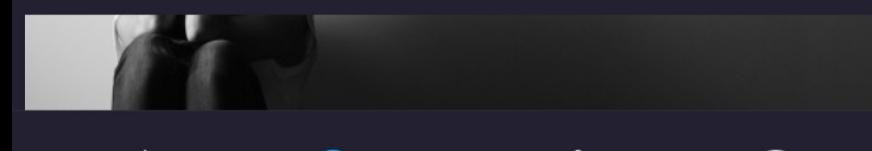
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**Cat**

Watch this video.

[LEARN MORE](#)



[LEARN MORE](#)

# SETTINGS AND NOTIFICATION

## Alerting notifications

⌚ Happify · now

**How are you feeling?**

Hit the notification to tell me how you're feeling

## Disable notifications

Disable notifications so that you don't get asked about your mood daily



# QUICK TO DOWNLOAD

Scan QR to download



# THANK YOU



<https://github.com/Its-Suryakumar/>