Introduction:

The aim of this website is to provide as a motivation Booster or mind booster (as the name suggests) for people suffering from different types of stress in their lives for them to increase their productivity and change their mood after visiting this website.

This website has a wide range of targeted audiences from teenagers to business minded people to athletes, but the focus of the project was to help students as this is what our team researched upon, the issues that are commonly faced by university students. To provide a solution for them and help them in excelling in their carrier and in their lives, for them to become a better person.

Background:

Our Team members observed that many students here at FAST NUCES Karachi did not complete their 4-year Bachelor Program because of the hectic schedule and the stress that builds up with it. Many Students who could not handle the stress left early on in their Freshmen Years. In addition, The Mind Booster project was created in response to the growing need for mental health resources and support, particularly in light of the COVID-19 pandemic. The pandemic has had a profound impact on mental health, with many people experiencing increased stress, anxiety, and depression. In response to this, the Mind Booster project was created to provide users with tools and resources to improve their mental well-being.

With the guidance of our teacher Miss Aqsa Fayyaz, we gained valuable knowledge about human psychology and its abilities are amazing. With the motivation of our team, we were ready to bring change.

Features:

- **Study Motivation**
- **Family Affairs**
- **Jealousy**
- **Addiction**
- **Risk Anxiety**

- **Friendship Issue**

Steps Taken:

We had our First meeting on 26 March and decided our topic and laid the basic framework of our project. We decided the tools and Interface that will be used for this project such as Visual Studio Code for Web design (HTML, CSS, and JavaScript). These languages were used to build the website front-end and back-end, as well as to create interactive features such as quizzes and assessments.

Our second meeting was on 06 April where we discussed the progress and divided remaining tasks among ourselves and finally our latest meeting was on 13 April where we compiled our work and made the Presentation and report.

- **Research:** The team researched on current trends and best practices for improving mental health. So, the team implemented questionnaires and provided quotations and motivational video links to user.
- **Design:** The website's design was created using user-centered design principles, with a focus on creating a clean, easy-to-use interface that would be accessible to all users.
- **Content Creation:** The team worked to create a range of content for the website, including quotations, videos, and interactive tools such as quizzes and assessments.
- **Development:** The website was built using a combination of HTML, CSS, and JavaScript, with a focus on creating a responsive, user-friendly site that would work well on a range of devices.
- **Testing:** The website was extensively tested to ensure that it was functioning properly and that all features were working as intended.

Benefits:

This product will help it's users to channelize their stress in a positive way and motivate them through inspiring quotes, songs to take actions for their betterment. It prompts you to take action, inspires and encourages the user to participate in his daily life work.

Conclusion:

The Mind Booster project is a website designed to provide users with tools and resources to improve their mental well-being. The website was created using a range of tools and technologies, and was developed over the course of three weeks. The project was motivated by the need for accessible mental health resources and support, particularly in light of the COVID-19 pandemic. The website is free to use, and all content is created on the information provided by mental health professionals to ensure that it is evidence-based and accurate.