# STATEMENT OF WORK

## PROJECT TITLE: Coping with Anxiety Using VR

DATE: 10/02/2025

PREPARED BY: Loopers

## Team Members:

• Tanish Ram – Se22uari173

• Barmani Bramareshwar – Se22uari214

• Alla Venkata Sai Ojaswin – Se22uari015

• Akshat Kotari – Se22uari012

• Kacham Asish – se22uari064

• Mokshajna Kantamani – se22uari068

## PROJECT TEAM:

• VR Developers: Tanish, Bramareshwar, Ojaswin

• UI/UX Designer: Bramareshwar

• Backend Developers: Akshat, Bramareshwar, Ojaswin, Tanish

• Frontend Developers: Mokshajna, Asish

• Testing & Debugging: Akshat, Ojaswin

• 3D Environment Designer: Tanish, Bramareshwar

• Documentation & Reporting: Mokshajna, Asish

## PROJECT OVERVIEW:

Anxiety disorders affect millions of individuals, particularly students who face academic and social stress. Traditional treatments, including therapy and medication, can be expensive and difficult to access. This university project aims to develop an affordable Virtual Reality (VR) application that provides immersive therapeutic environments to help users manage anxiety through guided relaxation techniques.

## PROJECT OBJECTIVES:

• Develop an interactive VR-based mobile application designed for anxiety relief.

• Integrate mindfulness and relaxation exercises within immersive virtual spaces.

• Utilize affordable and accessible VR technology such as Google Cardboard.

• Conduct research and user testing to ensure effectiveness and usability.

## SCOPE OF WORK:

• Research & Planning: Study similar apps and identify useful relaxation techniques.

• Design & Development: Build a simple, user-friendly VR interface.

• Testing & Quality Assurance: Conduct basic testing with students and refine as needed.

• Deployment & Maintenance: Release as an open-source project and provide basic updates.

## DELIVERABLES:

• A functional VR anxiety management app.

• Basic user guide and project documentation.

• A final project report for evaluation.

## KEY FEATURES:

• Immersive VR Environments: Users can experience calming virtual spaces.

• Guided Breathing Exercises: Helps users regulate their breathing to reduce anxiety.

• Relaxation Techniques: Includes meditation and stress-relief activities.

• User-Friendly Interface: Simple navigation for ease of use.

• Affordability: Compatible with Google Cardboard and basic smartphones.