

# The Islamia University of Bahawalpur

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## (Project Proposal)

By

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### **Project Title**

Mental Health Monitoring and Wellness Support Application

## **Project Overview**

Mental health issues such as stress, anxiety, and sleep imbalance are becoming more common, especially among students and working individuals. Many people struggle silently because they either do not realize the condition they are in or feel hesitant to seek help. This project aims to develop a mobile-based Mental Health Monitoring and Wellness Support Application that assists users in understanding and managing their emotional well-being.

The application will allow users to log and track their daily mood, stress level, and sleep cycle. It will also provide simple self-help tools such as breathing exercises, relaxation techniques, and personalized wellness suggestions. The goal is to make mental health support accessible, private, and easy to use, so individuals can monitor their emotional state independently and take steps toward better mental well-being.

Additionally, the system will visually display progress over time, helping users identify changes in their emotional patterns and habits. The long-term purpose of this project is to promote awareness, emotional stability, and a healthier lifestyle, while encouraging early self-care before mental health conditions worsen.

## **Problem Statement**

Due to increasing academic pressure, lifestyle changes, and social challenges, many individuals experience stress, anxiety, and disturbed sleep patterns. However, most people do not have access to professional mental health services or do not feel comfortable discussing their emotional struggles openly. As a result, their mental health issues often remain unnoticed and unmanaged.

There is a need for a simple and supportive digital solution that can help individuals track their emotional health, understand behavioral patterns, and adopt healthy coping strategies in a private and user-friendly manner.

## **Project Goals and Objective**

The main objectives of this project are to:

1. Develop a mobile application that enables users to track mood, stress levels, and sleep patterns easily.
2. Provide helpful self-care resources, including guided breathing, relaxation exercises, and wellness tips
3. Offer personalized reminders and emotional well-being recommendations.

4. Display progress and emotional trends to help users understand their overall mental health.
5. Encourage individuals to build healthy habits and improve emotional balance through consistent monitoring.

## **Methodology**

The project will follow an \*Iterative and Incremental Development Model, where the system will be gradually developed and improved based on testing and feedback.

Key Steps:

1. Understand user needs and mental health monitoring methods.
2. Design a clean and user-friendly app interface.
3. Implement core features such as mood logs, sleep tracking, and stress assessment.
4. Add self-help and wellness-based support tools.
5. Test the application for usability, accuracy, and performance.
6. Prepare documentation and finalize deployment.

## **Tools and Technologies**

Mobile Development Flutter / React Native

Backend: Firebase / Node.js / Django

Database: Firebase Firestore / MySQL

Analytics & Insights: Python (NumPy, Pandas, TensorFlow if needed)

IDE: Android Studio / Visual Studio Code

Version Control: Git and GitHub

## **Project Timeline**

[ Phase ]	[ Task ]	[ Duration ]
Phase 1	Research and Requirement Analysis	2 Weeks
Phase 2	UI/UX Design and Prototyping	2 Weeks
Phase 3	Core Application Development	4 Weeks
Phase 4	Integration of Wellness Tools & Insights	3 Weeks
Phase 5	Testing and Improvements	2 Weeks
Phase 6	Final Submission and Documentation	1 Week