**A PROJECT SYNOPSIS**

**on**

# " "Mental Well-being Web Application for Students"

*Submitted in partial fulfillment of the requirements for the degree of*

**Bachelor of Computer Application**

*by*

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## 1.Introduction

- In recent years, there has been a growing recognition of the importance of mental health among students.
- The pressures of academic life, social challenges, and personal responsibilities can often lead to stress, anxiety, and depression.
- Recognizing this, our project aims to develop a web application dedicated to promoting the mental well-being of students.

## 2.About The Project

- Our project focuses on developing a web application dedicated to promoting the mental well-being of students.
- The application aims to detect students emotional states, including stress, depression, anxiety, and normalcy, and notify their parents accordingly.
- Through a combination of features such as a chat bot, mind-relieving music, parental notifications, educational resources, community support, and progress tracking, the application provides a comprehensive solution for addressing students' mental health needs.

## 3.Purpose Of The Project

- The primary purpose of the project is to provide students with a supportive platform where they can assess, manage, and improve their mental well-being.
- By leveraging technology, the project aims to raise awareness about mental health issues, facilitate early detection of emotional distress, and encourage proactive measures for maintaining good mental health.

## 4.Objectives

- Develop a chat bot capable of assessing students stress levels and engaging in normal conversation.
- Integrate music streaming functionality to offer mind-relieving songs for relaxation.
- Implement parental notification features to inform parents about their child's mental state.
- Curate educational resources, including podcasts and relieving videos, to educate students about mental health.
- Establish a community support system where students can connect and share experiences.
- Develop progress tracking tools to help students monitor and improve their mental well-being over time.

## 5. Hardware And Software Requirements Specification

**Hardware Requirements :**
**Processor -**
Intel Core i3 and above (recommended)
**Ram -**
4GB (minimum)
8GB (recommended)
**Disk Space -**
90GB (minimum)
180GB (recommended)

**Software Requirements :**
**Operating System -**
64-bit operating system, x64-based processor
**Front End -**
HTML,CSS,Javascript,React
**Back End -**
Mysql,Node.js,SendGrid and APIs.

## 6. System Architecture

The system architecture of the web application consists of multiple components, including:

- Client-side interface for users to interact with the application.
- Server-side application logic for handling user requests and processing data.
- Database management system for storing user data and progress tracking.
- External APIs for integrating additional functionalities such as music streaming and parental notifications.

## 7. Features and Functionalities

The Mental Well-being Web Application for Students offers a range of features and functionalities, including:

- Chat bot for stress assessment and general conversation.
- Mind-relieving music streaming for relaxation.
- Parental notification system for informing parents about their child's mental state.
- Educational resources including podcasts and relieving videos.
- Community support platform for connecting with peers.
- Progress tracking tools for monitoring mental well-being over time.

## 8. Future Enhancements and Conclusion

- Integration of machine learning algorithms for more accurate assessment of students' emotional states.
- Expansion of educational resources and community support features.
- Collaboration with mental health professionals for personalized support and intervention.
- Integration of wearable devices or sensors for real-time monitoring of physiological indicators of stress and anxiety.
- In conclusion, the Mental Well-being Web Application for Students aims to provide a valuable resource for students to prioritize and maintain their mental health effectively. Through innovative features and technologies, the application seeks to make a positive impact on students' well-being and contribute to a healthier campus community.