



ACE

Engineering College

(NBA ACCREDITED B.TECH COURSES: EEE, ECE & CSE, ACCORDED WITH NAAC 'A' GRADE)

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Mini - Project

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Title: CalmMind: Interactive Web Application for Mental Well-Being

ABSTRACT

CalmMind is an interactive web application designed to support individuals in improving their mental well-being. The application offers tools for mood tracking, guided meditations, exercises, and relaxation activities. Leveraging a chatbot interface, CalmMind provides personalized suggestions and real-time support. This cost-effective and accessible platform addresses the limitations of existing mental health solutions, promoting better mental health for its users.

Existing Systems

Current solutions for mental health support include mental health apps, traditional therapy, and online counseling platforms. Mental health apps, such as Headspace, Calm, and Moodfit, provide users with resources for mood tracking, meditation, and overall mental well-being. Traditional therapy involves in-person sessions with therapists or counselors, offering personalized mental health support. Online counseling platforms like BetterHelp and Talkspace provide virtual therapy sessions and mental health resources, making professional help more accessible.

Disadvantages of Existing Systems

Despite their benefits, these existing systems have notable disadvantages. Mental health apps often have limited accessibility for users without smartphones and may involve high subscription fees, lacking personalized interaction. Traditional therapy can be costly and limited by the availability of therapists, scheduling constraints, and the stigma associated with seeking in-person therapy. Online counseling platforms, while accessible, can be expensive, less interactive, and raise privacy concerns with personal data.

Proposed System

CalmMind is a proposed web application that aims to overcome these disadvantages by offering a comprehensive and accessible platform for mental well-being. It provides tools for mood tracking, guided meditations, exercises, and relaxation activities, all accessible through a web browser. The application leverages a chatbot to offer real-time support and personalized suggestions based on user input, making mental health resources more engaging and tailored to individual needs.

Advantages

The CalmMind web application offers several advantages over existing systems. It is accessible via any web browser, making it available on multiple devices, and provides free or low-cost access to mental health resources. The application offers a personalized experience, with mood tracking, meditation, and exercise suggestions tailored to each user. An interactive chatbot provides real-time support and guidance, enhancing the user experience. Additionally, CalmMind prioritizes privacy and security with blockchain integration and secure data handling.

Technologies Used

- HTML, CSS, JavaScript
- React.js
- Python, Flask
- MySQL

Key Features of the Application

- Secure user authentication.
- Daily mood logging with visual trends.
- Library of guided meditation sessions.
- Stress-relief exercises and activities.
- Real-time support and personalized activity suggestions through a chatbot.
- Dashboard for an overview of mood trends, progress, and suggestions.

Objective of the Project

The objective of CalmMind is to create an interactive web application that supports individuals in improving their mental well-being. By providing tools for mood tracking, guided meditations, exercises, relaxation activities, and personalized suggestions through a chatbot interface, CalmMind aims to offer a comprehensive and accessible solution for mental health support.

Signature of Guide

Signature of Coordinator

HOD CSE