

## Project Report

**Title of Project:** Mindful Wellbeing App

**Name of the Innovator:** Madhu Ksheerasagar

**Start Date:** 27-10-2025

**End Date:** 31-10-2025

### **Day 1: Empathise & Define**

#### *Step 1: Understanding the Need*

- Which problem am I trying to solve?

I'm solving the problem of mindfulness students and practitioners lacking a single, high-quality, and accessible tool to support their training. Many users find it hard to access professional, guided mindfulness tracks (like body scans, relaxation, and sitting practices) in one place, especially without distractions or needing an internet connection.

#### *Step 2: What is the problem?*

The problem is that students in specific mindfulness programs need a dedicated companion app for their training. They require a library of high-quality, expert-recorded audio tracks for various practices, the ability to download tracks for offline use, and a minimal, user-friendly interface that doesn't distract from the practice itself.

Why is this problem important to solve? This problem is important because consistent mindfulness practice is crucial for mental wellbeing, stress reduction, and improved focus. By providing a dedicated, high-quality tool, we can significantly support a student's training and help any user build a more effective and consistent mindfulness habit.

#### **Take-home task**

Ask 2-3 people what they think about the project:

- **Student (Mindfulness Course Enrollee):** "This is exactly what I need. I often struggle to find the specific tracks from my course online, and having them all in one app, especially for offline use, would make my daily practice so much easier."
- **Teacher (Mindfulness Instructor):** "A tool like this would be an essential companion for our students. It reinforces their learning and gives them a professional, easy-to-use resource to practice with, which is key to their progress."
- **General User (Interested in Mindfulness):** "I like the idea of high-quality audio from real clinicians. Many apps are too cluttered with features. A simple, minimal app just for practice sounds perfect for someone looking to feel calmer without distractions."

*AI Tools you can use for Step 1 and 2:*

#### **AI Tools Used:**

##### **1. Meta MGX**

- Used as a no-code development tool to design and deploy the *CareerPath* app.

- It helps create interactive workflows, user interfaces, and logic without programming.
- Ideal for building features like user registration, location-based data, and skill modules.

## 2. ChatGPT

- Used for idea generation, content structuring, and chatbot conversation design.
- Helped in framing the AI-powered virtual assistant's responses for guiding students.
- Also useful for generating career recommendations, FAQs, and improving user interaction flow.

## 3. Chatbot References (Structure Design):

To design the AI virtual assistant, you can take reference from:

- Google Dialogflow – for understanding intent detection and response flow.
- IBM Watson Assistant – for creating structured Q&A and personalized career guidance.
- Microsoft Bot Framework – for understanding conversation trees and user profile integration.

### *Day 2: Ideate*

#### *Step 3: Brainstorming solutions*

- List at least 5 different solutions (wild or realistic):
- **AI Chatbot for Career Guidance** – A virtual assistant that helps students choose the right career and find job opportunities.
- **Skill Learning Website** – A platform to improve communication, aptitude, and soft skills through online lessons.
- **Career Awareness Workshops** – Conducting offline or online sessions in rural schools and colleges to guide students.
- **Mobile App for Scholarship Updates** – Sends alerts about available scholarships and government schemes.
- **Community Mentor Program** – Connects students with mentors or professionals from nearby areas for real guidance.
- **CareerPath Platform** – A complete digital platform combining AI guidance, skill modules, and location-based opportunities built using **Meta MGX**, designed to empower rural youth.

*Step 4: My favourite solution:* My favorite solution is the **Mindful Wellbeing Platform**, a dedicated app for mindfulness practice.

It's designed specifically for students (like those at MPA) to support their training. It focuses on providing high-quality audio tracks from experienced instructors and clinicians in a modern, minimal, and distraction-free interface. Key features include a wide variety of practice tracks, offline listening, and a user-friendly design.

### *Step 5: Why am I choosing this solution?*

I am choosing this solution because it directly addresses the core need for a high-quality, focused, and accessible practice tool. Unlike a simple website or a cluttered "all-in-one" app, this platform is built as an essential companion for serious practice, ensuring users get professional guidance in a calm, easy-to-use environment.

*AI Tools you can use for Step 3–5:*

#### **AI Tools for Step 3–5**

##### **1. Meta MGX**

- Used to **design and build the CareerPath app** without coding.
- Helps create the **AI assistant, skill modules, and location-based features**.

##### **2. ChatGPT**

- Helps **brainstorm solutions** and generate ideas for career guidance features.
- Can **structure conversations** for the AI virtual assistant.
- Assists in writing content for skill modules, FAQs, and recommendations.

##### **3. AI Chatbot References (for design and flow)**

- **Dialogflow** – Understands user intent and conversation flow.
- **IBM Watson Assistant** – Helps design structured Q&A for personalized guidance.
- **Microsoft Bot Framework** – Shows how to connect user inputs with recommendations and actions.

##### **4. AI Research Tools**

- **Google Scholar / Research AI** – For exploring existing solutions and innovative ideas for Steps 3–5.
- **AI Text & Summarization Tools** – Helps summarize solutions, select the best approach, and present them clearly.

*AI Tools you can use for the take-home task:*

**Canva AI/CoPilot AI/Meta AI:** Use these mobile-based tools to generate images for the solution they want to design

#### **Day 3: Prototype & Test**

*Step 6: Prototype – Building my first version*

What will my solution look like?

My solution is a web application called **Inner Compass AI**, designed as a personal guide for emotional wellness and mindful living. It is built using **Famous.ai**. The prototype consists of several key screens:

- **Home & Context Screen:** The main page welcomes the user with the title "Inner Compass AI" and the slogan, "Navigate your emotions, one mindful step at a time." It immediately provides context for the user, showing the current **Time**, **Date**, and **Weather**.
- **Mood Logging:** Just below the context, the app asks, "**How are you feeling?**". Users can select their current mood from eight emoji-based options:
  - Happy
  - Calm
  - Sad
  - Anxious
  - Tired
  - Frustrated
  - Grateful
- Neutral After selecting a mood, the user can specify the "**Intensity Level**" on a slider (e.g., 5/10) and then press "Log My Mood."
- **Mood Journey Dashboard:** This screen visualizes the user's logged data. It features:
  - A **weekly bar chart** (Mon-Sun) titled "Your Mood Journey" to show mood trends.
  - Key metrics below the chart, including "**Total Entries**," "**Day Streak**," and "**Avg Mood**."
  - **AI Insights:** This powerful feature analyzes the user's logged data to provide personalized observations. Examples of insights include:
    - **Morning Energy:** "You tend to feel most energetic between 9-11 AM."
    - **Breathing Works:** "Breathing exercises improve your mood by 40%."
    - **Nature Boost:** "Walking outside consistently lifts your spirits."
    - **Suggested Activities:** The app provides a "Suggested for You" section with cards for mindful activities. These are simple, actionable tasks to help improve the user's wellbeing, such as:
      - **3-Minute Breathing** ("Box breathing technique to calm your nervous system")
      - **Hydrate** ("Drink a glass of water to refresh your body and mind")
      - **Gratitude Journal** ("Write down 3 things you are grateful for today")
      - **Gentle Walk** Each activity card shows the time required (e.g., 1 min, 3 min, 5 min) and has a "Start Now" button.
    - **Design Style:** The app uses a clean, modern, and friendly design with soft color gradients (purples, teals, and pinks). It relies on clear typography and simple icons to create a calm, uncluttered, and supportive user experience.

What AI tools will I need to build this?

#### **AI Tools Needed to Build CareerPath**

1. **Meta MGX**
  - No-code platform to **design and deploy the app**.
  - Allows building **interactive screens, chat interfaces, and skill modules** without coding.
2. **ChatGPT (or similar LLMs)**
  - To generate content, conversation flows, and career guidance responses.
  - Can help **personalize recommendations** for users based on their profile and location.
3. **AI Chatbot Design References**

- **Google Dialogflow / IBM Watson Assistant / Microsoft Bot Framework**
  - To structure conversation logic and handle user queries effectively.
4. **AI Recommendation Tools (Optional but useful)**
- For matching students with careers, scholarships, and nearby opportunities.
  - Could use **ML-based ranking algorithms** or **existing AI APIs** for personalization.
5. **AI Data Analysis Tools (Optional for insights)**
- **Python AI libraries (Pandas, Scikit-learn)** or **AI analytics platforms**
  - To analyze user interactions and improve recommendations over time.

What AI tools I finally selected to build this solution?

1. **Chat GPT**
2. **Metamgx**

## < Build The Innovation>

**<DASHBOAD OF THE TOOL>**

Tool Link: <https://wellbeing-mood-mindful.deploypad.app/>

**Inner Compass AI**

Navigate your emotions, one mindful step at a time

YOUR CONTEXT

Time  
11:50 PM

Weather  
72°F Sunny

Today  
Thursday, Oct 30

How are you feeling?

Internal Working of tool:

How are you feeling?

The screenshot shows the 'Inner Compass' app's mood logging feature. At the top, there are two tabs: 'Home' and 'Journal'. Below the tabs, a heading says 'How are you feeling?'. There are eight emoji icons representing different emotions: Happy, Calm, Sad, Anxious, Tired, Frustrated, Grateful, and Neutral. Below these emojis is a horizontal slider labeled 'Intensity Level' with a midpoint at '5/10'. A large blue button at the bottom is labeled 'Log My Mood'.

## AI Insights

The screenshot shows the 'AI Insights' section of the 'Inner Compass' app. It features three cards: 'Morning Energy' (sun icon), 'Breathing Works' (buddha icon), and 'Nature Boost' (tree icon). Below this is a section titled 'Suggested for You' with four cards: '3-Minute Breathing' (meditation icon), 'Hydrate' (water drop icon), 'Gratitude Journal' (journal icon), and 'Gentle Walk' (person walking icon). Each card includes a 'Start Now' button.

## Step 7: Test – Getting Feedback

- Who did I share my solution with?

I shared my "Inner Compass AI" prototype with:

- Peers and fellow students to test the user interface and overall appeal.
- Users who are interested in mindfulness and mental wellbeing apps to see if it meets their needs.

- A mentor to get feedback on the technical implementation using Famous.ai and the effectiveness of the AI-driven concept.

What feedback did I receive?

### **Feedback: Pros and Cons**

#### **Pros (Positive Insights from Feedback):**

1. Users loved the **clean, modern, and calming user interface**. The soft colors and simple layout were described as "supportive" and "non-stressful."
2. The "**AI Insights**" feature was the clear favorite. Users found the personalized feedback (e.g., "You tend to feel most energetic between 9-11 AM") to be incredibly engaging and motivating.
3. The **mood logging process is fast and simple**. The use of emojis and an intensity slider was called "intuitive."
4. The "**Mood Journey**" graph was praised as a simple, clear way to visualize progress over time.
5. The "Suggested for You" activities were appreciated for being **simple, quick, and actionable** (e.g., "3-Minute Breathing," "Hydrate")

#### **Cons (Areas to Improve Noted in Feedback):**

- The "Journal" link in the navigation was **confusing**. Users expected a place to write text entries, but it only showed the "Mood Journey" graph.
- While the "AI Insights" are powerful, users worried they might **become repetitive** over time. They wanted to know if the AI was "truly learning" or just showing pre-set messages.
- The app lacks **customization**. Users wanted to add their own activities, custom mood labels, or write a full journal entry for their "Gratitude Journal" instead of just starting a 5-minute timer.
- Some users noted that as a web app built on **Famous.ai**, it feels more like a prototype than a fully downloadable, native mobile app.

### **My Response for The Feedback:**

The feedback is excellent and directly highlights the success of the core concept. The "Inner Compass AI" prototype was built using **Famous.ai** to quickly test the idea of linking mood logging with AI-driven insights and actionable suggestions.

The limitations noted are valid and are primarily due to the constraints of a no-code prototype. For example, the "Journal" feature is currently a dashboard, and building a full text-entry journal would require a more complex database backend. Similarly, the "AI Insights" are currently based on the rules and capabilities of the Famous.ai platform.

To fully realize this vision, a "version 2.0" would involve deeper backend development to create a true text-based journal and integrate a more advanced machine-learning model to provide even deeper, more personalized insights. The prototype has successfully proven that this is a concept worth building.

### What works well:

- **AI-Powered Insights:** The app's core strength. It successfully connects user-logged moods to real-world factors like time, weather, and activities.
- **Simple Mood Logging:** The emoji and slider system is fast, encouraging daily use.
- **Actionable Suggestions:** The "Suggested for You" section provides immediate, simple ways for users to improve their wellbeing.
- **Visual Progress Tracking:** The "Mood Journey" graph gives users a clear, motivating overview of their trends.
- **Rapid Prototyping:** Using Famous.ai allowed this idea to be built and tested in a very short amount of time.

### What needs improvement:

- **Full Journaling Feature:** Implement a true text-based journal to go with the "Gratitude Journal" activity and the "Journal" navigation link.
- **Deeper AI Model:** Integrate a more advanced AI model to make insights more dynamic, less repetitive, and more deeply personalized.
- **Customization:** Allow users to add their own custom activities (e.g., "Yoga," "Read") and custom mood labels.
- **Native App Development:** Explore building a full native mobile app (for iOS/Android) to allow for features like notifications and deeper phone integration.

*AI Tools you can use for Step 6-7:*

**ChatGPT/Perplexity AI/Claude AI/Canva AI/Chatling AI/Figma AI/Metamgx/Gamma AI:** You can use these tools to build solutions/models or mock-up dummy prototypes

## Day 4: Showcase

### Step 8: Presenting my Innovation:

**Step 8: Presenting my Innovation:** I am presenting "Inner Compass AI", a personal guide for emotional wellness and mindful living. Built on the **Famous.ai** platform, this web application helps users "Navigate your emotions, one mindful step at a time"

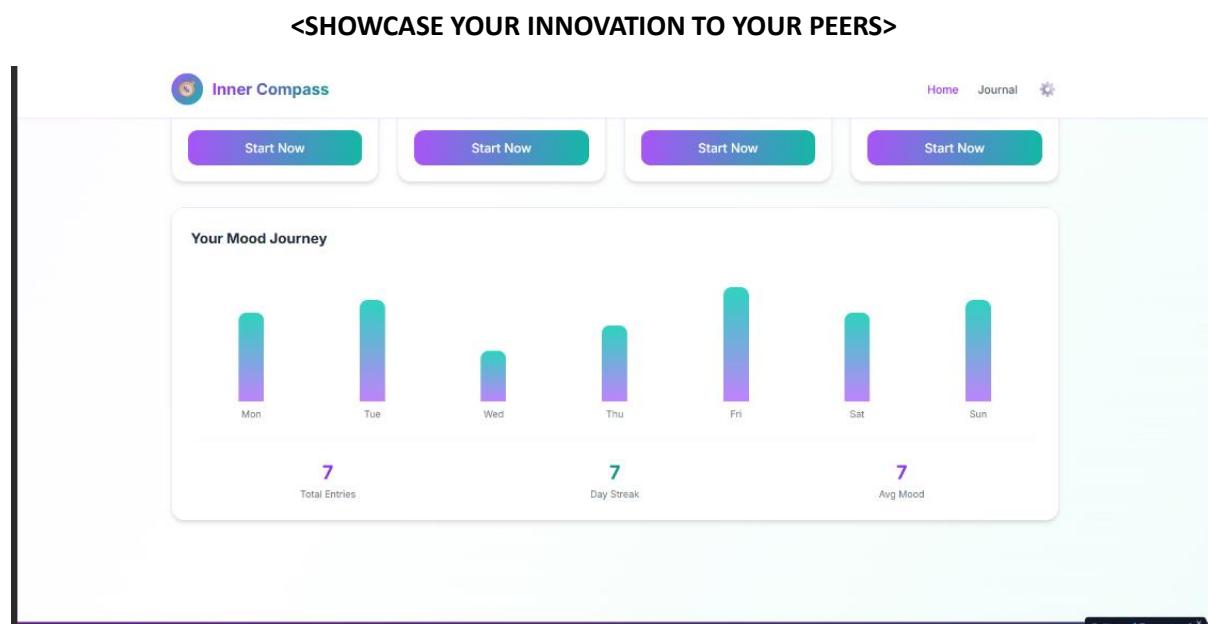
It features:

- An **intuitive mood logging system** where users can select their feeling (e.g., Happy, Calm, Anxious) and its intensity level.
- **AI-powered insights** that analyze the user's logged data to provide personalized feedback, such as "You tend to feel most energetic between 9-11 AM" or "Breathing exercises improve your mood by 40%".
- A "Suggested for You" section with **quick, mindful activities** like "3-Minute Breathing," "Gratitude Journal," and "Hydrate" to help users improve their wellbeing.
- A "**Mood Journey**" **dashboard** that visualizes the user's mood trends over the week in a simple bar chart, along with metrics like "Total Entries" and "Day Streak".

**Impact:** "Inner Compass AI" helps users become more aware of their emotional patterns and provides simple, actionable steps to improve their daily mental wellness.

## <SHOWCASE YOUR INNOVATION TO YOUR PEERS>

(Here, you would display the images of your app, just as you shared them. For example, you'd show the main dashboard and features.)



### *Step 9: Reflections*

**What did I enjoy the most during this project-based learning activity?** I enjoyed designing the "AI Insights" feature the most. It was exciting to think about how to connect a user's simple mood log to meaningful, personalized feedback. It was also very rewarding to use **Famous.ai** to build a clean, calming, and professional-looking prototype so quickly and see my idea come to life.

What was my biggest challenge during this project-based learning activity?

My biggest challenge was **working within the limitations of the no-code tool (Famous.ai)**. For example, implementing a true, dynamic AI model for the "AI Insights" was difficult; I had to rely on simpler logic. It was also challenging to create a full "Journal" feature; the prototype currently just shows a mood graph, not a place for users to write their own text entries.

### **Take-home task**

<https://github.com/Madhushreedhar/Inner-Compass-AI-Project>

*AI Tools you can use for Step 8:*

**Canva AI:** You can use this to design your pitch document. Download your pitch document as a PDF file and upload on GitHub