

CodeNecton Report

Team Name: INPUT/OUTPUT

Team Members: -

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Project Name: MindNest – A student mental health support application

Introduction

University life presents a unique set of challenges, from intense academic pressure and financial worries to the complexities of social adaptation. These stressors contribute significantly to the rising prevalence of mental health issues among students, including anxiety, depression and burnout. Despite the clear need for support, many students are reluctant to seek help due to social stigma, a lack of awareness or limited access to professional counselling services.

MindNest is a proactive, all-in-one mobile application designed to address these issues. It integrates essential tools for task management, financial tracking and self-care, all powered by an AI-driven support system. By providing a comprehensive and accessible platform, MindNest helps students build healthier routines and better manage the balance between their academic and personal lives.

Problem Statement

University students face significant stress, anxiety and mental health challenges stemming from academic and financial pressures. Existing counselling services are often limited and inaccessible and students struggle with time management and financial tracking, which further exacerbates their stress. This lack of proper support negatively impacts their academic performance, social integration and overall well-being.

Target Audience & Importance

- **Target Audience:** University and college students, particularly those who are juggling academic responsibilities, financial management and personal development.
- **Importance:** Addressing student mental health is vital for improving academic success and retention rates, fostering resilience and preventing long-term mental health issues. MindNest provides a crucial early intervention tool that is both accessible and user-friendly.

Project Aim

To create a comprehensive mobile application that empowers students to proactively manage their mental health, academic tasks and financial well-being through a supportive, accessible and user-friendly platform.

Core Features

The MindNest application includes the following key features:

- **Reminder System:** Keeps students on track with assignments, tasks and important deadlines.
- **Pomodoro Timer:** Helps students maintain focus during study sessions.
- **Financial Tracker:** Enables students to monitor their spending and manage a budget for weekly and monthly expenses.
- **Smart Task Scheduler:** Efficiently organizes academic and personal tasks to improve productivity.
- **Self-Confidence & Mood Tools:** Includes a daily mood diary and personal notes to boost self-esteem.
- **Chatting:** Provides real-time emotional support, motivation and personalized advice on balancing study and life.

Objectives

- **Mental Well-being:** Support students' mental well-being through mood tracking, self-confidence tools and emotional support.
- **Productivity & Focus:** Improve productivity with smart task scheduling, reminders and a Pomodoro timer.
- **Financial Awareness:** Enhance financial literacy by providing an easy-to-use expense tracker.
- **Self-Care & Motivation:** Promote healthy habits and motivation through mood diaries, self-recordings and motivational notes.

Technical Implementation

Tools for the Submission

This submission was prepared using the following tools:

- **Prototyping:** The application's user interface and user experience (UI/UX) were designed and prototyped using Figma.
- **Presentation:** The presentation slides were created using Gamma and Canva.

Planned Technology Stack

The MindNest application will be fully developed using the following technologies:

- **Development Platform:** The native mobile application will be built using Android Studio.
- **Programming Language:** The primary programming language will be Java.
- **Backend & Database:** We plan to use Firebase for the backend infrastructure. Firebase offers a suite of tools including Firestore for a flexible, scalable database and Firebase Authentication for secure user management, which would be ideal for a mobile application like MindNest.

Conclusion

MindNest is more than just an application; it is a holistic support system designed to meet the unique needs of university students. By combining practical organizational tools with proactive mental health features, MindNest offers a comprehensive solution to the common stressors of student life. We believe this application can make a significant impact on students' well-being, helping them to not only succeed academically but also to thrive personally.

We look forward to demonstrating the full capabilities of MindNest during the CodeNect competition.