

**A  
SYNOPSIS  
of  
MINOR PROJECT  
on  
ELYSIAN**



*Submitted by*

***Mugdh Mathur (22EGICS081)***

**Project Guide  
Mr. Pankaj Vaishnav**

**Head of Department  
Dr. Mayank Patel**

**Geetanjali Institute of Technical Studies, Dabok, Udaipur (Raj.)  
Department of Computer Science and Engineering  
October, 2023**

# **ELYSIAN**

## **Problem Statement:**

Managing mental health is challenging due to societal pressures and personal responsibilities. Current tracking methods lack accessibility and real-time, personalized insights.

## **Brief Description:**

Elysian provides a comprehensive solution for monitoring and improving mental health. The program allows for real-time monitoring of mood, stress, and sleep habits by user inputs and wearable device integration. It analyses this data to present users with individualized insights and advice, allowing them to effectively regulate their mental health.

Elysian has a user-friendly layout that is suitable for users of all ages and technical abilities, as well as notifications and reminders to keep them on track with their goals. It provides tools such as guided meditations, cognitive behavioural therapy activities, and access to mental health practitioners. Elysian, powered by Firebase, provides safe, scalable backend services for real-time updates and robust authentication, with the goal of making mental health treatment more accessible and successful.

## **Objective and Scope:**

- Real-time Monitoring
- Personalized Insights
- Safety and Health Concerns
- Authentic Experiences

## **Methodology:**

1. To access personalized services, users must specify their mood, stress, and sleep data directly, or connect wearables for automatic tracking.
2. Elysian analyzes your data using advanced algorithms to identify trends in your mental well-being.
3. Based on this analysis, Elysian provides personalized recommendations for self-care activities.
4. The app empowers you further by offering educational resources on relevant mental health topics.
5. Feeling the need for additional support? Elysian can connect you with qualified professionals within the app.
6. To stay on track, set personalized mental health goals within Elysian.
7. Track your progress and celebrate achievements as you cultivate a sense of calm and well-being.

## Hardware and Software:

- **Hardware:** Smartphone or tablet with internet connectivity.
- **Software:**
  - **Frontend:** Flutter
  - **Backend:** Firebase (Firestore, Authentication)
  - **Tools:** Android Studio, VS Code

## Technologies:

- **FRONTEND**

FLUTTER

MATERIAL DESIGN 3

- **BACKEND**

FIREBASE AUTHENTICATION

FIREBASE ANALYTICS

- **DATABASE**

FIRESTORE

FIREBASE REAL-TIME DATABASE

## Testing Techniques:

- Manual Testing
- Testing Extension

\*For Project [GitHub Link](#) and for UI [Figma Link](#)