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MP Lab 1

Problem Statement :-

Existing mental health support apps often lack personalized, gamified and mood-responsive features that engage users in a meaningful way. While they provide general resources, they may fail to offer proactive tools like gratitude challenges, personalized affirmations or a space to uplift users during emotional lows.

Description of Existing Mental Health App - Calm

Calm is a mental health and wellness app designed to help users reduce stress and anxiety, improve sleep and promote mindfulness.

Features of Calm

- Guided meditations for stress, anxiety, focus and relaxation
- Narrated stories to improve sleep
- Mindfulness Tools
- Tracks meditation streaks and goals
- Calm Music
- Mood Check-Ins

Flaws in Calm

- Lack of Emergency Support
- Limited Gamification
- No daily affirmations
- Cost & barrier

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Features of RelaxMind

- Emergency Support
- Gamified Wellness Challenges
- Daily Positive Affirmations
- Individual Memory Section to uplift users with personal, happy memories

Conclusion :- RelaxMind app adds highly personalized, engaging and accessible features. They ensure better mental health support through positive affirmations, proactive tools and instant access to emergency resources.