



MGM's College of Engineering, Nanded

Department of Computer Science &Engineering

## “DIGITAL DETOX AND MENTAL WELL-BEING APPLICATION”

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Name of Guide: Mr. Pankaj P. Pawar

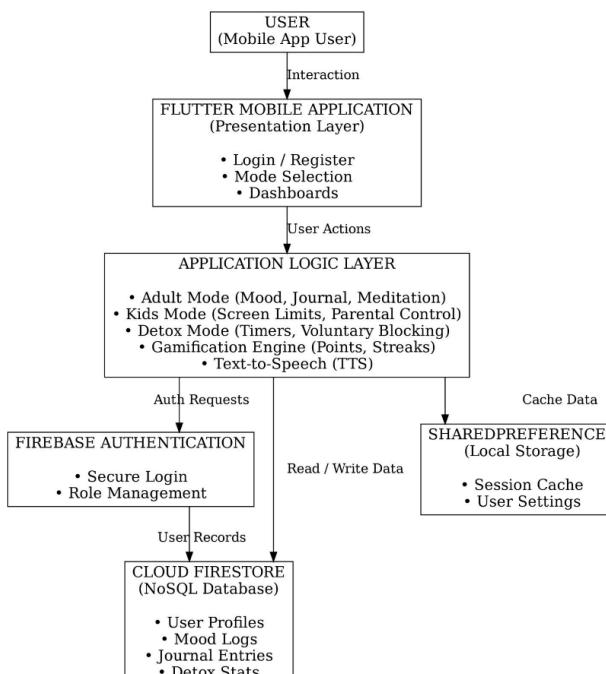
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## **Introduction:**

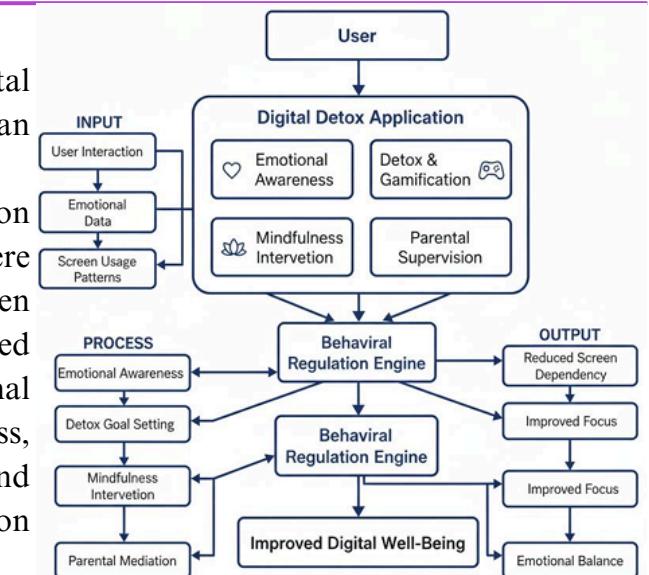
The rapid growth of smartphones and digital platforms has increased screen dependency, negatively affecting productivity, emotional well-being, and social interactions across all age groups. This project presents a Digital Detox & Mental Well-Being Application that integrates mental wellness tools, gamified detox mechanisms, and secure parental controls to promote mindful technology use. By applying principles of behavioral psychology through a user-friendly mobile platform, the system helps individuals and families build healthier digital habits and maintain a balanced relationship with technology.

## System Architecture:

The Digital Detox & Mental Well-Being Application follows a layered architecture with a Flutter-based mobile interface for user interaction, login, and mode selection. Core functionalities such as Adult Mode, Kids Mode, Detox Mode, gamification, and text-to-speech are handled by the Application Logic Layer. Firebase Authentication ensures secure role-based access, while Cloud Firestore stores user data with real-time synchronization. SharedPreferences is used for local caching and improved performance.



## Methodology:



### **Conclusion:**

**Conclusion:** The Digital Detox & Mental Well-Being Application provides an integrated solution to address excessive screen usage by combining emotional awareness, mindfulness practices, gamified detox mechanisms, and parental supervision within a single platform. By applying behavioral psychology principles through a user-friendly mobile system, it promotes healthier digital habits and improved mental well-being across all age groups.

<b>Maps to</b>	<b>Name of Students</b>	<b>Name of Guide</b>
PO-1,	PO-2,	1.Vedika Lohiya
PO-5,	PO-7,	2.Aditi Mane
PO-10;	PSO-1,	3.Vedanti Lavekar
PSO-2		4.Isha Jadhav