



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

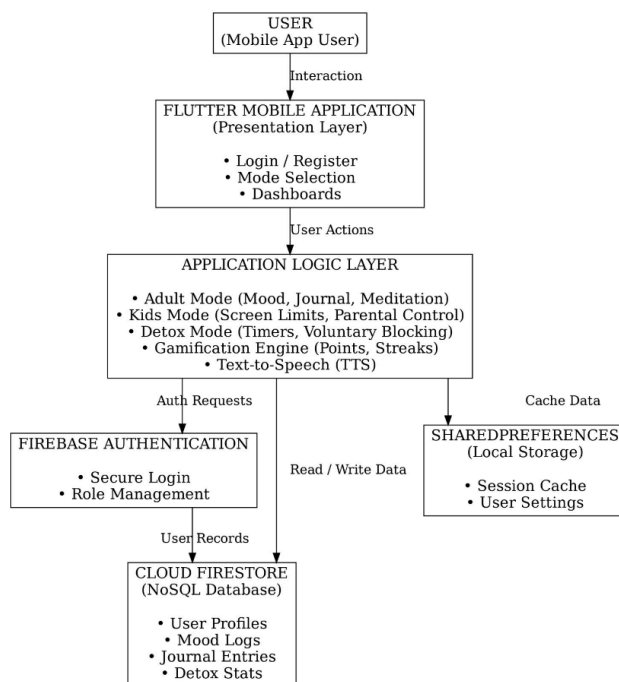
Academic Year: 2025-26

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.

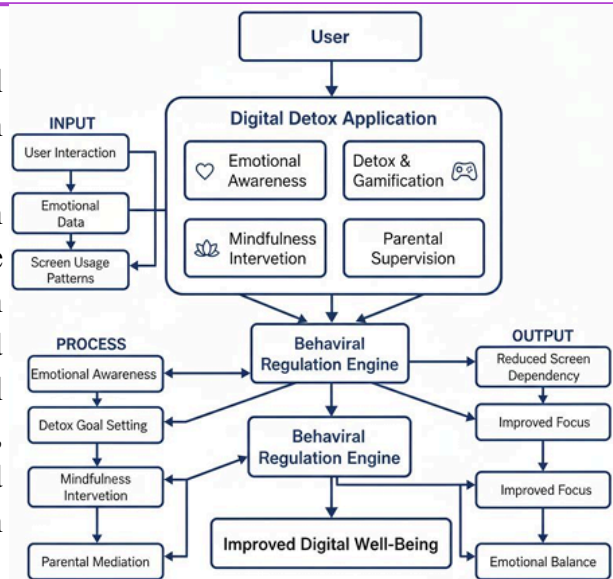
System Architecture:

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:

The Digital Detox & Mental Well-Being system follows an input-process-output methodology based on behavioral psychology, where user interactions and screen usage data are processed through emotional awareness, mindfulness, detox gamification, and parental supervision modules. The system then produces outcomes including reduced screen dependency, improved focus, enhanced self-control, and emotional balance, ultimately promoting sustainable digital well-being.



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.

Maps to

PO-1, PO-5, PO-10; PSO-2

PO-2, PO-7, PSO-1,

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