

FEDERAL INSTITUTE OF SCIENCE AND TECHNOLOGY (FISAT)

Hormis Nagar, Mookkannoor PO, Angamaly, Kochi

Accredited by NAAC with 'A+' Grade



DEPARTMENT OF COMPUTER APPLICATIONS

SYNOPSIS OF THE MAIN PROJECT

Name of the Student	SANDRA S MENON
Batch & Roll Number	B 39
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Name of Project Guide	Dr. Sujesh p lal
GitHub ID	https://github.com/SANDRA-S-MENON
Project Title	Mental Wellness Assistant Application
Area of the Project	Web Application
Date of Submission	30/12/24
<p>Description of Project:</p> <p>The Mental Wellness Assistant Application is an intelligent, web-based mental health support system designed to assist users in managing their mental well-being. Built using the MERN stack (MongoDB, Express.js, React.js, Node.js) integrated with Machine Learning, the platform aims to offer personalized mental health resources, emotional state detection, and progress tracking to enhance users' overall wellness.</p> <p>Key Features</p> <ol style="list-style-type: none">1. Mood Detection and Analysis2. Personalized Recommendations3. Mental Health Chatbot4. Integrated Enquiry and Expert Connect5. Secure User Profiles	

Front End & Back End Tools	<p>Front End: React</p> <p>Back End :Express.js,Node.js</p> <p>Database: MongoDB</p> <p>Machine Learning:</p> <ul style="list-style-type: none">• Models for sentiment analysis, emotion detection, and recommendations developed using Python and integrated into the backend using Flask .