



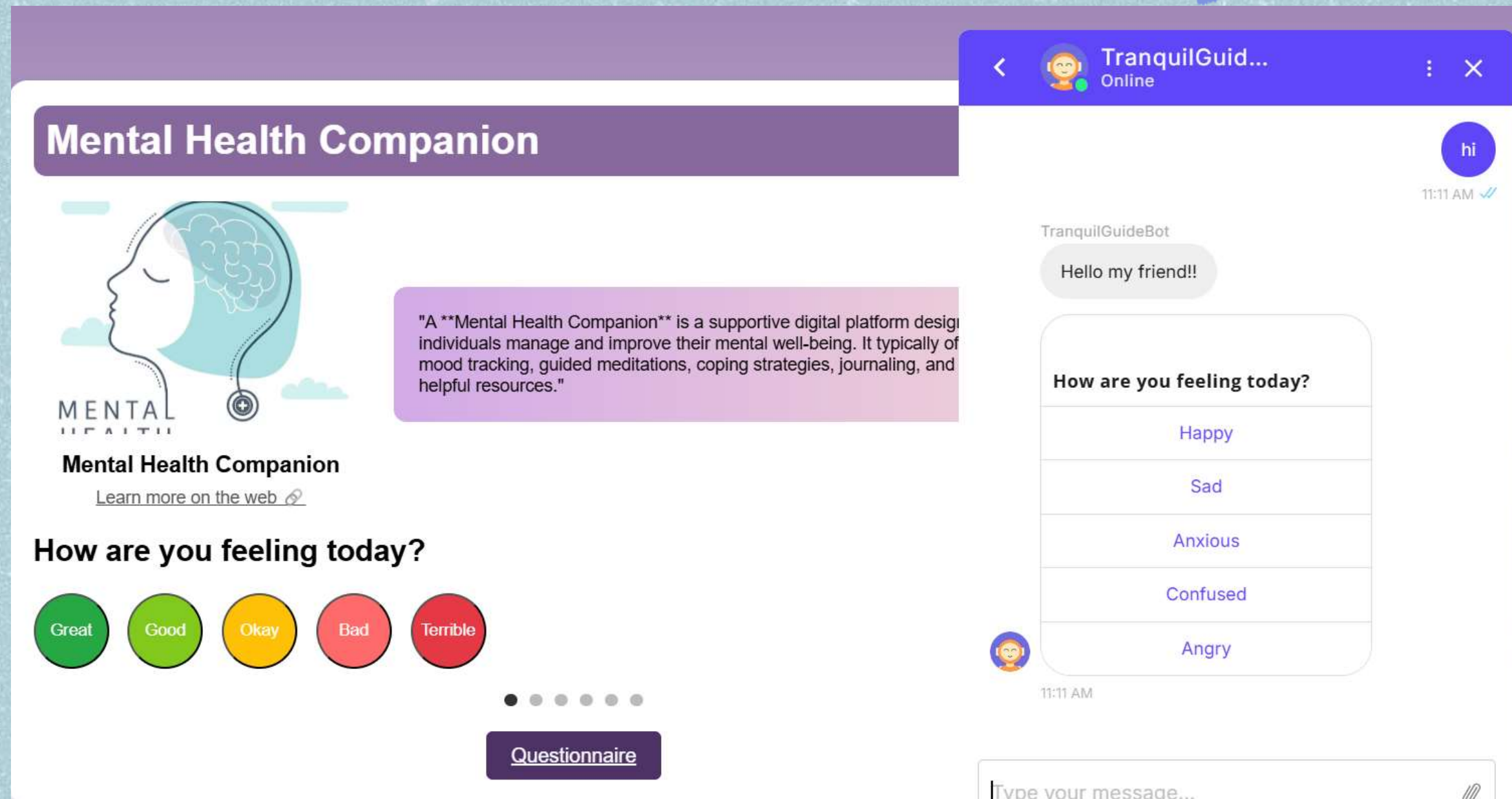
TRANQUILGUIDE

Your mental health
companion!



INTRODUCTION

Tranquil Guide is a personalized mental health companion designed to support emotional well-being. It features an interactive questionnaire that helps users reflect on their feelings, along with a conversational bot that listens and responds to how they're feeling. Whether it's to share a moment of joy, manage stress, or seek comfort, Tranquil Guide is here to provide a safe space for emotional expression and guidance.



[TRANQUILGUIDE](#)- APP LINK



Mental Health Companion



Mental Health Companion

[Learn more on the web](#)

"A **Mental Health Companion** is a supportive digital platform designed to help individuals manage and improve their mental well-being. It typically offers mood tracking, guided meditations, coping strategies, journaling, and helpful resources."

How are you feeling today?



[Questionnaire](#)



11:11 AM

TranquilGuideBot

Hello my friend!!

How are you feeling today?

Happy

Sad

Anxious

Confused

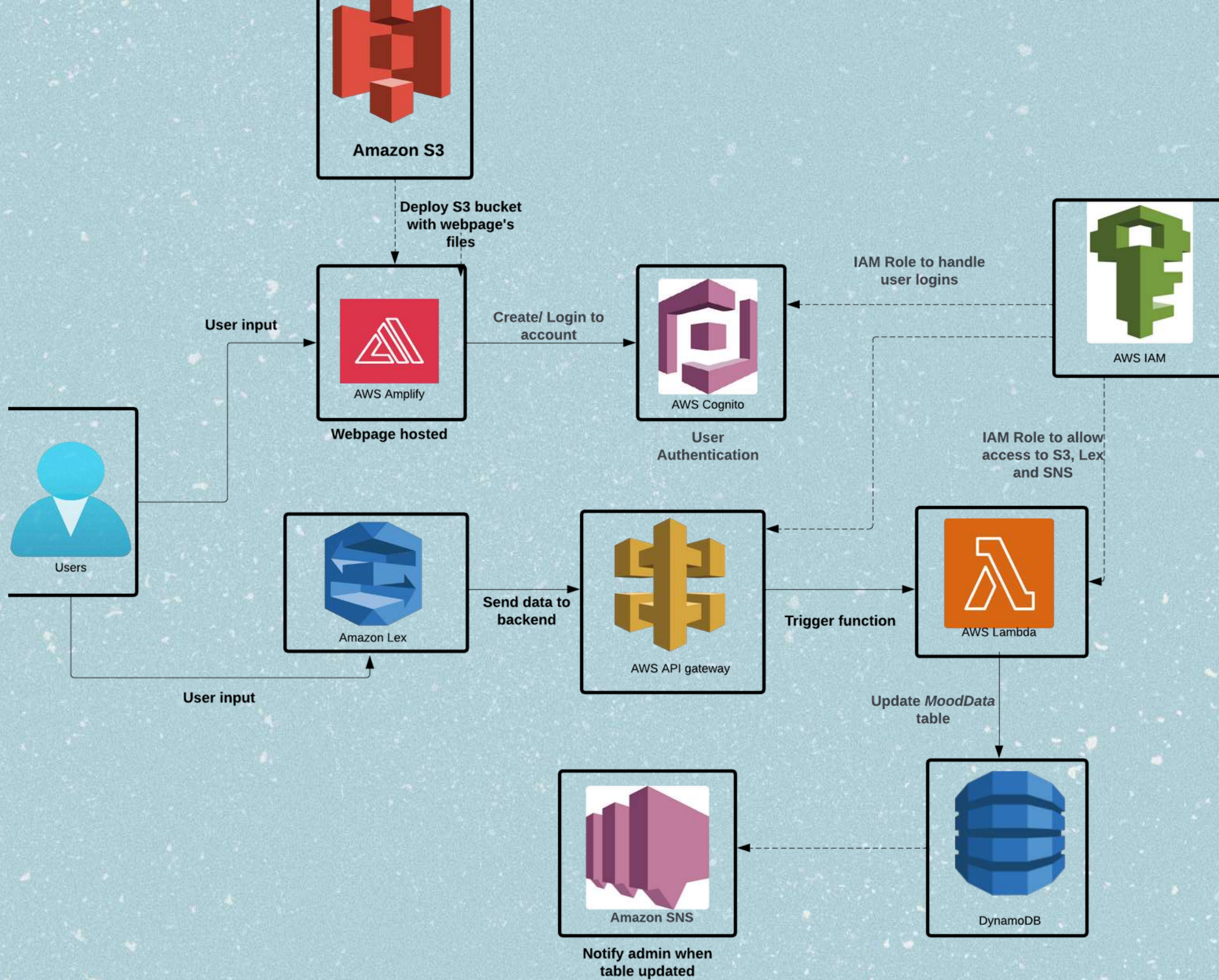
Angry



11:11 AM

NEVER
Give up





AWS SERVICES USED:

- AWS IAM
- Amazon Lex
- Amazon S3
- Amazon DynamoDB
- Amazon API Gateway
- AWS Amplify
- AWS Lambda



AWS IAM

Identity and Access Management (IAM)

Search IAM

Dashboard

Access management

User groups

Users

Roles

Policies

Identity providers

Account settings

Root access management [New](#)

Access reports

Access Analyzer

External access

Unused access

Analyzer settings

Credential report

cloud_user [Info](#)

Delete

Summary

ARN
arn:aws:iam::008971675797:user/cloud_user

Console access
Disabled

Access key 1
AKIAQEFWA5CK77SZXUXS - Active
Used today. 15 hours old.

Created
November 14, 2024, 19:29 (UTC+05:30)

Last console sign-in
-

Access key 2
[Create access key](#)

Permissions

Groups (1)

Tags (1)

Security credentials

Last Accessed

Permissions policies (1)

Permissions are defined by policies attached to the user directly or through groups.

Search

Filter by Type
All types

< 1 > [Settings](#)

<input type="checkbox"/>	Policy name ↗	Type	Attached via ↗
<input type="checkbox"/>	AmazonLexFullAccess	AWS managed	Group LexAdmin

AWS LEX

Amazon Lex

Back to intents list (8)

Search

Sort by last updated

AngryIntent

ConfusedIntent

AnxiousIntent

IdentifyEmotionIntent

SadIntent

HappyIntent

FallbackIntent

GreetUserIntent

Draft version

English (US)

Successfully built

Preview

Plain text

[ConfusedTopic]

I'm feeling really lost right now.

I don't know what I'm doing with my life.

Everything feels so unclear.

I'm confused about my future.

I don't know what to do next.

I feel like I'm stuck.

I'm not sure what direction my life is going.

I don't know how to make decisions anymore.

I want to book a flight

Maximum 500 characters.

Editor

Visual builder

New

Amazon Lex

Slot types (6)

Search

Sort by last updated

Confused

Angry

Anxious

Sad

HappySlot

Happy

Draft version

English (US)

Successfully built

Slot type values

Modify the list of values used to train the machine learning model to recognize values for a slot.

Search slot type values

Frustrated

Furious

Mad

Annoyed

Irritated

Enraged

Fuming

AWS LEX

{Anxious}

Initial request - sample utterance

It sounds like you're feeling anxious. I'm here to listen and support you. Would you like to share what's on your mind?

Acknowledge intent - initial response

Can you tell me more about what's causing your anxiety?

Prompt for more information - slot

Nervous

Capture information - slot value

1 of 4

e.g. Okay, got it.

Capture success information - slot capture success response

e.g. I'm having trouble understanding you.

Capture failure information - slot capture failure response

Are you sure you want to talk about your anxiety? I'm here to listen, but it's okay if you want to talk later.

Confirm intent - confirmation prompt

e.g. Thank you for the information. We have started

2 of 4

▼ Conversation flow Info

{ConfusedTopic}

Initial request - sample utterance

I'm really sorry you're feeling this way, but I'm here for you. Life can be tough sometimes, and it's okay to feel uncertain. Would you like to talk about what's been going on or what's confusing you?

Acknowledge intent - initial response

Could you share what specifically is making you feel confused about your life right now?

Prompt for more information - slot

1 of 4

e.g. Okay, got it.

Capture success information - slot capture success response

e.g. I'm having trouble understanding you.

Capture failure information - slot capture failure response

Would you like to talk more about what's going on? I'm happy to listen.

Confirm intent - confirmation prompt

e.g. Thank you for the information. We have started the process

2 of 4



AMAZON S3

Amazon S3

Buckets

Access Grants

Access Points

Object Lambda Access Points

Multi-Region Access Points

Batch Operations

IAM Access Analyzer for S3

Block Public Access settings for this account

Storage Lens

Dashboards

Storage Lens groups

AWS Organizations settings

Feature spotlight 7

AWS Marketplace for S3

Amazon S3 > Buckets > mytranquil

mytranquil Info

Objects

Properties

Permissions

Metrics

Management

Access Points

Objects (17) Info

↻

📄 Copy S3 URI

📄 Copy URL

⬇️ Download

🔗 Open

Delete

⌵ Actions





Create folder

⬆️ Upload

Objects are the fundamental entities stored in Amazon S3. You can use [Amazon S3 inventory](#) to get a list of all objects in your bucket. For others to access your objects, you'll need to explicitly grant them permissions. [Learn more](#)

🔍 Find objects by prefix

< 1 > ⚙️

<input type="checkbox"/>	Name ▲	Type ▼	Last modified ▼	Size ▼	Storage class ▼
<input type="checkbox"/>	 a1.png	png	November 15, 2024, 01:25:31 (UTC+05:30)	297.3 KB	Standard
<input type="checkbox"/>	 a2.png	png	November 15, 2024, 01:25:32 (UTC+05:30)	280.1 KB	Standard
<input type="checkbox"/>	 ANGER.jpg	jpg	November 15, 2024, 01:25:33 (UTC+05:30)	31.8 KB	Standard
<input type="checkbox"/>	 anxious.jpg	jpg	November 15, 2024, 01:25:33 (UTC+05:30)	46.3 KB	Standard
			November 15, 2024.		

AMAZON S3

Amazon S3

Buckets

Access Grants

Access Points

Object Lambda Access Points

Multi-Region Access Points

Batch Operations

IAM Access Analyzer for S3

Block Public Access settings for this account

Storage Lens

Dashboards

Storage Lens groups

AWS Organizations settings

Feature spotlight 7

AWS Marketplace for S3

Requester pays

When enabled, the requester pays for requests and data transfer costs, and anonymous access to this bucket is disabled. [Learn more](#)

Requester pays

Disabled

Static website hosting

Use this bucket to host a website or redirect requests. [Learn more](#)

We recommend using AWS Amplify Hosting for static website hosting

Deploy a fast, secure, and reliable website quickly with AWS Amplify Hosting. Learn more about [Amplify Hosting](#) or [View your existing Amplify apps](#)

Create Amplify app

S3 static website hosting

Enabled

Hosting type

Bucket hosting

Bucket website endpoint

When you configure your bucket as a static website, the website is available at the AWS Region-specific website endpoint of the bucket. [Learn more](#)

<http://mytranquil.s3-website-us-west-2.amazonaws.com>

AMAZON DYNAMODB

DynamoDB > Tables

Tables (1) [Info](#)



Actions ▼

Delete

Create table

Find tables

Any tag key ▼

Any tag value ▼

1 match



1



<input type="checkbox"/>	Name ▲	Status ▼	Partition key ▼	Sort key ▼	Indexes ▼	Replication Regions ▼	Deletion protection ▼	Favorite ▼
<input type="checkbox"/>	MoodData	✓ Active	userId (S)	-	0	0	⊖ Off	☆

DYNAMODB CONSOLE



AMAZON DYNAMODB

DynamoDB

Dashboard

Tables

Explore items

PartiQL editor

Backups

Exports to S3

Imports from S3

Integrations New

Reserved capacity

Settings

DAX

Clusters

Subnet groups

Parameter groups

Events

Tables (1)

Any tag key

Any tag value

Find tables

1 match

MoodData

MoodData

Overview

Indexes

Monitor

Global tables

Backups

Exports and streams

Perf

Protect your DynamoDB table from accidental writes and deletes

When you turn on point-in-time recovery (PITR), DynamoDB backs up your table data automatically so that you can restore to any given second in the preceding 35 days. Additional charges apply. [Learn more](#)

Edit PITR

General information

Partition key

userId (String)

Sort key

-

Capacity mode

Provisioned

Table status

Active

Alarms

No active alarms

Point-in-time recovery (PITR)

Off

Resource-based policy

Not active

Additional info

AMAZON API GATEWAY

API Gateway

APIs

Custom domain names

VPC links

▼ API: MoodTrackerAPI

Resources

Stages

Authorizers

Gateway responses

Models

Resource policy

Documentation

Dashboard

API settings

Usage plans

API keys

Client certificates

Settings

API Gateway > APIs > Resources - MoodTrackerAPI (40veiggyr6)

Resources

Create resource

/

/mood

OPTIONS

POST

/mood - POST - Method execution

Update documentation

Delete

ARN

arn:aws:execute-api:us-west-2:008971675797:40veiggyr6/*/POST/mood

Resource ID

mr77u1

Client

Method request

Integration request

Method response

Integration response

Lambda integration

Method request

Integration request

Integration response

Method response

Test

Method request settings

Edit

CloudShell

Feedback

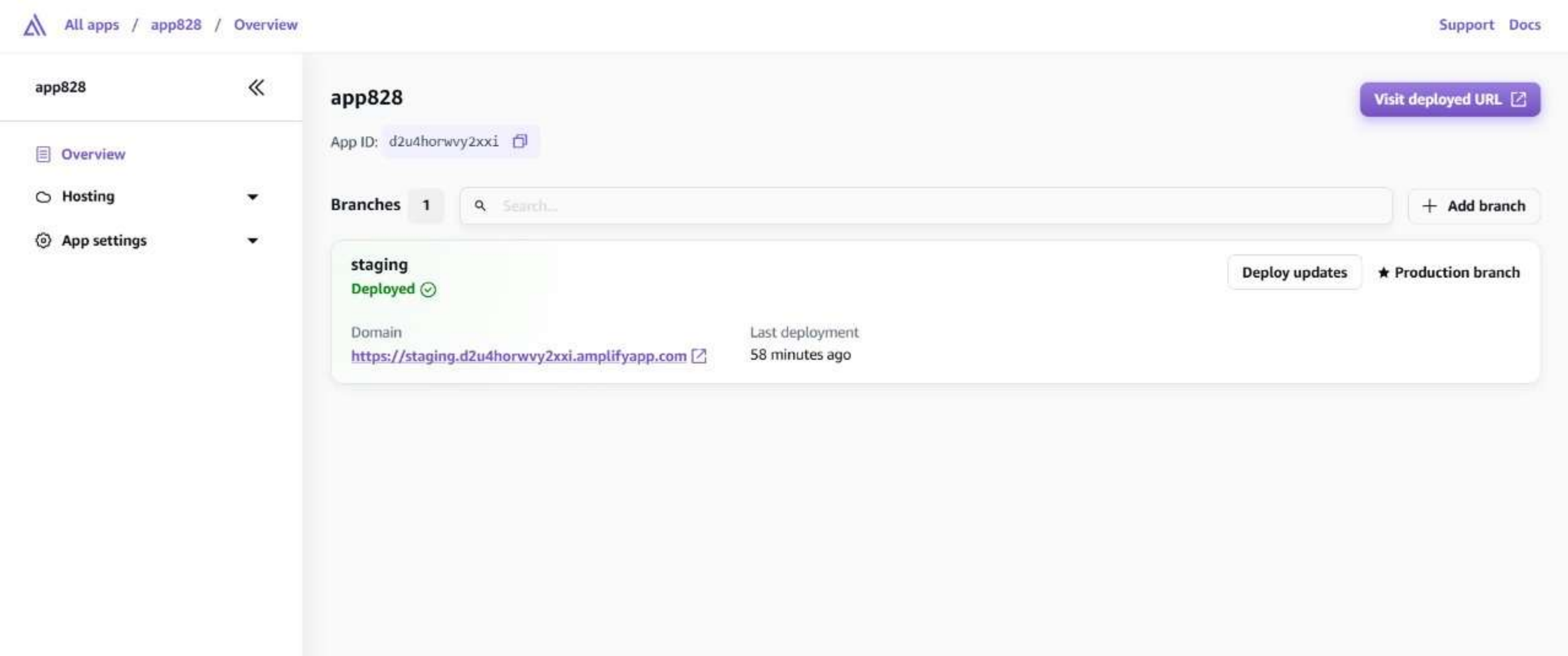
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Privacy

Terms

Cookie preferences

AMAZON AMPLIFY



The screenshot shows the Amazon Amplify console interface. At the top, there's a navigation bar with the Amplify logo, a breadcrumb trail 'All apps / app828 / Overview', and links for 'Support' and 'Docs'. On the left, a sidebar shows the app name 'app828' with a back arrow, and a menu with 'Overview' (selected), 'Hosting', and 'App settings'. The main content area is titled 'app828' and includes an 'App ID: d2u4horwvy2xxi' with a copy icon. A 'Visit deployed URL' button is in the top right. Below, a 'Branches' section shows '1' branch with a search bar and an 'Add branch' button. A table lists the 'staging' branch as 'Deployed' with a green checkmark. It provides the domain 'https://staging.d2u4horwvy2xxi.amplifyapp.com' and the last deployment time '58 minutes ago'. Action buttons 'Deploy updates' and 'Production branch' are also visible.

All apps / app828 / Overview Support Docs

app828 <<

Overview Hosting App settings

app828

App ID: d2u4horwvy2xxi

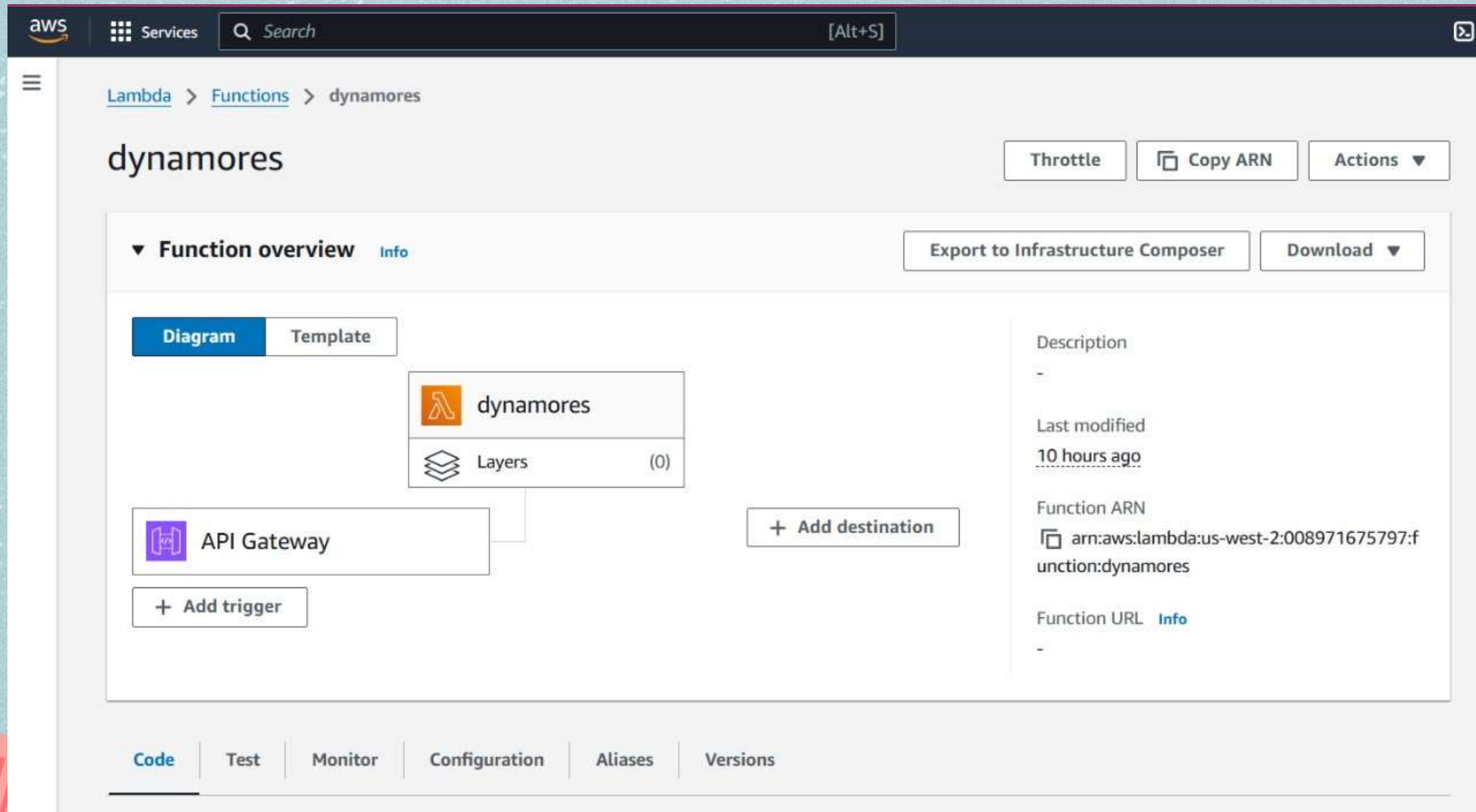
Visit deployed URL

Branches 1 Search...

+ Add branch

staging	Deployed ✓	Deploy updates	★ Production branch
Domain	Last deployment		
https://staging.d2u4horwvy2xxi.amplifyapp.com	58 minutes ago		

AMAZON LAMBDA



The screenshot displays the AWS Lambda console interface for a function named 'dynamores'. The top navigation bar includes the AWS logo, 'Services', a search bar, and a keyboard shortcut '[Alt+S]'. The breadcrumb trail shows 'Lambda > Functions > dynamores'. The function name 'dynamores' is prominently displayed, with buttons for 'Throttle', 'Copy ARN', and 'Actions' to its right. Below this, the 'Function overview' section is active, showing a 'Diagram' tab with a visual representation of the function's triggers and layers. An 'API Gateway' trigger is connected to the 'dynamores' function, and a 'Layers' section shows '(0)' layers. A '+ Add trigger' button is available. To the right of the diagram, there are buttons for 'Export to Infrastructure Composer' and 'Download'. The right-hand pane provides details about the function: 'Description' is empty, 'Last modified' is '10 hours ago', 'Function ARN' is 'arn:aws:lambda:us-west-2:008971675797:function:dynamores', and 'Function URL' is empty. At the bottom, a horizontal menu contains tabs for 'Code', 'Test', 'Monitor', 'Configuration', 'Aliases', and 'Versions', with 'Code' currently selected.

aws Services Search [Alt+S]

Lambda > Functions > dynamores

dynamores

Throttle Copy ARN Actions

▼ Function overview Info

Export to Infrastructure Composer Download

Diagram Template

dynamores

Layers (0)

API Gateway

+ Add trigger

+ Add destination

Description

-

Last modified

10 hours ago

Function ARN

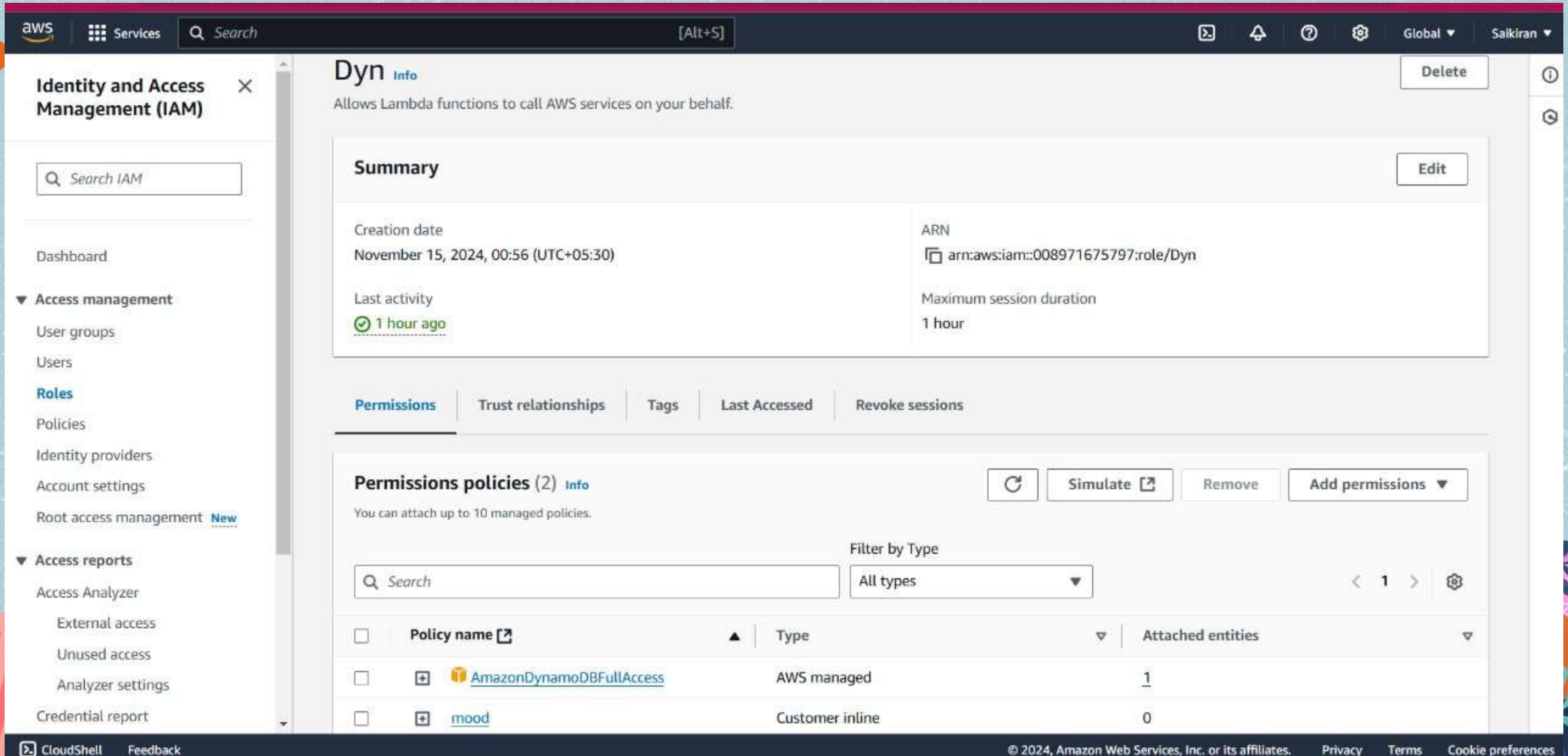
arn:aws:lambda:us-west-2:008971675797:function:dynamores

Function URL Info

-

Code Test Monitor Configuration Aliases Versions

AMAZON LAMBDA



The screenshot displays the AWS IAM console interface. The left sidebar shows the navigation menu with 'Identity and Access Management (IAM)' selected. The main content area shows the configuration for a role named 'Dyn'. The 'Summary' tab is active, displaying the role's creation date, last activity, ARN, and maximum session duration. Below the summary, the 'Permissions policies' tab is selected, showing a list of attached policies: 'AmazonDynamoDBFullAccess' (AWS managed) and 'mood' (Customer inline).

Identity and Access Management (IAM)

Search IAM

Dashboard

Access management

- User groups
- Users
- Roles**
- Policies
- Identity providers
- Account settings
- Root access management [New](#)

Access reports

- Access Analyzer
 - External access
 - Unused access
 - Analyzer settings
- Credential report

Dyn [Info](#) [Delete](#)

Allows Lambda functions to call AWS services on your behalf.

Summary [Edit](#)

Creation date
November 15, 2024, 00:56 (UTC+05:30)

Last activity
[1 hour ago](#)

ARN
[arn:aws:iam::008971675797:role/Dyn](#)

Maximum session duration
1 hour

[Permissions](#) [Trust relationships](#) [Tags](#) [Last Accessed](#) [Revoke sessions](#)

Permissions policies (2) [Info](#) [Refresh](#) [Simulate](#) [Remove](#) [Add permissions](#)

You can attach up to 10 managed policies.

Filter by Type

Search

All types

<input type="checkbox"/>	Policy name ↗	Type	Attached entities
<input type="checkbox"/>	+ AmazonDynamoDBFullAccess	AWS managed	1
<input type="checkbox"/>	+ mood	Customer inline	0

CloudShell Feedback

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AMAZON LAMBDA

[IAM](#) > [Roles](#) > [Dyn](#) > Edit policy

Step 1

Modify permissions in mood

Modify permissions in mood [Info](#)

Add permissions by selecting services, actions, resources, and conditions. Build permission statements using the JSON editor.

Step 2

Review and save

Policy editor

Visual

JSON

Actions ▼



```
1 ▼ 
2   "Version": "2012-10-17",
3 ▼   "Statement": [
4 ▼     {
5       "Effect": "Allow",
6       "Action": "dynamodb:PutItem",
7       "Resource": "arn:aws:dynamodb:us-west-2:008971675797:table/MoodTracker"
8     }
9   ]
10 
```

Edit statement

Select a statement

Select an existing statement in the policy or add a new statement.

[+ Add new statement](#)