

## -:- ASSIGNMENT - I -:-

# STRESS AND MENTAL HEALTH :-:

### # Sample Business Requirements Document Template :-

- ① Identification of the problem :- Stress and mental health; now in day to day life or generation we can see people are go to job life and much more work also the daily work or family condition or any other issues where they get depressed where they get too much stress and hazard or damage their mental health.

### (A) Executive summary Snapshot :-

→ ① Analysis :- first we take notes and what was problem then and analysis data of user - then find what was problem and why day do this then make app on it for a project like that app help to form controlled stress and mental health like games for less stress and motivational video or jokes and a help line number for share a problem or stress that are help to them due to mental health so many people do suicides that number reduced by help of this

- ① → ② scope :- every person that should in stress with users in this app line to do decrease stress a we add so many features like a game, videos, etc.



and also check their mental health like smart watch heart to beat which of the less their stress remind them stress and mental health

⑥ → ③ proposed process :- help this process stress person and of the play game or stress free using this.

⑥ → ④ current solution :- medicine and at available video where it is not sufficient because we want to find it.

⑥ Challenge = to make app and coding and make a advertisement to reach people and user feedbacks for update a version.

⑥ why to do = many people are doing suicide and enjure mentally this app support them and teach how to live strong as well as support them in their problem solution or games are also available to less stress.

⑥ Task = to make this app user-freinds and update on user feedback with adding features

→ ① motivational video

→ ② hearth beat reminder to family during stress.

→ ③ games for less stress

→ ④ live location.

→ ⑤ support helpline number for solve problem.



- ⑥ → ⑥ and to be cool and less stress they where enjoy music and man or user with good score have rewarded at their account.
- ⑦ goal :- middle class and reach every people that are take stress and bussy in their life.
- ⑧ Deadline = reaserch and plan - 2 month  
design - 2 month  
coding - 3 month  
testing - 1 month  
lanch - 4 month  
update - per 2 month.
- ⑨ Cost :- reaserch and plan - 40k  
design - 40k  
coding - 40k  
testing - 50k  
lanch - 50k  
update - 20k