



S3 MCA 2023-25



MANGALAM COLLEGE OF ENGINEERING

Accredited by NAAC & ISO 9001:2000 Certified Institution
DEPARTMENT OF COMPUTER APPLICATIONS

Mini Project (20MCA245)

Mental Health Support

ABSTRACT

PROBLEM STATEMENT:

Mental health issues are increasingly prevalent in today's fast-paced world, yet many individuals do not seek help due to stigma, lack of access to healthcare professionals, or the inability to take time off for appointments. Traditional mental health services often require in-person visits, which can be inconvenient and inaccessible for many people. Moreover, there is a growing need for continuous support and resources that individuals can access at their convenience to manage stress, anxiety, and other mental health concerns.

SOLUTION APPROACH:

Online Appointments: Users can book appointments with mental health professionals for virtual consultations convenience.

Doctor Counseling and Chat: The system offers live chat options with doctors for immediate support and counseling sessions, ensuring timely assistance for users in need.

Remedies for Mental Pressure: Users have access to a repository of remedies and tips for managing mental pressure, including stress-relief techniques and cognitive exercises.

Pre-recorded Yoga and Meditation Classes: A library of pre-recorded classes is available for users to engage in yoga and meditation practices at their own pace, promoting holistic mental health.

Technology Stack:

HTML, CSS, Javascript, Python, Django

Student Name:

Register Number:

Guide Name:

Guide Signature:

