



ShieldMe

**A system for Emergency and Mental
Health Wellbeing**

Infosys Springboard Emergency and Mental Health Wellbeing Project

Team Members :

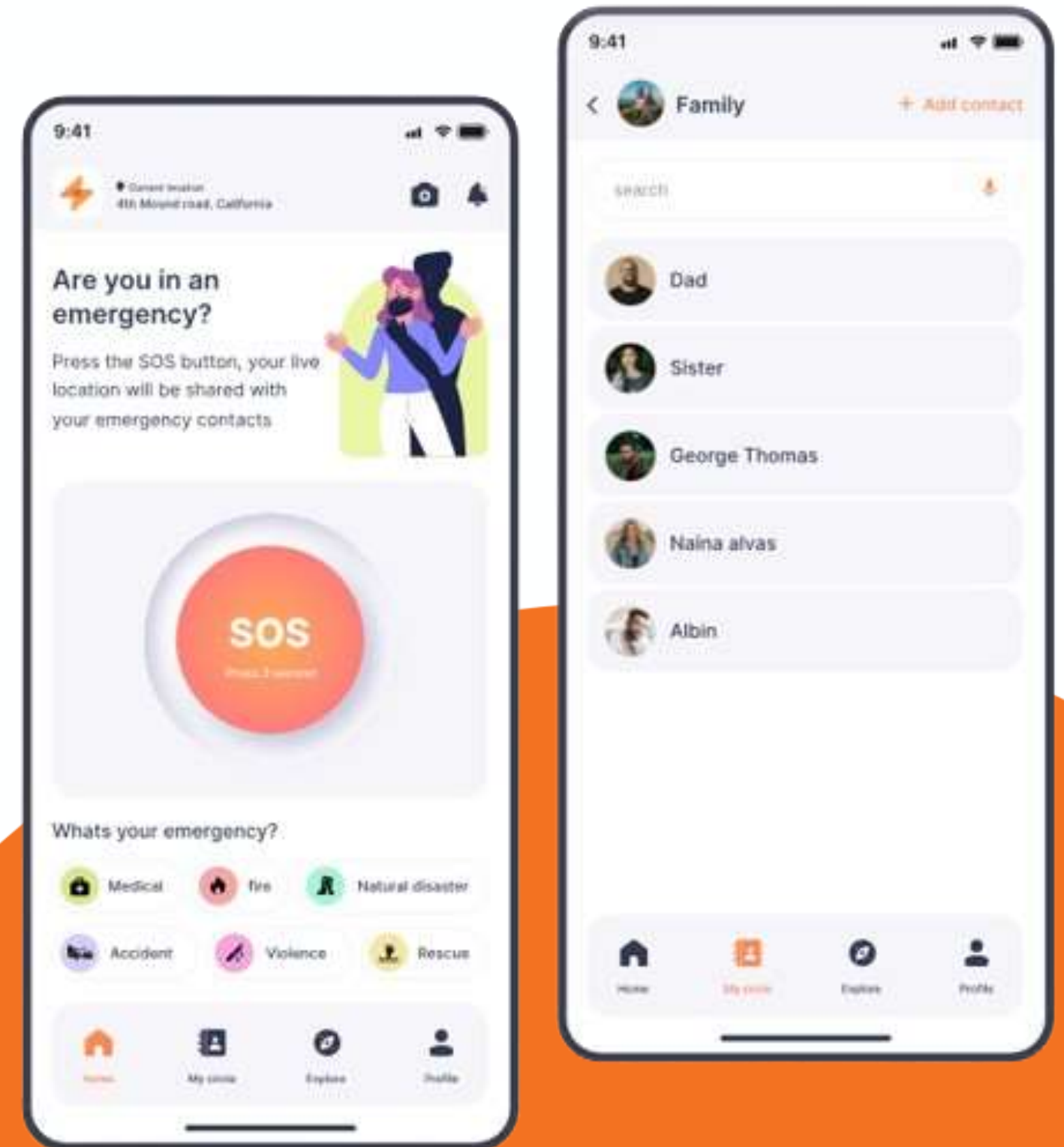
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Mentor :

Mr. Rajesh J

Agenda

- 1.Features of the Project
- 2.Technology Stack
- 3.Modules
- 4.Workflow
- 5.Conclusion



Features of the Project



SOS Alert

An emergency feature to instantly notify your registered contacts via email or phone in critical situations.



Journaling

A secure space to document your daily thoughts and feelings for self-reflection.



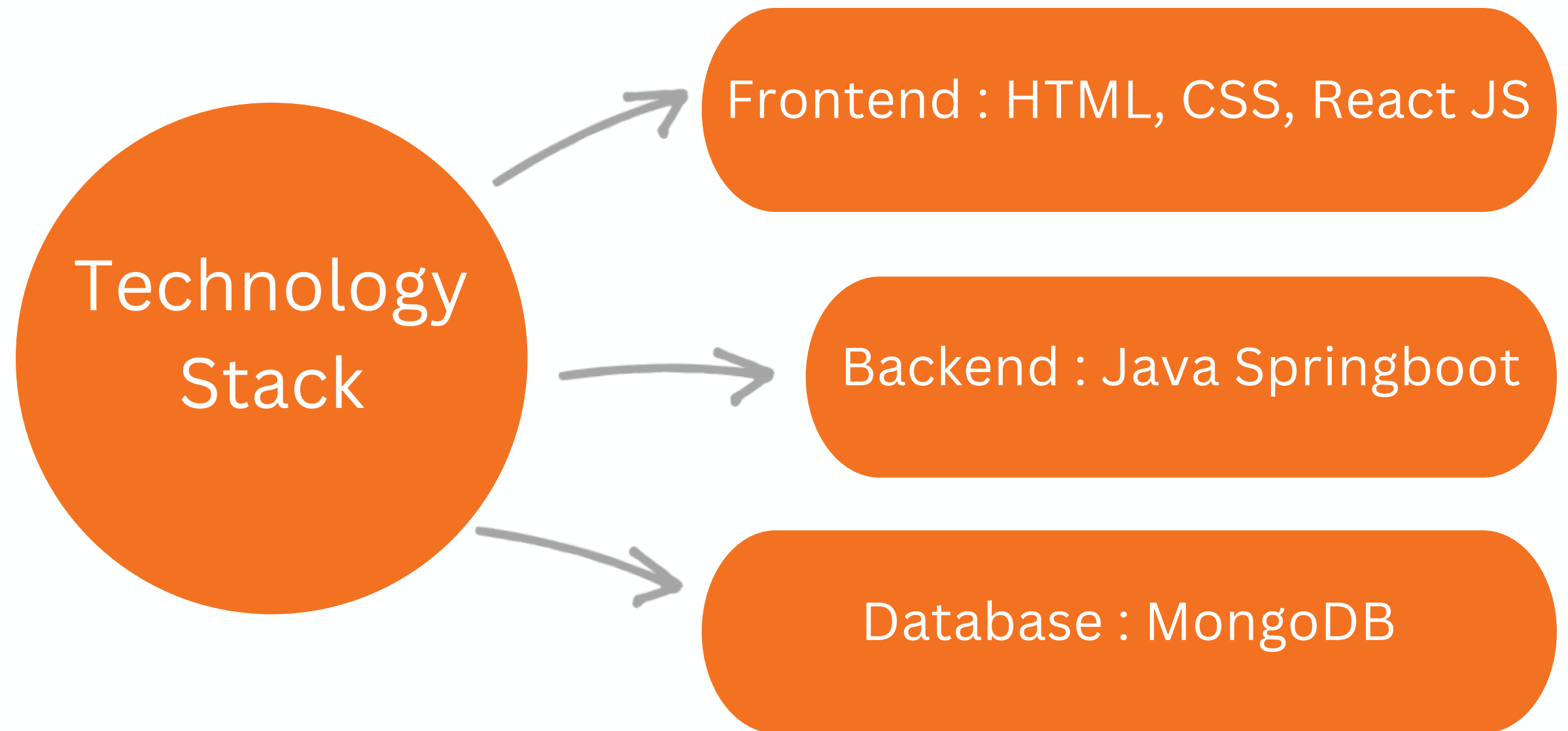
Positive Affirmation

A collection of motivational quotes to inspire positivity and boost your mental well-being every day.

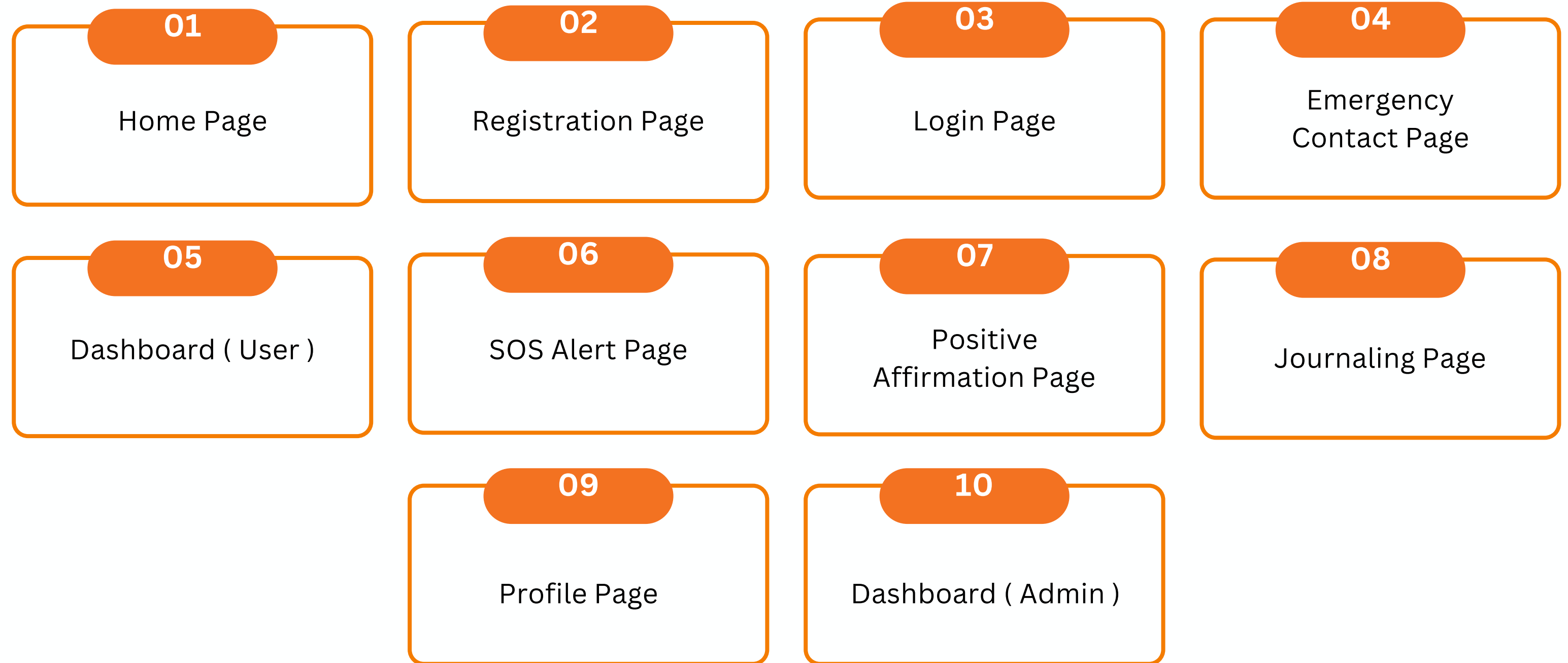


ShieldMe

A system for
Emergency and
Mental Health
Wellbeing



Modules



ShieldMe

Home Page



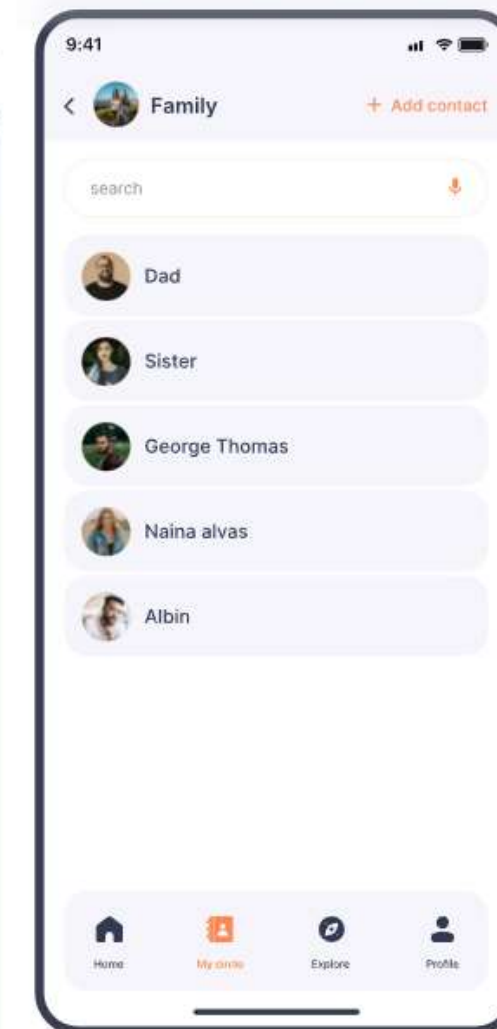
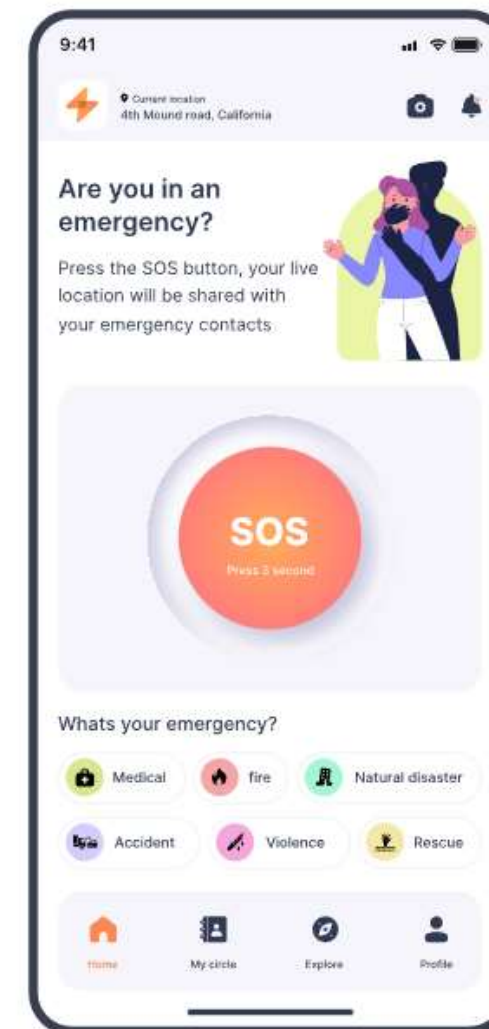
LOGIN



ShieldMe

“ Feel Safe, Anywhere, Anytime ”

Register



Home Page



Our services

We provide to you the best things for you



SOS Alert

An emergency feature to instantly notify your registered contacts via email or phone in critical situations.



Journalling

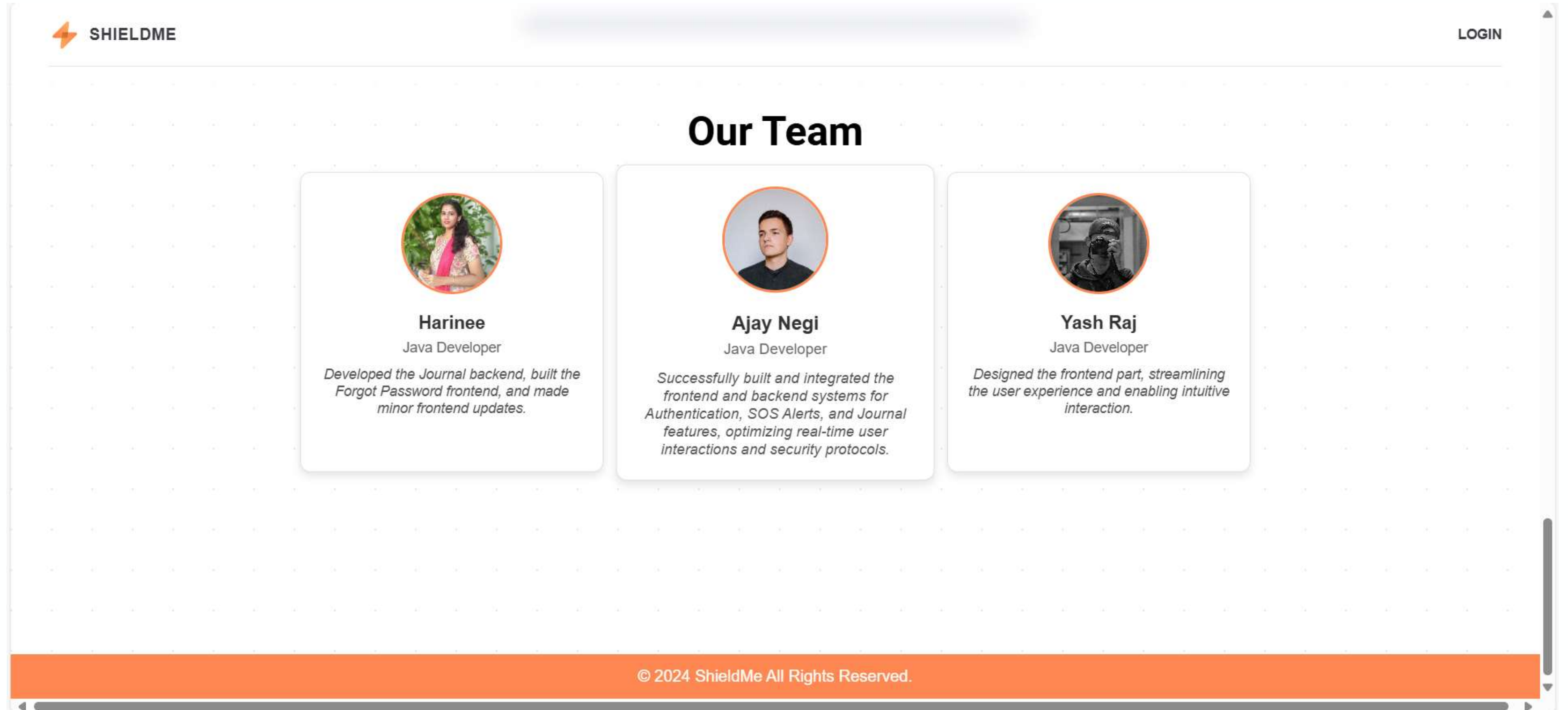
A secure space to document your daily thoughts and feelings for self-reflection.



Positive Affirmations

A collection of motivational quotes to inspire positivity and boost your mental well-being every day.

Home Page



Registration Page



LOGIN

Create an account

Enter your details below to create your account

Full Name

Email

Password

Confirm Password

Create account

Already have an account? [Sign In](#)

Login Page



LOGIN

Login to Your Account

Enter your email and password below to login to your account

Email

Password


Forgot password? [Reset Password](#)

Login

Don't have an account? [Sign Up](#)

Emergency Contact Page



 SHIELDME

CONTACTS

JOURNAL

PROFILE

EMERGENCY CONTACT DETAILS

Contact details for receiving SOS alerts

Add Emergency Contact

Full Name

Email

Phone Number (Optional)

Save Contact

Cancel

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Emergency Contact Page



CONTACTS

JOURNAL

PROFILE

EMERGENCY CONTACT DETAILS

Contact details for receiving SOS alerts

David Friend

Email: david@gmail.com

Phone: N/A



Samuel Brother

Email: samuel@gmail.com

Phone: 9561772385



Add More Contact

Dashboard (User)

[CONTACTS](#)[JOURNAL](#)[PROFILE](#)

Hi, **John William!**

Are you in an emergency?

Press the SOS button, your live location will be shared with your saved emergency contacts

Emergency Contacts



Press the Emergency Button

Dashboard (User)



Press the Emergency Button



Whats your emergency?



SOS Alert Page



Send SOS Alert to saved contacts



SOS Alert Logs

Serial No.	Alert ID	Date	Time	Latitude	Longitude	Status
1	677299b060222c7c7da3346f	30/12/2024	06:31 pm	12.9249	80.1001	Sent
2	67729a4952467f0d4355c944	30/12/2024	06:34 pm	12.9249	80.1001	Failed

Positive Affirmation Page



Positive Affirmations



“दुःखेष्वनुद्विग्नमनाः सुखेषु विगतस्पृहाः।”

(हिन्दी अनुवाद)

“जो व्यक्ति दुखों से अप्रभावित रहता है और सुखों के लिए आसक्त नहीं होता, वह ज्ञानी आत्मा माना जाता है।”

(English Translation)

A person who remains unaffected by sorrow and is free from attachment to pleasure is a wise soul.

[Learn More](#)

Positive Affirmation Page



Shlok Details

दुःखेष्वनुद्विग्नमनाः सुखेषु विगतस्पृहाः।

English Translation

A person who is unaffected by distress and unaffected by desire for pleasure, is considered a wise soul.

Hindi Meaning


जो व्यक्ति दुखों से अप्रभावित रहता है और सुखों के लिए आसक्त नहीं होता, वह ज्ञानी आत्मा माना जाता है।

English Meaning

A person who remains unaffected by sorrow and is free from attachment to pleasure is a wise soul.

Journaling Page



SHIELDME

CONTACTS

JOURNAL

PROFILE

Where every story begins — capture your thoughts

Add Cover

Journal Title...

Start writing your journal...

Publish

Journaling Page



Where every story begins — capture your thoughts, spark your creativity, and document your journey.

Write Journal



Reflections on a Day of Quiet Discovery

Today, I woke up with no particular plans, no overwhelming sense of urgency. The morning felt like a gift, slowly unfolding without the usual rush. I sat by the window for a long while, watching the w...



The Quiet Between the Chaos

There's something deeply satisfying about waking up to the first light of dawn. This morning, the sun peered through my curtains, casting a golden glow over the room. It's easy to overlook these quiet...



The Unseen Shifts of Everyday Life

The morning was soft, the kind of stillness that lets you breathe deeper than usual. I woke up early, before the rest of the house, and for a moment, the world felt like it was just mine. There's some...



Profile Page



Your Profile



John William

johnwilliam@gmail.com

Edit Profile

Logout

Profile Page



Edit Profile



John William

johnwilliam@gmail.com

New Password

Confirm New Password

Update Profile

Dashboard (Admin)



ShieldMe Admin Dashboard

Total Users
2

Total Journals
8

Total Emergency Contact
4

User List

Serial No.	User ID	Name	Email	Role
1	67728093fad8f743adfa1fdf	user 6	user4@gmail.com	USER
2	67729852fad8f743adfa1fe0	John William	johnwilliam@gmail.com	ADMIN

Journal List

Serial No.	Journal ID	Title	Content	Created At	Created By	Action
1	6772909ff9c70f38a97098c3	demo 1	xyz	30 December 2024	user 6	Delete
2	6772b99f14e27c66753d757c	Demo 2	content of demo two	1 January 1970	Unknown User	Delete
3	6772b9ab14e27c66753d757d	Demo three	content of demo 3	1 January 1970	Unknown User	Delete

Dashboard (Admin)



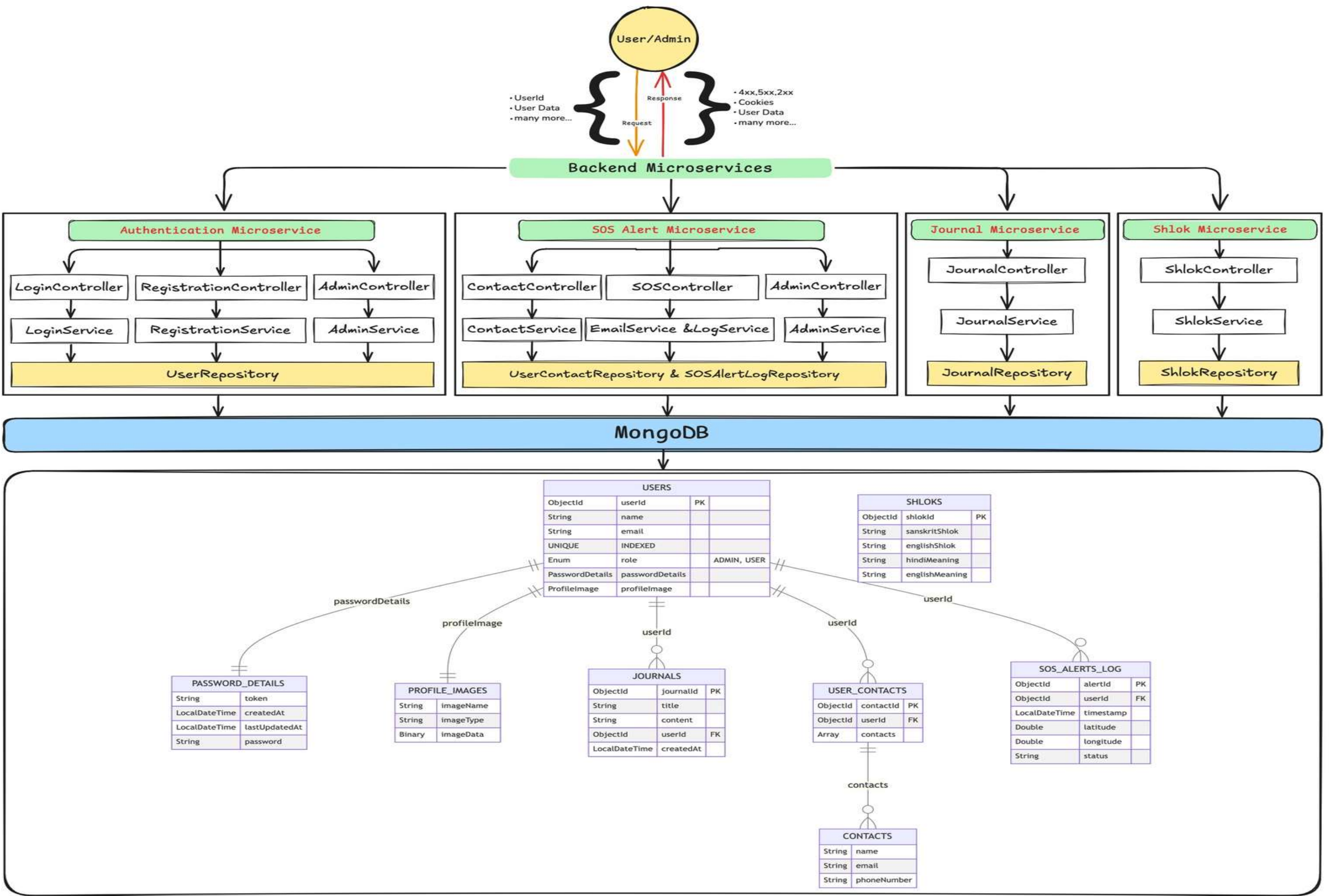
Emergency Contact List

Serial No.	Contact ID	Name	Email	Phone	CreatedBy
1	676957d2b3d2e71a8b718d2e	friend 1	harinee24112004@gmail.com	N/A	Unknown User
2	676960b2b3d2e71a8b718d2f	friend 1	harinee24112004@gmail.com	9486994316	Unknown User
3	677280cc61cc2c1b17253ac8	friend 1	harinee24112004@gmail.com	9486994316	user 6
4	6772987d60222c7c7da3346e	David Friend	david@gmail.com	N/A	John William
5	6772987d60222c7c7da3346e	Samuel Brother	samuel@gmail.com	9561772385	John William

SOS Alert Logs

Serial No.	Alert ID	Date	Time	Latitude	Longitude	Sent By	Status
1	6772836e61cc2c1b17253ac9	30/12/2024	04:56 pm	12.9249	80.1001	user 6	Failed
2	677283ed6a068e18da5d226b	30/12/2024	04:58 pm	12.9249	80.1001	user 6	Sent
3	677299b060222c7c7da3346f	30/12/2024	06:31 pm	12.9249	80.1001	John William	Sent
4	67729a4952467f0d4355c944	30/12/2024	06:34 pm	12.9249	80.1001	John William	Failed

Work Flow



CONCLUSION

1. SOS Alert System:

- A two-step process to avoid accidental activation.
- Sends alerts to the user's emergency contacts via email.

2. Journaling:

- Enables users to create and manage personal journals.
- Offers options to write new entries or delete existing ones.

3. Positive Affirmations:

- Displays shlokas from holy books to promote positivity and mental peace.

4. User Profile Management:

- Users can update their profiles, including adding a profile picture.

5. Admin Panel:

- Admins can manage the platform by viewing SOS logs, user journals, and accessing overall platform statistics like total number of users, journals, and emergency contacts.



Thank You