

**Submission name:** Mindshift – Relax & Rejuvenate

### **Short description:**

One stop revitalizing solution for getting through the new normal.

### **Long description:**

#### **Background:**

With the current situation, where most of the people are working from home, work looks like unending. People don't know when they are starting and finishing their work day. They tend to work continuously and for extended hours. With this there is an increase in health, lifestyle, social and behavioral problems.

It has become very important to have intermittent break from work. People need to learn to take out time for them from the busy work schedule. It's very important for everyone to **Stay Up-to-date, Stay Connected, Stay Refreshed, Stay Fit, Stay Safe at Home.**

#### **Solution Overview:**

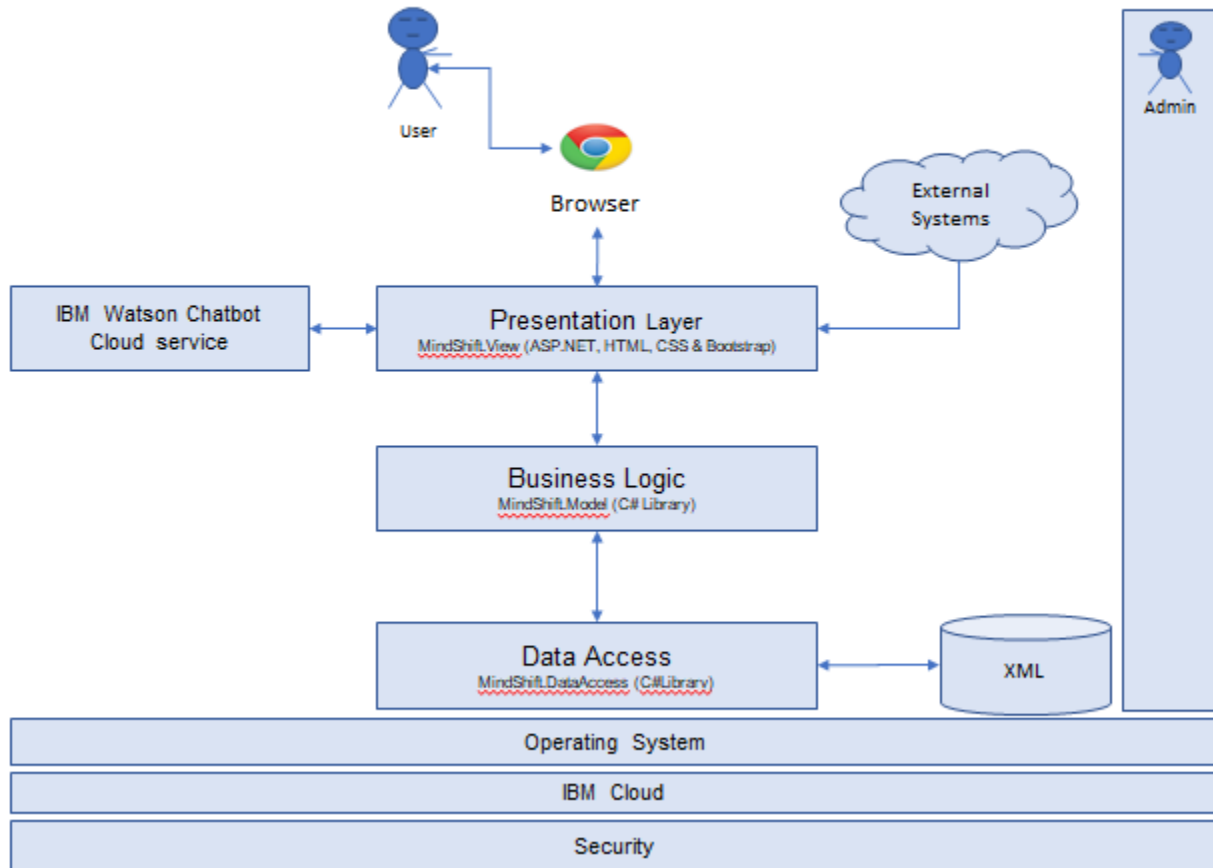
The proposed application will help in breaking the monotony from work and help people to relax and rejuvenate. The application will provide latest updates on the current COVID situation across the globe along with stress buster activities. The application will provide great content focused on positivity with tips and informative articles to support your total wellness.

#### **How the application works:**

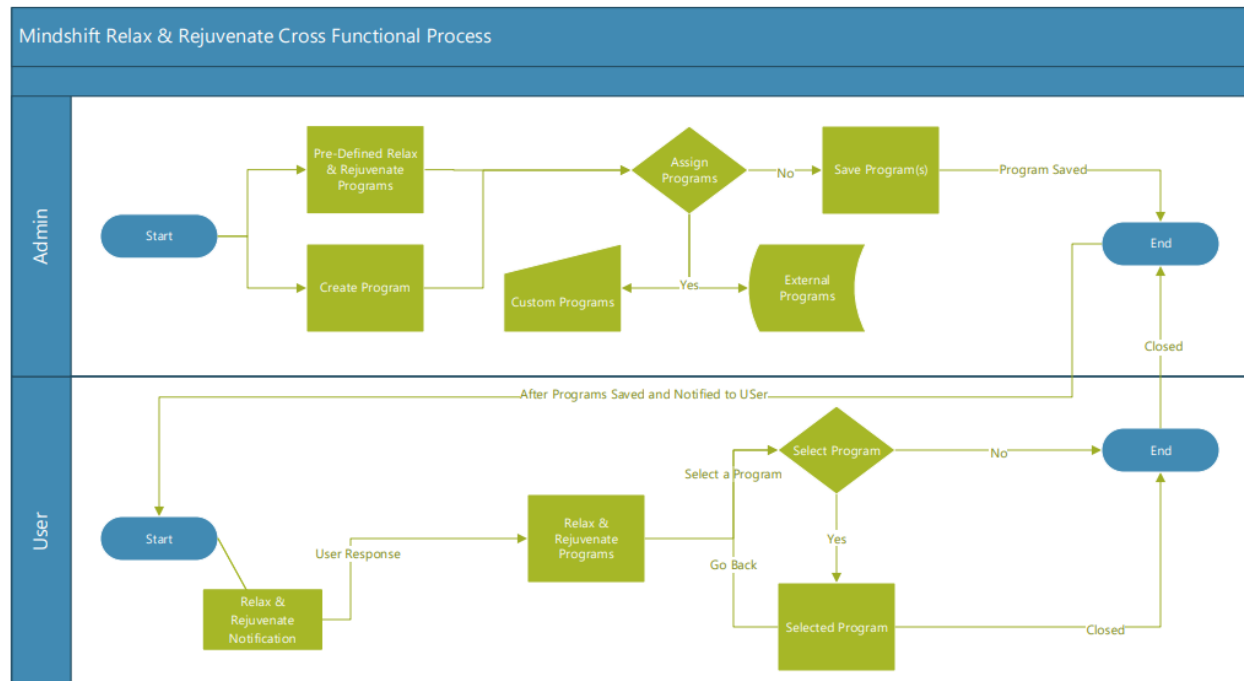
There will be customizable panels provided to admin where they can update the panels and push notification to the employees. When the employee receives a notification in the task bar, she/he will click on the Click Me link and will be redirected to a web page full of brain teasing activities, latest updates, variety of useful links and world of information.

After going through the page the person will be relaxed, happy and will be updated with latest information.

## High Level Architecture:



## Cross Functional Process:



## Non- Functional Requirements

### Security:

- Administrator rights: The administrator can view as well as alter any information.
- Modifications: Any modifications for the content can be modified quickly and executed only by an administrator.

### Performance:

- Response Time: The system provides acknowledgment within seconds, once the user clicks the notification.
- Capacity: This application can support any number of users at a given point of time.
- User-Interface: Very User friendly, light-weight and acknowledges within five seconds

### Reliability:

- Availability: The system is available all the time as per administration configuration.
- Flexibility: This application is very flexible, admin will be able to add, modify or delete panels.

### Capacity:

- Light weight storage and can be maintained very easily.

### Scalability:

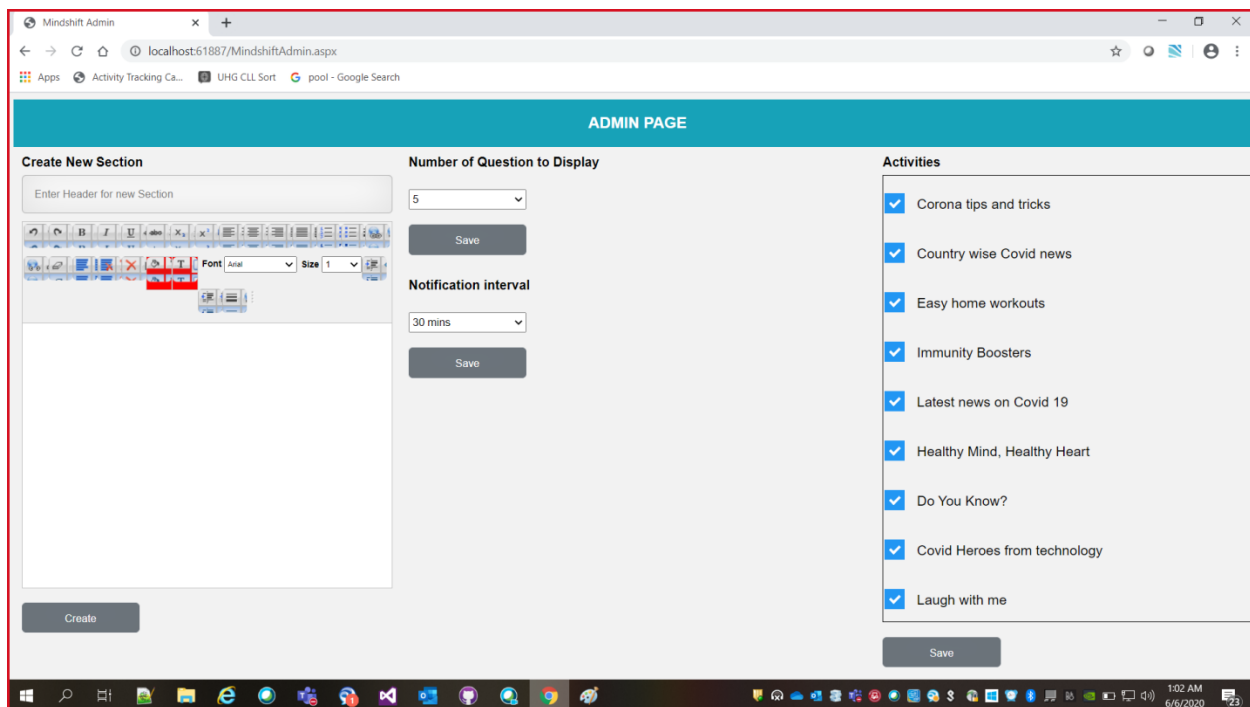
- Ability to accommodate product upgrades and new functionality.
- Ability to scale and support more than 1000 active users at a given point of time.
- Can support more than 1000 concurrent users initially and will be able to scale more without reengineering the application

### Expandability:

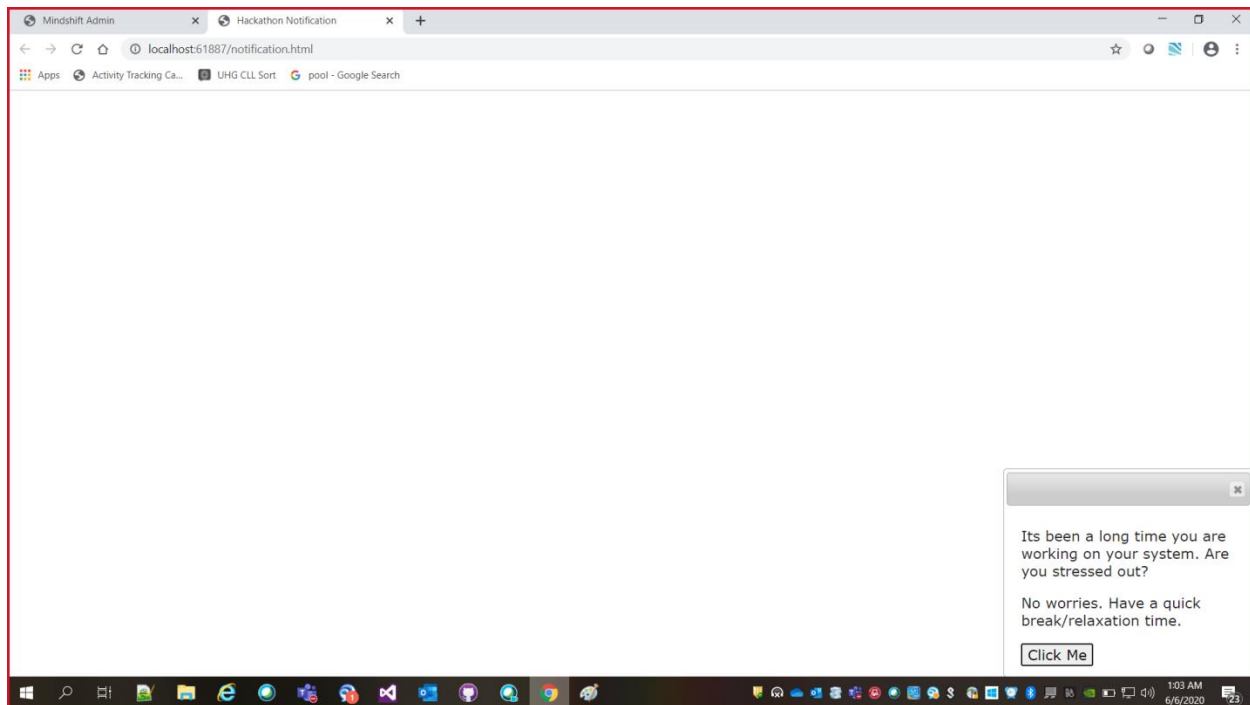
- Ability to expand, if addition of any new functionality or modification of existing functionality is needed.
- Ability to handle the new data based on the newer input format.

## Application flow:

**Step 1:** Admin customizes the panel as per the organizational requirements.

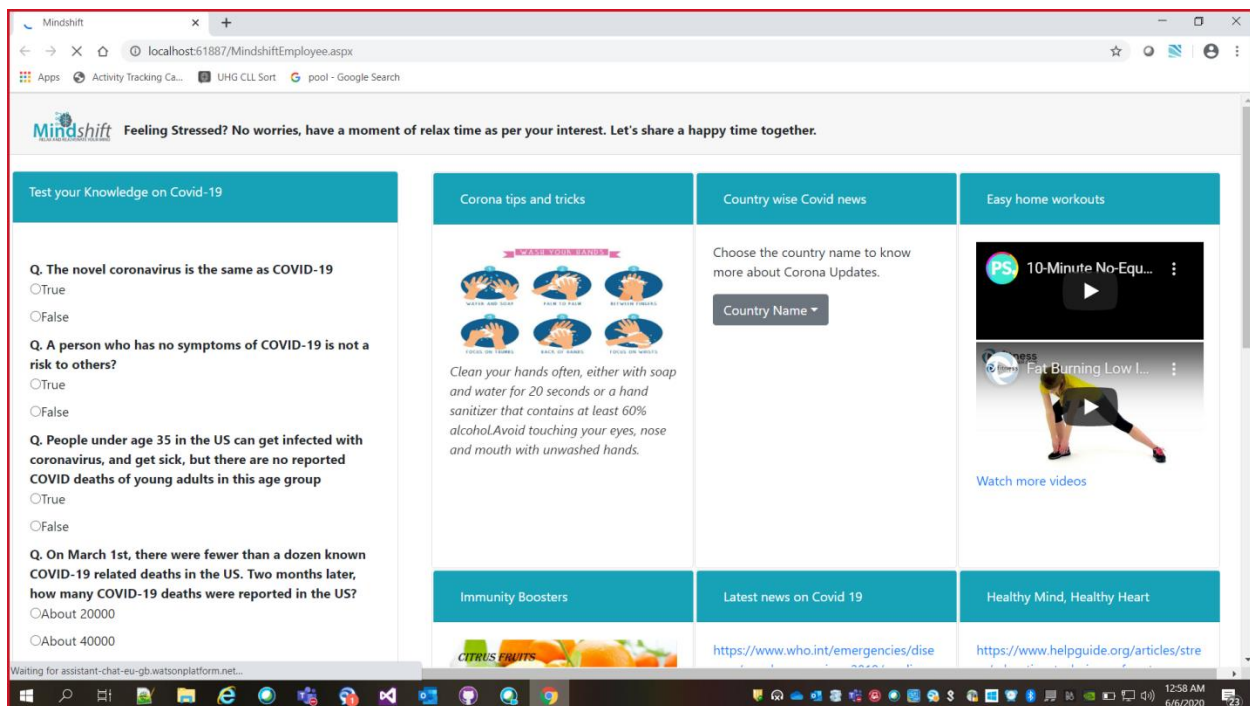


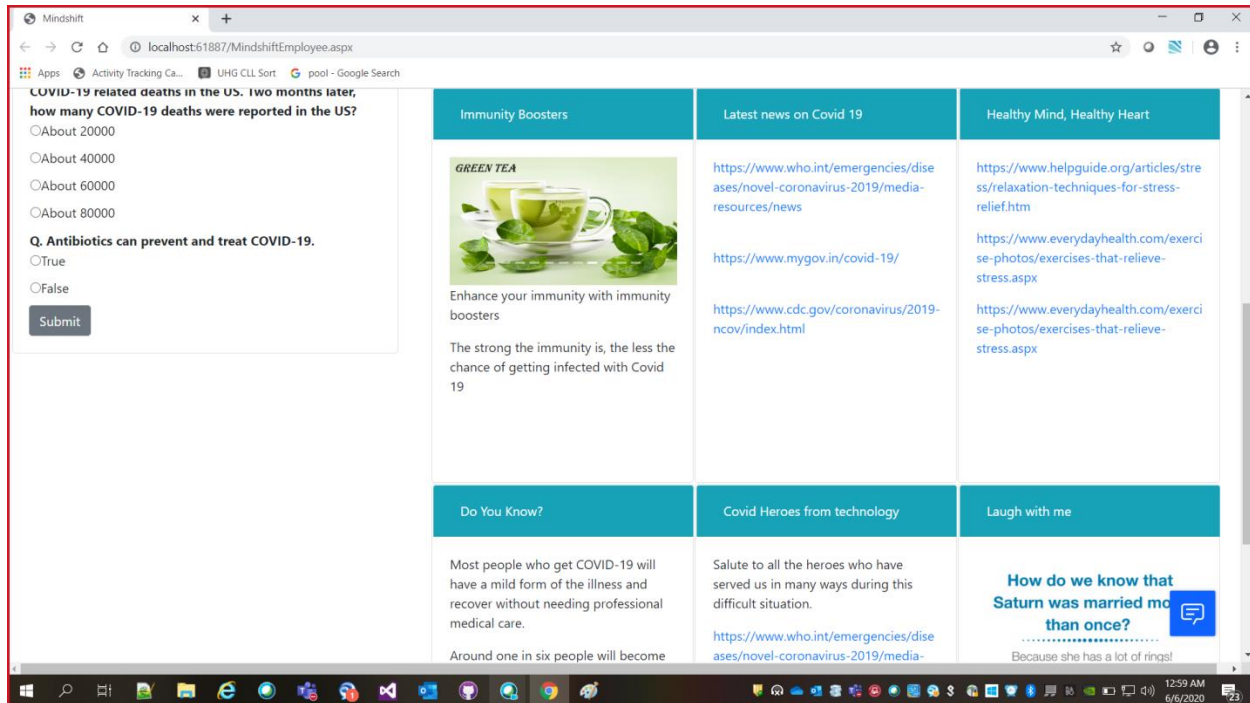
**Step 2:** Admin pushes notification so that it will be displayed in the task bar of employee systems.



Notification is displayed on the task bar of employee system.

**Step 3:** Employee is redirected to the Web-page.





Employee uses different panels and feels relaxed, stress free, knowledgeable and, up-to date.

## Summary:

With the increasing work stress due to current COVID situation, employees are working continuously and for extended hours, resulting in health issues and facing stressed out impacting work life balance. With the use of this application, employees will feel relaxed, rejuvenated, will have time for workout and family and will feel less stress.

## Solution Roadmap

| Product Feature   | Free Covid Edition(Till Dec 2020) Open for All | Free Edition(10-5000 Employees Organization) | Paid Edition (5000+ Employees Organization) |
|---|--|--|---|
| 9 Personalized Panels(Customizable to Organization needs)<br>(Corona Tips & Tricks, Country wise Covid 19 news, Easy home workouts, Immunity Boosters, Latest news on Covid 19, Healthy Mind, Healthy Heart, Do You Know?, Covid Heroes from technology, Laugh with me) | ✓  | ✓  | ✓   |
| Quiz Panel (Customizable)   | ✓  | ✓  | ✓   |
| Chatbot Assistance for health awareness (Customizable Dataset)  | ✓  | ✓  | ✓   |
| Notification System   | ✓  | ✓  | ✓   |
| Gym Membership Integration  | ✗  | ✗  | ✓   |
| Cooking Classes   | ✗  | ✗  | ✓   |
| Healthcare Consultation   | ✗  | ✗  | ✓   |
| Yoga session  | ✗  | ✗  | ✓   |
| Chat group & forums   | ✗  | ✗  | ✓   |
| Additional Fun Activities (Customizable)  | ✗  | ✗  | ✓   |

### Link to publicly accessible GitHub repository:

[https://github.com/alkamsingh/MindShift\\_WIT](https://github.com/alkamsingh/MindShift_WIT)

### Link to a three-minute demo video:

[https://github.com/alkamsingh/MindShift\\_WIT/blob/master/Submission%20Documents/Mindshift%20Video.mp4](https://github.com/alkamsingh/MindShift_WIT/blob/master/Submission%20Documents/Mindshift%20Video.mp4)

### List of one or more IBM Cloud Services or IBM Systems used in the solution:

- IBM Cloud
- IBM Watson Assistant - IBM Watson assistant to create and integrate chatbot into our web application.
- Watson Discovery - Watson discovery service which provided news dataset which we hooked it up with weather API, using webhook into our chatbot.

- In addition to above two data sources, we have created our own datasets for Health awareness like stress management, Insomnia & headache concerns.

## Team Details:

- **Commander:** Name – Meenakshi Gupta, meenakshi\_gupta@optum.com
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