1. Collecting Case History from user - Name, Age, Gender, Working Individual, Marital Status, No. of Working Hours, No. of Sleeping Hours, Life contentment,
2. Division Based on Age
3. User selects one of the disorders: Questions are asked based on tht (15 - 20 questions).
4. Recognition of Disorders : Symptoms, Occurrence,
5. Perform a Survey(on particular disorder): Give Risk Factor
6. Based on Risk Factor: Give user a little fun and relaxing experience like - playing music, vids, displaying some breathing exercises, yoga exercises
7. If the Risk Factor is High: Directing to some professional