# INTRODUCTION

According to WHO, there is no single 'official' definition of mental health. Mental health refers to a person's psychological, emotional, and social well-being; it influences what they feel and how they think and behave. The state of cognitive and behavioural well-being is referred to as mental health. The term 'mental health' is also used to refer to the absence of mental disease.

Mental health means keeping our minds healthy. Mankind generally is more focused on keeping their physical body healthy. People tend to ignore the state of their minds. Human superiority over other animals lies in his superior mind. Man has been able to control life due to his highly developed brain. So, it becomes very important for a man to keep both his body and mind fit and healthy. Both physical and mental health are equally important for better performance and results.

An emotionally fit and stable person always feels vibrant and truly alive and can easily manage emotionally difficult situations. To be emotionally strong, one has to be physically fit too. Although mental health is a personal issue, what affects one person may or may not affect another; yet, several key elements lead to mental health issues.

Many emotional factors have a significant effect on our fitness level like depression, aggression, negative thinking, frustration, and fear, etc. A physically fit person is always in a good mood and can easily cope up with situations of distress and depression resulting in regular training contributing to a good physical fitness standard.

Mental fitness implies a state of psychological well-being. It denotes having a positive sense of how we feel, think, and act, which improves one’s ability to enjoy life. It contributes to one’s inner ability to be self-determined. It is a proactive, positive term and forsakes negative thoughts that may come to mind. The term mental fitness is increasingly being used by psychologists, mental health practitioners, schools, organisations, and the general population to denote logical thinking, clear comprehension, and reasoning ability.

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## 1.1 PROBLEM DEFINITION

In the current pandemic situation, everyone just looks at the bad memories they had, and it is becoming hard to focus on a good picture and remember the good times. This not only affects the mental health of an individual but also impacts the youth as it gets involves into multiple daily activities.

**1.2 EXISTING SYSTEM**

In today’s world, many of us rely on social media platforms such as Facebook, Twitter, Snapchat, YouTube, and Instagram to find and connect with each other. While each has its benefits, it’s important to remember that social media can never be a replacement for real-world human connection. It requires in-person contact with others to trigger the hormones that alleviate stress and make you feel happier, healthier, and more positive. Ironically for a technology that’s designed to bring people closer together, spending too much time engaging with social media can make you feel lonelier and more isolated—and exacerbate mental health problems such as anxiety and depression.

**1.3,1.4 OBJECTIVE and PROPOSED SYSTEM**

The sole purpose or objective of this solution is to provide the exact thing which is required and not to impose the positivity among people. It is designed to bring out the good memories’ refreshment during bad times. And it also involves just the Like and delete feature, which people can use when they would like to share with people.

## 1.5 PURPOSE, SCOPE AND APPLICABILITY

**1.5.1 PURPOSE**

The main idea behind this project is to connect people and positivity without addiction together to efficiently process and reduce mental stress specially in these tough times. Posts can be easily put to the platform with no percentage errors. Digitalizing all the card-based memories allows the people to get in touch with their memories easily and access it quickly when they feel low.

It is a good platform to capture the memories by categorizing them on the month basis. Multiple people like to look back at the year in the end of it and want to start the new year with good memories.

* Capturing memories in one single frame.
* Elegant card like structure for every memory.
* Like, Delete, Edit feature for every memory.
* Support of Gif instead of a photograph

**1.5.2 Scope**

Fear, worry, and stress are normal responses to perceived or real threats, and at times when we are faced with uncertainty or the unknown. So it is normal and understandable that people are experiencing fear in the context of the COVID-19 pandemic.

Added to the fear of contracting the virus in a pandemic such as COVID-19 are the significant changes to our daily lives as our movements are restricted in support of efforts to contain and slow down the spread of the virus. Faced with new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends, and colleagues, it is important that we look after our mental, as well as our physical, health.

WHO, together with partners, is providing guidance and advice during the COVID-19 pandemic for health workers, managers of health facilities, people who are looking after children, older adults, people in isolation and members of the public more generally, to help us look after our mental health?

**1.5.3 Applicability**

This project provides a platform to share memories, where people can like, share, edit and add picture/gif to the card and not only this, but we can also add a new memory but just adding a few parameters like name, headline, tag, and comment.

Not only this, but this project also brings out positive vibes among people to enhance the creativity and unity. It helps everyone to refresh the good memories they had during tough times. COVID 19 mental report says that 34.6% people are now focusing more on the bad picture as the pandemic has impacted their mental health. This project would be a live example which would bring out good vibes.

This project is very reliable and flexible enough to scale out and replace multiple social medias and it also does not bring out the addiction. Here, people can post their memories without worrying about likes, dislikes, comments, and chat media.

# SYSTEM ANALYSIS AND REQUIREMENTS

**2.1 PROBLEM DEFINITION**

For the existing system, it’s noticeable when you're quickly irritated by minor events or statements, become offended, and argue with your family, friends, or co-workers. It occurs because of a build-up of internal irritation. A sense of alienation from your loved ones might have a negative influence on your mental health. It makes you feel lonely and might even put you in a state of despair. You can prevent mental illness by taking care of yourself like calming your mind by listening to soft music, being more social, setting realistic goals for yourself, and taking care of your body.

Surrounding oneself with memories brings out positivity and help in taking care of ourselves during tough times.

### 2.1.2 Software and Hardware Requirements

#### 2.1.3.1 Hardware Requirements

All the hardware requirements that are necessary in developing and deploying the proposed system is listed below.

**Table 2.3 Hardware Requirements**

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| --- | --- | --- |
| **Sl No** | **Requirement Name** | **Description** |
| **1** | Processor | Minimum Intel Core 2 |
| **2** | Hard Disk Space | 30 GB or more |
| **3** | RAM | Minimum 2 GB |
| **4** | Display Unit | EGA/VGA Color Monitor |
| **5** | Keyboard | Standard keyboard |

#### 2.1.3.2 Software Requirements

Software’s tools and servers that are required to implement and run the applications are listed in the below table.

**Table 2.4 Software Requirements**

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| --- | --- | --- |
| **Sl No** | **Requirement Name** | **Description** |
| 1 | Operating System | Windows 7 – 64 bit or higher |
| 2 | Software Tools | 3dsMAX, Fusion 360 |
| 3 | Programming Language | JavaScript |
| 4 | Database | Mongo Db |

Product Insights: