Reflect - Get In Get Well

TeamID: T2T14

A Mental Wellness WebApp developed by

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Problem Statement

"Addressing the need for accessible and personalized well-being support through a comprehensive wellness app."

Introduction

Our goal is to address the growing need for comprehensive well-being support and promote mental wellness through a webapp. Despite the increasing awareness about the importance of self-care and mental health, many individuals struggle to find accessible and personalized resources to enhance their well-being. Therefore, we aim to develop a wellness app that offers a range of features to assist users in achieving and maintaining optimal wellness.

The Best experience of the app will be enjoyed through your Phone, so please have a look at the mobile view.

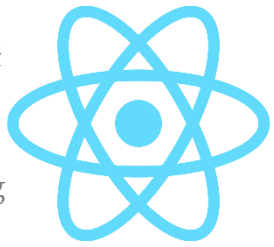
Our app contains the following features:

- Breathing Exercise with Guided audio and video
- Meditation with Music
- AI Chatbot for Well-being Related Queries
- Resource Library for Blogs, Videos and Podcasts based on well being
- Todo Section with Predefined Tasks
- Customizing Todo according to user requirements
- Journaling

Tech Stack

The Tech Stack being used to build the app is:

- React JS as the Frontend Tool: React is a popular JavaScript library for building user interfaces (UIs) in web applications. It helps developers create interactive and dynamic web pages by efficiently managing the updating and rendering of UI components.



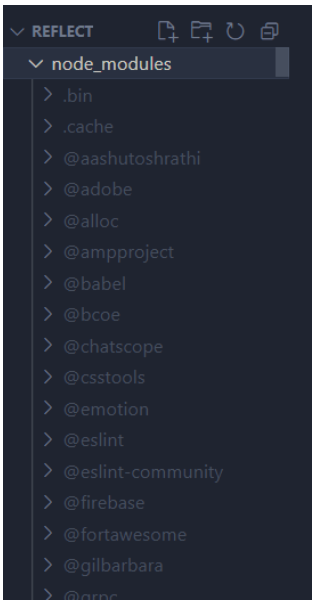
- Firebase as the Backend Tool: Firebase is a comprehensive development platform by Google that provides various tools and services for building web and mobile applications quickly and easily. It offers features like real-time database, authentication, cloud hosting, and more.

- OpenAI for Chatbot: The OpenAI API is a service provided by OpenAI that allows developers to integrate OpenAI's advanced natural language processing capabilities into their own applications, products, or services. It enables developers to access powerful language models like GPT-3.

Folder Structure

1. node_modules:

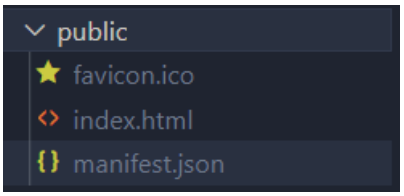
Here's what you can typically find in the "node_modules" directory of a React project:



- React and React-related packages: This includes the core React library, as well as other packages like React DOM for web applications.
- Third-party libraries and dependencies: Any external libraries or modules that you install using npm or yarn will be stored here.
- Transpilers and build tools: Some packages used for transpiling (e.g., Babel), bundling (e.g., Webpack), and other build-related tasks are also stored here.
- Development dependencies: Packages used exclusively during development, such as testing are also located in "node_modules."

2. public:

The "public" folder contains static assets and files that are served as-is without going through the build process. These assets are typically publicly accessible and can include:



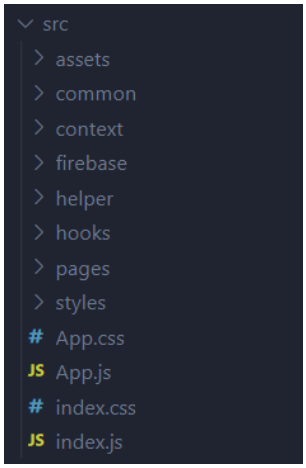
- HTML Files: The main HTML file, often named "index.html," is located in the "public" folder. This is the entry point for your React application and contains the HTML structure for your web page.
- Favicon: The website's favicon (icon displayed in the browser tab) is placed in the "public" folder.

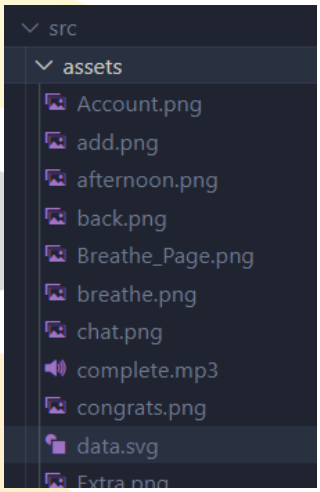
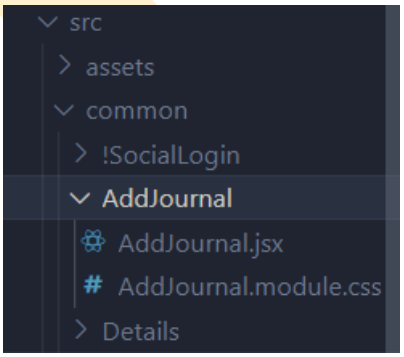
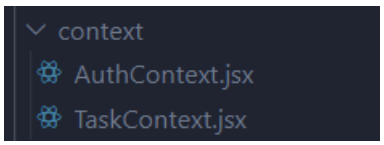
3. src:

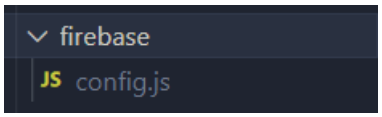
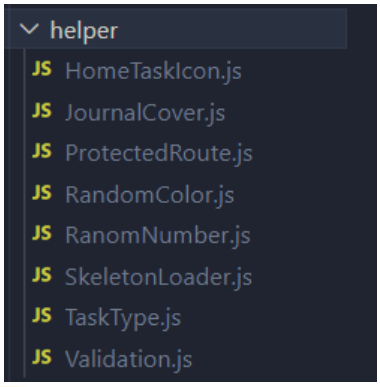
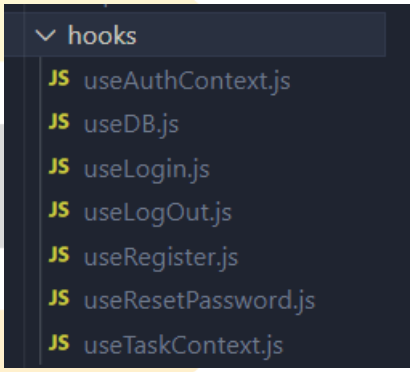
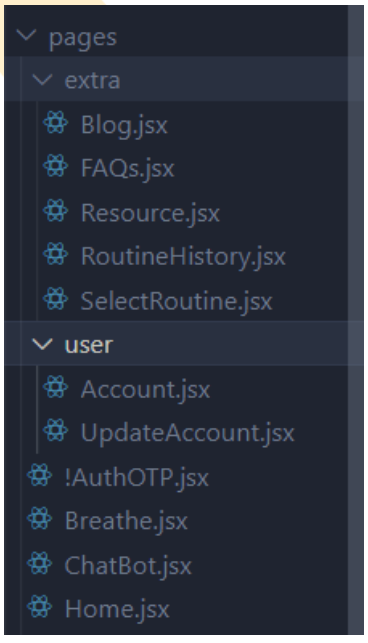
This folder plays a pivotal role in organizing and building the React application.

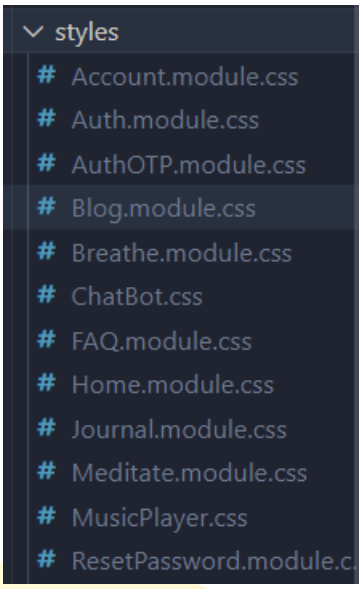
- JavaScript Files: These files contain the logic and components that make up the user interface.

- Component Files: React components, which are the building blocks of the UI, are organized in this folder.
- CSS: Stylesheets are included in the "src" folder to define the styling of the components and pages.
- Assets: The "src" folder contain assets such as images, fonts, or other static files that are used within the application.
- App Entry Point: The main entry point of your React application is "index.js" and "App.js" located within the "src" folder.



Folder name	Picturised Description
Assets: This consists of all the pictures and music being used by the app. For example: The logo of our app REFLECT	
Common: This folder contains few subfolders which again contain few jsx and css files which are common and being used by the app a lot of times in different pages. For Example: The quote in all the pages is a common file which is being used many times.	
Context: Used for managing the global app state.	

Firebase: To configure the Firebase in the Frontend to use the Firebase modules.	
Helper: Several functions defined which are being used in the application. Example: The Task icons which are coming randomly is being generated from HomeTaskIcon.js which is stored in Helper folder	
Hooks: In this folder custom hooks are being used. Custom hooks in React play a crucial role in code organization, reusability, and maintaining clean, functional components. They allow us to encapsulate and share stateful logic across different components, making our code more modular and easier to manage.	
Pages: In this folder we have two subfolders with few jsx files. The jsx files are the different pages like Login, Breathe, Meditation, ChatBot, Journal. In the extra folder we have the extra pages like Resources, Past Tasks, Change Routine, FAQs. These are the pages which we get when we click on the middle button in the navbar. The other folder is user where we have the user details page and the page from where user can update there account.	

Styles: This folder include the css files of all the pages which are being created in the page folder.	

4. **package-lock.json:** In a React project, the `package-lock.json` file plays the same role as in any Node.js project. It helps ensure consistent and reproducible installations of project dependencies, including React itself and any other libraries or packages used in the project. This ensures that all team members are working with the same versions of dependencies, reducing compatibility issues and ensuring a consistent development environment.
5. **package.json:** In a React project, the `package.json` file serves as a configuration file that lists project dependencies, scripts for tasks like building and running the application, and other metadata. It's a crucial file that helps manage and document the project's setup, making it easier to share, develop, and deploy React applications

Click on the Picture below to watch a Demo of the App Flow!

Project prerequisites

1. NodeJS should be installed on the computer.
   Link to NodeJS: https://nodejs.org/en
2. If the Chatbot doesn't work the reason would be some security issue with the OpenAI API. In case of that, please leave a message to us in the below contact details so that we can send the new API key. (Bhaskar - 8011090289)

Project Installation Guide

1. Extract the Zip file
2. Open the folder in VS Code
3. Click Ctrl + ~ or Cmd + ~ to open the terminal in VS Code
4. Run **npm i**
5. Run **npm start**

In case of any problems while installing the project please contact on the following numbers or emails:

Bhaskar: 8011090289 (bhaskardas090@gmail.com)
Tisha: 9907169464 (tishasaha32@gmail.com)

Conclusion

We have made this app within a time span of 1 month. We have thought of some future enhancements which could be like:

1. Adding a user guide which will help the user to understand the flow of the app as soon as they login.
2. Adding psychiatrist consultancy.
3. Adding our videos and podcasts
4. Adding a feature of physical exercise.
5. Adding more pranayamas.
6. Advanced report on their progress through charts and graphs.
7. Make it more personalized.

The Site is Live. Click on the link below to check: https://reflect-manas.web.app/

References

We are inspired from several apps like:

1. Calm: https://play.google.com/store/apps/details?id=com.calm.android
2. Evolve: https://play.google.com/store/apps/details?id=in.evolve.android
3. Manas: https://play.google.com/store/apps/details?id=com.cdac.manas

The content and assets are collected from:

1. Flaticon: https://www.flaticon.com/
2. Freepik: https://www.freepik.com/
3. Unsplash: https://unsplash.com/