Idea/Approach Details

Ministry Category : Ministry of HRD(MHRD) **Problem Code :** #MHRD8
Problem Statement : Development of Mind Education System
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MindScripts is a prompt approach towards a universal solution for the problem – how to incorporate a Good Mind Education in our Education system ,Education should make a person more knowledgeable and a better person with positive views . Now a days due to lack of patience a lots of people suffer from frustrations. Frustrations is an emotion that occurs in a situations when a person is blocked from reaching a desired outcome, and also originates from feelings of uncertainty and insecurity which grow out from a sense of inability to fulfill needs.When the needs are constantly ignogred or unsatisfied ,anger,depression ,annoyance,intolerance,loss of self-confidence are likely to follow. So as result the number of suicide rates, attacks for minor issues are increasing day by day . According to **WHO's** estimates that each year approximately **one million** people die from suicide and more than **300 million** people of all ages suffer from depression .So one of the most effective Psychological therapies for depression is called **"Cognitive Therapy"(CT)** that aims to alleviate depression by changing people's thoughts from negative biases to more positive patterns. Simply combating negative thoughts and replacing them with more rational beliefs helps depression.Thus its our small contribution towards a Good Mind Education System .
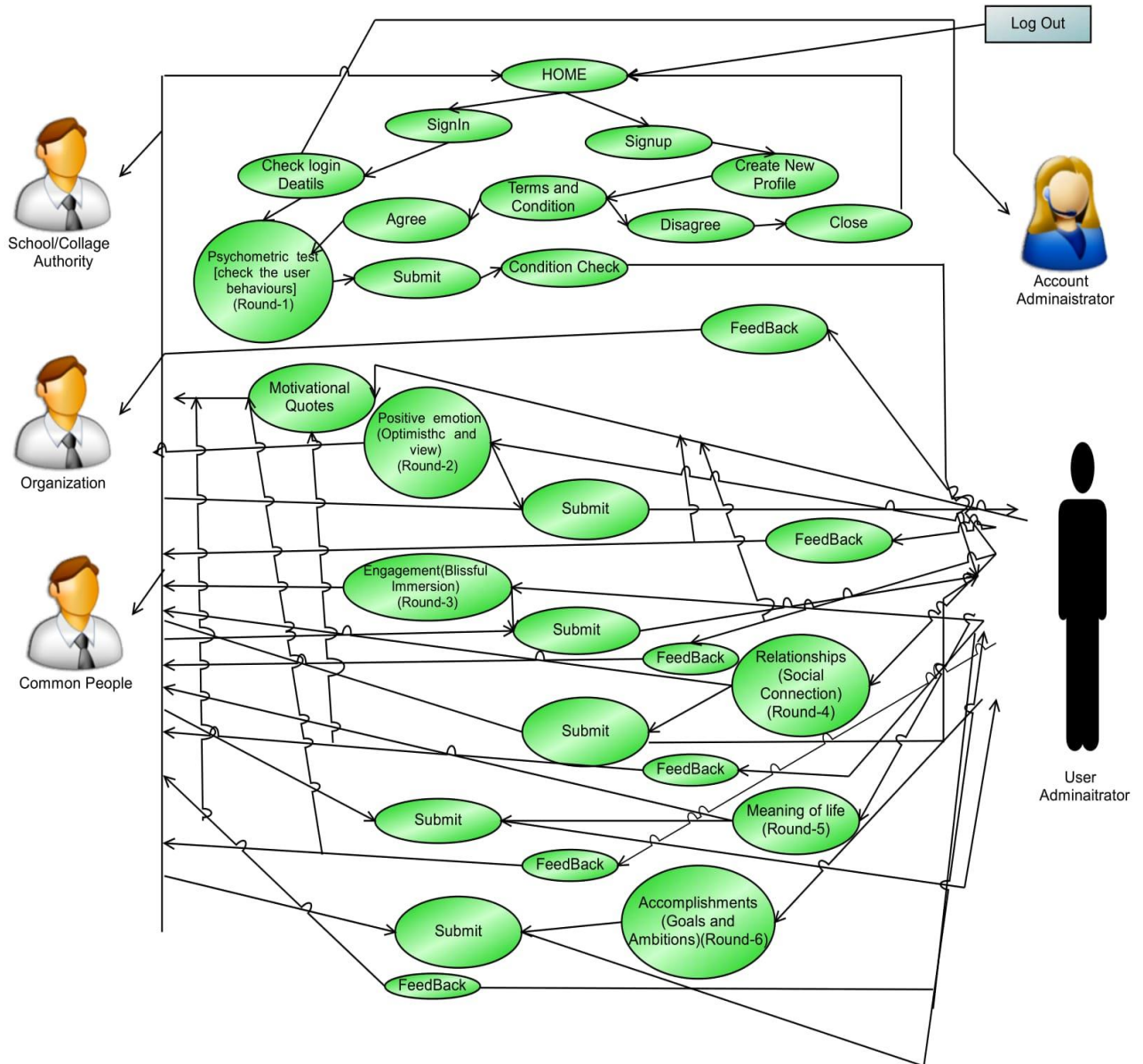
So here is our vision : -
We build an android application which overcome those issues. Through this application we will gives some Psychological tasks which helps us to recognize those issues. With the concept of **PERMA THEORY** which was designed by **Martin Seligman** with five core elements of psychological well-being and happiness, here we applying this concept in our application. These five elements can help people to reach a life of satisfaction and peace.

TECHNOLOGY STACK

- Operating System   -   Windows/Linux
- Platform   -   Android Studio
- Database   -   MySQL
- Coding Language   -   Java(JDK 8),C,C++
- Storage   -   Cloud

Use Case

Dependencies

1.Internet Connection
2.Device - Android
3.Android Version : Android 4.4
                [minimum]