 Air University Multan campus

Department of Computer Science and Engineering



<**Neural Psychatics**>

<***Online Website for Depression therapy*** >

**Project Proposal**

Prepared by

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**Revision Table**

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* **Introduction**

This project involves a website which will help you to predict and cope up with your depression by therapy by spiritual guidance.

**Context:**

Mental health is our emotional, psychological, and social well-being. Mental health does not only affect the way we think, feel, and act but also how we handle stress, relate to others, and make choices .if a person don’t have good mental health make it tough to enjoy life, especially when feelings of despair and hopelessness always persist .some people even don’t have idea that they are going through bad mental health which make this more worse them and Even if people knew about depression they have no one to help them to go through it but the therapy for depression is important which can help them to make their situation less worse.

**Problem:**

Mental health as a taboo subject in the community leads to embarrassment and fear for the members of the community who do have Mental illness. This is a serious issue that needs to be addressed so that those suffering can get the help needed. Another misconception is that mental health is associated with being “non-religious” or “not religious enough.” Many factors may contribute to the development of mental health issues, so it is not fair to oversimplify multifactorial medical conditions this way because it dismisses the potential role of mental health professionals in helping . As mental health issue is not addressed properly people suffering with it just silently keep on taking depression and anxiety pills which effect their health because medication is not preferable in early stages of depression.

**Response:**

So in response of all the facts stated above we need a pateform which can help people to cope with mental health issue and can get online therapy. A spiritual sanctuary for people to live a peaceful life by using their inner strengths and having a strong relationship with the ultimate power, Allah(or their god), being optimistic, purifying their feelings, and not waiting for outside events to improve. It acknowledges the importance of spiritual status as an interior power that can be exercised to have a calm mind, healthy consciousness, and positive thoughts Blogs can put you in touch with health professionals, associations, and individuals who are sharing a similar experience. With treatment and support, most individuals with mental health problem can fully recover. Eating a healthful diet and partaking in physical activity and building a strong connection with their god can make a significant difference to your recovery time, as well as improving your general health.

**Project Goals and Objectives**

* Our main goal is to help people who are fighting through mental health issues alone with spiritual guidance.
* Another objective is to provide awareness to people regarding mental health issues
* Through the quiz module in our website we will let people know if they are really going through mental health issues or not
* Our another main objective is to provide hope people during covid through our "covid support" module
* Raising mental health issues awareness through our website can help defeat the stigma of the illness and can also help people suffering from it to reach out and get the help that they need to defeat it

**Hardware and Software Tools**

**6.1 Hardware:**

**Computer name:** Corei3

**Processor:** Intel® Core™ i3 CPU

**System Type:** 64-bit Operating System, x64 based Processor

**Windows Edition:** Windows 8.1 pro

**6.2 Software:**

* HTML
* CSS
* BOOTSTRAP
* DJANGO
* JAVA SCRIPT
* SQL

**Project Scope:**

The worldwide pandemic has disrupted our lives, caused grief and worry, and brought even more hardship to people already struggling with economic, educational, societal, and physical and mental health challenges. More people than usual are living with anxiety or depression and, sadly, the suicide rate is increasing. people our being hopeless in this time. this is time for people to spiritually connect to their gods We want you to know, believe, and embrace the fact that you have the power to ask for someone help and our website provide you with that help.