

07:00 AM



# UNIWELL

Your University Wellness Companion

**GET STARTED**



07:00 AM



GOOD DAY!

AISHAH



HOW ARE YOU TODAY?



Excited



Happy



Good



Bored



Sad



Stressed



Annoyed

SUBMIT

## CATEGORY



Student  
Pulse



Stress Level



Attendance



Assignments

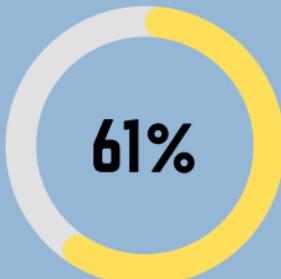


Social  
Engagement



Mood  
Calendar

## OVERALL ENGAGEMENT



LEVEL :

MODERATE



07:00 AM



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2025

< December >

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## MOOD BOOSTER

[MORE >>](#)

Start today's healing journey



How to Manage  
Emotional & Stress

5: 23 | 26k Participants | 85.63% found it helpful

[LISTEN](#)



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# YOUR ATTENDANCE



## NOVEMBER

Sun Mon Tue Wed Thu Fri Sat

						30	
2 	3 	4 	5 	6 	7 	8 	
9 	10 	11 	12 	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	

TODAY, 12 NOV.....

• SEC11013



• SEC11013



• SECR1013



YESTERDAY, 11 NOV.....

• SECP1513



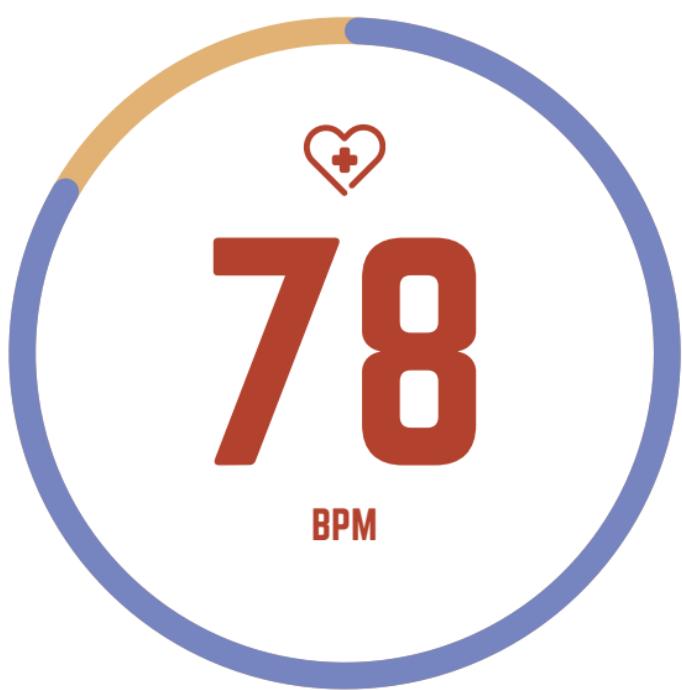
07:00 AM



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PLACE INDEX FINGER ON REAR CAMERA

MIN

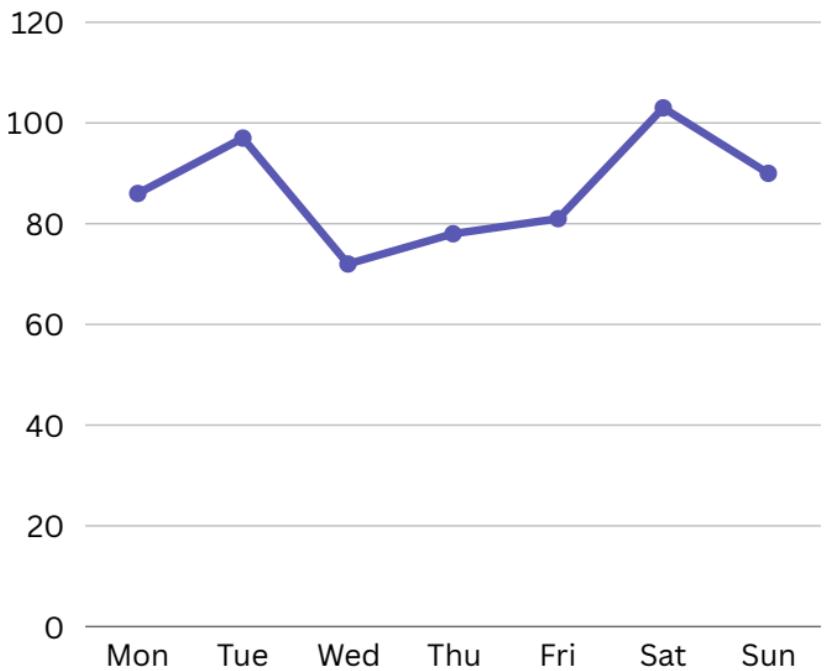
**69** BPM

AVERAGE

**86** BPM

MAX

**103** BPM



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Your overall stress status today

# EXCELLENT



Today's Average HRV

**55 MS**

30-days Average 33ms

Pulse Rate

**78 BPM**

Excellent

Maintain a healthy balance between work/study and rest, taking short breaks is perfectly fine. There's no need to push yourself too hard. Keeping a balanced rhythm between effort and relaxation is an effective way to manage stress.

Based on today's HRV (rMSSD) and pulse rate, your overall condition today is excellent. Your body is experiencing low stress and is well prepared to handle the challenges of daily work and life. Keep up the great state! Believe in yourself, you can definitely achieve your goals.

Data updated at 18:30



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## YOUR SOCIAL ENGAGEMENT



65%

LEVEL :

MODERATE

### ACTIVITIES

**13****You have joined :**

- 3 clubs
- 5 events
- 4 programme
- 1 competition

[SEE YOUR PREVIOUS ACTIVITIES](#)

### SUGGESTION

- Maintain participation to stay engaged.
- Take on slightly more challenging or leadership roles.
- Try new types of events you haven't joined before.



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# WARNING !!!

A blue rectangular card with rounded corners. On the left is a large white circle with a red progress bar showing 30%. To the right is a yellow box containing the text "Your overall score is LOW". Above the box are two red exclamation marks. Below the box is a red megaphone icon.

## REASON

- High stress [SEE DETAILS](#)
- Low social engagement [SEE DETAILS](#)
- Missed assignment deadlines [SEE DETAILS](#)
- Class absence [SEE DETAILS](#)

**ASK FOR HELP**

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# Completed Assignments

 Search assignments ...

## Academic progress overview (WEEK 10)



Assignments Completed: 3/5

## Assignments (WEEK 10) ▾

[See More](#)

Due: 23 November, 1100  
Status: Submitted  
Time: On time

Programming Technique 1  
Final Project

Due: 20 November, 1800  
Status: Submitted  
Time: Late

Data Structures  
Tutorial Chapter 5

Due: 20 November, 1800  
Status: Not Submitted  
Time: -

Graduate Success  
Attributes Midterm  
Quiz 1

Due: 18 Nov  
Status: Submitted  
Time: On time

Data  
Management  
Assignment

## Engagement Insight

Consistent submission behaviour detected



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# WEEKLY ANALYSIS REPORT



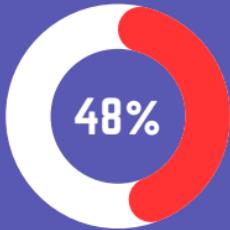
Week 10



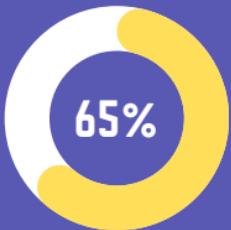
## OVERVIEW

**WELLNESS SCORE**

Excellent

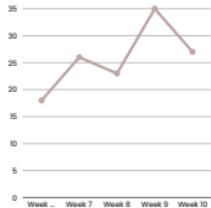
**ENGAGEMENT SCORE**

Low Engagement

**SOCIAL SCORE**

Moderate

## TRENDS

**Stress Levels****Participation Levels**

(Behavioural patterns over time)

Aggregated data only • No academic penalty

**ALERTS**

Early Warning

Engagement decreasing for 2 weeks  
Stress increasing

**SUGGESTED ACTIONS**

Recommended Support

- Academic check-in
- Time management workshop
- Counselling referral (optional)

