

UNIWELL

Your University Wellness Companion

GET STARTED





GOOD DAY!
AISHAH



HOW ARE YOU TODAY?



Excited



Happy



Good



Bored



Sad



Stressed



Annoyed

SUBMIT

CATEGORY



Student
Pulse



Stress Level



Attendance



Assignments

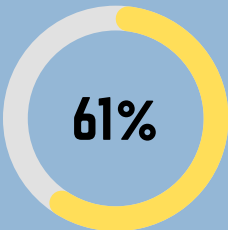


Social
Engagement



Mood
Calendar

OVERALL ENGAGEMENT



LEVEL :

MODERATE



[Back](#)AISHAH
A25CS1234

< 2025 >

< December >

Mon

Tue

Wed

Thu

Fri

Sat

Sun

1



2



3



4



5



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11



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13



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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

















YOUR ATTENDANCE

NOVEMBER

Sun Mon Tue Wed Thu Fri Sat

					30	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

TODAY, 12 NOV

• [SECI1013](#)



• [SECJ1013](#)



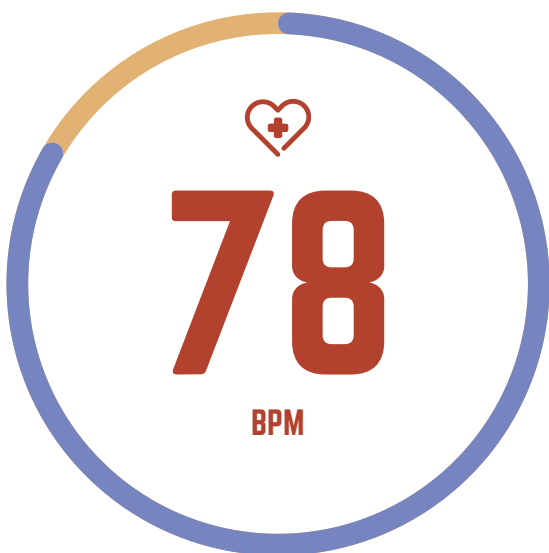
• [SECR1013](#)



YESTERDAY, 11 NOV

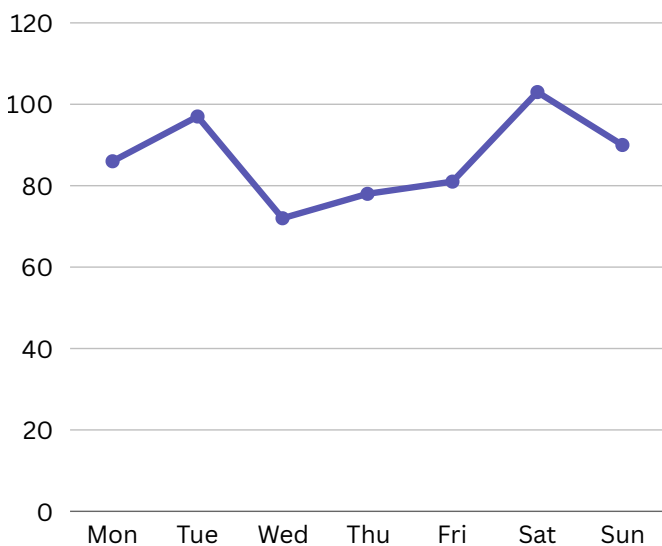
• [SECP1513](#)





PLACE INDEX FINGER ON REAR CAMERA

MIN	AVERAGE	MAX
69 BPM	86 BPM	103 BPM





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.

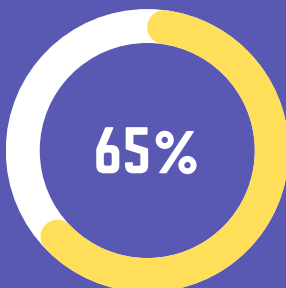
Based on today's HRV (rMSSD) and pulse rate, your overall condition today is excellent. Your body is experiencing low stress and is well prepared to handle the challenges of daily work and life. Keep up the great state! Believe in yourself, you can definitely achieve your goals.

Data updated at 18:30





YOUR SOCIAL ENGAGEMENT



LEVEL :

MODERATE

ACTIVITIES

13

You have joined :

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

SEE YOUR PREVIOUS ACTIVITIES

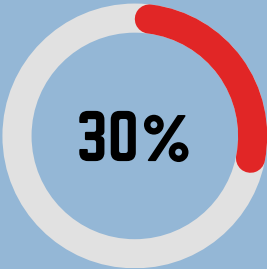
SUGGESTION

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





WARNING !!!



Your overall score is LOW



REASON

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

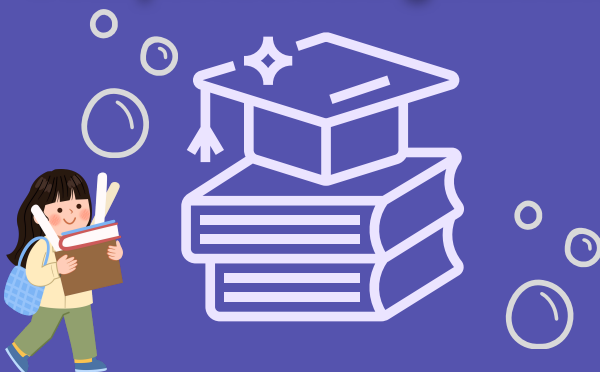


ASK FOR HELP



[Back](#)**AISHAH**
A25CS1234

Completed 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 November, 1800
Status: ☒ Submitted
Time: ☒ On time

Management
Assignment

Engagement Insight

Consistent submission behaviour detected





WEEKLY ANALYSIS REPORT

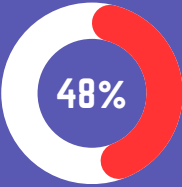
< Week 10 >

OVERVIEW



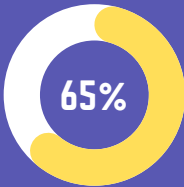
WELLNESS
SCORE

● Excellent



ENGAGEMENT
SCORE

● Low Engagement



SOCIAL
SCORE

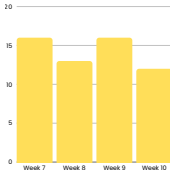
● Moderate

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)

