

Concept note - Creative Group Activity

LA252/LAL252 - Introduction to Stress and Coping

Team's Name: Stress Busters

Team's Theme: Promoting Stress Management

Team's Activity Type: App Development

Team Members' Names and ID:

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(1) Title of the project:

Wellness Navigator: A Holistic Lifestyle Management App

(2) Background related to the topic chosen: In today's fast-paced world, maintaining a healthy lifestyle has become increasingly challenging. People often struggle with stress, unhealthy dietary habits, lack of exercise, and poor sleep routines. The digital era has led to an increase in sedentary lifestyles, causing numerous health issues, both mental and physical. Apps that encourage users to make small, consistent changes to improve their overall wellness can have a significant positive impact. This project focuses on developing a

comprehensive wellness app that integrates various aspects of a healthy lifestyle into a user-friendly interface. The activities, that we are including in our app are Yoga, Exercise, Concentration music and fidgeting, are well proven for stress relief and everyday stress management. Many psychology journals have proven positive effects of these activities in coping stress. References for these journals are following:

- [Yoga/Exercise](#)
- [Concentration Music](#)
- [Fidgeting](#)

(3) Uniqueness and novelty of the project or the topic chosen: The “Wellness Navigator” app is unique in its holistic approach to wellness by offering a combination of features that cater to both physical and mental health. It emphasizes healthy dietary habits, physical exercise, stress management, and routine wellness reminders in a single platform. Unlike traditional wellness apps that focus on either exercise or diet, this app merges these features with mental well-being activities such as stress meters, fidgeting activities, and concentration music. Furthermore, the app will use gamification techniques like a reward point system and track user progress over time, making it a motivating tool for maintaining a healthy lifestyle.

(4) Objective of the project: The main objective of the “Wellness Navigator” app is to promote a balanced and healthy lifestyle by integrating physical, mental, and emotional well-being features in a simple and interactive mobile application. The app aims to help users track their progress, provide reminders, and encourage healthier habits by offering practical activities, tips, and personalized schedules.

(5) Plan of the implementation of the project: We will start with “Bottom Navigation Bar Implementation”. We will Develop a bottom navigation bar that provides access to four main fragments:

- ❖ Home
- ❖ Other Activities
- ❖ Yoga/Exercise
- ❖ User Settings

Fragment 1: Home

- On home page, implement an introduction to use app smoothly with “Getting Started” activity.
- Design options for Consulting Doctor by implementing a chat option.
- Design a “Daily Gratitude Journal” to express daily emotions.
- Implement “Daily Challenge” activity to reduce stress.
- “Good Habits” option is helpful for learning some relaxation activities.

Fragment 2: Other Activities

- Implement a “Stress Meter” that allows users to take quizzes and receive a stress score (SGPA) on a scale of 10. Subsequent quizzes update the score to a cumulative SGPA (CSGPA).
- Create a “Fidgeting Activity” with "Tap/Tap" and "Random Tap" options to help users manage stress through physical activity.
- Develop a “Concentration Music Activity” that offers a list of pre-installed relaxing music for improving focus.

- Develop a “Meditation Activity” that tutor user on how to meditate for peace of mind.

Fragment 3: Yoga/Exercise

- Develop a list of stored exercises for users to select and explore. Tapping on an exercise name will open detailed instructions for that exercise.

Fragment 4: User Settings

- In user settings, update personal information, Language settings, change password, feedback, sharing and logout options can be developed.

(6) Expected output from the project: The “Wellness Navigator” app will provide users with a seamless and interactive way to improve their physical and mental well-being. The expected outcomes include:

- Increased user engagement in healthy eating habits and regular exercise.
- Enhanced stress management through the stress meter and fidgeting activities.
- Improved focus and concentration with calming music options.
- A holistic wellness experience that combines diet, exercise and stress management in one app.