**Abstract**

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Introduction: Depression is a common mental disorder. Globally, more than 264 million people of all ages suffer from depression. Just like a therapist , this app allows the user to feel comfortable with his/her emotions and provides help and treatment using different methods like meditation , yoga, listening to audiobooks providing healthy diet chart all customised to user for help in healing him/her.This app provides different types of interesting rewards at every stage so the user feels engaged and accomplished which will be beneficial for elevating the mood hence leading to alleviate depression.

About our app:

Our main focus is on Major Depression which is also the most common type of depression found worldwide.Major Depression is a state where a dark mood is all-consuming and one loses interest in activities, even ones that are usually pleasurable.So,we have come up with different ways of treatment for different stages which is purely customized by user allowing him/her to make alterations as per need.

First way is Yoga:

Here, there are different levels where different issues are focused at different stages to help improve.The poses can be chosen from the given set according to the flexibility of the user at each level.Grooving music is also included for elevating and motivating the user.

Second way is Meditation:

The purpose is to retrain your mind and create a state of hyper-awareness for everything that is happening within your immediate reality, exactly as it is happening and exactly how it happens. Through Vipassana Meditation you are seeking to create perfect, unbroken awareness with your reality.Timer is present to check the amount of time the user performed different meditation techniques.

Third way is Listening:

Here, the user listens to audiobooks, music and podcasts which help the user relieve their anxiety and negative thoughts which in turn makes them more relaxed and stress free.

Fourth way is following a proper diet chart:

In diet chart we provide a proper diet schedule for the user. In this app we will provide a list of foods that should be majorly taken at time of depression. For example : a list of proteins, carbohydrates and liquid foods will be provided to take three times in a day at a gap of approx 6 hours.

Rewarding the user:

The user will be rewarded with crowns while he/she achieves the above mentioned goals as it will help boost the confidence in them and have a feeling of contentment.

Symptoms Tracking:

The app tracks the symptoms of the user by asking him -how he/she feels, after the completion of each day and also after the completion of each week which helps in tracking the mood and improvement in health.

**How will it contribute to the world?**

This is mostly customised where at every position the user is allowed to choose various things which is the most important thing to be taken into consideration as the person feeling low would not want to do things if there are restrictions.Therefore , using this will help people be the best version of themselves. It will contribute to helping people get out of the tornado of depression and will help the depression in losing the title of “major contributor of disease”.