RISE

Heal and Rise!

073 - Manasvvi
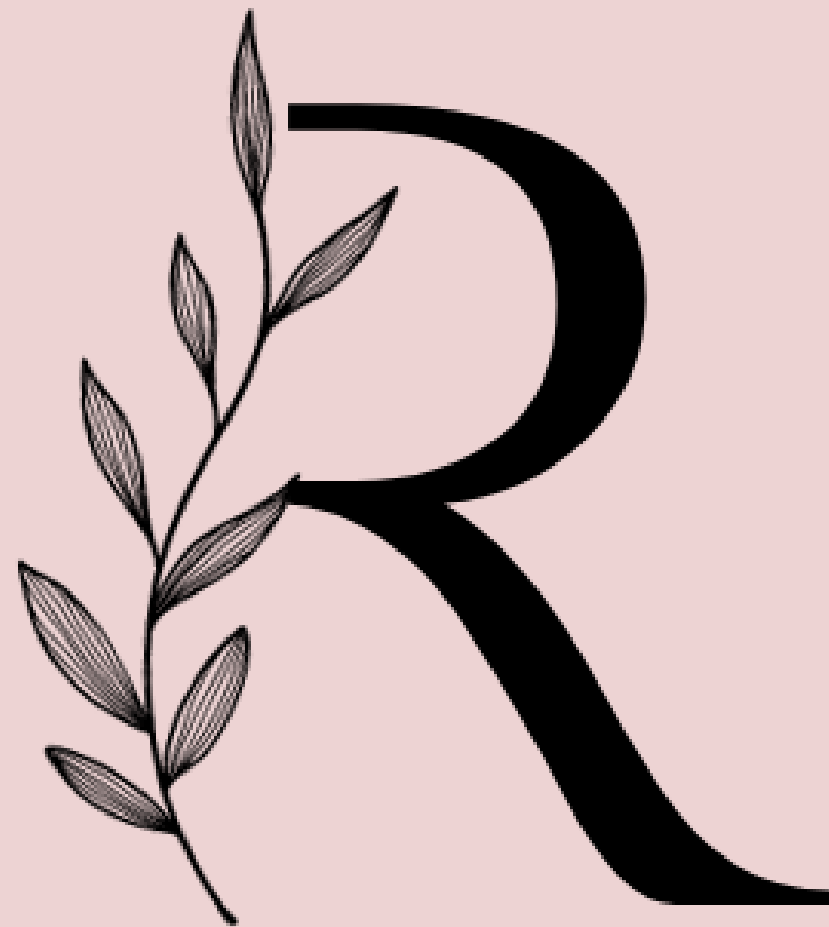079 - Radhika
082 - Yuktika
091 - Simran

Contents

- Aim
- Our Solution
- Key Features
- Technology Used
- Available on
- Demo Video
- Firebase Snapshots
- Future Scope

AIM

- To create a mobile app for mental health that promotes well-being through personalized mindfulness exercises, mood tracking, and access to licensed therapists.

- To prioritize user privacy and offer a seamless, intuitive interface to empower users on their journey to mental wellness.

Rise

Our Solution

The proposed application aims to provide users with an opportunity to gain a deeper understanding of their mental health and improve their overall well-being when they are facing internal struggles.

In addition to offering daily motivation to tackle challenging days, the app will also monitor their progress on a weekly basis, thereby encouraging them on their path towards a healthier self.
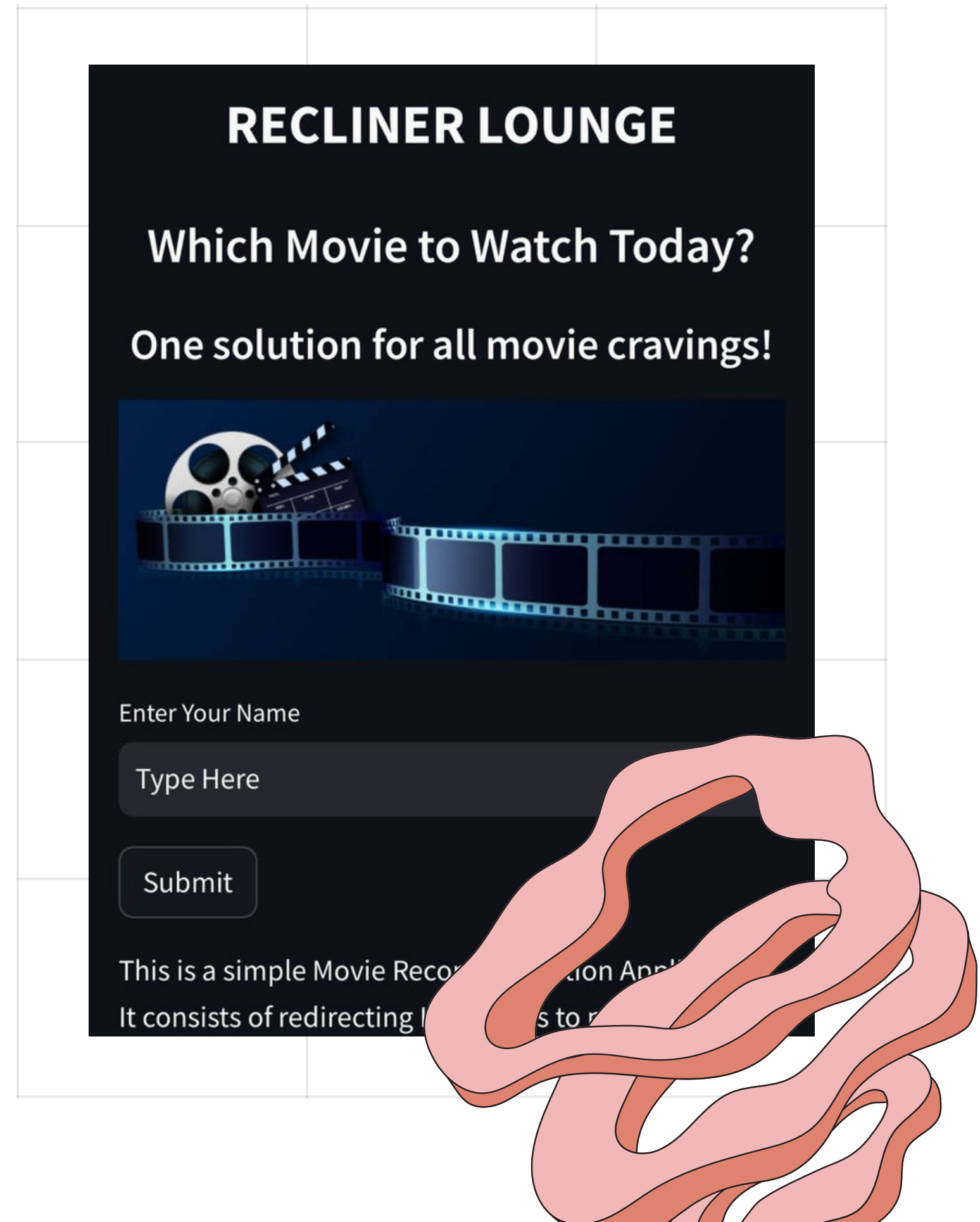
Key Features:

Daily Diary Entry:
The user can share their daily updates (via typing their respective thoughts or verbally expressing) so that the application can keep track of their mood.

Movie Recommendation:
The app recommends movies to the users for their better convinience and to track their movie choices.

Anonymous Discussion Groups:
Each user can create a unique username that will help the users join groups anonymously and have discussions with people facing similar difficulties.

Technolgies used

Dart

Flutter

Firebase

Python
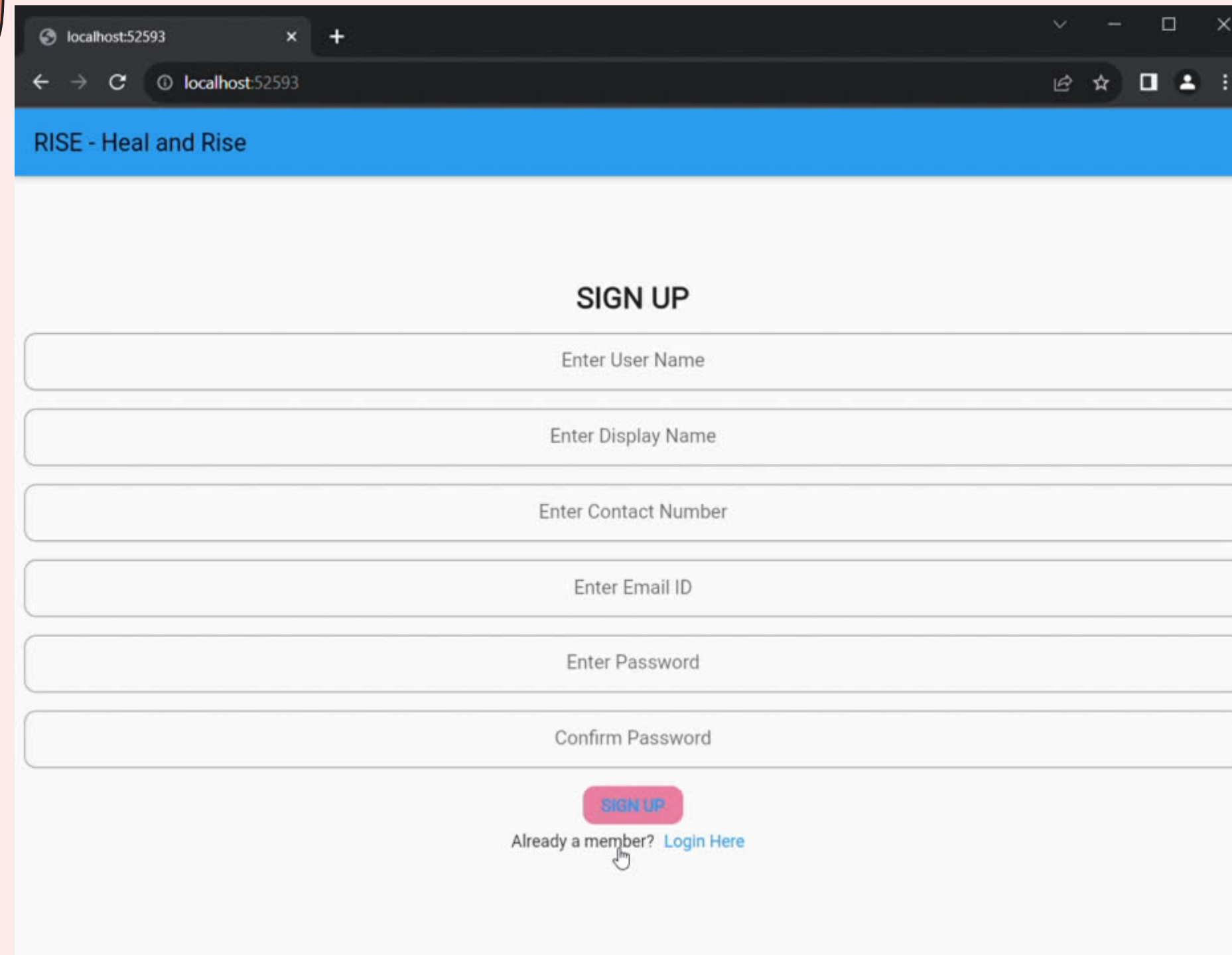
Jupyter Notebook

Available on:

1. Android
2. Web

android

Website

Demo Video

Firebase Snapshots

Firebase Snapshots

Future Scope

Voice Entries - Voice diary entries will offer them an easy way to log their emotions and keep a track of their daily sentiments. The voice entries will be converted to text using NLP and stored as normal diary entries.

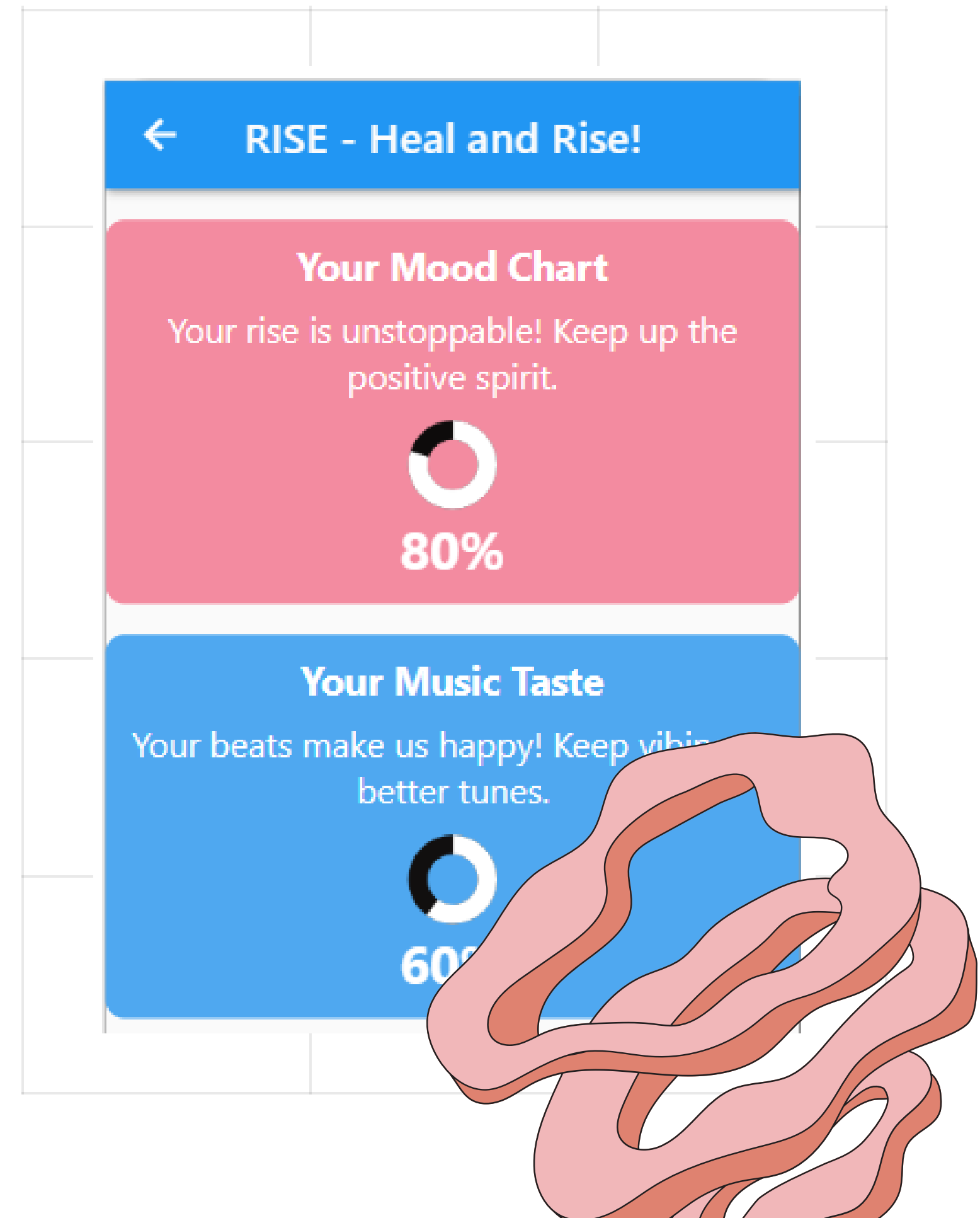**Mental Health Prediction** – The diary entries will help the system to track the user's mood and therefore create an analysis weekly.

RISE - Heal and Rise!

Your Mood Chart
Your rise is unstoppable! Keep up the positive spirit.

80%

Your Music Taste
Your beats make us happy! Keep vibi... better tunes.

60%

R

Rise

THANK YOU!