



RISE

Heal and Rise!

073 - Manasvvi

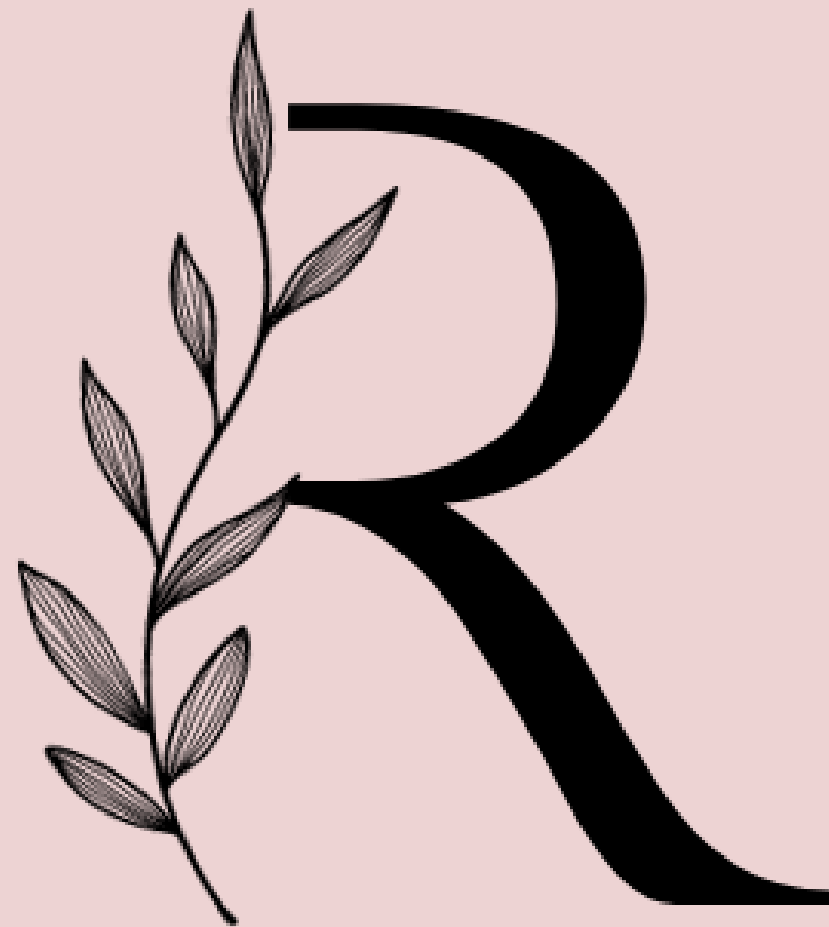
079 - Radhika

082 - Yuktika

091 - Simran

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Rise

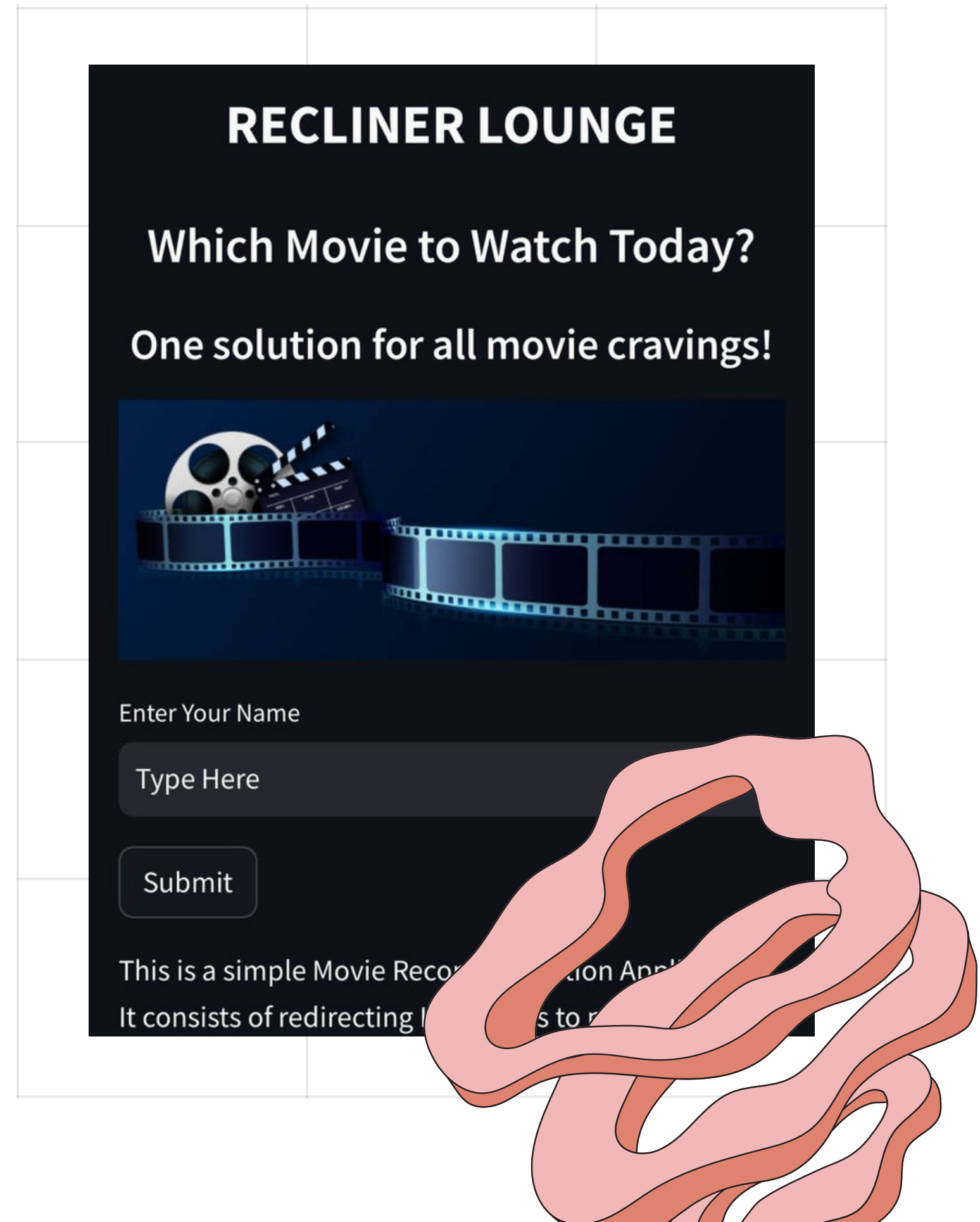
AIM

- 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.

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 convenience 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.

Technologies used



Dart



Flutter



Firebase



Python



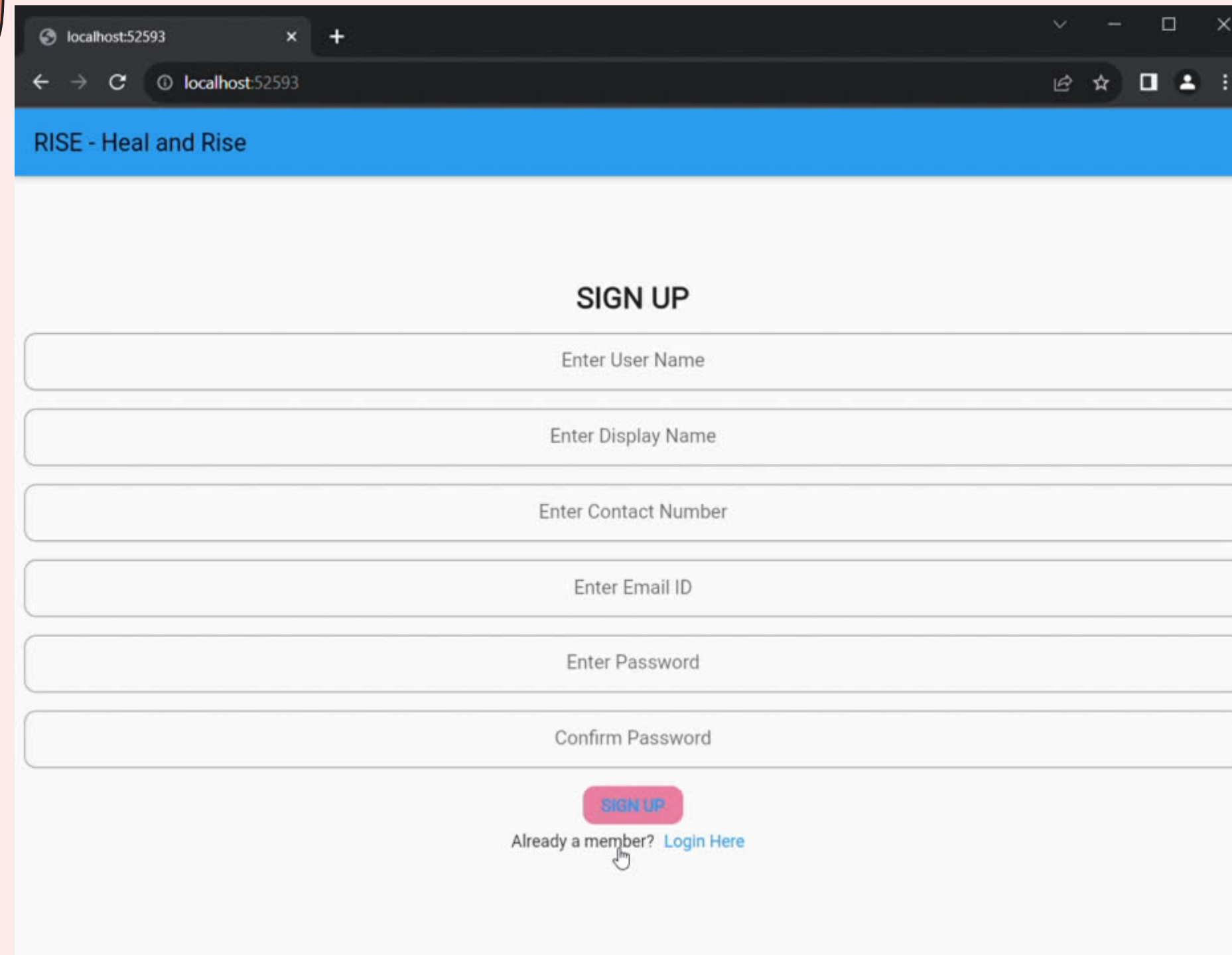
Jupyter Notebook

Available on:

1. Android
2. Web



Demo Video



A screenshot of a web browser window displaying a sign-up form. The browser's address bar shows 'localhost:52593'. The page has a blue header with the text 'RISE - Heal and Rise'. The main content area is white and features a 'SIGN UP' heading. Below the heading are six input fields: 'Enter User Name', 'Enter Display Name', 'Enter Contact Number', 'Enter Email ID', 'Enter Password', and 'Confirm Password'. A pink 'SIGN UP' button is positioned below the 'Confirm Password' field. At the bottom, the text 'Already a member?' is followed by a blue link 'Login Here'. A mouse cursor is hovering over the 'Login Here' link.

localhost:52593

RISE - Heal and Rise

SIGN UP

Enter User Name

Enter Display Name

Enter Contact Number

Enter Email ID

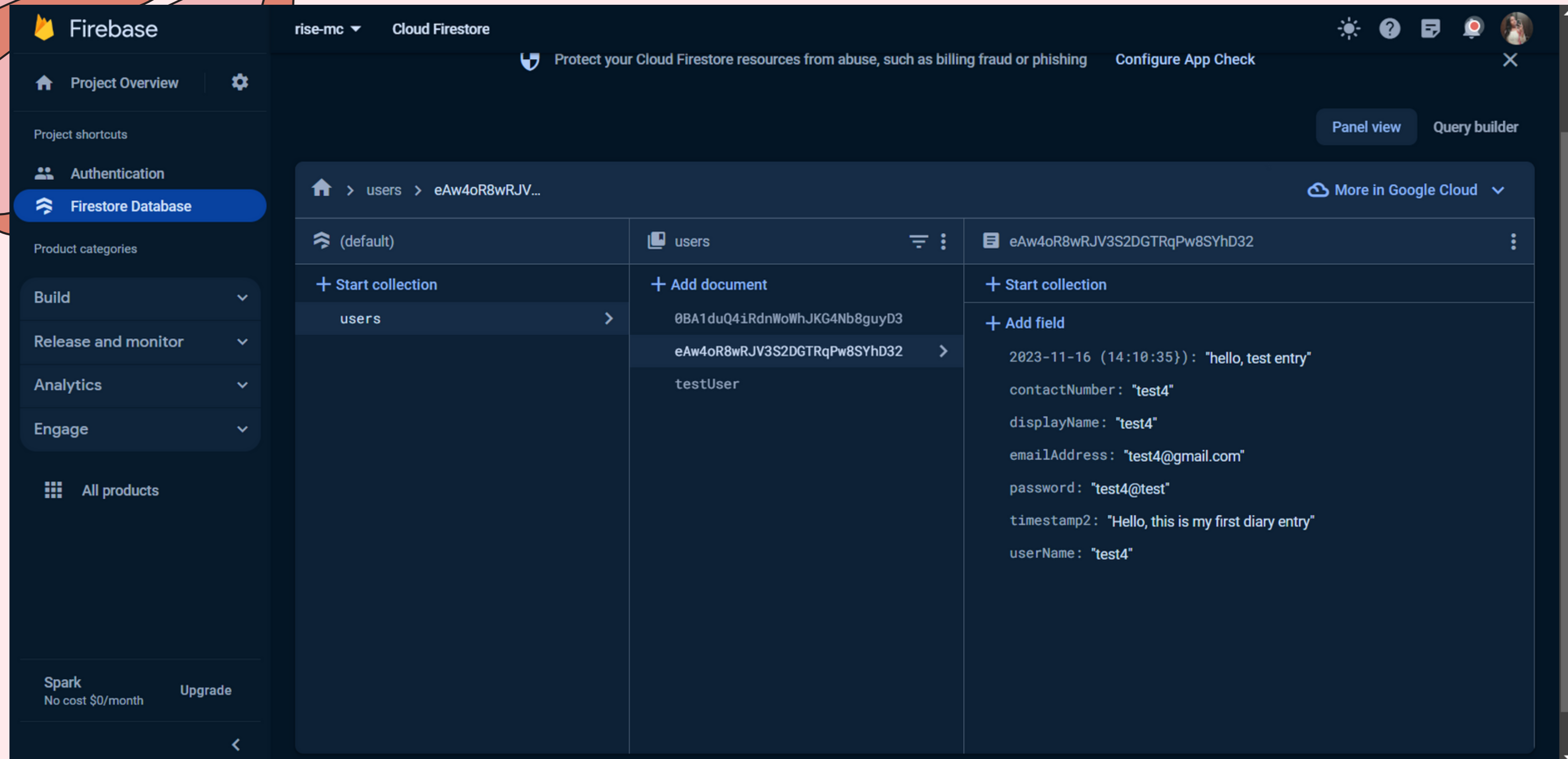
Enter Password

Confirm Password

[SIGN UP](#)

Already a member? [Login Here](#)


Firebase Snapshots




The screenshot displays the Firebase console interface for a Cloud Firestore database. The left sidebar shows the navigation menu with 'Firestore Database' selected. The main content area shows the breadcrumb path 'users > eAw4oR8wRJV...' and the 'users' collection. A document with ID 'eAw4oR8wRJV3S2DGTRqPw8SYhD32' is selected, showing its fields: 'timestamp2' (2023-11-16 (14:10:35)) and 'userName' (test4). The document also contains fields like 'contactNumber', 'displayName', and 'emailAddress'.

Collection	Document ID	Fields
users	eAw4oR8wRJV3S2DGTRqPw8SYhD32	<ul style="list-style-type: none">timestamp2: "2023-11-16 (14:10:35)"contactNumber: "test4"displayName: "test4"emailAddress: "test4@gmail.com"password: "test4@test"timestamp2: "Hello, this is my first diary entry"userName: "test4"

Firebase Snapshots

 **Firebase**

[Project Overview](#) 

Project shortcuts

[Authentication](#)

[Firestore Database](#)


Product categories

Build

Release and monitor

Analytics


Engage

 All products

Spark

No cost \$0/month



Upgrade







rise-mc

Authentication

[Users](#) [Sign-in method](#) [Templates](#) [Usage](#) [Settings](#) [Extensions](#)



[Add user](#)  

Identifier	Providers	Created ↓	Signed in	User UID
test4@gmail.com		16 Nov 2023	16 Nov 2023	eAw4oR8wRJV3S2DGTRqPw8SYh...
test3@gmail.com		8 Nov 2023	16 Nov 2023	0BA1duQ4iRdnWoWhJKG4Nb8gu...
test2@gmail.com		8 Nov 2023	8 Nov 2023	lhQ8dPBvmFYJSVP42UXAxyoph...
test1@gmail.com		8 Nov 2023	8 Nov 2023	lbpMtIOvUdRQKOI94oOmWcZOk...

Rows per page

50

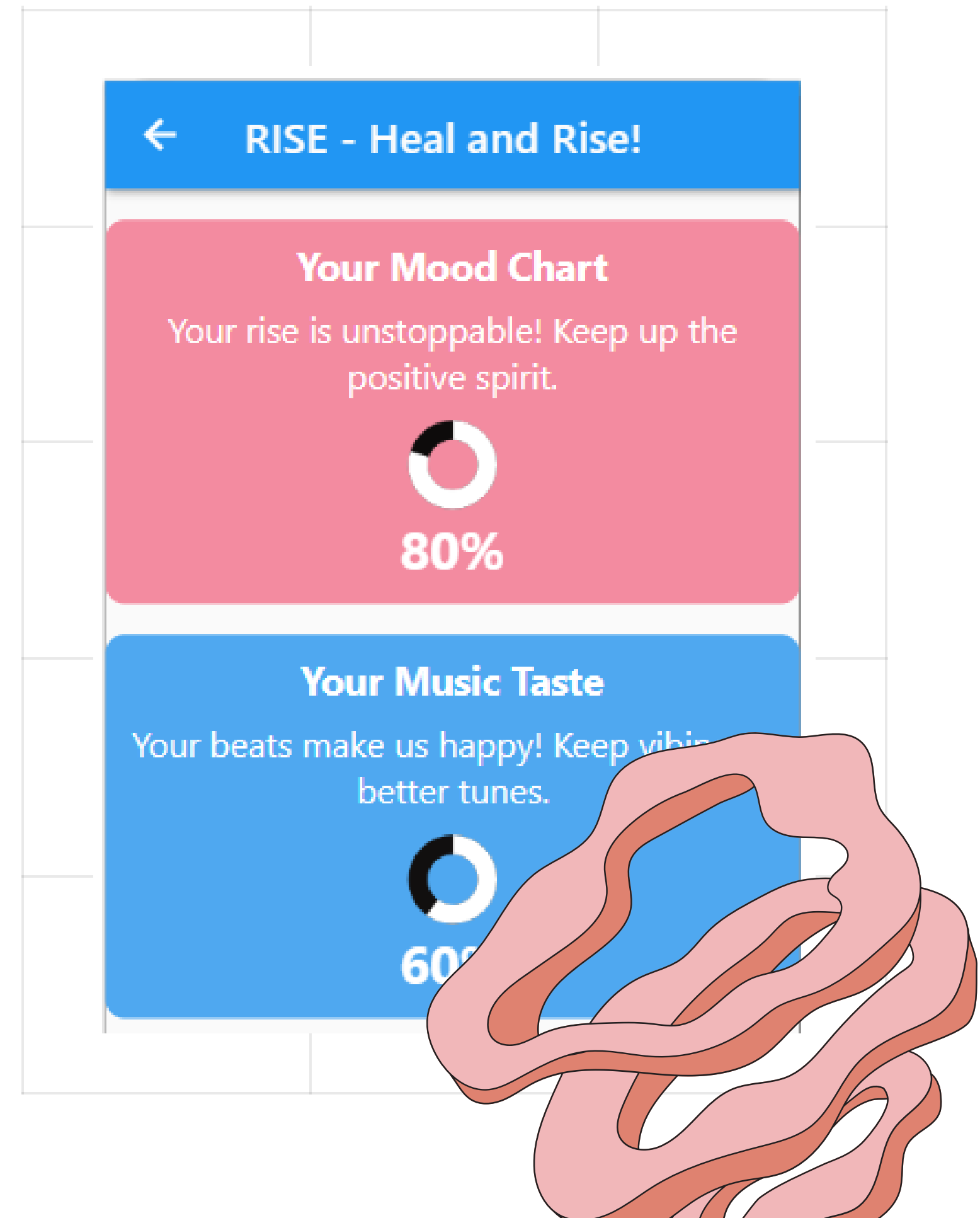
1 – 4 of 4

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

THANK YOU!