

TEAM:MIND BENDERS

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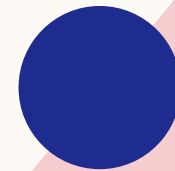
Shaizeena Nayaab

PROJECT NAME: TRANQUIL MIND

College : MJCET

Branch : CSE

Year: 3rd



INTRODUCTION

Our web application is designed to provide the consumer with interactive and calming activities to help him/her cope with panic attacks/episodes.

We offer a variety of relaxation techniques to help you understand and manage you panic attacks on your own.

In addition to that, we also provide a supportive community forum where you can connect, share experiences with others struggling with the same.



PROBLEM STATEMENT

A panic attack is a sudden episode of intense fear that triggers severe physical reactions when there is no real danger or apparent cause. Panic attacks can be very frightening. When panic attacks occur, you might think you're losing control, having a heart attack or even dying.

Often times, one is helpless when it comes to handling his own mind, his greatest weapon.

As of today, there is no “cure” for it, but only mere apps and websites trying to make it better.



PROBLEM SOLUTION

Our web application is designed to give one the best possible way to deal with panic attacks. It is scientifically proven that incorporating all five senses leads to lowering of blood pressure, and decreasing the trigger. Our app provides interactions with 3 out of 5 senses, including a chat forum where one can speak to another struggling with the same.

TECHNOLOGIES USED

Front-end:

HTML

CSS

JS

Back-end:

Python

Flask