

TEAM MINDEASE

TEAM MEMBERS:

1. Panduga Sushvika
2. Khushi Yadav
3. Shazia
4. K.L. Sneha
5. B Vinutna
6. Grithika goud

1. Title – Mental Wellness Website with Stress-Relief Activities

This project focuses on creating a website that provides mental wellness support and stress-relief activities for students. The platform includes mental health resources, tips, guidance, and interactive games to make stress management engaging, simple, and accessible.

2. Objective

The objective of this project is to improve students' mental well-being by offering a centralized platform with wellness information and fun, interactive activities. With built-in games and exercises, students can reduce stress, anxiety, and mental fatigue in an enjoyable and positive way.

3. Tools Used

Perplexity for generating ideas and crafting tailored prompts, Lovable as a no-code platform to quickly design the user interface and build the website, and TIINY for sharing or hosting content easily. This combination enabled rapid and effective development and content sharing.

4. Methodology

The project began with researching common student mental health issues and collecting accurate wellness content. The next steps included structuring information, designing interactive elements and games, creating a user-friendly layout, making the website responsive, and testing for accessibility and smooth performance.

5. Output

The final output is a functional mental wellness website where students can access games, chatbot support, mood checker tools, therapy guidance, and useful wellness tips designed to improve mental clarity and emotional well-being.

6. Result

The website successfully combines mental health information with interactive entertainment, helping students manage stress more effectively. It encourages emotional balance, supports positive thinking, and motivates users to follow consistent self-care habits.

This platform also helps students become more aware of their emotional patterns while enjoying stress-free activities.

7. Conclusion

This project shows how technology can support mental wellness in educational environments by providing guidance, wellness activities, and stress-relief games in one platform.

The website promotes a healthy mindset, reduces stress, and creates a supportive digital space for students. It stands as a modern solution to improve campus well-being.

8.Project url

<https://mindeases.lovable.app/>

9.GitHub profile

<https://github.com/pandugasushvika>