

## **TEAM MINDEASE**

### **TEAM MEMBERS:**

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### **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>