FEATURES AND THEIR WORK

1. **DAILY ASKING- How are you feeling today?**

2. **DAILY MOTIVATIONAL QUOTES - Any quotes, as STARTING A NEW DAY**

3. **DAILY MOOD with Calendar- SHOW MOODS, THE USER WILL CHOOSE THEIR MOODS LIKE- HAPPY, SAD, NEUTRAL ETC by clicking it with the help of the calendar so that, it will be easy to track**

4. **DAILY ACTIVITIES -**

   - **Sleep**
   - **Steps**
   - **Water**
   - **Exercise**
   - **Meditate**
   - **Mood**
   - **Food**
   - **STRESS**

Show the daily reports of all these activities

5. **WELLNESS TOOLS**

   - **Breathing bubble**
   - **Mind testing**
   - **Diet Plans**
   - **Mindful Audio**
   - **Journals [PUT PASSWORD / PIN for safety]**
   - **To-Do list**
   - **Focus**
   - **Goals**
   - **Routines**
   - **Daily Reminder**

This feature is for the users daily use, for tracking their daily habits and keep the records which will be counting at the end of the months

6. **TYPES OF COUNSELLING**

    - **Family Issues**
    - **Relationship issues**
    - **Burnout**
    - **Study Stress**
    - **Students Academic Pressure**
    - **Teenagehoods**
    - **Adulthoods**
    - **Burnouts**
    - **Corporate life ETC**

7. **PSYCHIATRIST ONBOARDING**

    - **Psychiatrist's Datas**
    - **Background**
    - **Subscription**
    - **Sessions**
    - **TASKS**
    - **Connect - AUDIO, VIDEO CHAT, MESSAGE**

    Here, show the psychiatrist's background and their expertise with the proper biodatas of them with the subscription plans, the sessions and how the user will connect them

8. **Inclusivity & Personalization**

Customizable Themes: Users choose calming colors or light/dark themes.

- **Language Support: Multiple regional languages for accessibility.**
- **Age-Based Experience:**
- **Students: Exam & future anxiety focus**
- **Teenagers: Identity, peer pressure, self-worth**
- **Adults: Career, money, work-life balance**

9. **AI CHAT- BOT**
    This feature is available like for 24/7, it will be a supporter for the users which will help them regarding anythings they want to know

10. EMERGENCY

This is made for the safety of the users, if they are dealing with something and need someone to inform

11. AI CONSULTATION ADVISOR

- **For non-medical consultancy:**
- **Career guidance: resume help, job suggestions, interview prep.**
- **Relationship advice: conflict resolution suggestions.**
- **Financial stress advisor: budgeting templates, spending analysis.**
- **Academic stress planner for students.**

12. AI Crisis Detection System:

Detects harmful or sensitive phrases.

- **Immediate safety steps:**
  - **Calming messages**
  - **Helpline suggestions**
  - **Emergency contact guidance**
  - **Flags high-risk content for therapists (optional)**

13. AI VOICE THERAPY COMPANION

- **Users can talk freely like a voice diary.**
- **AI identifies stress levels with tone analysis.**
- **Provides a calming conversation, grounding techniques.**

14. AI REMINDER & MOTIVATIONAL ENGINE

- **Daily positive quotes based on mood.**
- **Reminds about hydration, medication, or sleep routines.**
- **Personalized affirmations generated by AI.**

15. Notification for the pending, daily and necessary tasks (also will get a notification continuously after every 2-3hours like, HOW ARE YOU FEELING RIGHT NOW ??, in the sense of caring or remind the user that he/she's nt alone, someone is their to talk)

16. Daily health and mood updates

17. Weekly and Monthly health comparisons

18. Therapist hub (for a meeting of the health updates in each weekend or month-end)

19. Health care- random vlogs, podcasts, audio, exercises etc will be shown just to keep the users motivate and not to lose their sparks or hype.

20. MIND BOOSTER

- FUN FACTS
- RIDDLES
- STORY etc

   This will help the users to check, if they are improving well or still distracted and zoning out without understanding the circumstances.

21. DAILY STREAKS

This will make the user to use it daily, which will be like a reward. If they maintain the daily streaks, they will get rewards or any gifts, coupons from us

22. OVERALL RECORDS

23. AI Progress Dashboard

24. ENERGY SCORE

25. SLEEP SCORE

26. STRESS

27. CALORIES BURN

28. AI Progress Dashboard

SHOW TRANSFORMATION OVER TIME:
- **Mood curve**
- **Trigger heatmap**
- **Daily habits consistency**
- **Heart rate trends (if connected)**
- **Goal achievement %**

29. END-TO-END ENCRYPTION

USERS APP FEATURES

1. **LOADING PAGE DESIGN:**

   [3 PAGES] SHOW 3D ILLUSTRATE WITH MENTAL HEALTH QUOTES

2. **LOG-IN / SIGN-UP PAGES:**

   SIGN/UP PAGE WILL BE AS -

   CREATE ID

   - NAME
   - NO.
   - MAIL
   - OTP for confirmation
   - PASSWORD for safety
   - RE-PASSWORD
   - CONFIRM

   LOG-IN

   NO. / MAIL
   PASSWORD
   FORGET PASSWORD
   OTP

3. **USER FORM FILLUP**

   - **NAME**
   - **CONTACT / MAIL**
   - **AGE**
   - **ADDRESS**
   - **EMERGENCY CONTACT NO.**
   - **MEDICAL HISTORY**
   - **DESCRIPTIONS**
   - **PHOTO**

4. **HOME PAGE**
5. **WELLNESS TOOLS**
6. **PSYCHIATRIST**
7. **EXPLORE**
8. **AI CHAT-BOT**

PSYCHIATRIST'S APP FEATURES

1. **LOG-IN / SIGN-UP PAGES:**

   SIGN/UP PAGE WILL BE AS -

   CREATE ID

   - **NAME**
   - **NO.**
   - **MAIL**
   - **OTP for confirmation**
   - **PASSWORD for safety**
   - **RE-PASSWORD**
   - **CONFIRM**

   LOG-IN

   NO. / MAIL
   PASSWORD
   FORGET PASSWORD
   OTP

2. **PSYCHIATRIST'S FORM FILLUP**
   - **NAME**
   - **CONTACT / MAIL**
   - **DEGREE / EXPERIENCE / CERTIFICATES**
   - **TESTIMONIALS**
   - **PHOTO**

3. HOME PAGE

- **Show the profiles of the psychiatrists with their names, ratings, feedbacks, expertise etc**
- **Types of Counselling**
- **Way to connect**
- **Subscription**
- **Chatboard**
- **Sessions**
- **Guidance**
- **Audios / Videos / Exercises [meditations etc] for the users according to their moods**

4. HEALTH TIPS