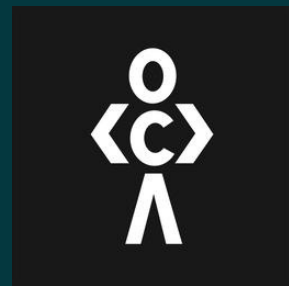


# IDEA

## DETAILS

SuperTokens

GitHub



Codiga

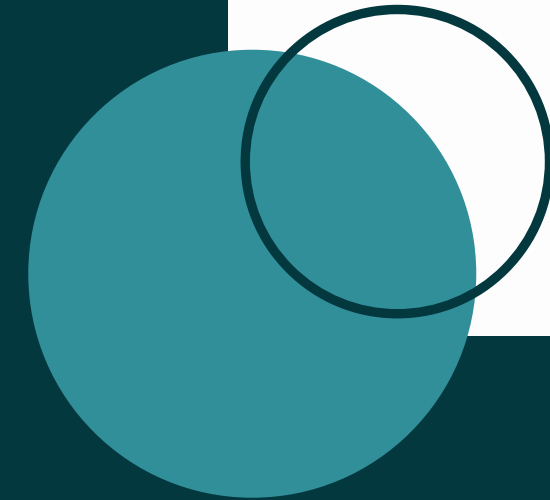
**PROBLEM STATEMENT** - Mental Health, No Code Solution

**TEAM NAME** - Absolute Zero

**TEAM LEADER NAME** - Sanket Sharma

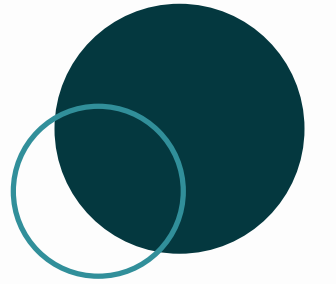
**TEAM MEMBER NAME** - Piyush

**TEAM MEMBER NAME** - Rohit Singh



# SOLUTION

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Our proposal focuses on creating a mental wellness app that allows people with mental illnesses to help themselves, analyze reports, keep journals and reminders, and be a part of a community where they may anonymously express their problems and receive solutions from their peers.

We also assess their mood and mental health by asking a series of brief, simple questions, following which we recommend that they listen to calming music and complete simple feel-better exercises to help them relax. Therapy sessions can also be scheduled with expert therapists who will guide them and provide them with the necessary advice & medication.



# FEAUTURES



1

## COMMUNITY

A place where people can share their own advice and assist others in need, because textbooks for self-help are not good enough.+

2

## MOOD METER

Following a series of basic, tiny, simple questions, the user's mental state can be assessed, and the app will recommend appropriate remedies.

3

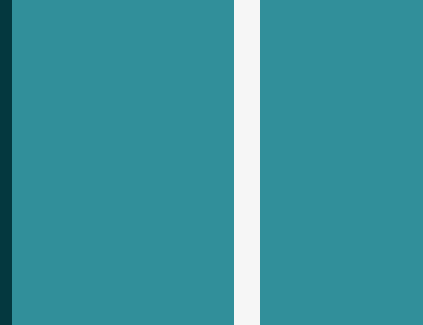
## MY DIARY

A notebook in which you can express your feelings without fear of being judged. It's a personal tool that allows you to track your sentiments and generate a report over the course of a month that shows your overall mental health condition.

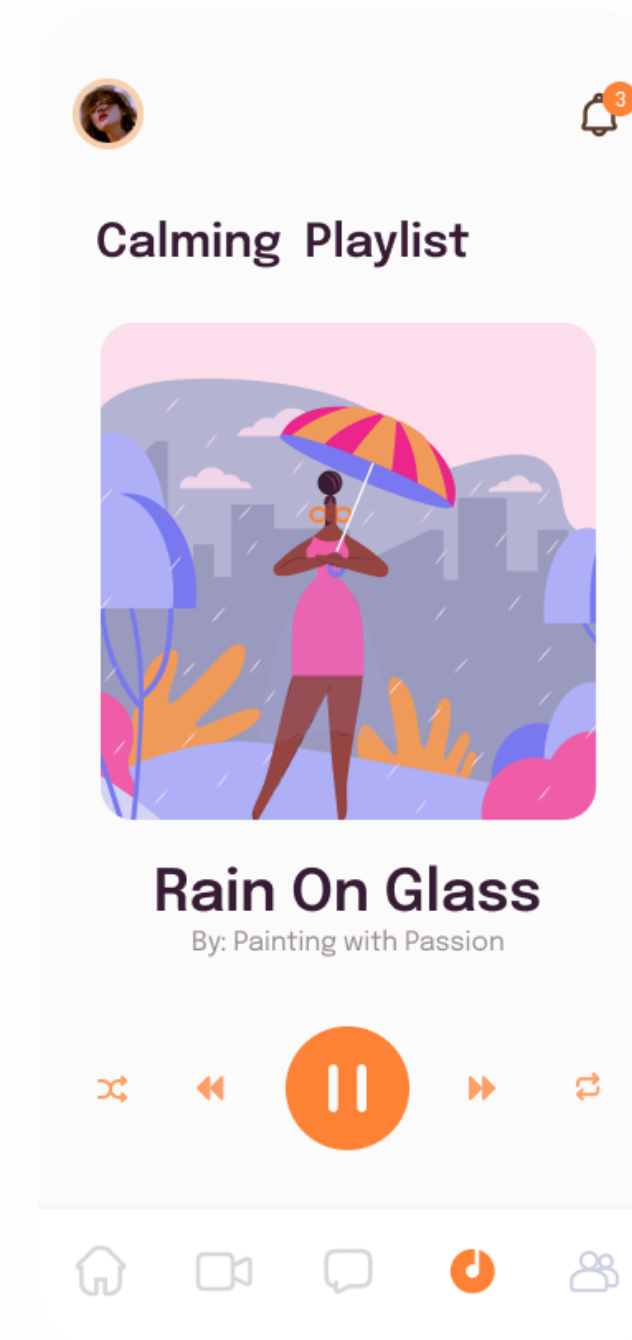
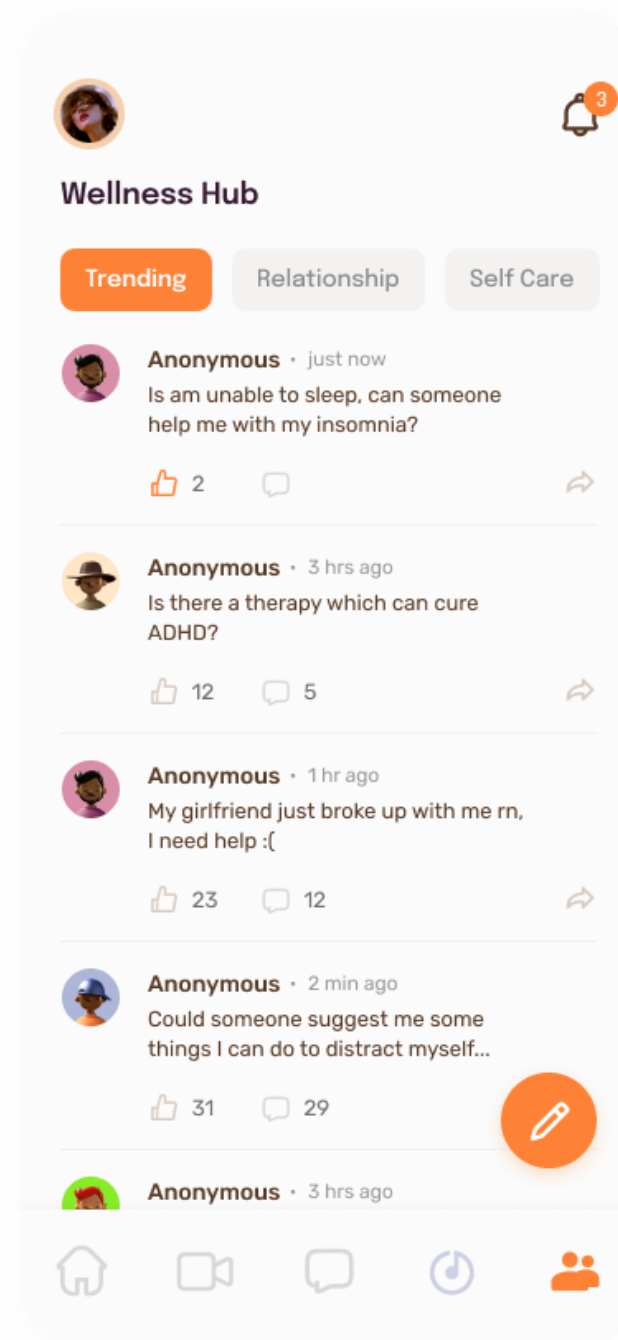
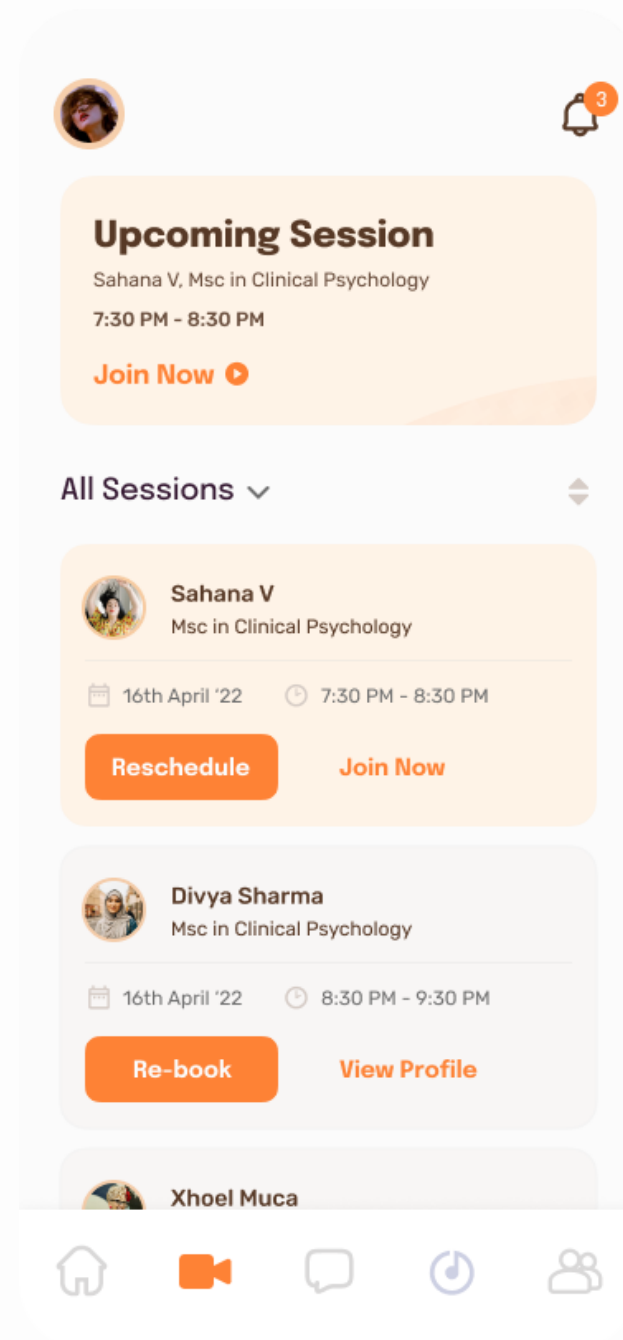
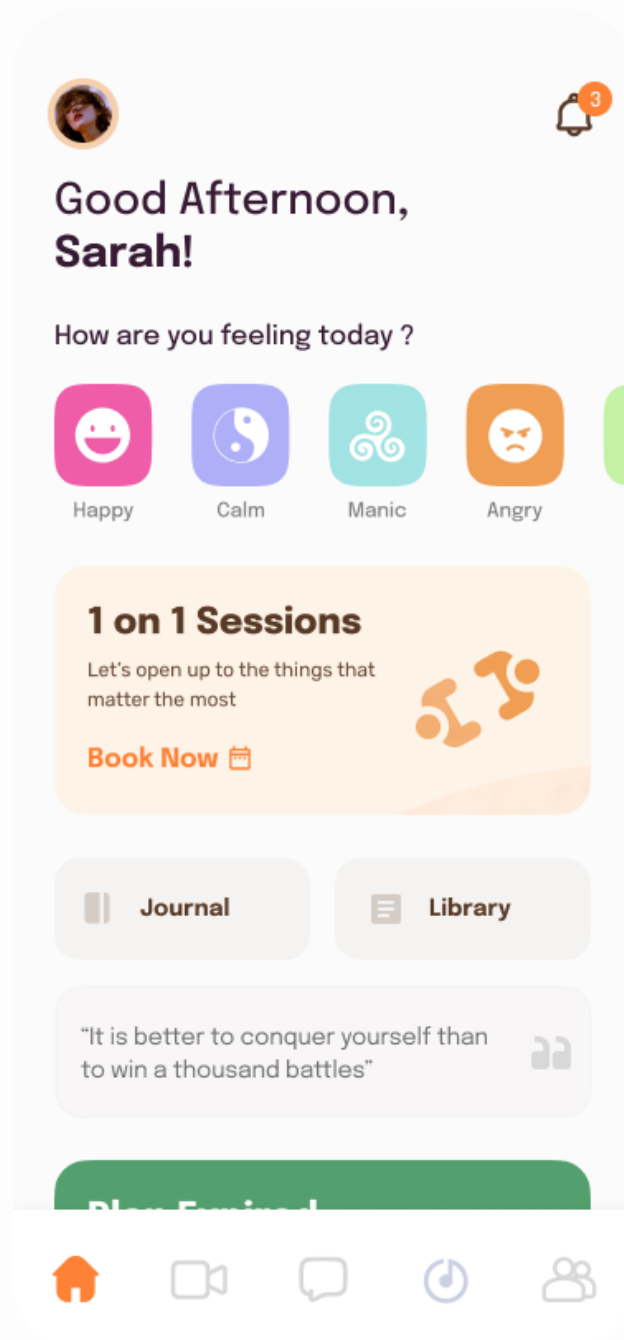
4

## REMEDIES

Listening to soothing music, controlling your breathing, and practicing meditation can all help you feel better. This feature assists users in returning to their regular mental state by suggesting feel-good activities.



# PROTOTYPE



# TECH STACK



## FRONTEND

### FIGMA

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We chose Figma to create the prototype for our solution since it is a simple and easy-to-use graphics editor application.

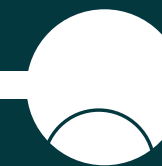


## DEPLOYMENT

### BRAVO STUDIO

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Bravo is a platform based on "No Code Solution" that translates Figma concepts into functional applications. Bravo was chosen as our deployment platform because of its excellent integrations with Figma.



## BACKEND

### BRAVO STUDIO

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Bravo can manage not just the frontend but also the backend of the application, allowing us to create a true "No Code Solution."