

CONNECTION

Yuji - effective personal well-being tools alongside a community to cherish and motivate you.



WELLBEING

We yearn for belonging, in spaces that are not constrained by time or judgments



TEAM NAME
RUSA
Who are we?



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In this 6th edition of



**AN EXCITING AND ONE OF A KIND
OPPORTUNITY FOR US WEB
DEVELOPMENT ENTHUSIASTS**

WE ARE COMMITTED TO
CREATING A VALUABLE
SOLUTION TO THE BURNING
MENTAL HEALTH PROBLEMS

PROBLEM STATEMENT

Our collective mental health is getting worse - But why?

Unhealthy diets, lack of physical exercise, loneliness, family break up, childhood neglect and trauma, the pressure of competition in schools and the workplace — the list goes on.

Investment is wrongly weighted, with too much or not enough in acute/crisis services and not enough in early intervention and prevention.*

Mental health is a lifelong journey,
Often we simply don't know what works and what doesn't.
That would be OK if our current responses were producing great results everywhere, but they are not.
It's hard to innovate or improve in a world like this.

Something needs to change.

- Our Mission and Goals

Personal wellbeing space with effective tools designed for mental and physical health wellness

Peer support to stay motivated about similar goals

Open minded & safe community

Long term wellness habits



We need spaces to share feelings with open-mindedness. Incentive to stay active mentally and physically, to eat, drink, and sleep well. And reminders to take breaks. Self-reflection and a strong sense of belonging.

Community is at the heart of Yuji.

Being heard is an important part of being human.

People feel more driven to talk about their feelings under a sense of anonymity and ease that messaging provides

It's anonymous and completely free.

WHAT WE WANT TO DO ABOUT IT



Personal wellbeing tools

- Journal, daily prompts
- Meditations
- Exercises
- Diet tools
- Talking pet Yuu to take care of and converse with
- Time management tools



Peer support to stay motivated about similar goals



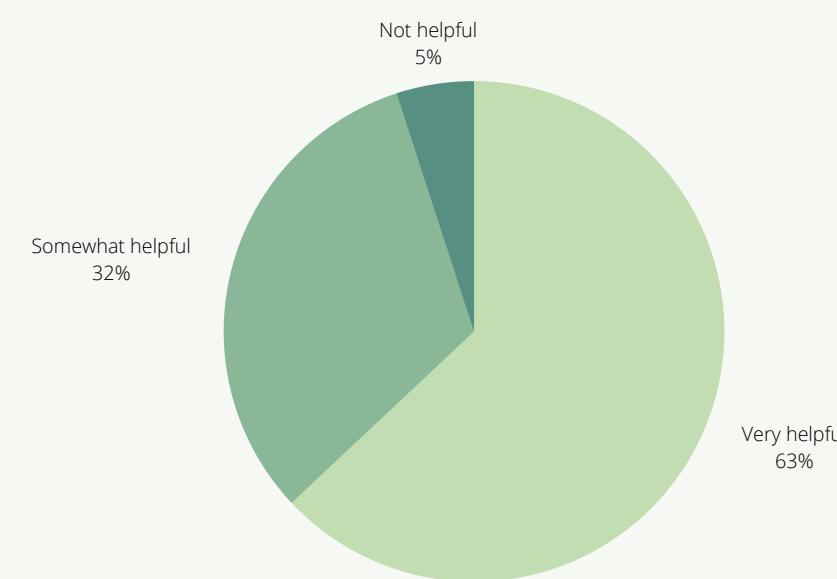
Topics & recommendations



Safe & Anonymous Posting & Live Chat

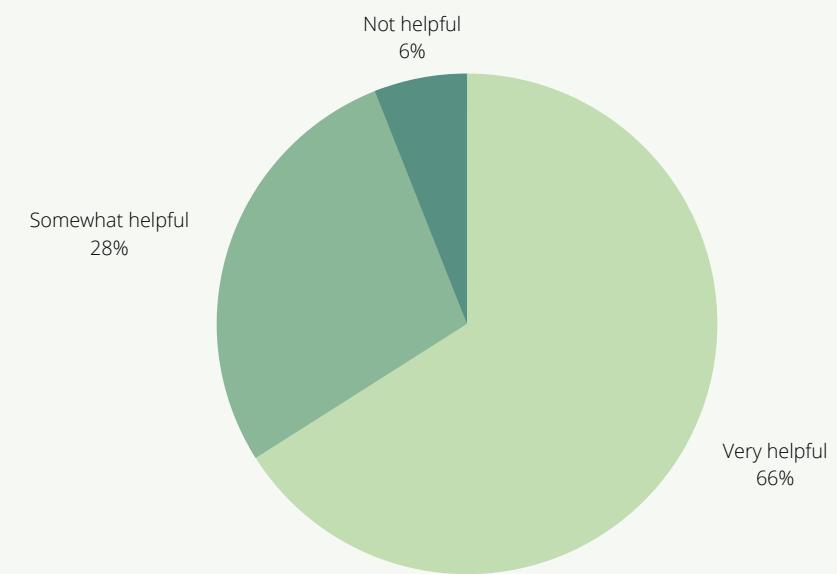


Open-minded live conversations



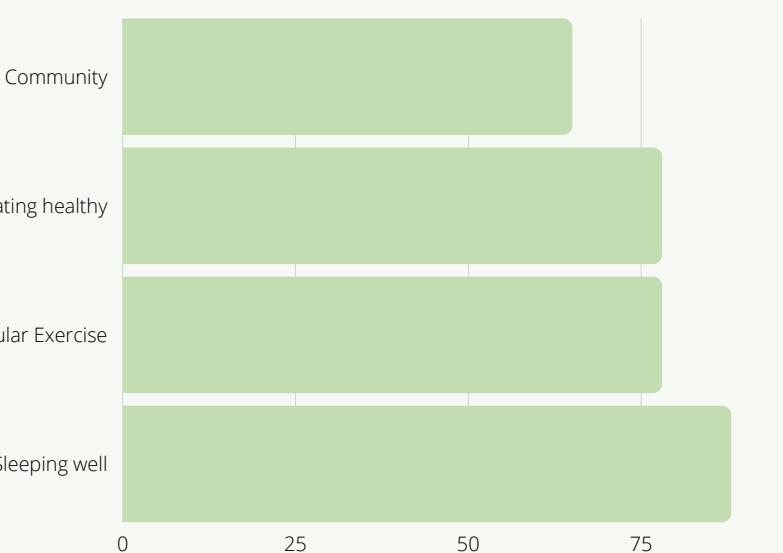
95 % of respondents worldwide found communicating helpful in alleviating anxiety or depression as of 2020*

Talking to others helped 78 % percent of respondents and making lifestyle behavioural changes helped 73% of respondents alleviate feelings of anxiety & depression in 2020**



94% of respondents worldwide found making lifestyle behavioural changes helpful in alleviating anxiety or depression as of 2020*

Percentage of older adults who thought communicating with the community and close ones, sleeping well, regular exercise and eating healthy were extremely or very important to staying healthy as of 2020***



WHY IT IS IMPORTANT

It is hard to stay committed to long term mental well-being and self-development goals with a lack of consistent emotional support.

Yuji provides communication and a community packed with the most effective self-help tools.

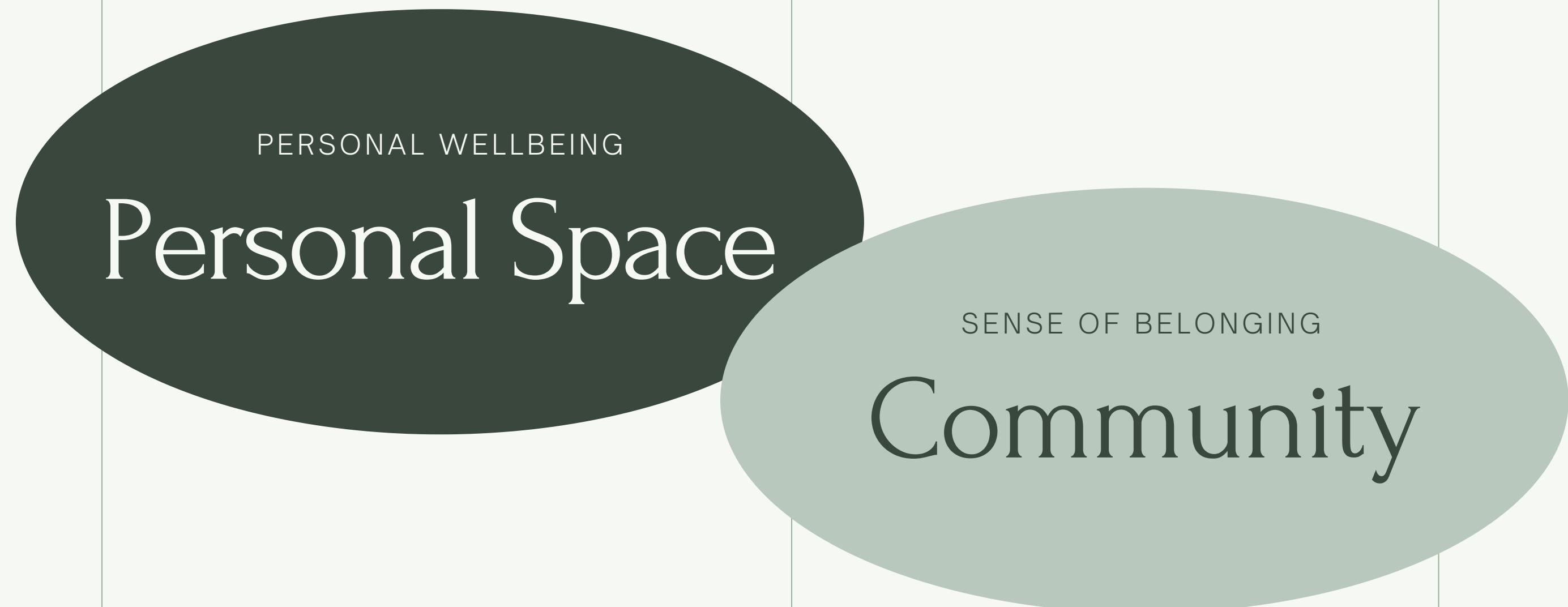
At Yuji, someone is always standing by,
And when times get rough,
Someone is always available to listen

*Source: <https://www.statista.com/statistics/1288396/reported-helpfulness-of-actions-to-alleviate-anxiety-depression-worldwide/>

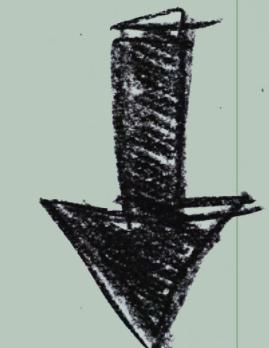
**Source: <https://www.statista.com/statistics/1288349/respondents-worldwide-who-took-steps-to-alleviate-anxiety-or-depression/>

***Source: <https://www.statista.com/statistics/1255496/perceptions-older-adults-most-important-health-practices-us/>

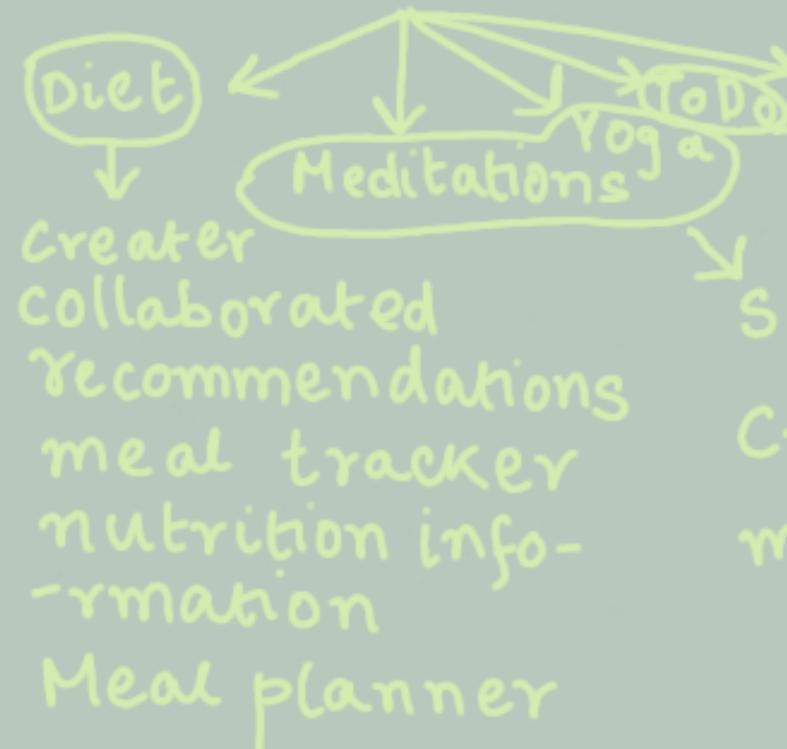
OUR TWO YUJI GOALS



HOW ARE WE DOING IT



Journal : Daily prompts
List of prompts
Mood tracker
Public/Private entries



Personal space
Personal wellbeing tools

Diet
Meditations
Yoga
Creator collaborated recommendations
meal tracker
nutrition info-information
Meal planner
Journal
Time blocking task management + timer
Spiritual music
Creator collaborated meditations & Yoga Content
Timer

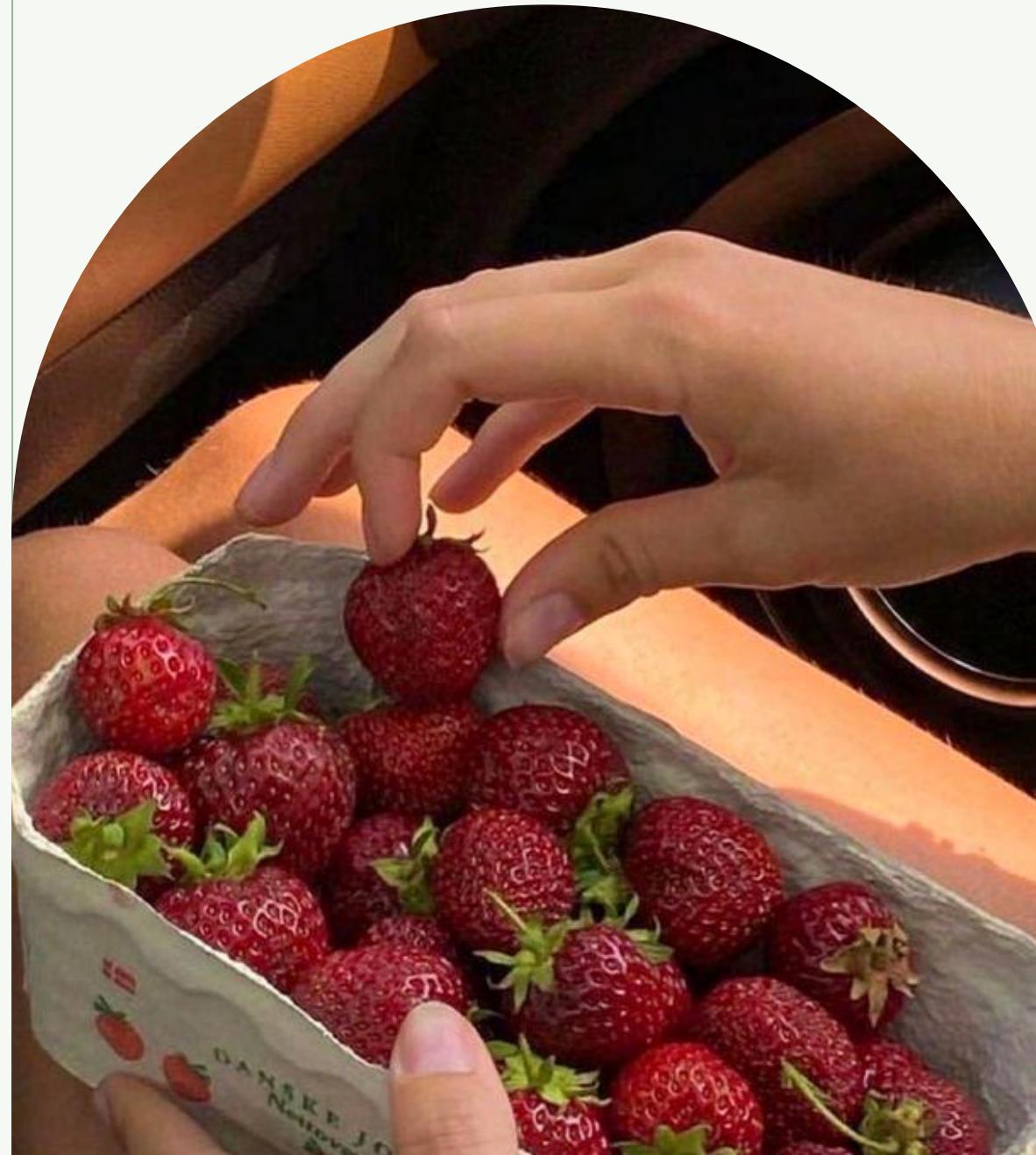


1.

DIET

Eating healthy nutrition rich food

YUJI DIET IS A GENTLE MEAL PLANNER & HEALTH WELLBEING TOOL.



Along with creator collaborated **health articles**, the Yuji diet provides users various nutrition-focused **diet plans** to choose from, and the ability to create their own.

The tool features data on the nutrition content of foods and helps users **meal plan**, to reach their nutrition goals.

It integrates an important and popular feature of tracking water consumed.

Drinking reminders are sent to users on user-set frequency, set default as the WHO organization recommendations.

A DAILY ROUTINE FOR LONG TERM WELLNESS.

2.

MEDITATIONS & EXERCISES

Mental and physical
self care



Creator collaborated
study/focus music, meditation
music, guided meditations,
exercises, and yoga routines,
with timers.

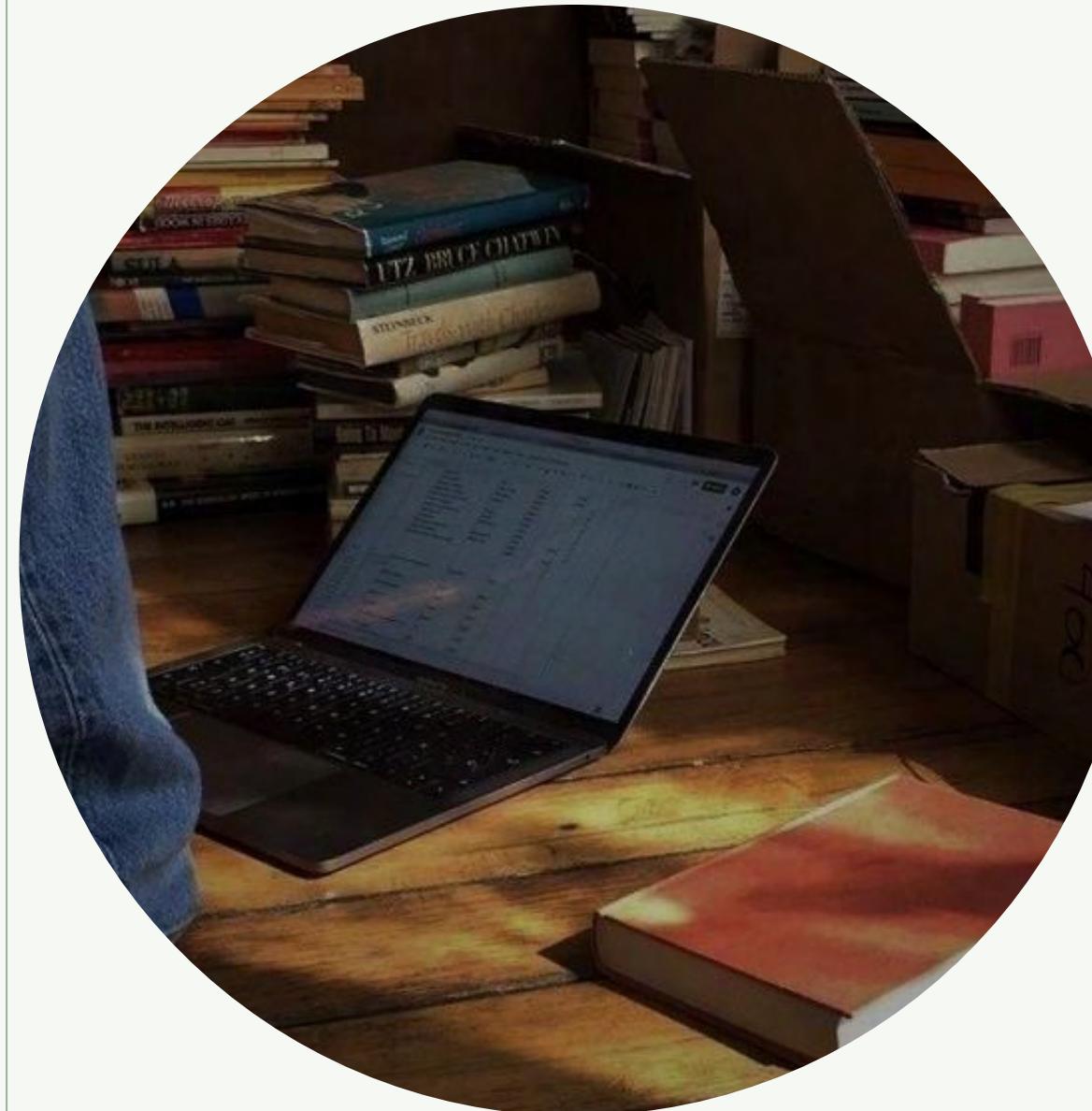
Sorted into libraries that can
be personalized and saved by
the users.

3.

TO DO

Productivity & Focus

TASK MANAGEMENT WITH TIME BLOCKING



When things to be done are written down, they seem more manageable. To-do lists help in staying organized and reduce stress.

The tasks can be time blocked and broken down into Pomodoro sessions.

4.

JOURNAL

Making self-talk a habit

Journaling helps with comprehension, keeps our memory sharp, improves mood by helping prioritize problems, fears, and concerns. Providing an opportunity for positive self-talk and identifying negative thoughts.

SELF REFLECTION

Yuji provides journal prompts that can help narrow down the focus and help make writing a habit.

This section also includes a mood & sleep tracker.



Yuu

Virtual Talking Pet

Yuu is a smart Froggie friend who helps users deal with negative self-talk in times of distress

Yuu helps users keep track of their journals, mood and sleep

Yuu can help remember tasks and stay by keeping time as the user finishes them

Yuu wants the user to take breaks and drink enough water

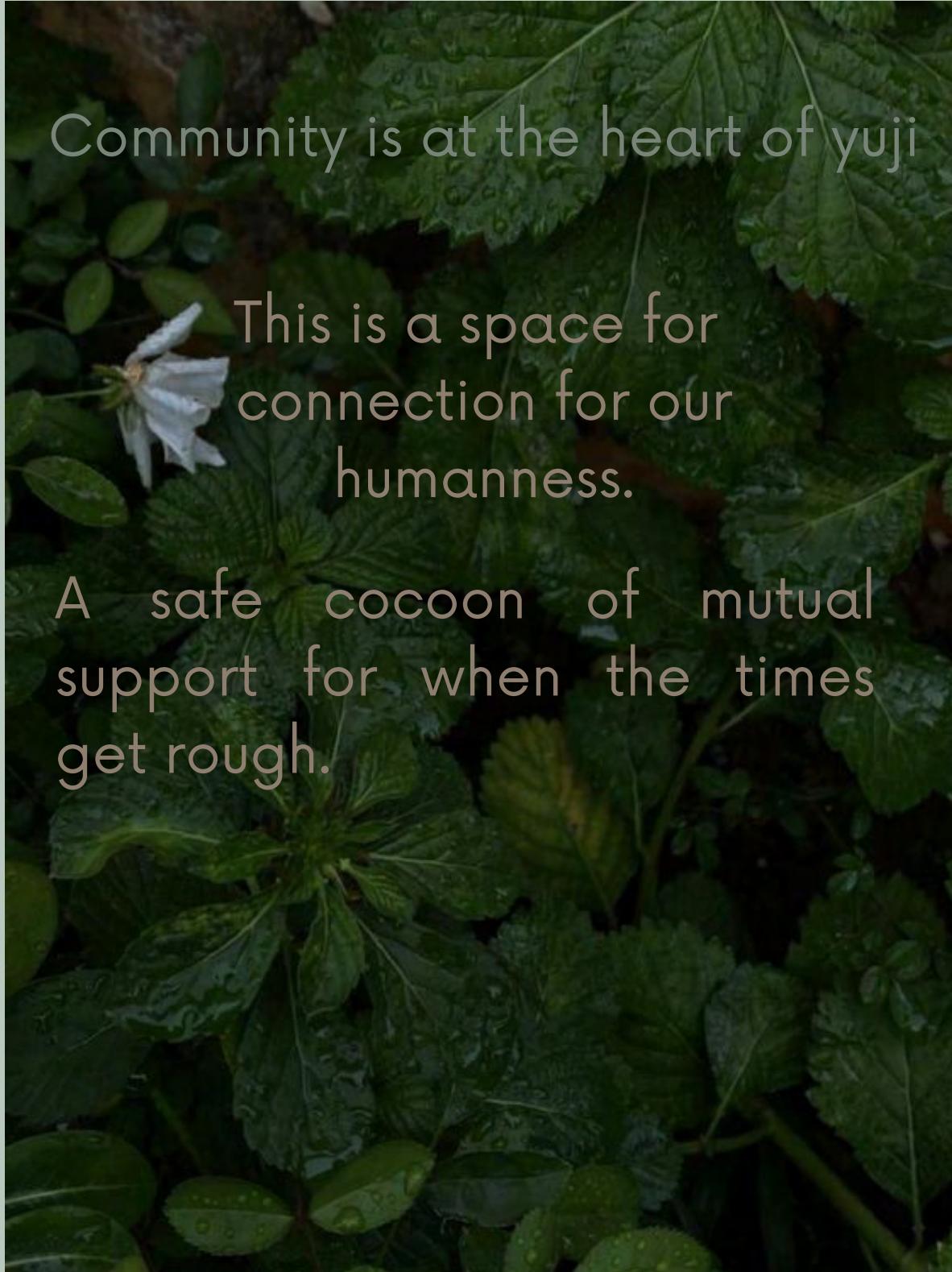
Yuu has many secrets from his ancestors to share with the user to help calm them down & grow - recipes, meditations, and activities and in return, users can take care of Yuu.



A STRONG SENSE OF BELONGI NG.

5. **COMMUNITY**

Being heard is an important part of being human



Community is at the heart of yuji

This is a space for connection for our humanness.

A safe cocoon of mutual support for when the times get rough.

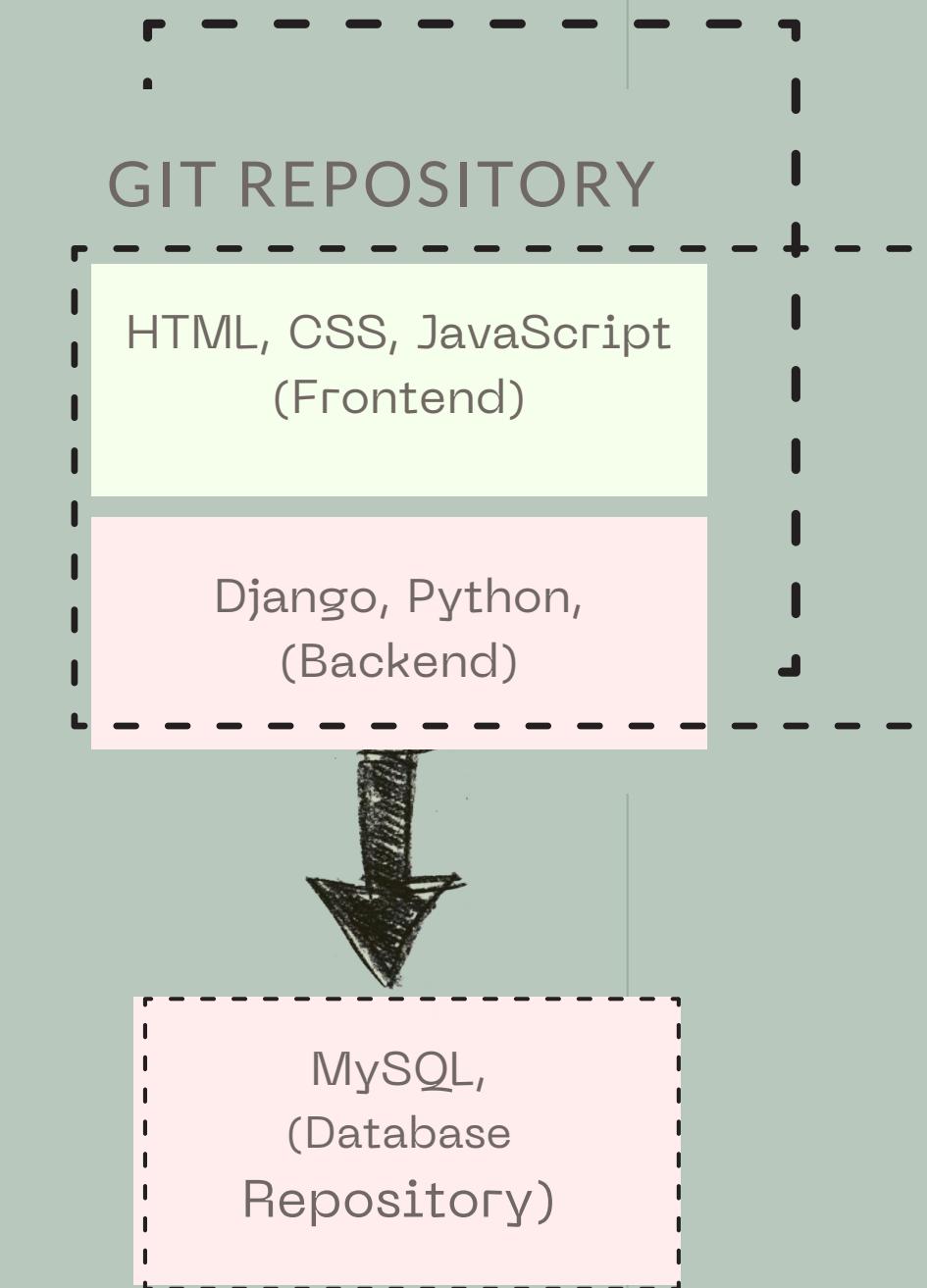
Users can:

- Share their heart out on topics that interest them.
- Read from a feed they choose.
- And make the community a catalyst for self-growth

The feed is completely unarmed of competition,
Yuji is a community for healthy growth.

TECHNOLOGIES WE'RE USING

- 1 Django
- 2 html5, CSS, JavaScript
- 3 MySQL



1. BACKEND

GitHub Repository Link:

<https://github.com/codingsneha/YUJI>

DATABASE & DJANGO PROJECT

Something like this:

The screenshot shows a GitHub repository page for the user 'codingsneha' named 'YUJI'. The repository is public and has 1 branch and 0 tags. The 'Code' tab is selected, showing a list of commits:

Commit	Author	Date	Commits
codingsneha Django project commit	codingsneha	7b982f5 3 minutes ago	2 commits
imgs			3 minutes ago
yuji			3 minutes ago
LICENSE			2 days ago
README.md			2 days ago

The README.md file contains the following content:

YUJI

YUJI provides personal wellbeing tools along with a present community that catalyses growth

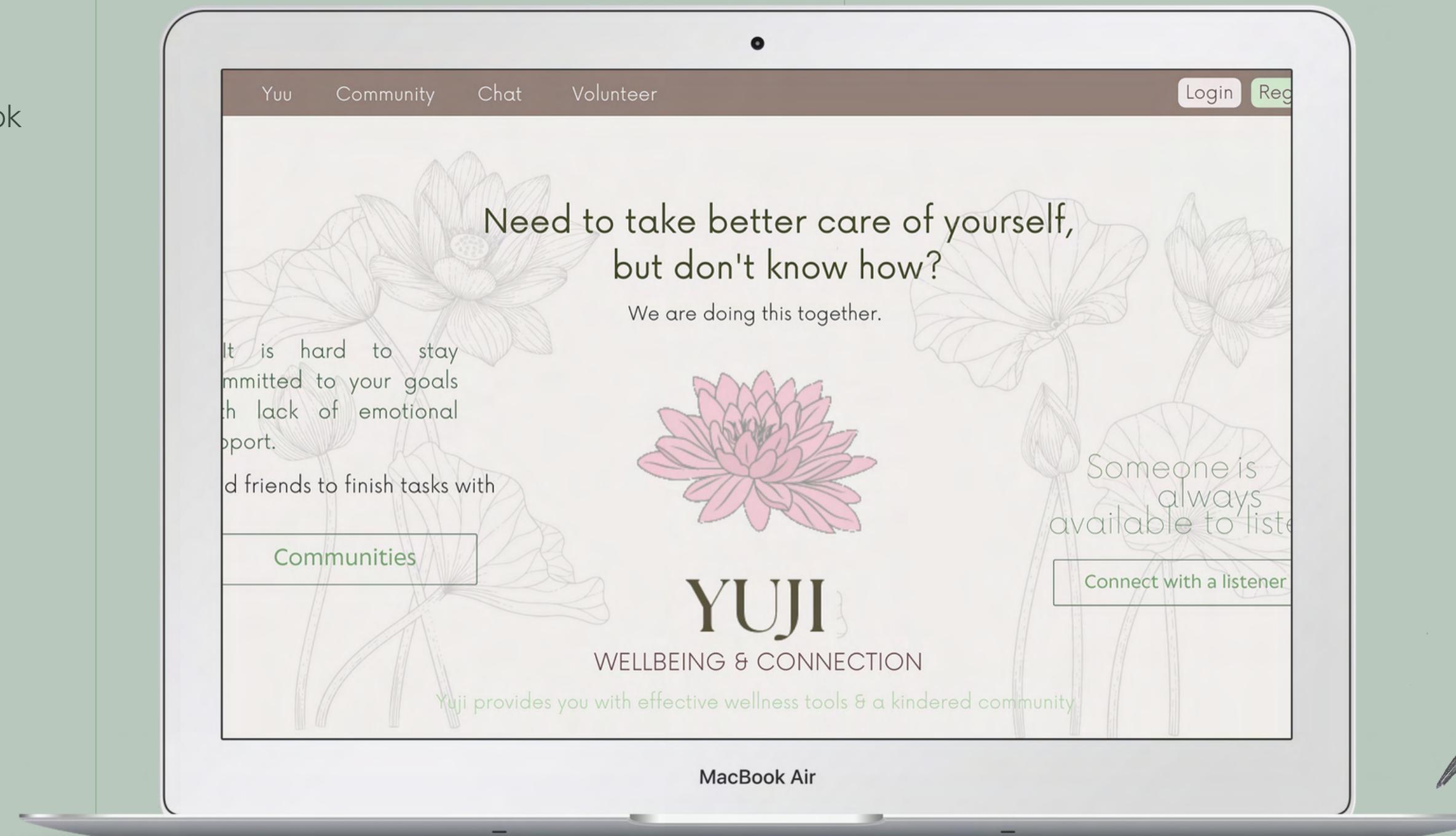
The repository has 0 stars, 1 watching, and 1 fork. It also includes sections for Releases (No releases published) and Packages.

MOCKUPS

2.

FRONTEND

The frontend will look something like this:



[Yuu](#)[Community](#)[Chat](#)[Volunteer](#)[Login](#)[Register](#)

Need to take better care of yourself,
but don't know how?

We are doing this together.

It is hard to stay committed to your goals with lack of emotional support.

Find friends to finish tasks with

[Communities](#)

Someone is always available to listen

[Connect with a listener](#)

YUJI
WELLBEING & CONNECTION

Yuji provides you with effective wellness tools & a kindered community

[Yuu](#)[Community](#)[Chat](#)[Volunteer](#)[Login](#)[Register](#)

Everything you
are is enough

[Say Hi!](#)

Meet Yuu

Yuu is your smart froggie friend who helps you with dealing with your thoughts in times of distress

Yuu helps in keeping track of your journal, mood and sleep

Yuu can help you remember your tasks and stay by you keeping time as you finish them

Yuu wants you to take breaks and drink enough water

Yuu has many secrets from his ancestors to share with you to help you calm down & grow - recipes, meditations, and activities and in return, you can

[TAKE CARE OF YUU](#)



Yuu

Community

Chat

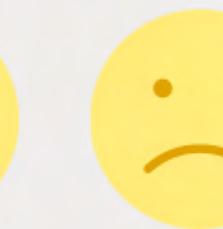
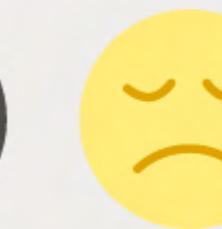
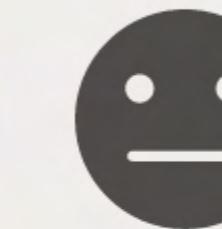
Volunteer

Login

Register



Tell Yuu how you are feeling



Community is at the heart of yuji

What you are going through
someone, somewhere
already has.

Being heard is an important
part of being human.

This is a space for

COMMUNITIES

Under a few layers, all of our
hearts are the same.

- Share your heart out on topics that interest you.
- Read from a feed you choose.



Yuu

Community

Chat

Volunteer

Login

Register

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A safe cocoon of mutual
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[CONNECT](#)

COMMUNITIES

Under a few layers, all of our
hearts are the same.

- Share your heart out on topics that interest you.
- Read from a feed you choose.
- And make community your catalyst for self growth

The feed is completely unarmed of competition
Yuji is a community for healthy growth.

[Yuu](#)[Community](#)[Chat](#)[Volunteer](#)[Login](#)[Register](#)

LIVE CHAT ANONYMOUSLY NOW

[Register](#)

Username

Email

Password

Repeat Password

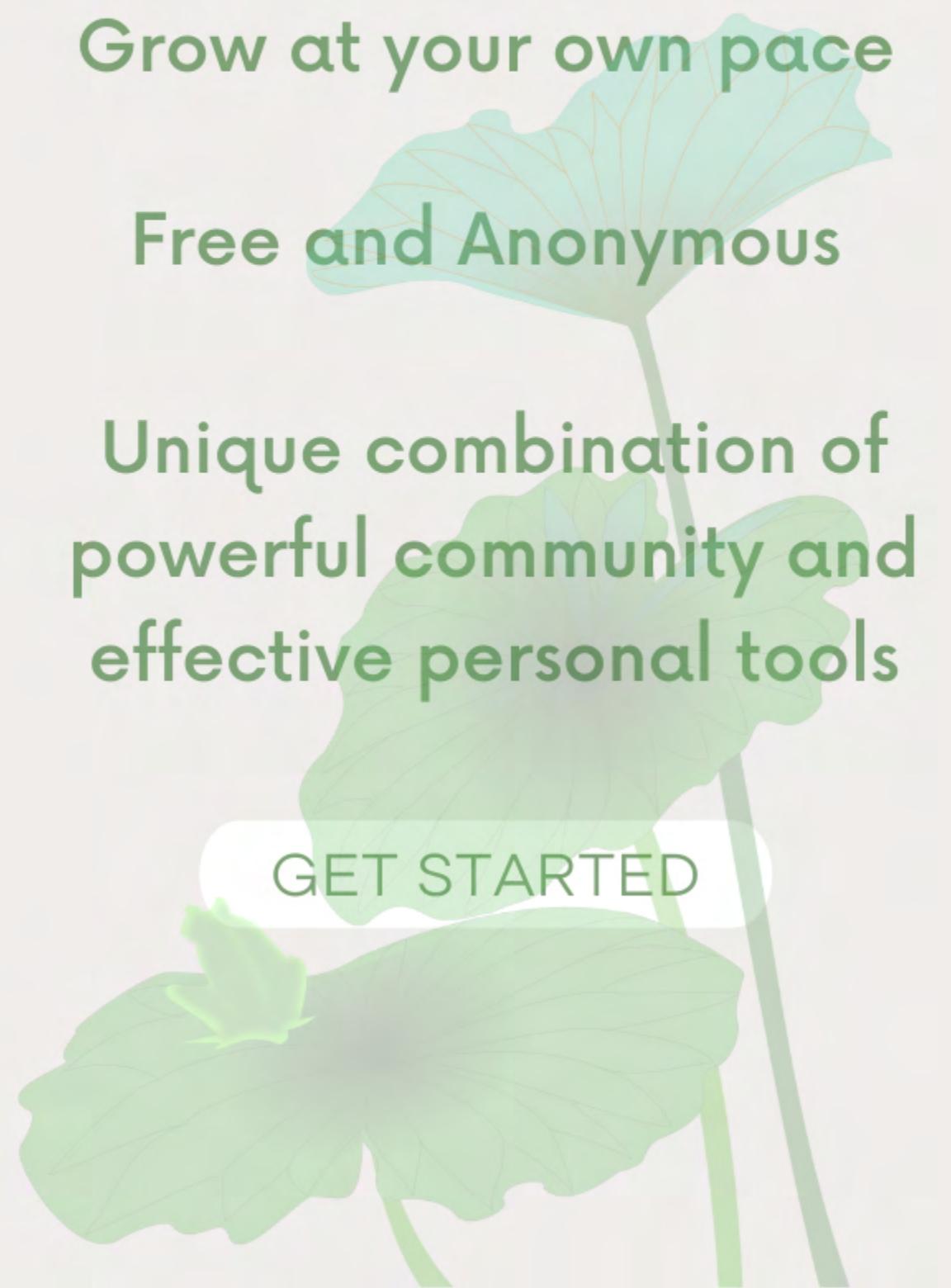
[Login Instead](#)

Grow at your own pace

Free and Anonymous

**Unique combination of
powerful community and
effective personal tools**

GET STARTED





Yuu

Community

Chat

Volunteer

Login

Register

VOLUNTEER AS LISTENER



Active listening requires complex cognitive processing, it helps you understand thoughts and their meanings better, and helps you become more enjoyable in conversations.

Learn how to actively listen to others

Volunteer as a listener

[Yuu](#)[Community](#)[Chat](#)[Volunteer](#)[Login](#)[Register](#)

CENTER YUJI

Register

Username

Email

Password

Repeat Password

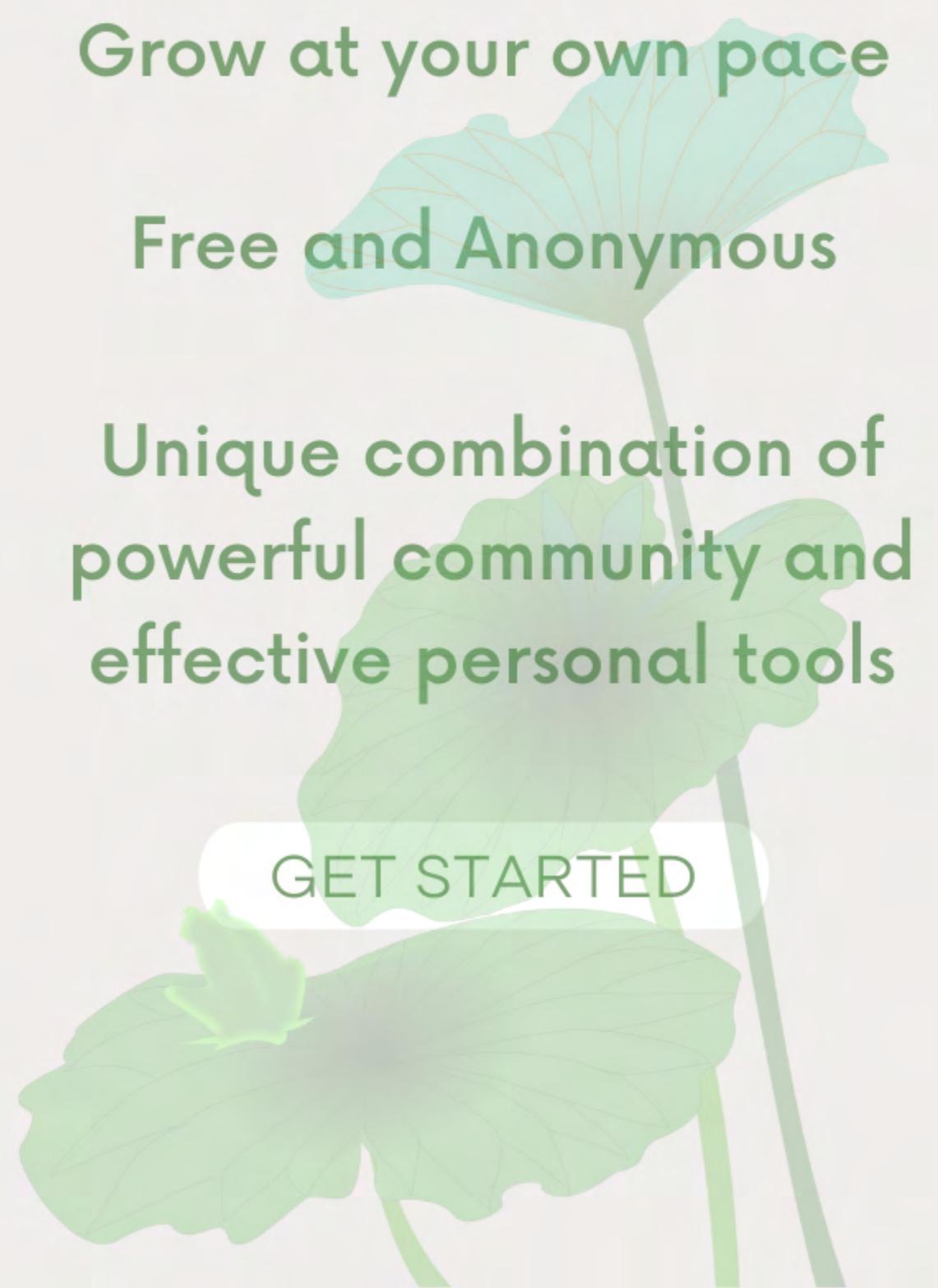
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GET STARTED



[Yuu](#)[Community](#)[Chat](#)[Volunteer](#)[Login](#)[Register](#)

WELCOME BACK

Login

Username

Password

New User? [Register here](#)

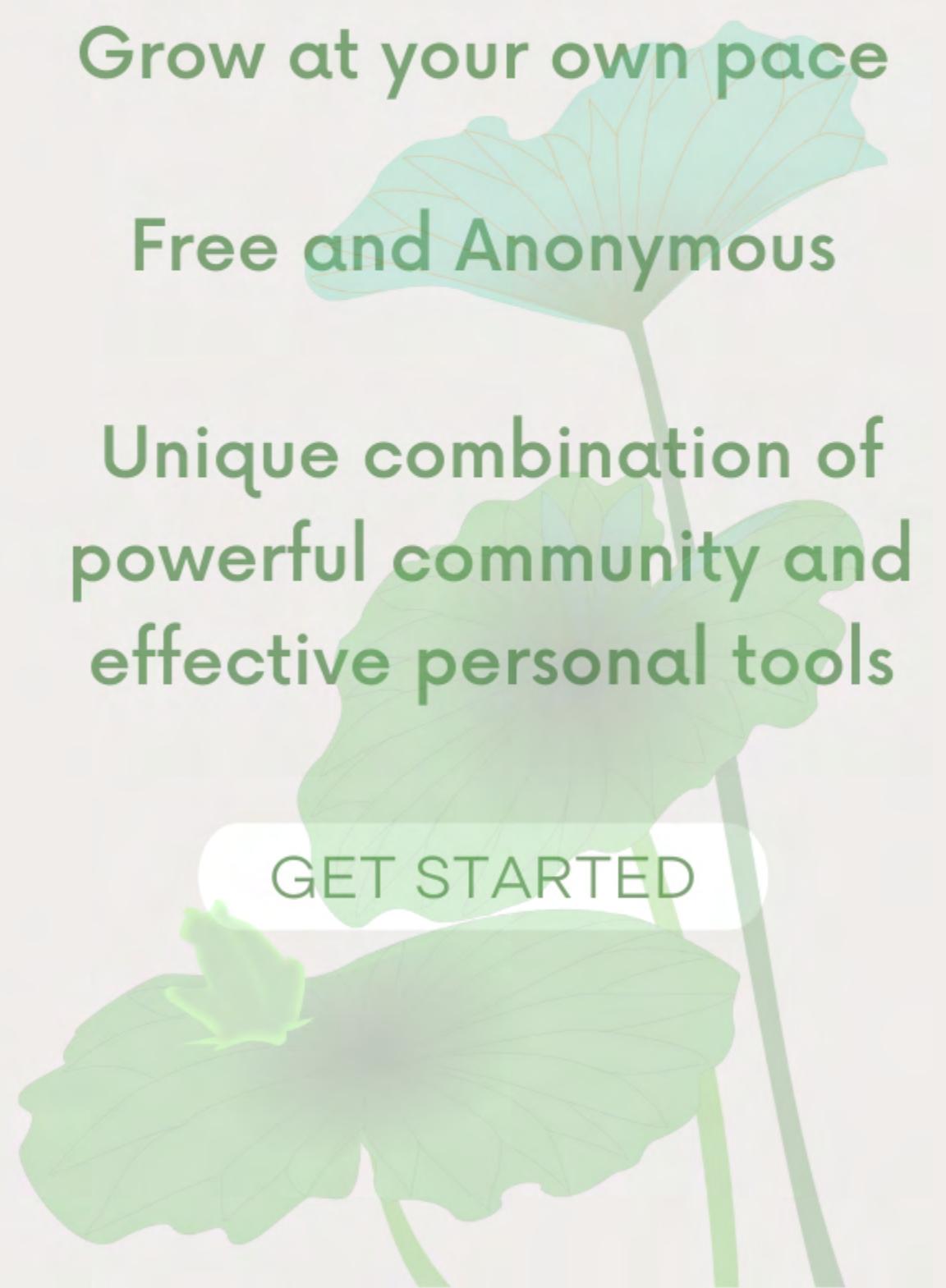
[Forgot Password](#)

Grow at your own pace

Free and Anonymous

**Unique combination of
powerful community and
effective personal tools**

GET STARTED





Yuu

Community

Chat

Volunteer

Connect Now



celesticlime productivity



strawrr motivation



YUJI fitness



Are you done
with calculus A?
20m 46s left





Yuu

Community

Chat

Volunteer

Connect Now



Journal



Yoga



Diet



Meditate



Tasks



Sleep

Today's Journal Prompt

What would your ideal life look like?

Write....

Save Entry



Food



Medicine



Moss



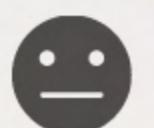
Heat lamp

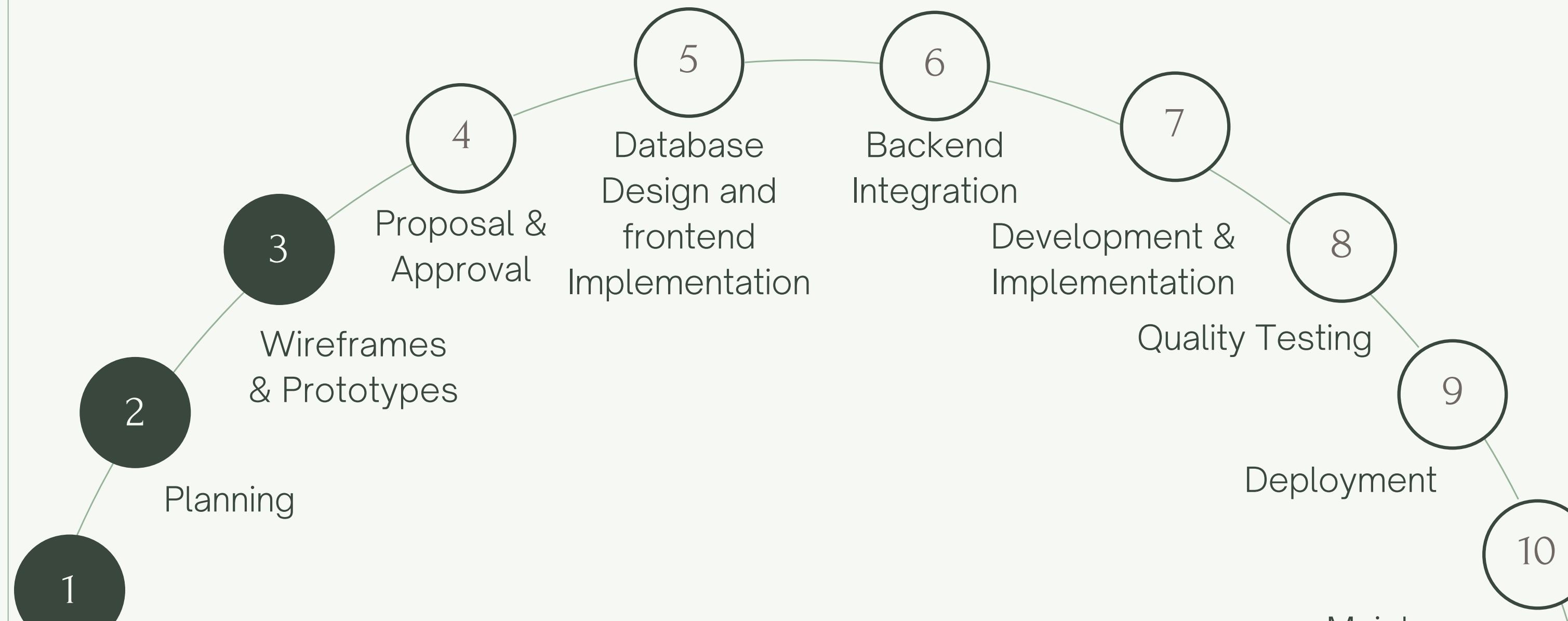
What are you
looking for?



send message...

How are you feeling?





WORKFLOW

FUTURE ASPECT

Our Goals

-  Cross-platform deployment
-  AI, AR & ML inclusions
-  Facilitate professional & licensed therapy

according to Verified Market Research the personal wellbeing market is increasing rapidly and will increase by 5.08% by 2022



In the very near future, we want to deploy Yuji as a **mobile application**, **upscale** and integrating many functionalities android is capable of adding.

Like developing augmented reality, enabling users to take Yuu on **daily walks** with them.

We want to facilitate therapists-customers interactions. And offer one-on-one therapy and personal mentoring.

Our main goal is to keep Yuji inclusive, effective, safe and up to date with the needs of Yuji users.

And keep the Yuji vibe going.

Thank you

OSS Club, AIT for organizing Inerve 6.0
and for creating this fantastic opportunity



And thank you to the sponsors of this hackathon



Harmony India DAO



Team Rusa