**Project Name :- PRAYAS**

**Problem statement :-**

In today's fast-paced and stressful world, depression and mental health struggles are increasingly prevalent. Many individuals facing emotional distress may feel isolated and unsure of how to improve their well-being. One approach to alleviating feelings of sadness or hopelessness is through engaging individuals in small, positive tasks that help shift their mindset and improve their mood over time.

The goal of the site would be to create an interactive and supportive environment where users can gradually build positive habits, feel a sense of accomplishment, and track their progress, ultimately leading to a more positive outlook and an improved mental state.

**The WHO estimates that around 7,00,000 people die due to suicide every year, and depression is a significant contributing factor to these deaths.**

**Task:-**

**1. Gratitude Journaling:**

Task: Write down three things you are grateful for today. They can be big or small (e.g., "I’m grateful for my morning coffee," or "I’m grateful for my friend’s kind message").

Purpose: This task helps shift focus away from negative thoughts by recognizing the positive aspects of life.

**2. Mindful Breathing:**

Task: Take 5 minutes to focus on your breathing.

Inhale deeply for 4 seconds, hold for 4 seconds, exhale for 4 seconds, and repeat.

Purpose: This helps reduce anxiety and bring focus to the present moment.

**3. Compliment Yourself:**

Task: Write down one thing you like about yourself or something you’ve done recently that you’re proud of.

Purpose: This encourages self-appreciation and boosts self-esteem.

**4. Step Outside:**

Task: Spend 10 minutes outdoors, whether it's a walk around the block, sitting in your garden, or simply standing by a window.

Purpose: Being outside can improve mood and provide a break from indoor spaces.

**5. Positive Affirmation:**

Task: Stand in front of a mirror and say a positive affirmation aloud, like “I am strong” or “I am enough.”

Purpose: Repeating affirmations can help reshape negative self-talk and encourage positive thinking.

**6. Random Act of Kindness:**

Task: Do something kind for someone else today—whether it’s complimenting a colleague, helping a neighbor, or sending an encouraging message to a friend.

Purpose: Acts of kindness can boost happiness both for the giver and the receiver.

**7. Stretch or Light Exercise:**

Task: Do a short 5-minute stretch or light exercise routine (e.g., stretching your arms, legs, and back, or taking a brisk walk).

Purpose: Physical activity can increase endorphins, which can improve mood and reduce stress.

**8. Visualize a Happy Place:**

Task: Spend 5 minutes imagining a peaceful, happy place. Focus on the sights, sounds, and feelings you would experience if you were there.

Purpose: Visualization helps reduce stress and brings a sense of calm.

**9. Listen to Uplifting Music:**

Task: Listen to a song that makes you feel good or brings back positive memories.

Purpose: Music can elevate mood and trigger positive emotions.

**10. Declutter One Small Area:**

Task: Choose a small space (a desk, drawer, or corner of the room) and tidy it up.

Purpose: Physical clutter can contribute to mental clutter, so decluttering can create a sense of accomplishment and calm.

**11. Hydrate:**

Task: Drink a glass of water or your favorite non-caffeinated beverage.

Purpose: Staying hydrated can help improve energy levels and mental clarity.

**12. Create a “Mood Boosting” Playlist:**

Task: Spend a few minutes creating a playlist of your favorite uplifting songs.

Purpose: A go-to playlist of feel-good songs can be a quick mood lifter whenever you’re feeling down.

**13. Deep Stretching or Yoga:**

Task: Try a 5-minute gentle yoga session or a few basic stretches.

Purpose: Stretching and yoga help release tension in the body and mind, promoting relaxation.

**14. Write a Letter to Your Future Self:**

Task: Write a letter to yourself 6 months from now, describing how you’d like to feel and what you hope for in your life.

Purpose: This helps foster hope for the future and refocuses on long-term well-being.

**15. Read an Uplifting Quote:**

Task: Find and read a motivational or inspiring quote that resonates with you.

Purpose: Words of wisdom can inspire positivity and help shift your perspective.

**Models Contains:-**

**1. Admin Model**

For site administrators or moderators who can manage content, users, and monitor activities.

**Key Fields:**

* **AdminID**: Unique identifier for admin users.
* **Username**: Admin’s username.
* **Role**: The admin’s role (e.g., Content Manager,Tasks, Moderator).
* **Permissions**: Permissions for actions (e.g., user banning, content creation).
* **Last Login**: Timestamp of the last admin login.

**2.User Model**

This model will represent the individuals using the website. It stores personal details, preferences, and user-specific data related to their mental health journey.

**Key Fields:**

* **UserID**: Unique identifier for the user.
* **Username**: User's display name.
* **Email**: User's email address (for communication, notifications, etc.).
* **Password**: Hashed password for user authentication.
* **Date of Birth**: To better tailor the tasks (e.g., age-appropriate tasks).
* **Mood**: The user's current mood or emotional state (could be captured from mood tracking input).
* **Mental Health History**: Any background information provided by the user about their mental health.
* **Activity Preferences**: Types of activities/tasks the user prefers (e.g., mindfulness, journaling).
* **Task Completion History**: Records of tasks the user has completed over time.
* **Progress Tracking**: Includes information on the user's progress (e.g., streaks, improvements).

**3. Task Model**

This model represents the various tasks the website offers to users. These tasks can be tailored based on mood, preferences, and personal progress.

**Key Fields:**

* **TaskID**: Unique identifier for each task.
* **Task Name**: The title of the task (e.g., "Gratitude Journaling").
* **Description**: A brief description of the task's purpose and benefits.
* **Category**: Task category (e.g., "Mindfulness," "Gratitude," "Exercise").
* **Duration**: How long it should take to complete the task (e.g., 5 minutes, 10 minutes).
* **Difficulty Level**: The complexity or intensity of the task (e.g., Easy, Medium, Hard).
* **Frequency**: How often the task should be performed (e.g., Daily, Weekly).
* **Task Type**: Whether it’s a journaling task, physical activity, meditation, etc.
* **Tags**: Tags for categorization and easier search (e.g., "Positive Thinking," "Self-Care," "Mood Boosting").
* **Completion Rewards**: Any rewards or milestones given to the user when they complete the task.

**4. Progress Tracking Model**

This model helps users visualize their mental health progress and provides a sense of accomplishment over time.

**Key Fields:**

* **ProgressID**: Unique identifier for progress entries.
* **UserID**: Reference to the User model.
* **TaskID**: Reference to the Task model (if tracking progress on a specific task).
* **Completion Date**: Date when a task was completed.
* **Streak Count**: Number of consecutive days/weeks the user has completed a task.
* **Milestones**: Specific achievements (e.g., "Completed 5 gratitude journals in a row").
* **Overall Mood Improvement**: A summary of the user’s mood improvement or mental state over time.