

PSDL -2 MINI PROJECT SYNOPSIS

Mindfulness And Relaxation App

1 .Group Member :

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2. Problem Statement : The increasing stress levels in today's fast-paced world demand a personalized Android app utilizing SQLite technology. This app needs to offer tailored relaxation solutions, addressing individual emotional states with mood-based content selection, calming techniques, and expressive diaries. It is a user-friendly, efficient, and customizable tool to promote mental well-being.

3. Technology Selected : Android platform is chosen for its widespread usage and flexibility, enabling the development of an intuitive mindfulness and relaxation app. SQLite, a lightweight and efficient relational database management system, is utilized for seamless storage and retrieval of user data within the Android application.

4. Keywords : Mindfulness, Relaxation, Android App, User Authentication, SQLite Database, Yoga Poses, Meditation Timer, Mental Well-being

5. Abstract : This synopsis outlines the development of a mindfulness and relaxation app on the Android platform, utilizing SQLite as the backend database technology. The app addresses the rising mental health concerns by providing users with personalized relaxation techniques based on their mood. Users can select from various options such as calming music, yoga poses, and meditation timers. The app incorporates user authentication, intuitive navigation, and a diary feature for expression. This project aims to create a comprehensive solution to alleviate stress and enhance mental well-being.

6. Module wise Scope :

- User Authentication: Implement secure user login and registration functionalities.
- Mood-Based Relaxation: Provide personalized content selection based on user mood, integrating SQLite for diary entries.
- Media Playback: Integrate media players to enable users to listen to calming music and watch relaxation videos.
- Navigation Using Intents: Implement intents for seamless transitions between app modules, enhancing user engagement.
- User Interactions: Utilize alert boxes for essential user interactions and ensure a user-friendly experience.
- Visual Appeal: Enhance content presentation using card views, providing a visually engaging interface.
- Meditation Timer: Provides users with a fixed-duration meditation session, aiding focused mindfulness within a specified time frame.

7.Tecnological features covered :

- SQLite Database: Utilized for secure storage of diary entries, ensuring efficient data retrieval and management.
- Intents: Employed for seamless navigation between app modules, enhancing user experience and accessibility.
- Media Player (Audio and Video): Integrated to play calming music and relaxation videos, creating an immersive experience for users.
- Alert Boxes: Utilized for user interactions, including logout confirmation and other essential notifications.
- Card Views: Utilized for visually appealing presentation of content, enhancing the overall user experience.
- ScrollView: Allows the user to scroll or swipe through the content, making it visible in a limited viewing area.
- RecyclerView : Provides customizability and is used for efficient and dynamic display of large datasets in a scrollable list or grid format.
- NumberPicker: Provides a scrollable list of numbers where the user can select any number from the available list of options.

8.Conclusion : By harnessing advanced technical elements like SQLite, intents, media players, alert dialogs, and card views, this Android application aims to provide a cutting-edge, user-centric, and visually appealing mindfulness experience. It addresses the need for personalized relaxation techniques, secure data storage, and engaging content presentation, empowering users to effectively manage stress and improve their mental well-being.

9. References :

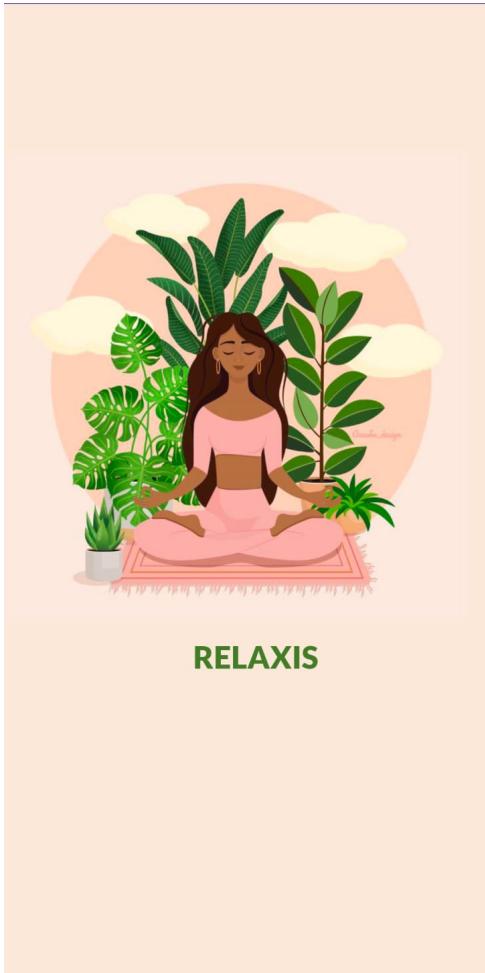
<https://developer.android.com/guide>

<https://www.javatpoint.com/android-tutorial>

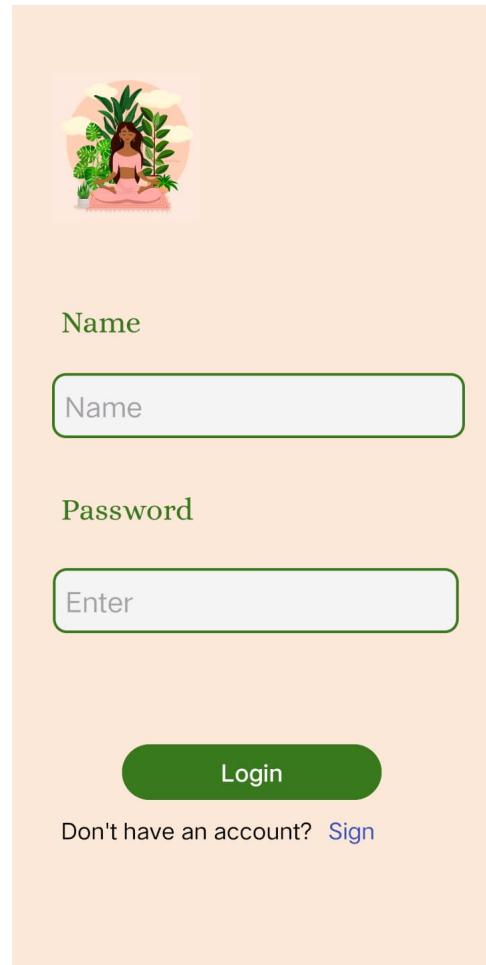
<https://www.geeksforgeeks.org/shared-preferences-in-android-with-examples/>

Screenshots Of Our App :

1.First Page :



2.Login Page :



3.Enter Login Details :



Name

Enter Password

Confirm Password

Sign Up

Already have an account? [Login](#)

4.Welcome Window :

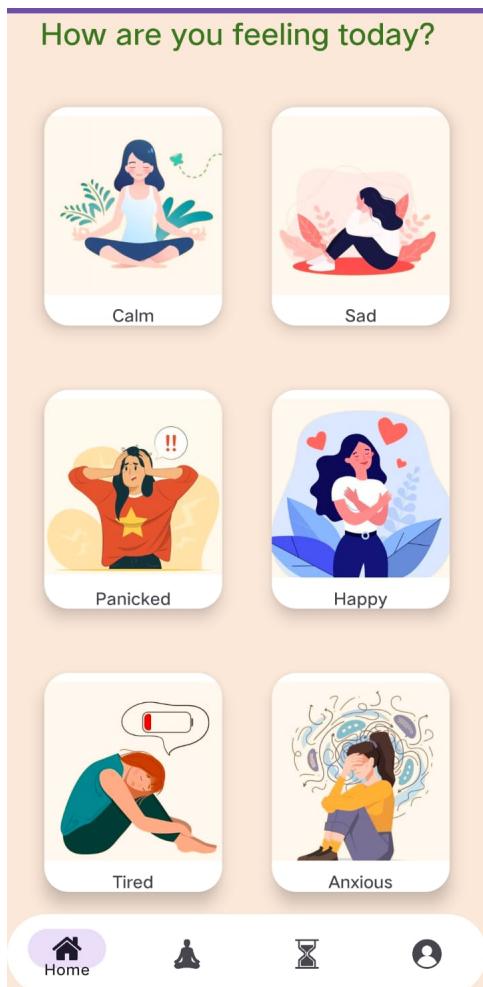
Welcome, Sakshi Gurav



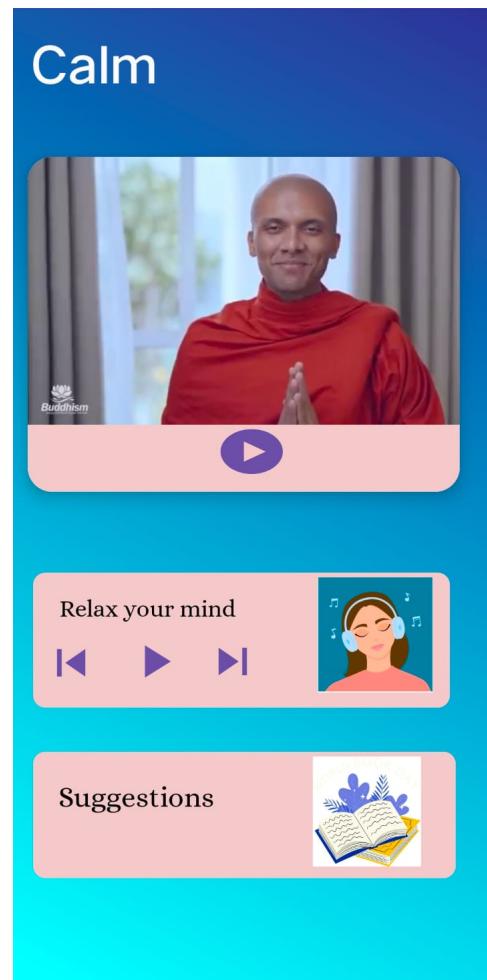
Ready for your trip ?

Get Started -->

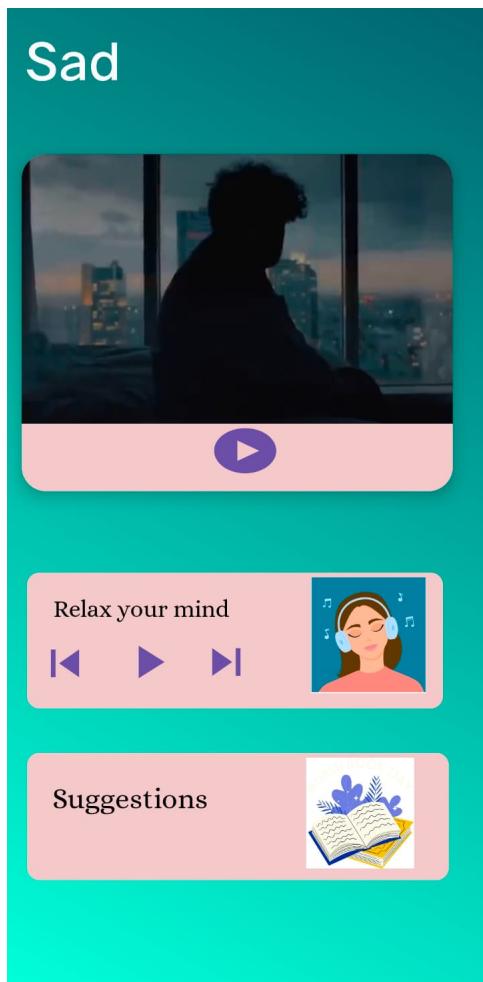
5.The Home Page :



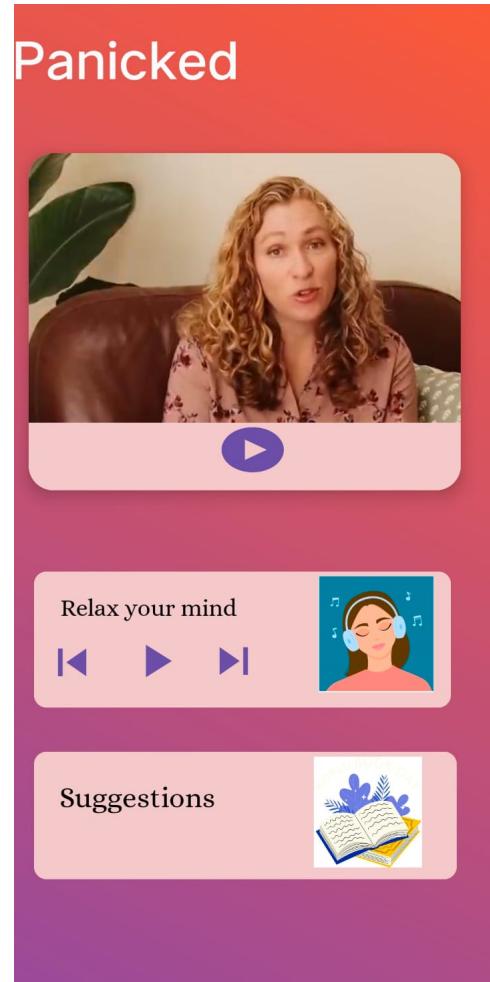
6. When You click on Calm :



7.When You Click On Sad :



8.When You Click On Panicked :



9. When You Click On Tired :

Tired

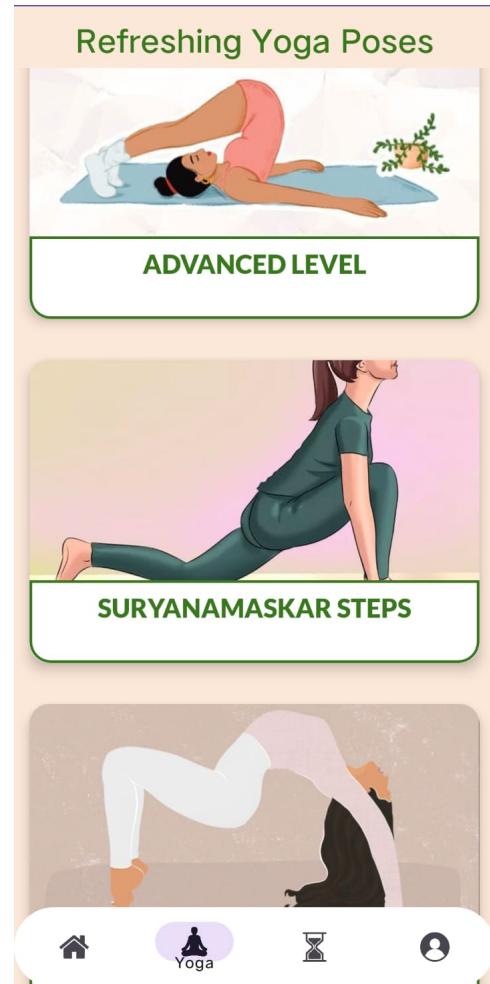
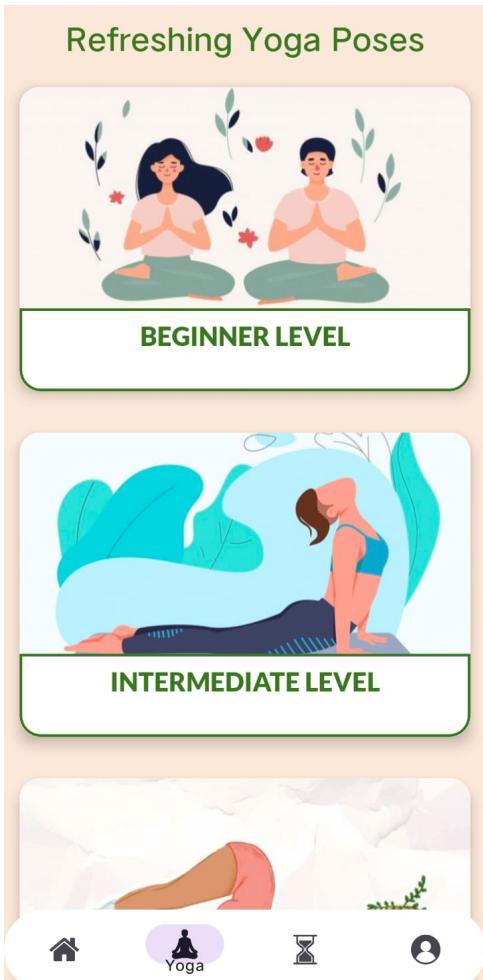
A video player interface with a green gradient background. At the top is a video frame showing a woman with long dark hair, wearing a light-colored sweatshirt. Below the video frame is a pink button with a white play icon. The main content area has a teal background. It contains two sections: "Relax your mind" with a blue icon of a person wearing headphones and three navigation arrows (left, right, right), and "Suggestions" with a yellow icon of an open book with blue floral designs.

10. When You Click On Anxious :

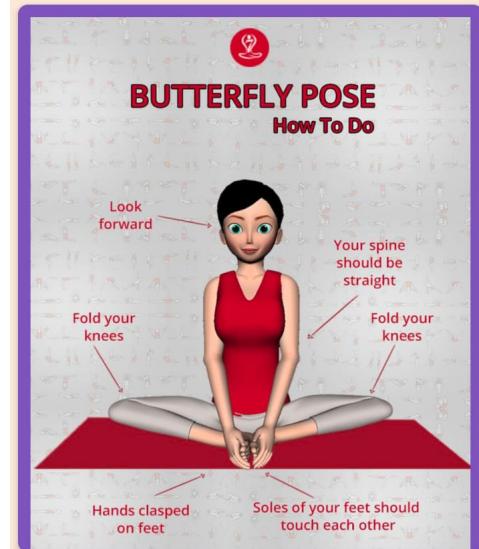
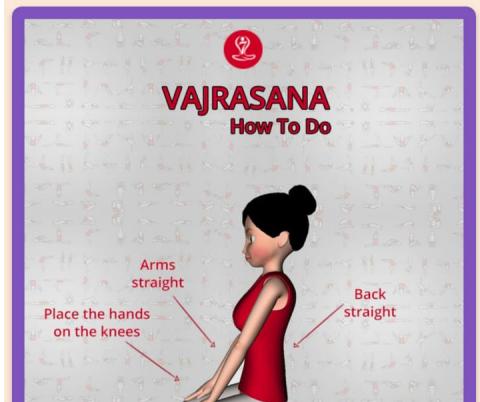
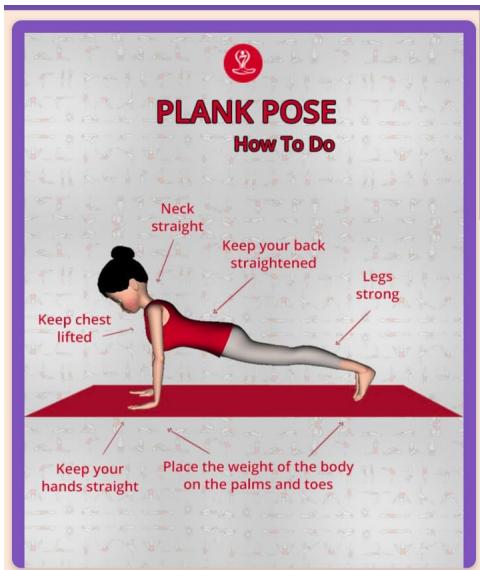
Anxious

A video player interface with a purple gradient background. At the top is a video frame showing a person's hands writing in a spiral notebook next to a glass of green juice. Below the video frame is a pink button with a white play icon. The main content area has a dark purple background. It contains two sections: "Relax your mind" with a blue icon of a person wearing headphones and three navigation arrows (left, right, right), and "Suggestions" with a yellow icon of an open book with blue floral designs.

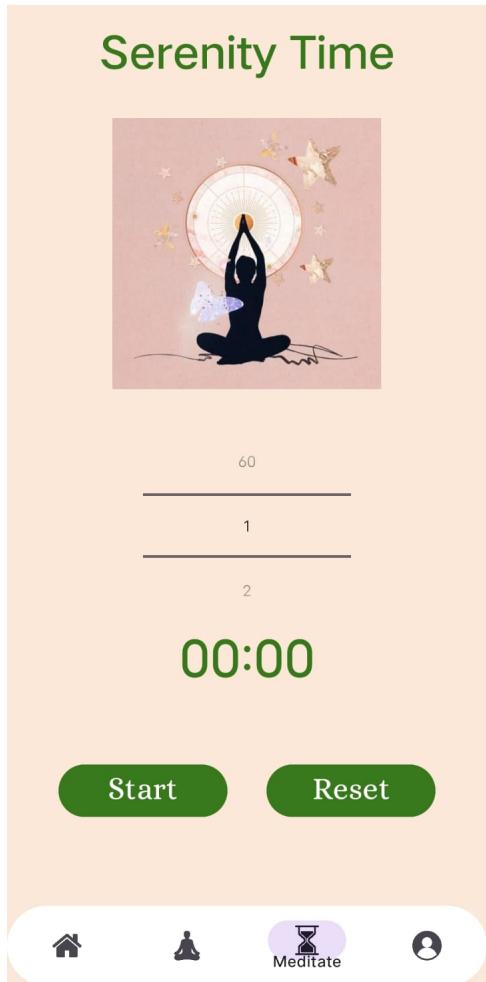
11. When You Click On the “Yoga” At The Navigation Bar :



12.Different Yoga Poses In The Yoga Option :



13.Timer For Breathing Control :



14.Diary To Express Emotions :



15.Profile Page:

