**Team-8: PROJECT PROPOSAL**

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**Community Wellness Network**

**Problem Statement and Solution:**

In Today’s busy life it is a difficult task to achieve wellness goals. Many People won’t have time and enough support to reach their wellness goals. If they won’t take care of their personal health it leads to more stress, impacts on mental health and physical health. So, we came up with an idea that is COMMUNITY WELLNESS NETWORK is a mobile application which helps for users to take care of their health and well-being. It creates a personalized support system by using AI to understand each user’s needs and recommend the best wellness activities for them. This app also connects with calendars and other tools to promotes mindful breaks and balanced habits to help users stay efficient, reduce stress, and maintain a healthier balance between work and personal life.

**Target Audience:**

Our main focus is on the Office workers, Students and Remote working employees.

**Key Features:**

The main 4 key features are:

1. **AI-Generated Break Schedules:** It creates personalized break plans based on their workload and daily activities.
2. **Wellness Practices:** Provides short meditation or stretch sessions to reduce stress which to improve focus and helps for relaxation.
3. **Calendar Integration:** Work with calendars (like Google Calendar) to plan breaks around meetings and deadlines automatically.
4. **Break Analytics:**  helps to monitor how long breaks are taken.

**Unique Propositions:**

1. **Dynamic Break Management:** We use someAI algorithms to create dynamic break schedules by analysing users' workloads, activity patterns, and ongoing commitments.

2. **Seamless Integration:** These Integration allows users to sync their schedules to Google calendar by enabling the app to plan breaks around their activities.

**Benefits of an application:**

1. Improves mental health
2. Reduces the stress levels.
3. Increase the better focus.
4. Effectively balance their tasks while maintaining their physical and mental health.