DHYANA

The personal psychologist website

Under the guidance of

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**Domain**: Psychology based website that helps people overcome depression and anxiety related disorders.

**PROBLEM DEFINITION**

The website intends to solve the problem faced by people with various psychological disorders.

**INTRODUCTION**

We aim to make a website that will benefit people who are either clinically depressed or go through mood swings in their everyday lives. The website will function like a psychologist so near and close to you.

**APPLICATIONS AND USAGE**

This website is like a personal journal and also like a mood tracker; tracking not only mood, but also helps in making people grateful by providing a session where people can note what made them happy, what they are grateful for etc. on a daily basis.

Users can rate their [moods](http://www.bphope.com/hope-harmony-headlines-managing-your-moods-the-power-of-self-trust/) by swiping a bar to the left or to the right in the website. It is also possible to give them various options out of which they can select one option. A calendar with the moods of the person will also be shown with different colours associated with each different mood. The person can either take a copy of this monthly report, show it to their doctor so that the doctor can do better diagnosis or keep it with him for self-analysis.

Keeping a mood diary can be a valuable component of treatment for psychological disorders including bipolar disorder, major depression, and anxiety. This website provide a systematic and portable means of rating mood symptoms over time, and allow the user to better understand how emotional states vary with thoughts, behaviours, and experiences.

**HOW THE WEBSITE WORKS**

As soon as the user selects the mood option the website will automatically play certain soothing music and show certain mood-lifting motivational quotes.

The website intend to develop positive psychology in the person by instilling certain amount of gratitude towards life in him. He/ She will also be asked to do certain simple good deeds each day to gain a positive outlook of life. A check mark will be provided against the good deeds so that they get to know.

**IMPLEMENTATION AND TOOLS FOR DEVELOPMENT**

We will be using HTML, CSS, JavaScript and PHP for Website Development.

Front End Development Tool: Web development languages

Back End: SQL

As part of the development process, [user interface](https://en.wikipedia.org/wiki/User_interface) (UI) design will be created. UI considers constraints, contexts, screen, input, and mobility as outlines for design. The user will be the focus of interaction with their device, and the interface entails components of both hardware and software. The user’s mood swings are of great concern for the UI design. It will use soothing colours for an aesthetic look. The choice of colours are also important to retain user interest.

User input allows for the users to manipulate a system, and device's output allows the system to indicate the effects of the users' manipulation. Alternatively user can also communicate with the website through audio. This audio can be sent to experts in psychology. But this however is the later stage of development.

**OVERVIEW OF MODULES**

1. **USER MODULE**

Users, psychologist and volunteers have different registration and login webpages.  
Users will have to provide their personal details such as Name, phone number and Gmail while volunteers have to provide their name, phone number, Gmail and any id proof to register into DHYANA.  
Psychologists will have to provide their name, phone, Gmail and the name of the place they are currently working in. They will also have to provide their years of experience which will be stored in database.  
We will be trying to make registration for each category as easy as possible along with validation.

1. **ADMINISTRATOR MODULE**

This module will provide functionalities for the administrator. They will be having different login.

1. **LIBRARY MODULE**

This will provides a container for your reusable code, which will be used as a dependency in other website modules or import into other projects.

**ADVANTAGES**

* The website intend to develop positive psychology
* More confidential
* 24/7 Support
* More enriched user experience (UI) that can actually elevate the mood of the person
* It is also possible to choose not to reveal the identity but this comes with the limited options.
* The person doesn’t have to feel ashamed because his data will be secure.

**DISADVANTAGES**

* The website cannot always provide 100% psychologic support.
* It may happen that the website also receives fake support requests.

**DELIVERABLES AND OUTCOME**

* A full-fledged website that act as a personal psychologist.
* Safe and secure database
* Options for login by different kinds of end users – patients, psychologists, volunteers

**FUTURE OF PROJECT**

In the later stage we can also add other options like:

* Connect with experts 24/7
* Development of an app with better functionalities than website.
* Police verification to identify genuine requests.
* Audio/ Video call support.

**CONCLUSION**

The website will be flexible and provide a solely private mood tracking experience. Entries can be made whenever the user desires and provide a snapshot of the user’s complete mood experience.