



# AURA

**User Manual**

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# About Me



**Vani Jain**

I am Vani, a Grade 12 student from Delhi, India, with a strong passion for technology and innovation. I aspire to pursue Computer Science in higher education, with a focus on Artificial Intelligence and software development.

In addition to my academic pursuits, I am a published book author, which reflects my creativity and dedication to long-term projects. I have also been actively working on another AI-based application, further enhancing my skills in coding, problem-solving, and user-focused design.

Through my projects, I aim to combine technical expertise with impactful solutions that can make a difference in people's lives.

To my parents — I honestly don't know how to thank you enough. You've been there through every late night, every moment I thought about giving up, and every tiny victory along the way. Your endless encouragement and faith in me have been the quiet force that's kept me going.

To my mentors — Mr. Avishek, you've been more than just a guide. Your patience, your ability to see potential even when I couldn't, and the way you've encouraged me to think bigger have shaped the way I approach challenges now. And Mr. Ken — thank you for opening the door to this opportunity. You didn't just give me a project; you gave me the chance to learn in ways no textbook could teach, and that's a gift I'll carry with me far beyond this app.

To the online communities, resources, and websites that helped me learn and solve problems.

# ACKNOWLEDGEMENTS



# About My Internship Journey with Clevered

Internship Organisation: Cleverd

Internship Duration: 2 months

My AI internship with Clevered was a valuable journey that deepened my understanding of Artificial Intelligence and sharpened my coding skills. Working on practical projects and real-world applications enhanced my problem-solving abilities, while the engaging sessions provided a strong foundation for my future in AI. I am grateful for this experience, which has inspired me to keep exploring and innovating in the field.

The goal of this project is to provide a flexible and supportive mental health companion.

The app encourages a natural flow:

1. Start with a Mental Health Assessment to check emotional well-being and predict depression risk.
2. If results suggest a risk or the user feels they need support, they can talk to the chatbot for an empathetic conversation.
3. After chatting, the user can write in the journal to reflect on the conversation, express emotions, or record thoughts privately.

However, the assessment is completely optional. Users can skip it and go directly to the chatbot or journal at any time. This ensures comfort, privacy, and flexibility while still offering guidance for those who want a structured process.

# Project Goal



# About App

## *App's Main Menu*

the application opens with a main menu that presents the user with three primary modes:

1. Mental Health Assessment – An assessment tool that evaluates factors related to depression risk and provides a quick, informative summary.
2. Talk to Bot – Launches a memory-enabled sentiment analysis chatbot that can identify the user's emotions, respond empathetically, and provide relevant mental health resources.
3. Journal – Opens a journaling interface where users can write, save, and store their personal reflections.

## *App's Introduction*

This application is designed to support emotional well-being in a flexible and user-centered manner. By integrating empathetic conversation, optional mental health assessment, and journaling, it helps users:

- Gain insights into their emotional state through sentiment detection.
- Engage in supportive, context-aware chatbot interactions.
- Reflect and record their thoughts privately in the journal.

The combination of these features creates a safe and interactive space for emotional awareness, self-care, and mental well-being, while giving users the freedom to use each tool according to their preference.

# How do I use the App?

**Launch the application** — The main menu will appear.

**Select a mode:**

- Click Mental Health Assessment to get quick check-in on your emotional state.
- Click Talk to Bot to start a conversation.
- Click Journal to write a personal note.

**Mental Health Assessment**



User fills the details



AI analyzes responses



Predicts chances of depression

**Talk to Bot**



User types message



AI analyzes sentiment



Resources suggested



Memory retained

**Journal**



User types entry



Clicks save



Entry stored in CSV



# MAIN MENU & NAVIGATION

## How to Navigate:

- Launch the app → main menu appears.
- Select desired mode.
- Switch between modes by returning to the main menu.

## Function:

- Serves as the entry point to the app's three modes.

## Features:

- THREE main buttons: Mental Health Assessment, Talk to Bot and Journal.
- Simple, clear layout for quick navigation.

Welcome! Choose a mode:



Mental Health As...



Talk to Bot



Journal

# OPTION 1: MENTAL HEALTH ASSESSMENT

## Function:

- Guides the user through a short, structured questionnaire.
- Uses AI to analyze responses for signs of depression risk.
- Predicts the likelihood of depression based on answers.

## Features:

- Sliders and dropdown menus for quick data entry.
- Covers age, gender, sleep hours, exercise frequency, social interaction, stress, mood, productivity, and therapy history.
- Risk prediction shown with clear explanation.

## Considerations:

- Not a medical diagnosis — results should be interpreted cautiously.
- Accuracy depends on honest, thoughtful input.

The screenshot shows a mobile app interface for a 'Mental Health Assessment Tool'. It features a dark theme with white text. The form includes sliders for Age (set to 30), Sleep Hours (set to 7.00), Exercise D... (set to 3), Social Inter... (set to 5), Stress Level (set to 5), Mood (set to 5), and Productivity (set to 5). A dropdown menu for Gender is set to 'Male'. There are radio buttons for 'Has Thera...' with 'No' selected. A blue 'Assess Mental Health' button is at the bottom. Three teal arrows point from the 'Function', 'Features', and 'Considerations' text blocks to the corresponding parts of the app interface.

**Mental Health Assessment**

**Mental Health Assessment Tool**

Please answer the following questions about your mental health:

Age: 30

Gender: Male

Sleep Hours: 7.00

Exercise D...: 3

Social Inter...: 5

Stress Level: 5

Mood: 5

Productivity: 5

Has Thera...: No

Assess Mental Health

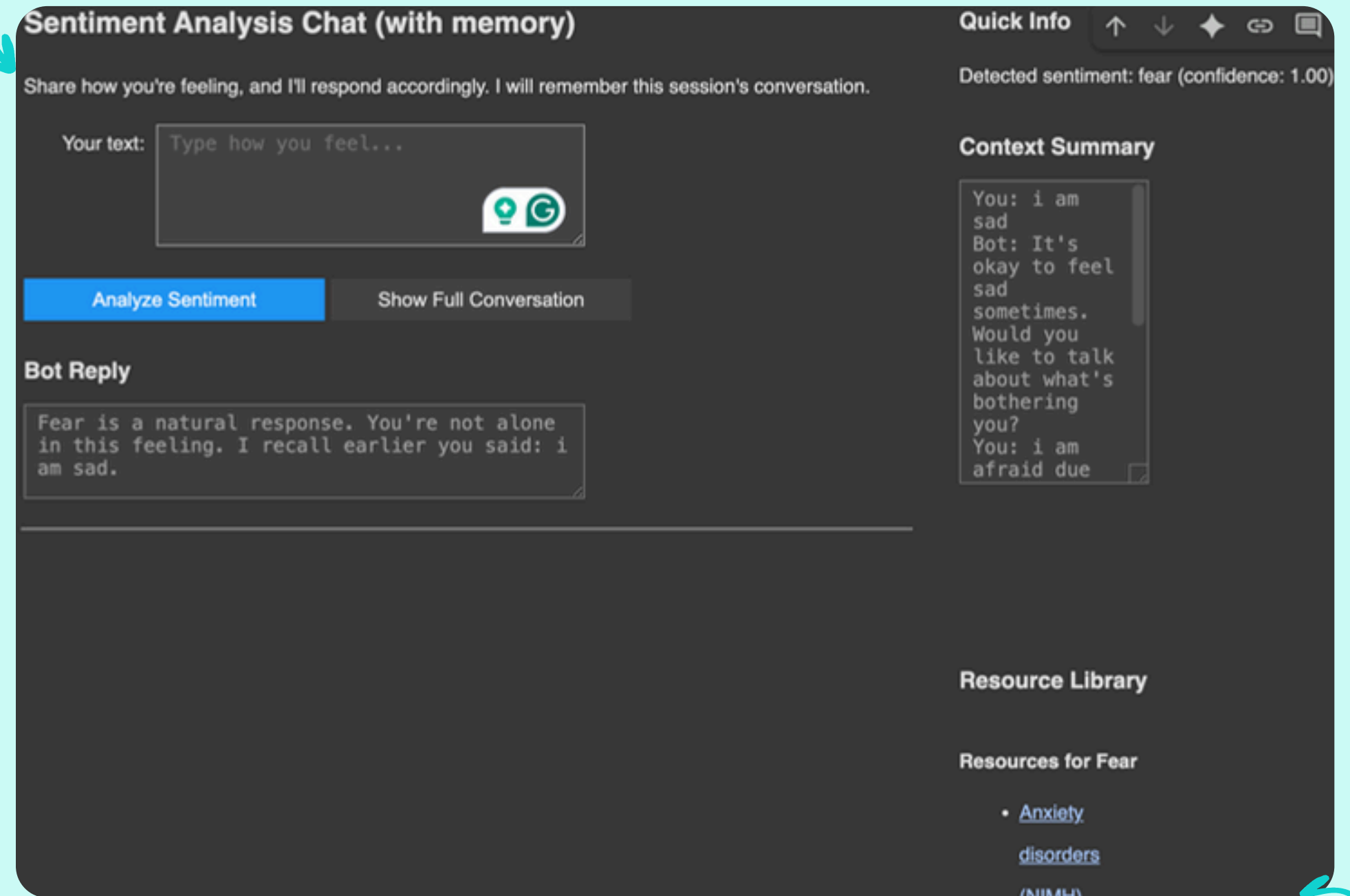
# OPTION 2: TALK TO BOT

## Function:

- Analyzes user messages for sentiment (e.g., joy, sadness, anger) with a confidence score.
- Generates empathetic, context-aware replies using recent conversation memory.
- Suggests relevant resources based on detected emotion.

## Features:

- Text input box for user messages.
- “Analyze Sentiment” button to trigger analysis.
- Output area showing:
  - Sentiment & confidence score.
  - AI-generated reply.
  - Resource suggestions with clickable links.
- Remembers conversation only until app is closed.



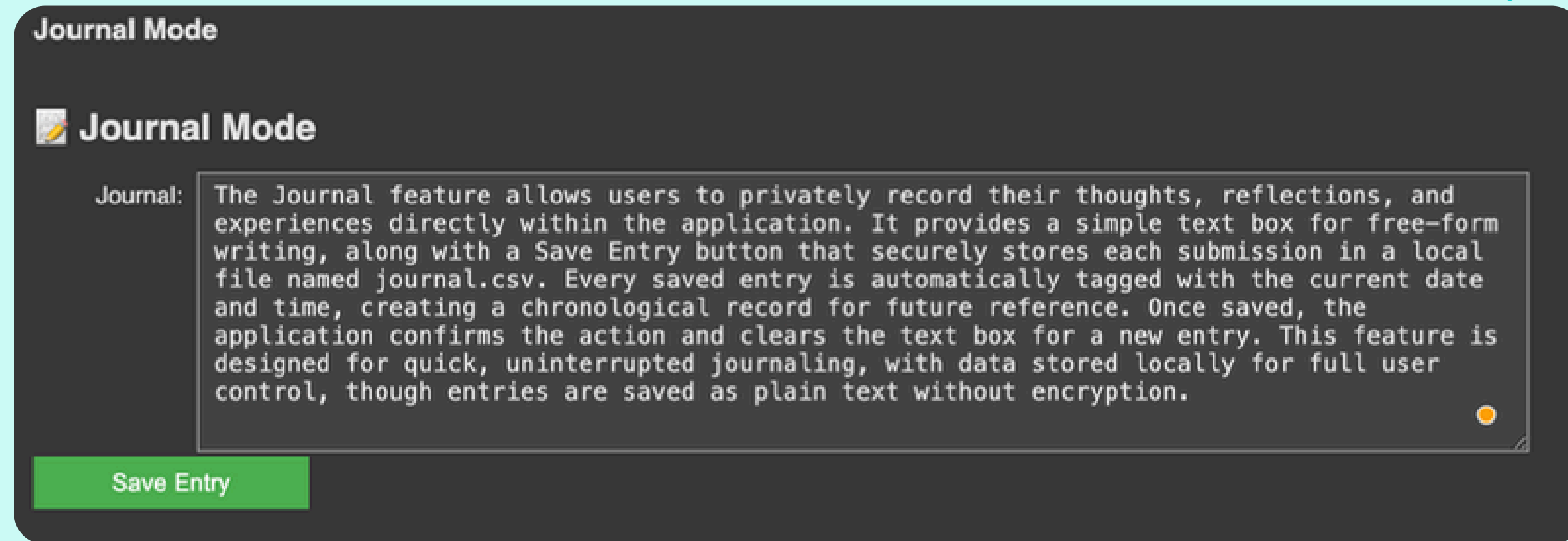
## Considerations:

- Sentiment detection is model-based; accuracy may vary.
- Internet connection required for resource links.
- No long-term saving of chat history.

# OPTION 3: JOURNAL

## Function:

- Allows users to write private journal entries.
- Saves entries with date and time into journal.csv for record keeping.



## Features:

- Text box for free-form journal writing.
- “Save Entry” button to store the note.
- Confirmation message after saving.
- Auto-clears text box for the next entry.

## Considerations:

- Entries are stored as plain text — no encryption.
- Requires file write permissions in the environment.

# THANK YOU!

for any questions/ concerns/ suggestions  
on the app, contact me at:

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