**Requirement Gathering for Online Support / Social Networing to stay sober.**

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Name suggestions for mobile app, website, fb page and user :

1. Stay clean ([www.stayclean.com](http://www.stayclean.com)) Svaccha rahā (Marathi) , Svaccha raho (Hindi)

2. **Stay sober** ([www.staysober.com](http://www.staysober.com)) Vichari rahā/ Vyavhari Bana (Marathi), Vichari raho / Vyavhari Bano (Hindi)

3. VichariRaha.in

4. VichariRaho.in

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Software (Technology) solution:

1. Facebook page, user, group/community
   1. Page gives general information
   2. Users (recovering and active addicts, family) can chat with counselors, sponsors and fellow recovering addicts
   3. Can discuss their pattern of drinking if they enter into active addiction, social drinking
2. Website
   1. Photos of rehabs while in detox at day of admission
   2. Activities in rehabs
   3. Food of rehab
   4. Torture/ discipline in rehab
3. Mobile app
   1. Daily feed / guidance by giving new life tips by counselor.
   2. Ask user to enter daily reflection (their daily thoughts, feelings, emotions) online.
   3. “Burning / Irresponsible/ Foolish / Careless / Rash / Impulsive / Thoughtless / Immature Desire” / “High Craving” / “Wrong Choice” /”Starving” / “Indulge” / “Spoil” / “Pamper” / ”Excessive / Extreme desire” / “unhealthy/harmful obsession” “Negative Choice” alarm to counselor, family, friend and sponsor about that you are at high risk (craving) of relapsing and need support.
   4. **Sober Counter** to show how many days/months/years person is sober. Also show based on substance.
   5. **Saving counter** to show money saved by being sober
   6. **Peer support, Buddy support**
   7. **GPS locator interface**
   8. Negative and positive **points graph** showing noticeable changes.
   9. “**Inspirational quotes** “ – Serenity prayer, One day at a time, The first drink does the damage, etc
   10. **Building new good habits** e.g. Yoga, Gym, Dance, Art
   11. Vibrant and active sober community
   12. **Relapse statistics** – Craving vs Health graph
   13. **Money and Life expectancy counter**
   14. Memory **games** to fight cravings
       1. Show real / fictional data
   15. Share your progress
   16. **Health restoration tracker** – e.g. BP, Carbon monoxide in blood, heart attack
   17. **GPS tracking** to show sober friends near to you.
   18. **Rehab cost calculator** - showing money spend on rehab, money lost outside due to absence, other relationships issues
   19. **Rehab statistics** – Entry into rehab, exit from rehab, duration, gap between rehabs, reason for relapse and rehab.
   20. Prompt users to **“go to the rehab”** based on intake history and other factors?
   21. Provide addiction intake calculator to measure daily intake
       1. To avoid relapse
       2. To avoid drink and drive accidents
       3. To avoid violence in general – domestic violence, violence against cops/police
       4. To avoid getting into jail (crime)/mental asylum
       5. Awareness about Indian Penal Code , the penalties for crimes
4. Phone (Call center) support
   1. To help recovering addict to avoid getting into relapse
5. Blog
6. Twitter account
7. Your Sober story
8. Daily inspiration
9. Serenity prayer
10. 12 steps
11. HOW – honesty, open-mindedness, willingness
12. HALT – Hunger, anger, loneliness, tiredness

Users:

1. Counselor
2. Addict
   1. Active
   2. Recovering
3. Social drinkers
4. Teetotalers (Person who doesn’t use alcohol/drugs at all)
5. Addict’s family
6. Rehab owners/managers

Purpose:

1. Help people to avoid getting into addiction of
   1. Alcohol
      1. Tadi, Madi
      2. Beer
      3. Whisky
      4. Vodka
      5. Breezer
      6. Desi – country liquor
      7. Hatbhatti – illegal village liquor
      8. Gin
      9. Brandy
   2. Tobacco
      1. Bidi
      2. Chewing Tobacco, Gutka, Misri
      3. Cigarette
      4. Cigar
      5. E-cigarette
      6. Hookah
   3. Drugs
      1. Ganja, Marijuana, Weed, Cannabis
      2. Charas, Hash
      3. Brown Sugar
      4. Heroine
      5. Cocaine
      6. Medicine – MD ? , Pain killers, morphine
      7. Inhalers – Thinner, Petrol, Diesel
      8. Opium / Afu/ Afim
      9. LSD / Acid paper
   4. Sex
      1. STD/I (Sexually transmitted diseases/infection)
      2. Pervert
      3. Sexual harassment in family, office, other places
      4. Eve teasing
      5. Outraging modesty of opposite sex
   5. Internet
      1. Porn
      2. Games
      3. Social networking
         1. Facebook
         2. Whatsapp
         3. Dating
2. Help recovering addict to avoid relapse
3. Help addict and their family to recover into healthy relationship
4. Help addict to provide means of stable livelihood & stay clean
5. Help addict (if needed) to find soul-mate, dating, marriage, long standing relationship with opposite sex
6. Improve addicts physical and mental health throughout his life
7. Provide post-rehab support for lifetime – free/paid
8. Provide literature given in rehab, AA,NA books, general tips, slogans in
   1. Text
   2. Audio
   3. Video
9. Provide advertisement feature to
   1. Hospitals
   2. Rehabs
   3. Psychiatrist
   4. Psychologist
10. Robotic messaging support for general enquiries / issues pertaining to
    1. Relapse
    2. First time rehab
    3. Self-admission to rehab
11. Provide information on
    1. Mind control
    2. NLP (Neuro-linguistic Processing) .. Motivational and inspirational videos by Sandip Maheshwari
    3. Life planning, short,mid and long term
    4. Yoga
    5. Physical exercise
    6. Gym
    7. Bad effects of addiction in terms of loss, setback
       1. Commercial
       2. Emotional
       3. Spiritual
       4. Social
       5. Physical
    8. Psychology
    9. Psychology of addict
    10. Psychological problems / issues / disorders / diseases / abnormalities / illness
        1. Obsessive Compulsive Disorder (OCD)
        2. Personality Disorder – Bipolar
        3. Mood disorder - unstable
        4. Anger issues
        5. Depression issues
        6. Loneliness issues
        7. Gratification / Pleasure seeking to point of harm to self/others
        8. Stability of thoughts generated by mind
        9. Excessive guilt
        10. Violent behavior – verbal, physical
        11. Social stigma / disgrace / dishonor / shame / humiliation
        12. Self-destructive mindset
    11. Articles on :
        1. Serenity prayer
        2. Relationship management
           1. With parent
           2. Spouse
           3. Kids
           4. Neighbors
           5. Boss
           6. Colleagues
           7. Society
           8. Road side ethics – avoid drink and drive and accidents related to it
        3. Patterns:
           1. Binge
           2. Regular – Light,Medium,Heavy
           3. Occasional
           4. Social
        4. HOW – Honesty, Open-Mindedness, Willingness
        5. HALT – Hunger, Anger, Loneliness, Tiredness
        6. Wikipedia pages about psychological illnesses
        7. List of virtues, good qualities, merits
        8. Daily Motivational, inspirational videos of Counselors (Oak sir)
    12. Information on causes of relapse
        1. HALT – hunger, anger, loneliness and tiredness
        2. Company of active addicts, drinkers
        3. Resentment with family
           1. For admission in rehab
           2. Relationship issues leading to anger,loneliness,sadness,discontent ,break-up, divorce
        4. Work – Stress,Tiredness
        5. Boredom – Work,Life
        6. Occurrence of extreme negative incidents which trigger craving
        7. Occurrence of extreme positive incidents which trigger craving
        8. Nothing extreme/thrilling happening
    13. Provide access to religious books, books on moral values, books on life values, cartoons and psychology :
        1. Rational Emotive Behavior Therapy by Albert Ellis
        2. Geeta
        3. Bible
        4. Quran
        5. Others
           1. Shripad Vallabh Charitamrut
           2. Gondavlekar Maharaj Pravachan
           3. Ramdas Swami – Dasbodh,Manache Shloka
           4. Arti – Ganapati,Durga,Shiva,Vishnu,Datta,Hanuman,Sai baba
           5. Shloka,Mantra,Other books/literature
              1. Om Namah Shivay
              2. Om Gan Ganpate Namah
              3. Om Vyanketashay Namah
              4. Gan Gan Ganat Bote
              5. Shri Swami Samarth, Tarak Mantra
              6. Dnyaneshwari
              7. Tukaram abhang
              8. Ramayan,Mahabharat
              9. Stories about moral values / life values
              10. Swami Vivekananda
              11. Sadguru Vamanrao Pai
              12. Datta saints literature

Sai Baba

Swami Samarth

Gajanan Maharaj

Shripad Vallabh

* + 1. Panchtantra
    2. Vikram-Vetal
    3. Akbar-Birbal
    4. Arabian nights

1. Provide phone line to help addicts talk to counselors

Other social causes online help, phone support

* 1. Suicide prevention
  2. Mental disabilities – Matimand (slow brain development,spastic), Convulsions (Feat)
  3. Domestic issues
     1. Physical violence
     2. Verbal violence
  4. Depression
  5. Anger, Resentment, Revenge
  6. Coping with relationship issues, work stress
  7. Old-age home
  8. Anath ashram , Poor home
  9. Rape victims
  10. People with disabilities
  11. People who got imprisoned for wrong reasons and who don’t find enough means for survival.

1. Other addictions / conditions
   1. Games – mobile, computer, gaming zones, outdoor
   2. Porn watching
   3. Binge / Overdo / Indulge in watching of Movies, TV serials, News
   4. Binge listening of music
   5. Diabetes – sugar
   6. Obesity – excessive junk/regular food
   7. Anemic – less food intake
   8. Lottery

UI Design of website :

* + - 1. Registration page
      2. Login page – Facebook login
      3. Feed – Counselor’s feed , Recovering addicts feed , Your own feed (Daily Reflection/Thought) , If recovering addict is found doing active addiction try to educate him, if doesn’t listen inform the counselor
      4. Friends list , avoid befriending active addict
      5. Daily update – literature – clean status update
      6. Clean counter display – e.g. 180 days clean – Shows the number of days clean post rehab. Online celebration for every 1 year.
      7. Chat – text, audio, video

Marketing

1. Online search optimization, social media marketing
2. Direct – demo to Rehab owners/managers to register patients for recovery support.
3. App available on play store of Google and Apple where “recovering addicts” can use it.
4. Paid support also available

Competitors

1. <https://play.google.com/store/apps/details?id=com.sobergrid&hl=en> SoberGrid mobile app
2. <https://play.google.com/store/apps/details?id=com.sociosoft.sobertime> SoberTime mobile app
3. <https://play.google.com/store/apps/details?id=com.osu.cleanandsobertoolboxandroid> SoberTool
4. <https://iamsoberapp.com/blog/buddhism-addiction-recovery/>

JFT – Just For Today

DR – Daily Reflection : Sharing “only me”, counselor, counselor & sober buddy, full group

Issue severance – High,Medium,Low based on that decide the sharing platform.

FB page, group by Addiction Recovery Support group , showing nice photos of addicts with sober badge

Pricing model

1 INR per year per addict

Initially 0 INR for 3 months.

Total patients = 0,1 .. mil,bil

Calculate BAC using

<http://www.alcoholhelpcenter.net/Program/BAC_Standalone.aspx>

<https://www.medindia.net/doctors/calculators/blood_alcohol.asp>

BAC tester high accuracy

<https://www.snapdeal.com/product/professional-high-accuracy-alcohol-tester/681493119546?supc=SDL253817728&utm_source=earth_web&utm_medium=993_1499&utm_content=681493119546&vendorCode=Seeebb&isSellerPage=true&fv=true>

photos of detox

punishments in rehab

hobby building

side-effects , brief .. wiki

videos bad effects highlighted

our philosophy

green environment

calories benefit

achievement records

goals .. short,mid,long

scrapbook .. color pages .. slambook

good point, working points

disco ball .. fun time

Technology stack

1. Java,JSP,Spring,Hibernate,Tomcat,MySQL,Javascript,HTML,CSS,JavaBeans,Android 9/10 .. linkedin and amazon tech stack
2. PHP,Apache,MySQL 5/10 .. facebook tech stack