

RAPID_RELAXER

Pranav Prashanth



OVERVIEW

- **App Name:** Rapid_Relaxer
- **App Description:** This app is created to relax people quickly by using treasures of yoga which includes meditation and relaxation techniques. This app empower one with short but useful tips
- **Track:**Youth Individual
- **Category:** Mental Health and Wellbeing



THEME

I have been closely watching families in my locality who have struggled to regain their energy and health back after Pandemic. While everyone agrees benefits of Yoga, but do not wish to invest time beyond few minutes in a day.

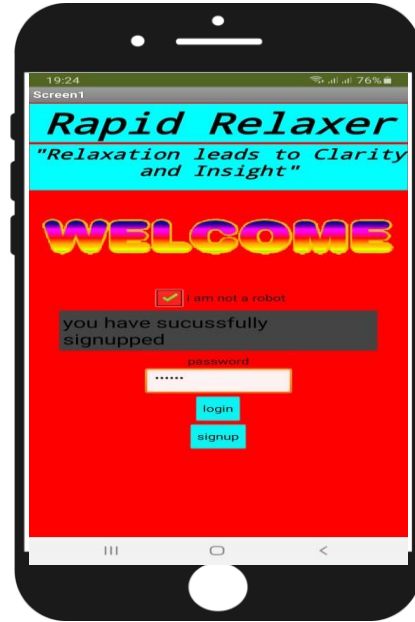
Therefore, I decided to make an app which will stimulate and attract individuals towards in healing and relaxation with simple and short meditation techniques that are as old as 4000 to 5000 years



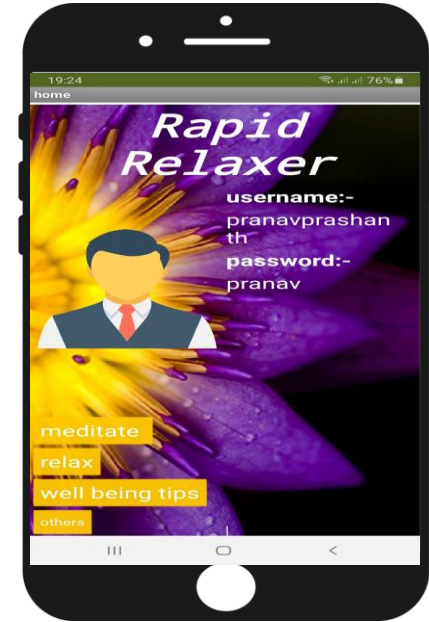
INSTRUCTIONS TO REACH HOMEPAGE



Step 1: when you open the application, create your profile by entering the username and password of your choice



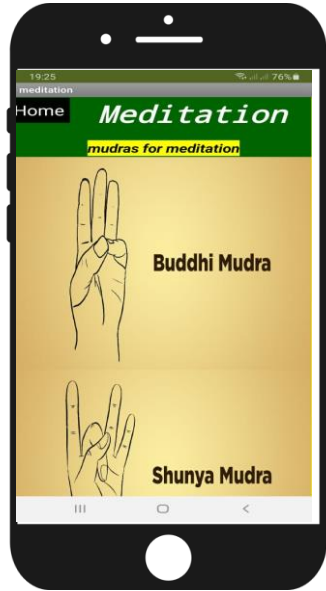
Step 2: then click on signup if you are new to the app else click login



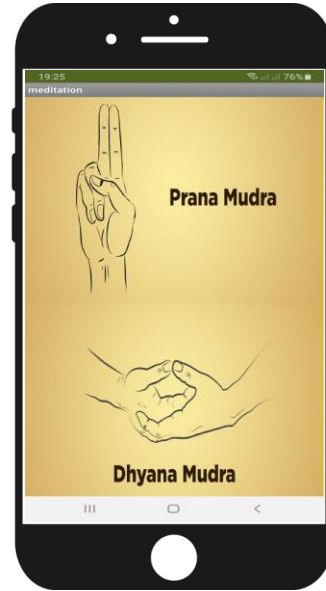
Step 3: when you reach the homepage, select the option of your choice



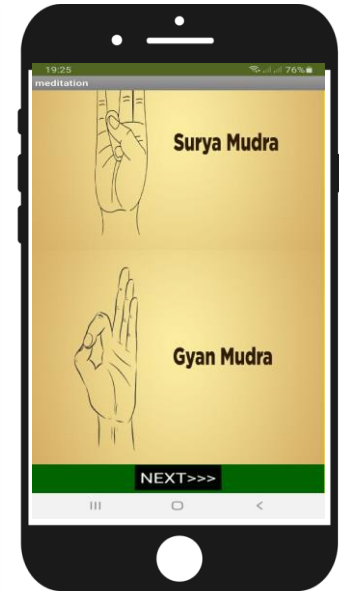
EXPLORING MEDITATE SCREEN MUDRA PAGE



Step 4: take look of the mudras



Step 5: scroll down



Step 6: click next to go to music page



EXPLORING MEDITATE SCREEN MUSIC PAGE



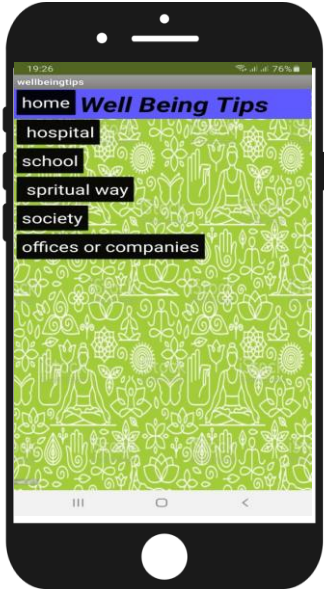
Step 7: click and listen to any music you like



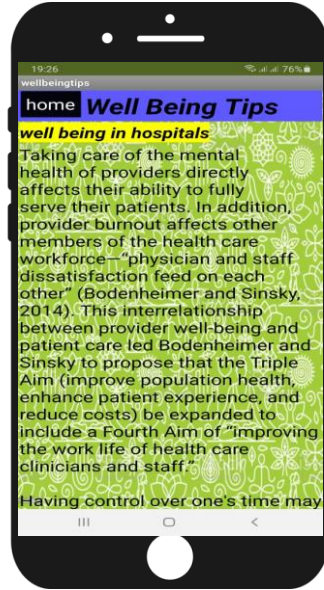
Step 8: if you want to revisit the mudra page click back else click home



EXPLORING THE WELLBEING TIPS



Step 9: click any thing you wish. Example:(i) wellbeing in hospital

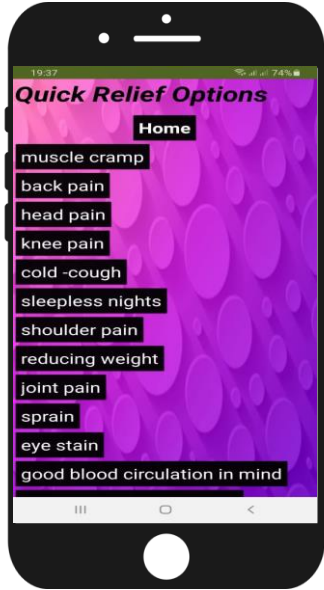


Step 10: read the content and the example image to understand

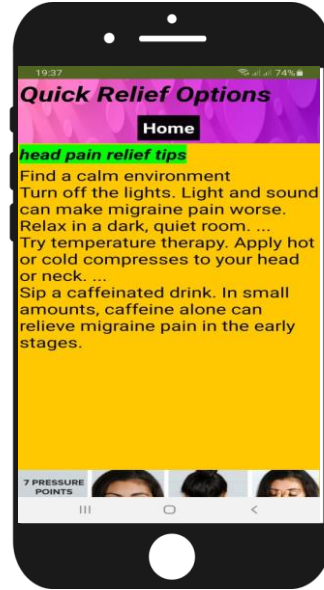




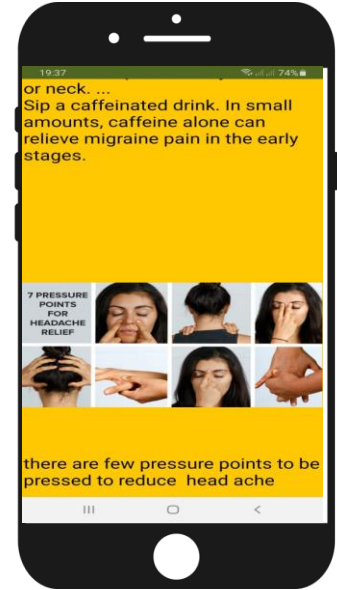
EXPLORING OTHER OPTIONS



Step 11: select any option of your choice



Step 12: read the content and then refer the image



LIMITATIONS

This app is with aim to make individuals get attracted to healthy living using short and simple techniques. However it may not have advanced techniques that may need guidance from Yoga guru or coach. It currently does not have chatbot and AI features to customise packages for individuals.



ACKNOWLEDGEMENTS

- Sreenath R is my mentor and expert robotian who motivated me with guidance and coaching. He has played vital role in providing me with exposure while clarifying my doubts and enabling me to work towards creating “Rapid Relaxer”
- Niranjani Prashanth, my mother is my key motivator who constantly engaged with me to clarify what this application should be capable of and how it should attract people while ensuring it must be short and simple.

