

CALM ZONE

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OVERVIEW

- **App Name:** Calm Zone
- **App Description:** Introducing 'Calm Zone,' an all-in-one mental well-being app that offers stress management tools, mood analysis through AI, yoga techniques, and expert support for users seeking serenity in their daily lives
- **Track:** Youth Individual
- **Category:** Mental health & wellbeing

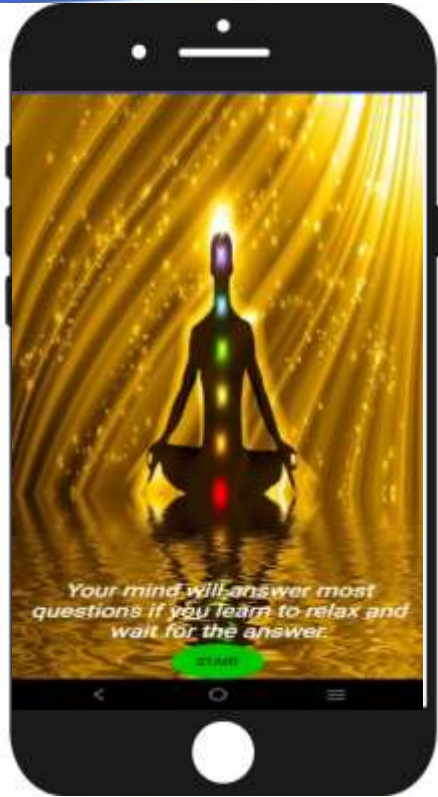


THEME:- Mental health & wellbeing

- Did you know that stress is the leading cause of health-related issues in today's fast-paced world?
- According to the World Health Organization (WHO), stress-related illnesses account for approximately 75% of all doctor visits and consultations.
- The constant pressure of work, studies, and personal responsibilities takes a toll on mental well-being, leading to anxiety, depression, and other psychological challenges.



INSTRUCTIONS



Step 1:

The home screen welcomes users with a serene background and a calming color scheme, setting the tone for their mental well-being journey.



INSTRUCTIONS



Step 2:

With a diverse range of features, this app aims to empower you to live healthier and happier lives. Let's explore the four key options that "Discover Wellness" offers:

Yoga Technique

BMI Calculator

Your Mood

Chat with an Expert



INSTRUCTIONS



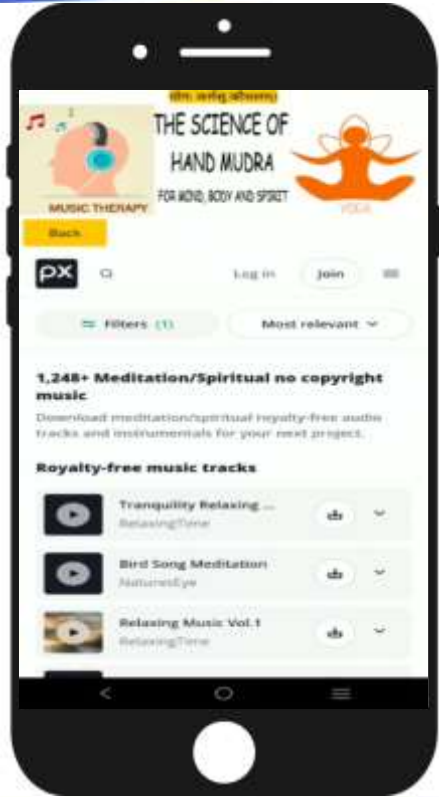
Step 3:

The yoga techniques section offers a diverse range of mudra teachings, guided yoga videos, and a soothing meditation music playlist, allowing users to embark on their mindfulness journey.

Interesting Fact: Research conducted by Harvard Medical School reveals that yoga and meditation can reduce the production of stress hormones and activate the relaxation response, leading to decreased anxiety and improved mental clarity.



INSTRUCTIONS

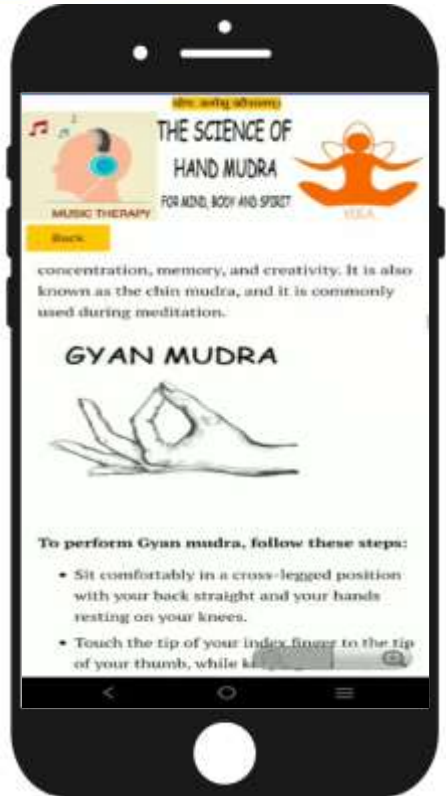


Step 4:

Here, you can enjoy the soothing music therapy.



INSTRUCTIONS



Step 5:

This screen shows the powerful hand yoga technique.



INSTRUCTIONS



Step 6:

This screen explains the yoga videos where you can see yoga videos and also practice it.



INSTRUCTIONS



Step 7:

With just a few taps, users can check their BMI, which not only helps them understand their physical health but also offers insights into the potential relationship between stress and weight. Interesting Fact: The American Psychological Association (APA) reports that individuals with higher stress levels are more likely to engage in emotional eating, leading to potential weight-related challenges. By addressing this connection, the "Calm Zone" app empowers users to take proactive steps toward a healthier mind and body.



INSTRUCTIONS



Step 8:

With just a few taps, users can check their BMI, which not only helps them understand their physical health but also offers insights into the potential relationship between stress and weight. Interesting Fact: The American Psychological Association (APA) reports that individuals with higher stress levels are more likely to engage in emotional eating, leading to potential weight-related challenges. By addressing this connection, the "Calm Zone" app empowers users to take proactive steps toward a healthier mind and body.



INSTRUCTIONS



Step 9:

With just a few taps, users can check their BMI, which not only helps them understand their physical health but also offers insights into the potential relationship between stress and weight.

Interesting Fact: The American Psychological Association (APA) reports that individuals with higher stress levels are more likely to engage in emotional eating, leading to potential weight-related challenges. By addressing this connection, the "Calm Zone" app empowers users to take proactive steps toward a healthier mind and body.



INSTRUCTIONS



Step 10:

The app employs machine learning to analyze users' facial expressions and voice tone to gauge their current mood, providing them with valuable insights into their emotional state. Interesting Fact: According to a study published in the Journal of Medical Internet Research, mood tracking through apps can help individuals become more self-aware of their emotions and make positive changes to their daily routines, ultimately enhancing their emotional resilience.



INSTRUCTIONS



Step 11:

The Chatbot integration enables users to seek expert assistance for understanding complicated mental health terminology or discussing their well-being challenges.

Interesting Fact: According to a study published in the Journal of Medical Internet Research, AI-driven mental health support can significantly reduce the stigma associated with seeking help and increase access to valuable resources for users in need.



LIMITATIONS

- Calm Zone" offers stress management tools and mood analysis, but users should consider some limitations.
- Mood analysis may not always be fully accurate
- Chatbot cannot replace professional advice.
- Data privacy and age-appropriate content are crucial concerns. Enhancing accessibility for all users is essential.
- The app should include a health disclaimer, encouraging users to seek medical advice when needed.



ACKNOWLEDGEMENTS

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THANK YOU

