

HEALTHIVA

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OVERVIEW

- **App Name:** Healthiva
- **App Description:** This is an app to enhance your mental fitness. You can consider this as an stress buster.
- **Track:** Youth Individual
- **Category:** Mental Health and Well being



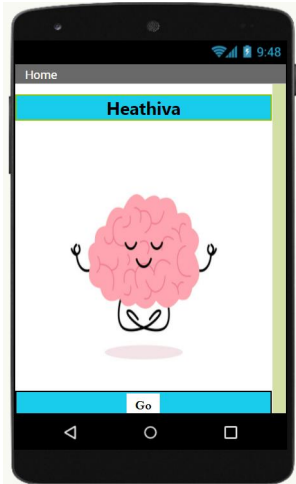
THEME

I chose to address the mental health and Well being theme, as I have come across people who get really stressed under work pressure or under the pressure of scoring marks. I wanted to give a solution to them. This app is just a sample of what I want to do as a project. The activities in this app promotes brain stimulation which causes you to be more productive.

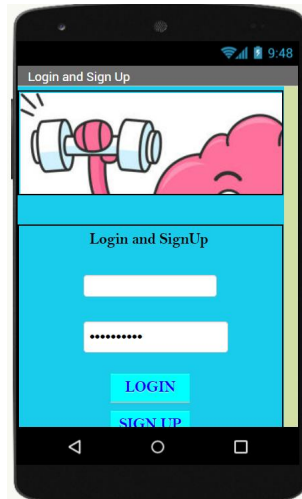
In future, I will surely continue doing this to reach many more people



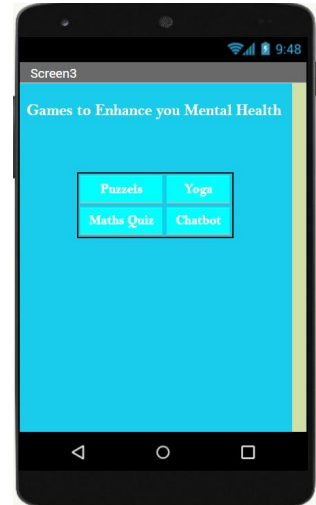
INSTRUCTIONS



Step 1: Click on go to proceed



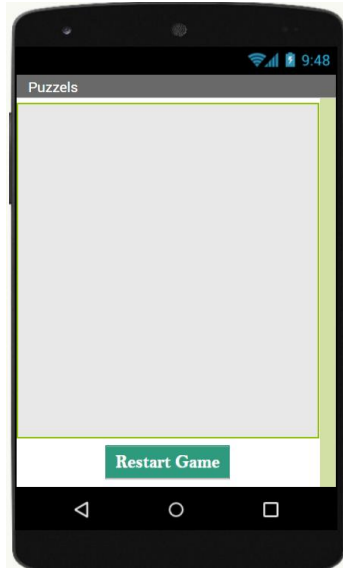
Step 2: Type your username and password click on signup after that click on login



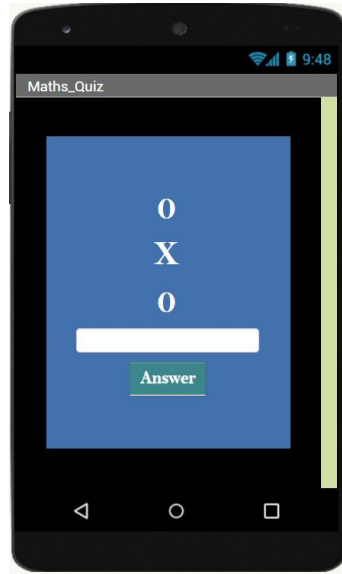
Step 3: Click any one thing which you want to do



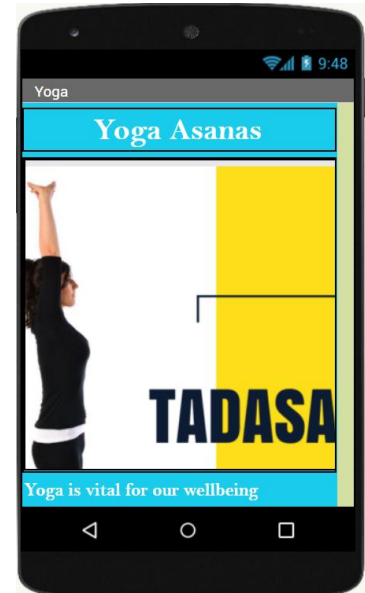
INSTRUCTIONS



Step 4: I have used an extension to create a 2408 puzzle. It won't show in this screen but it will show in this screen but it will show in the app when you use it



Step 5: This is a maths multiplication quiz which enhances your arithmetic skillset.



Step 6: This is an horizontal scroll image platform. It shows a few yoga positions with its names. You have to scroll horizontally to view



LIMITATIONS

I have included ways to improve or enhance your mental health that I know till now. In future versions I aim to add more which make you more and more productive, This is just the mvp version. I have added 2048 puzzel which takes a lot of time and patience to complete. Do not get annoyed at that. When you do it with loads of patience that is when you are improving your mental wellbeing and your stress reduces.



ACKNOWLEDGEMENTS

- Dimple Dutta: She helped me to analyse the theme and know what I wanted to add. She helped me customize the User Interface as per my needs.

