MENTALOFIT

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Please upload a high-quality, well-lit headshot against a plain background for each of your team members.

OVERVIEW

- **App Name:** Mentalofit

- **App Description:** A mental health app to improve and check mental health

- **Track:** Youth Individual

- **Category:** Mental health & wellbeing

THEME

In 100 words or less, describe the problem that you chose to address, and why you were interested in solving it. Please note that this portion of your submission will be published if you are selected as a finalist or winner.
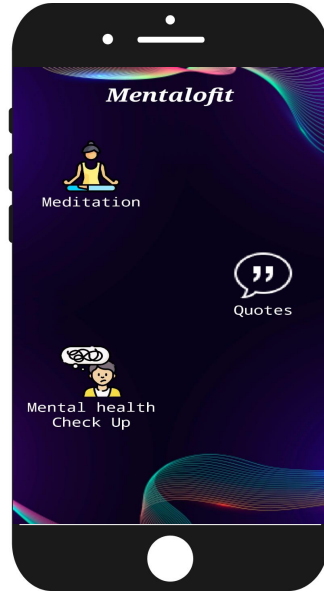
According to the report by WHO published on 28th april 2023 around 1.5 million people aged 10-24 died in year 2021, approximately 4500 people everyday. This report also states that half of all mental health disorders in adulthood start by age 14, but most cases are undetected and untreated. Despite this being a huge problem I was not able to find a suitable solution for this, seeing this I came up with my app "Mentalofit" which allows the person to mediate and check his mental condition.
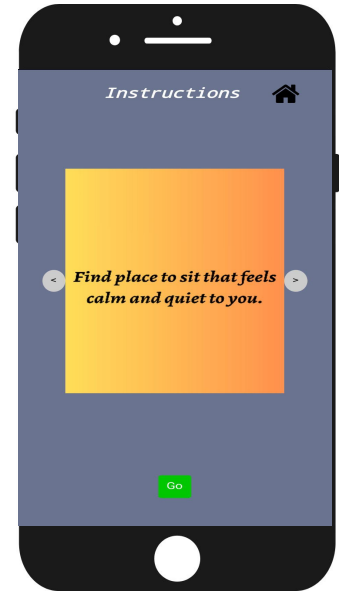
INSTRUCTIONS

Welcome!

MENTALOFIT

Start

Splash Screen

Mentalofit

Meditation

Quotes

Mental health
Check Up

Home Screen

Instructions

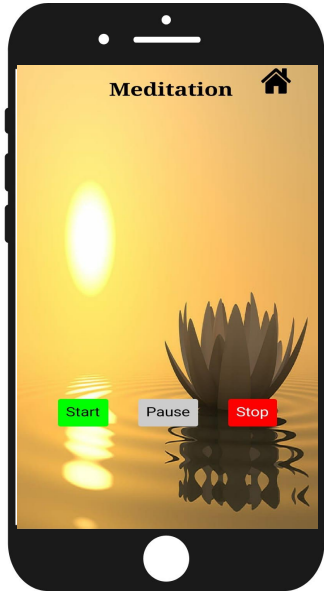*Find place to sit that feels
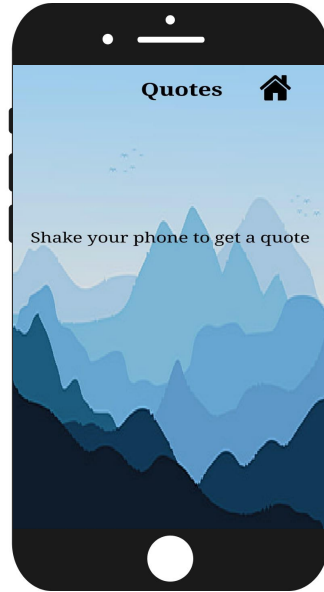calm and quiet to you.*
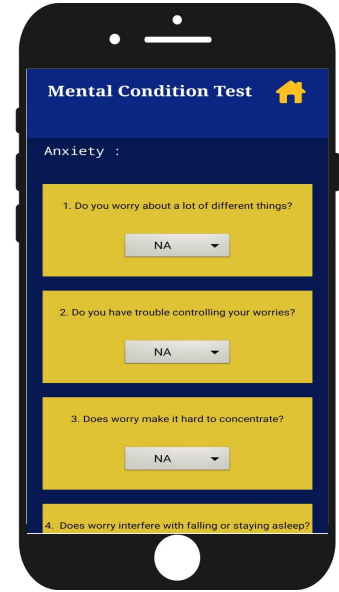
Go

Meditation Instruction
page

INSTRUCTIONS

Meditation

Motivational Quotes

Mental Condition Test

LIMITATIONS

In 100 words or less, describe the limitations of your app and what people should carefully consider when using it.

While using this app people should keep in mind that this report might not always be accurate and can never replace the proper mental health test.Sound issues, delay in loading screens, technical glitches and network glitch may also exist.

ACKNOWLEDGEMENTS

Please list the names of anyone who helped you with developing your app, and describe what type of help they provided.

- Parents : Motivated me throughout this journey
- D James Thangamani : Told me about the areas that I have to improve
- Payal Singh : Told me about the areas that I have to improve