

G. Narayanamma Institute of Technology & Science

(For women)

(Approved by AICTE, Affiliated To JNTUH, Accredited by NBA & NAAC)

(An ISO 9001:2015 Certified Institution)

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Department of Computer Science & Engineering



TITLE OF THE HOBBY PROJECT STRESS MANAGEMENT BY

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ABSTRACT

As we know that, the most common buzz we hear from teenagers is "STRESS". Most of the teenagers are undergoing stress cause of pressure of studies or any personal problems. Because of this they are undergoing depression, anxiety and facing a lot of problems which is causing them to discontinuing their studies instead of controlling their stress. To control their stress we are providing some suggestions to come out of stress and enjoy the colors of life.

The project motive is to create a stress detection system which can analyze the type of stress and produces the suggestions to take down the stress. And the target group of our project is the students of age 15-20.

So, we are going to build a website where in we provide options to our user to select from

1. the questions we prepared for stress detection
2. or to write their feelings on the situation that cause them stress
3. or to upload an audio or a video file where they talk about the problem they are going through.

And the above options produce the input for detecting the type of stress and then we suggest them the appropriate solution of how to get rid of it and how to improve themselves.

SYSTEM REQUIREMENTS:

Software Requirements:

Platform	- Windows 10
Front End	- JavaScript, html, CSS
Development Tool	- Visual studio code
Back End	- Python libraries

Hardware Requirements:

Name of the Processor-	intel core i5
Hard Disk Capacity	- 1 TB
RAM Capacity	- 8 GB