

Domain: App Development



G. Narayanamma Institute of Technology & Science (For Women)

Approved by AICTE, New Delhi & Affiliated to JNTUH, Hyderabad
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Shaikpet, Hyderabad-500104

DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING

<GN-R-18> (2022 - 2023) II B.Tech II Sem Hobby Project

on "Zen Zone"

ABSTRACT

The self-care app is designed to help individuals prioritize their mental and physical well-being by offering personalized and practical tools. The app includes a range of features such as daily wellness check-ins, guided meditation sessions, personalized exercise plans, habit tracking, and goal setting.

The app aims to empower users to take control of their health and well-being by providing them with the necessary tools and information to make positive changes in their lives. Ultimately, the self-care app is designed to help users cultivate healthy habits, reduce stress and anxiety, and improve their overall quality of life

H/W & S/W Requirements

- The project requires a Window's operating system as hardware.
- The software requirements are Java,Kotlin flutter etc.

Dept R&D: Yes / No

* If No: GNITS



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