

**MY  
PORTFOLIO**

**MUHAMMAD NIHAL**

# M U H A M M A D N I H A L

## ABOUT ME



I am a passionate and aspiring design student trying to improve the world in any way I can. I want to grow as a designer while improving my skill set along the way. I love creating UI/UX designs and superhero illustrations.

## INTERESTS

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## SKILL SET



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I  
?

## SELF-EXPRESSIVE PORTRAIT

This portrait symbolises everything I love. Dance, art, martial arts, singing and reading about astrophysics. I believe I developed them as a defence mechanism to my squint. I have always been insecure about my squint. Even though it was due to an accident that I had no control of, it haunted me for a long time. I never smiled in pictures since it emphasises the squint in my eyes. I literally shivered everytime I tried smiling, but I think I am finally ready to accept my flaws and smile to the whole world now.





# BATTLING MENTAL DISORDERS AND RELATED STIGMA

## 1 Objectives :

- Battling Stigma
- Creating Awareness

## Solution:

Posters

## Concept :

- Minimal
- High Contrast
- Emphasis

## Medium :

- Social Media
- Hospitals
- Streets



## 2 Solution:

Mobile Application

## Concept :

- Anonymity
- Therapy
- Music
- Podcasts
- Games
- Meditation
- Yoga

## Objective :

- Creating a stigma free therapy medium



All designs were sent to a test audience and feedback was taken to improve the designs.

DOCUMENTATION  
RESEARCH

264  
MILLION



Depression is one of the leading causes of disability, affecting 264 million people.



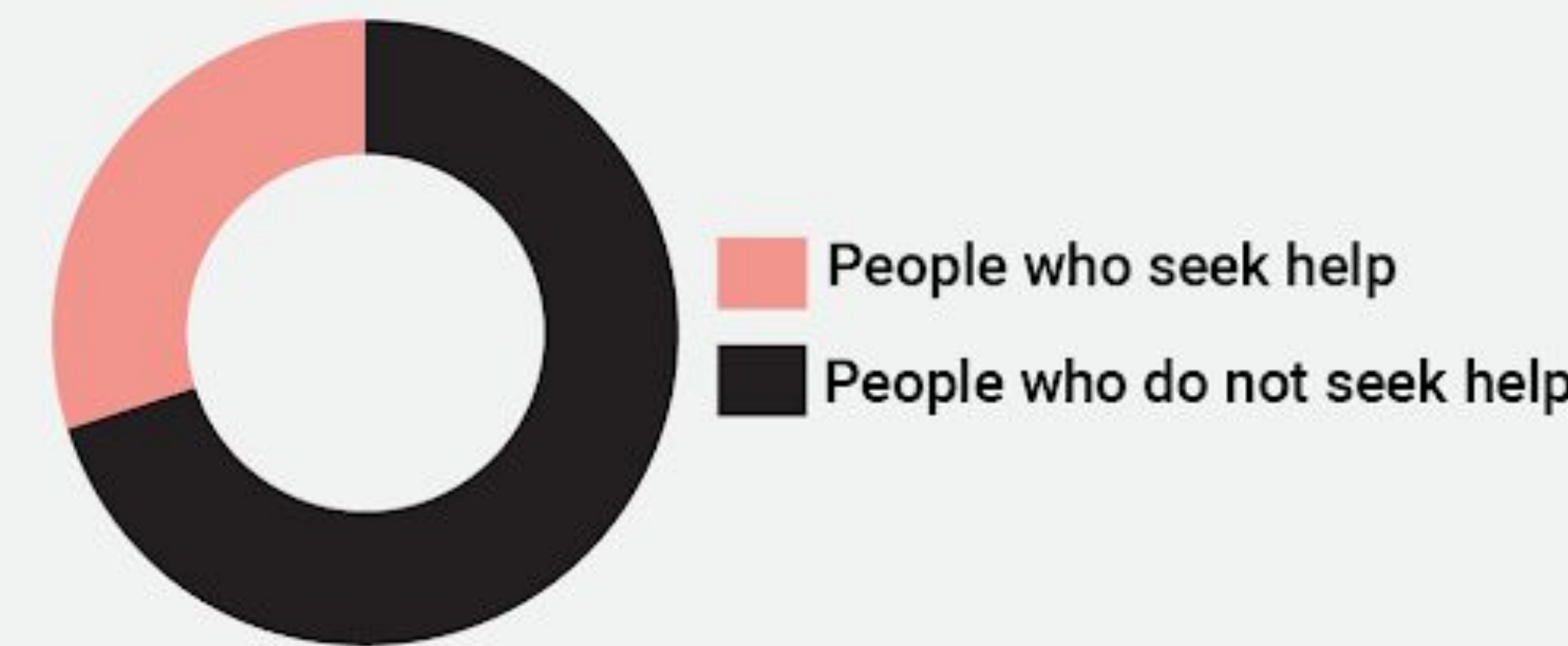
1 in 4 people experience mental health disorders once in their lifetime.

50% <

Less than half of the 139 countries that have mental health policies and plans report having these aligned with human rights conventions.

2<sup>ND</sup>  
PLACE

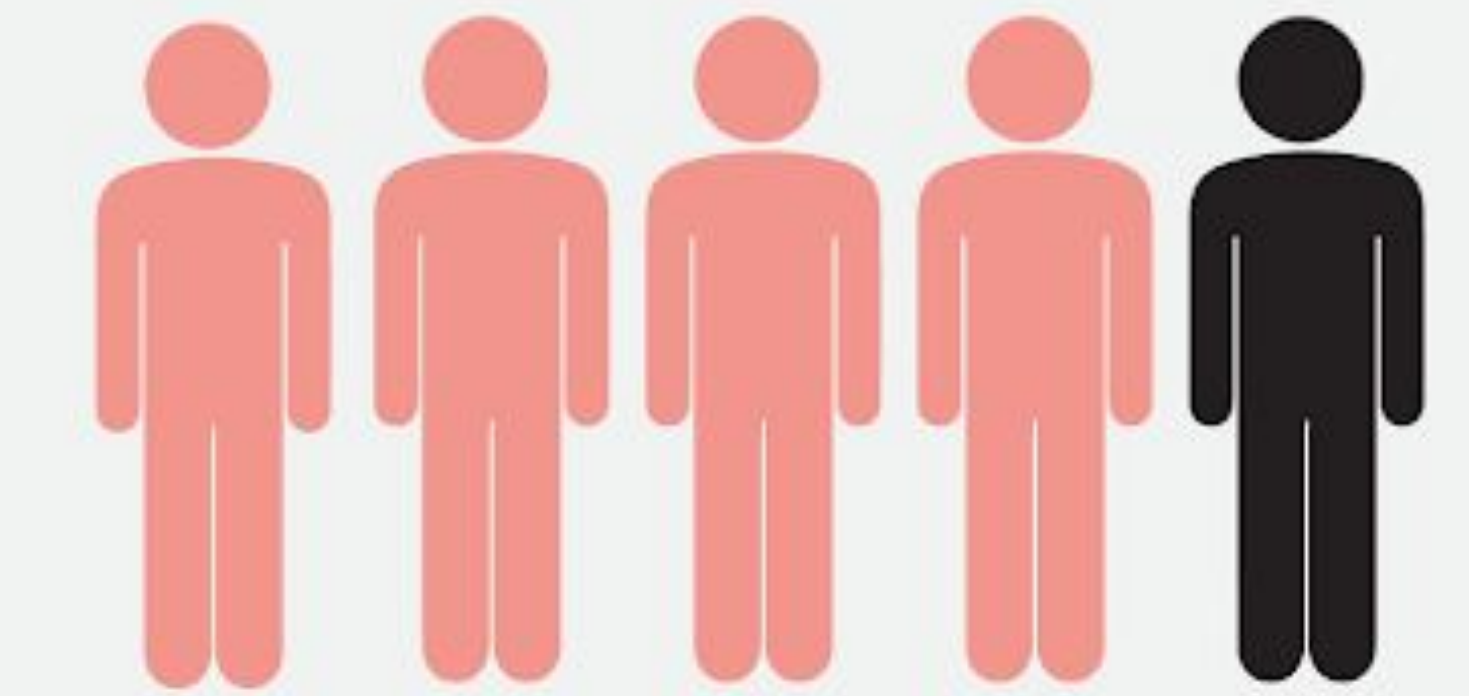
Suicide is the second leading cause of death in individuals aged 15-29 years.



people with mental illness in developed countries

1  
TRILLION

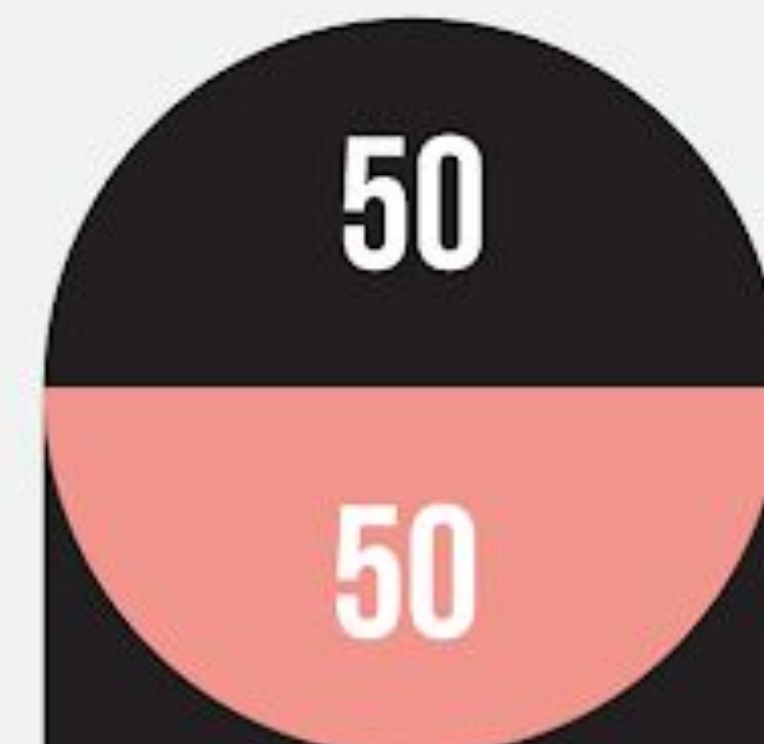
The global economy loses about US\$ 1 trillion per year in productivity due to depression and anxiety.



Around 1 in 5 of the world's children and adolescents have a mental disorder.

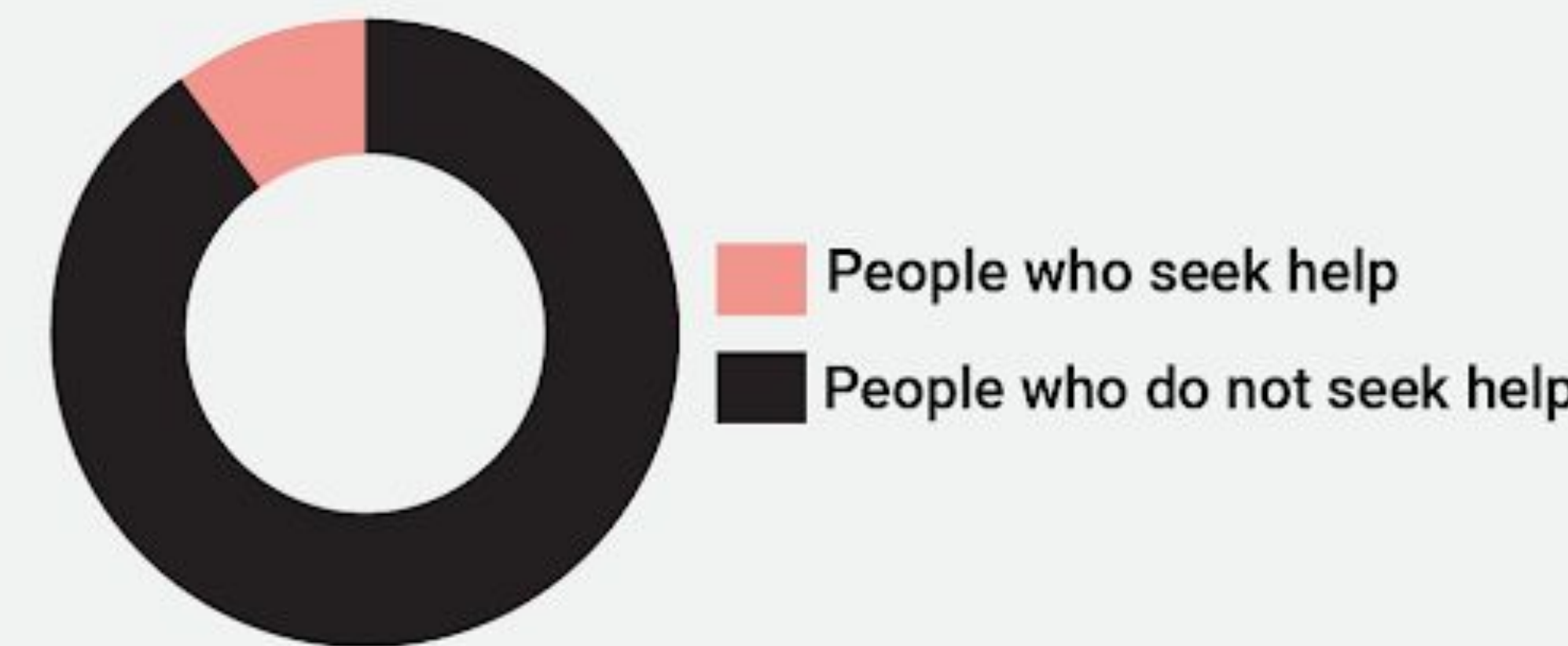


1 person dies from suicide every 40 seconds.



50  
50


About half of mental disorders begin before the age of



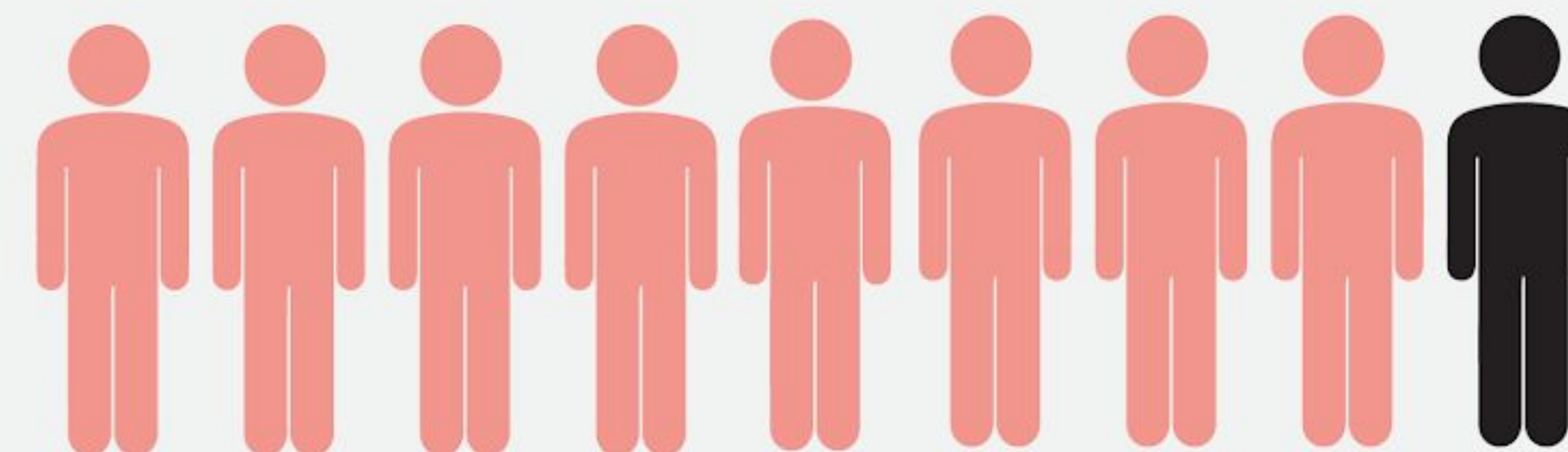
people with mental illness in developing countries

2/100,000

Rates of mental health workers vary from below 2 per 100 000 population in low-income countries to over 70 per 100 000 in high-income countries.



Mental, neurological and substance use disorders make up 10% of the global burden of disease and 30% of non-fatal disease burden.



Around 1 in 9 people in settings affected by conflict have a moderate or severe mental disorder.



People with severe mental disorders die 10 to 20 years earlier than the general population.

# CASE STUDY - 1

The study consisted of two subjects diagnosed as clinically depressed. They were interviewed in complete confidentiality.

## OBSERVATIONS:

SNO.	QUESTIONS	RESPONSES	
		SUBJECT A	SUBJECT B
1	Which of the following have you experienced? stress/anxiety/depression?	I've undergone all of them.	I've been diagnosed as clinically depressed.
2	Did you seek professional help?	No, but eventually I was forced by the government to take them after an overdose.	Yes, I did.
3	Did the medication help?	Honestly , it didn't help me. It just made me feel like I was on autopilot .	It helped me very little. I just felt drowsy. The sleeping pills helped me sleep though.
4	How did you feel when you were depressed?	I had anger issues, fatigue, insomnia, I used to binge a lot, introverted, insecure, lost, scared etc.	I felt horrible . I didn't have an appetite and I couldn't sleep.
5	Was there an incident that triggered it? Or was it always this way?	It was years of trauma from parents , friends , school and self esteem issues. Not a particular incident.	My dad has boderline bipolar disorder. He has been on medication for 8 years or so. So as far as I can remember , he has been abusive to my mom , brother and me.
6	Did talking to people or venting ever help?	Most of them wouldn't understand .So I kept things to myself. Talking to therapists made me feel more insecure.	Talking always helps , I didn't for a long time. So I know.
7	If there was an app, that could connect you to therapists and listeners anonymously, would give you fidgeting games, podcasts and music. Even guided meditation and yoga lessons. Do you think it would have helped??	I think it would.	Yes , I think so , especially because its anonymus.

# CASE STUDY - 2

## OBSERVATIONS:

Mental illnesses are seen as shameful illnesses and are pushed aside since "its weak" to get help. Apart from the two subjects here, I went on a platform and texted 11 people who were going through mental issues. All of them from different parts of the world. They aren't just afraid of seeing a therapist, but even talking to their own family about it.

Their issues included sexual longing, domestic abuse, peer pressure, loneliness , depression etc. They were happy to vent out as long as they were anonymus. These observations were made through a similar app , but their UI, interactivity and features were not upto the mark.

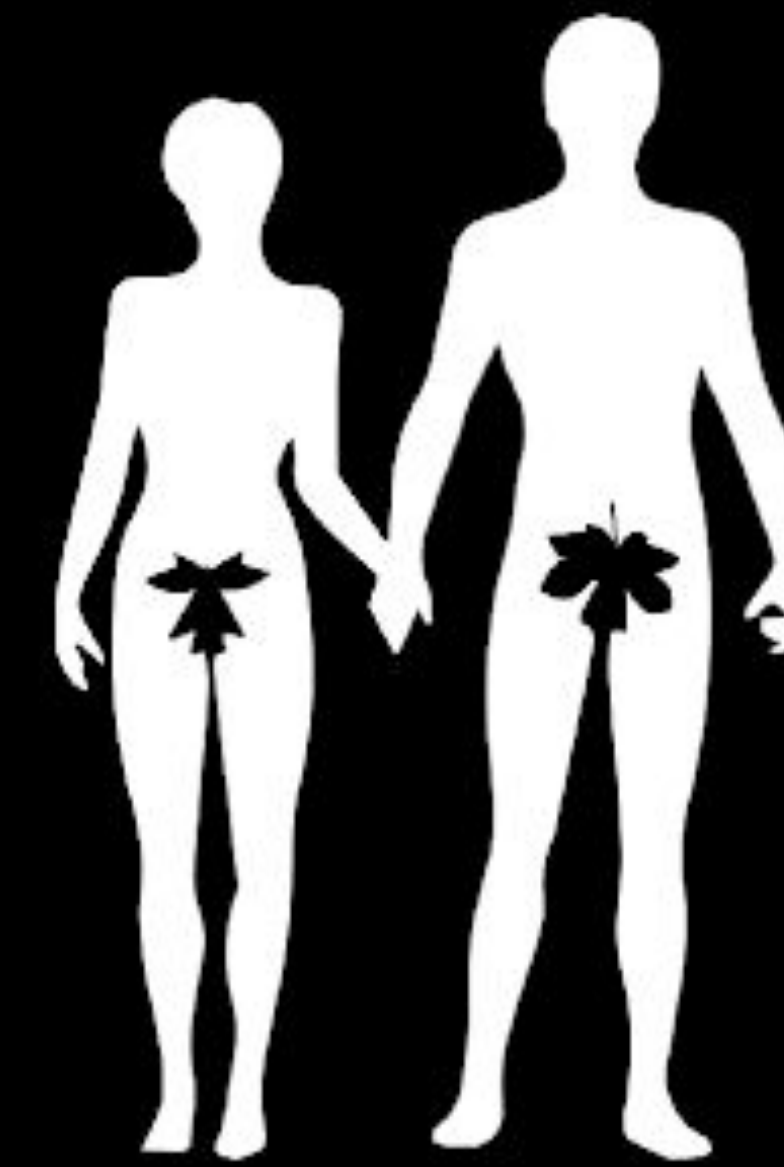
**P  
O  
S  
T  
E  
R  
S**

How does physics ask you  
to share your feelings?

$$\text{Pressure} = \frac{\text{Weight}}{\text{Area}}$$

Share your weight,  
distribute your pressure.

Maybe Adam & Eve were created  
a pair,



Because even god knew nobody  
could be all alone.

**CANCER** is not a phase, is it?

Neither is **DEPRESSION**

Treat yourself like  
you would



treat your iphone.

Being disconnected  
from the  
**INTERNET**  
is an issue.



But being  
disconnected from  
**YOURSELF**  
is not?

Maybe  
snakes  
shed  
since  
they  
carry  
too much  
too



**P  
O  
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E  
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S**

While you share your  
**HAPPINESS**  
to hundreds online.



share your  
**SADNESS**  
to at least 1 offline

Do you know why the  
bundle of sticks didn't  
break in the fable?



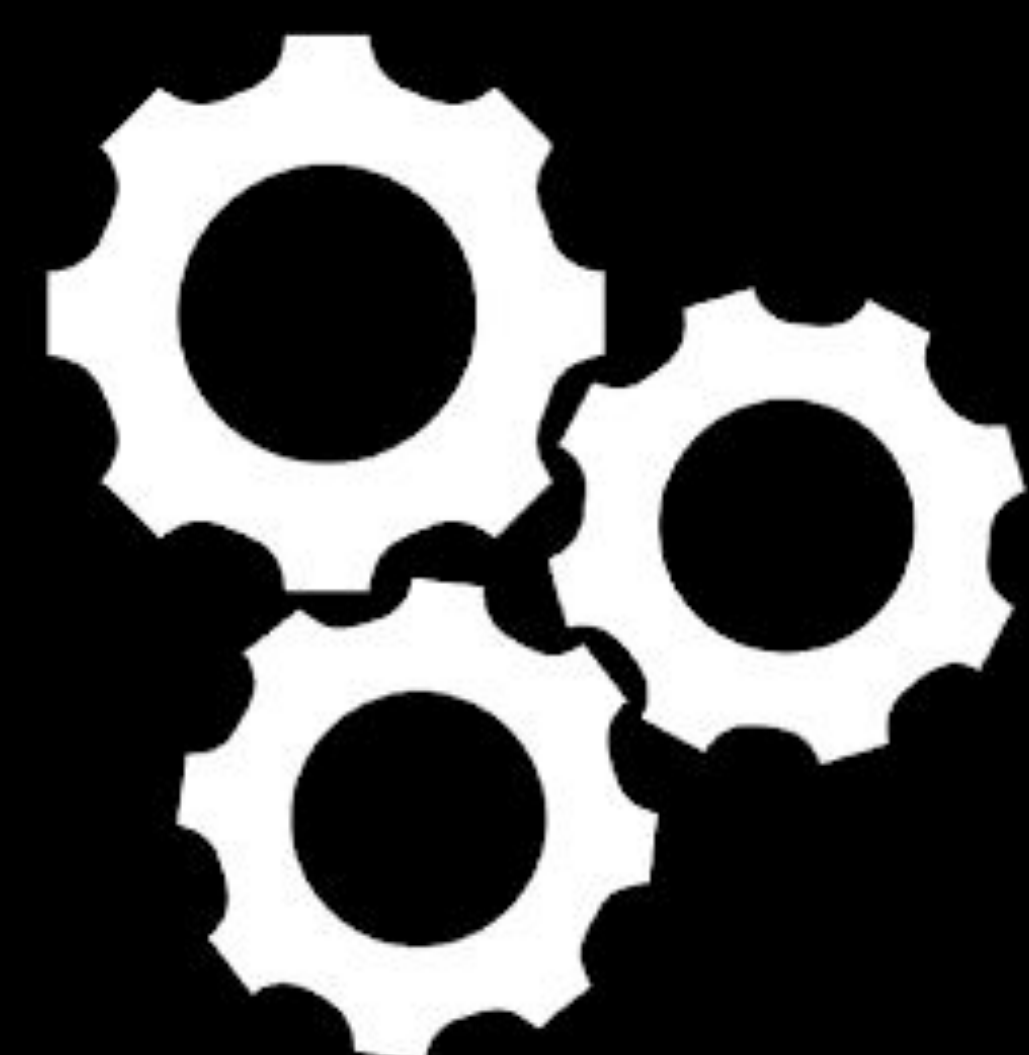
It's because they shared  
the pressure with each  
other.

Your headaches aren't  
always due to phones or  
sickness.



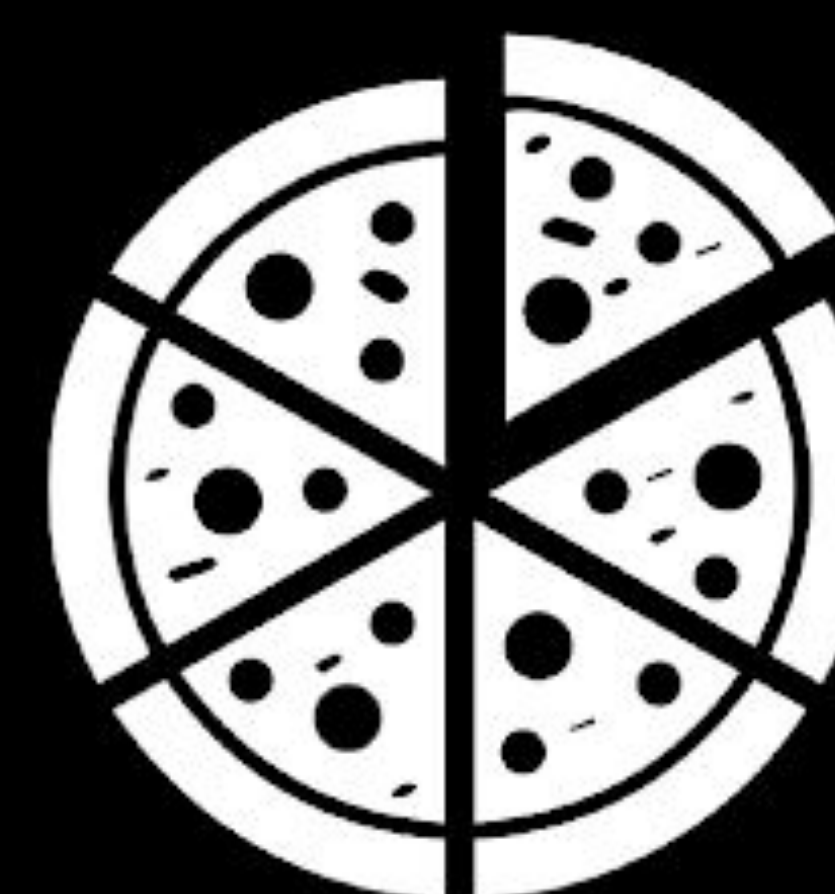
They are caused due to  
long term stress too.

All machines break down,



but we can always fix them.  
**YOU ARE NEVER TOO FAR GONE.**

Sharing is caring is not  
just true for pizzas,

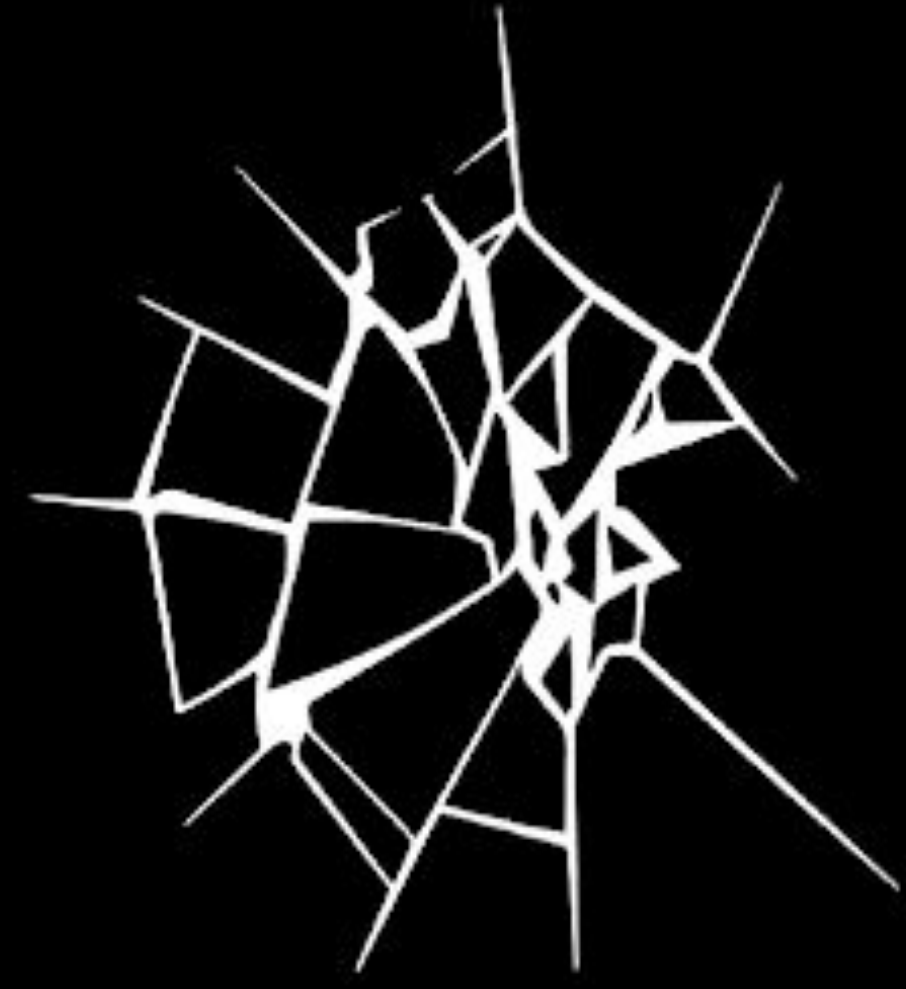


it's for feelings too.

Watching  
**F·R·I·E·N·D·S**  
reduces your anxiety?  
Maybe try talking to your  
**FRIENDS**  
too?

**P  
O  
S  
T  
E  
R  
S**

*Pressure can break stones*



*think it can't break you ?*

*7 billion people on earth.*



*But all you need is the  
1 to talk to.*

*Popping a pimple by yourself  
just increases the acne.*



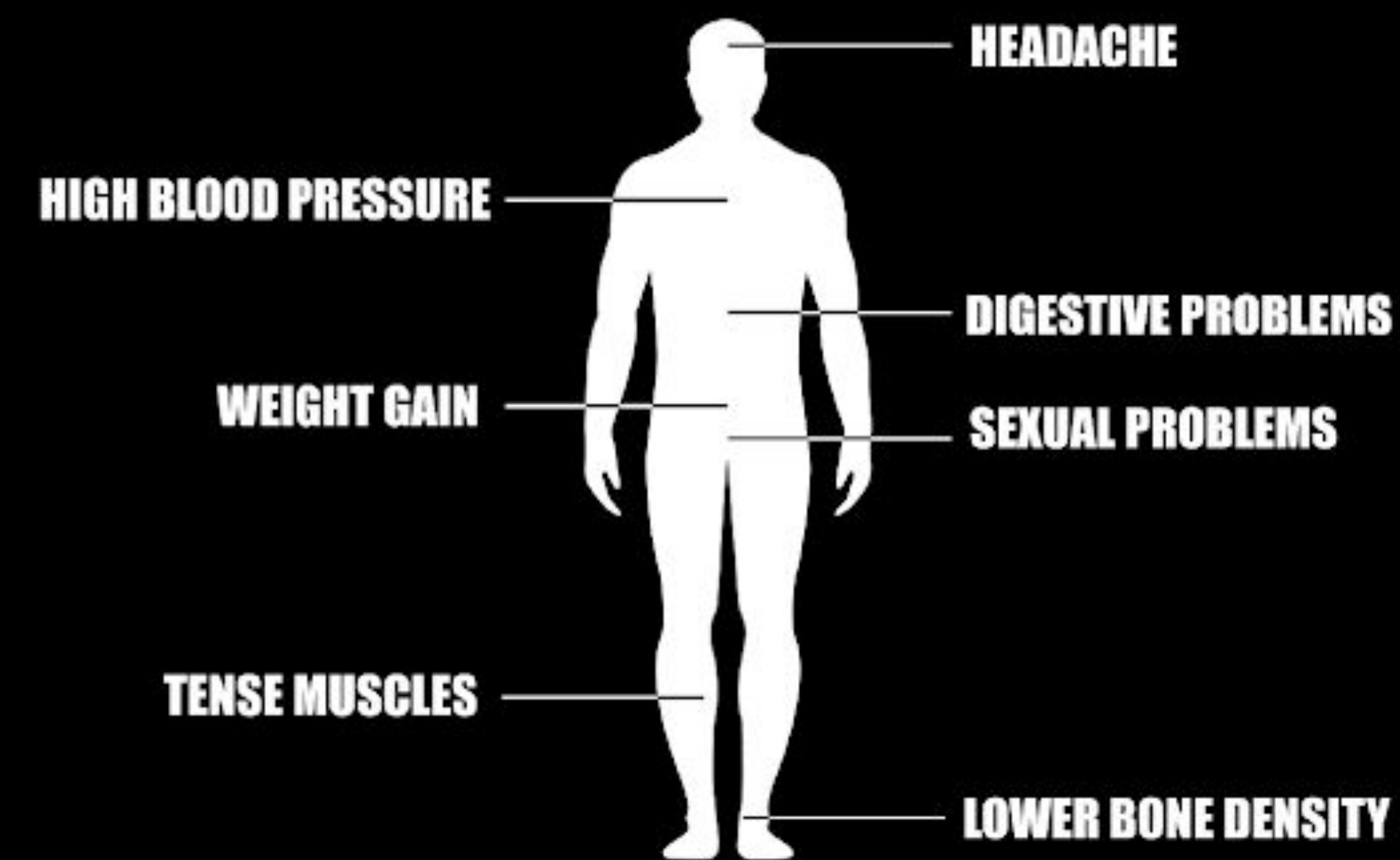
*Its the same with depression.*

*Learn to let go and heal.*



**TOGETHER.**

*"Mental illness is just a  
phase."*



*Does this look like a  
phase to you?*

*It is okay to feel  
trapped.*



*Bars can be bent too.*

**DON'T GIVE UP.**

**P  
O  
S  
T  
E  
R  
S**

*Let your kids be kids  
sometimes.*



*Books weigh heavy too.*

*You dont have to carry  
everything by yourself.*

**STRESS  
ANXIETY  
DEPRESSION**



*Take a helping hand.*

*There is nothing wrong  
with asking for help.*



*Break the chains of  
stigma.*

*Even Batman needs  
a Robin.*



*Talk to someone.*

*While you recharge your  
phone on a daily basis,*



*recharge yourself once in  
a while too.*

*I'll be there for you ...*



*Just make sure you're  
there too.*

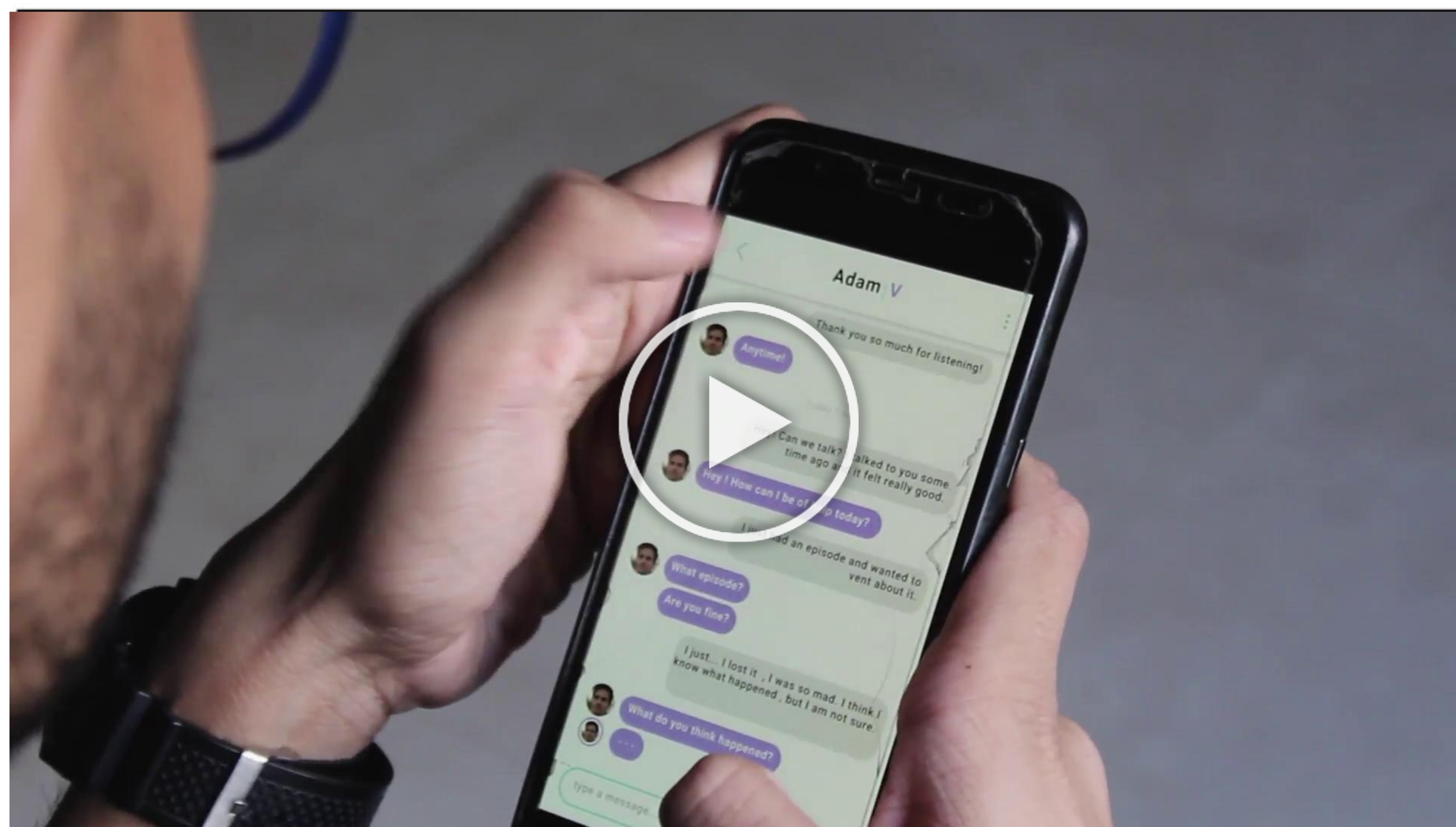
# THE DWD APP ; DEALING WITH DEPRESSION

## BRIEF:

The following design accounts for 3 different roles i.e the Patient , the volunteer and the therapist.

The design revolves around the idea of anonymity during therapy.

The mobile application will bring together people who need help and can help , without any effect from societal stigma and hence , helps improve their mental health.



Advertisement for the DWD App.

## LOGO:



Anisette Std ExBold

#9ed0d5

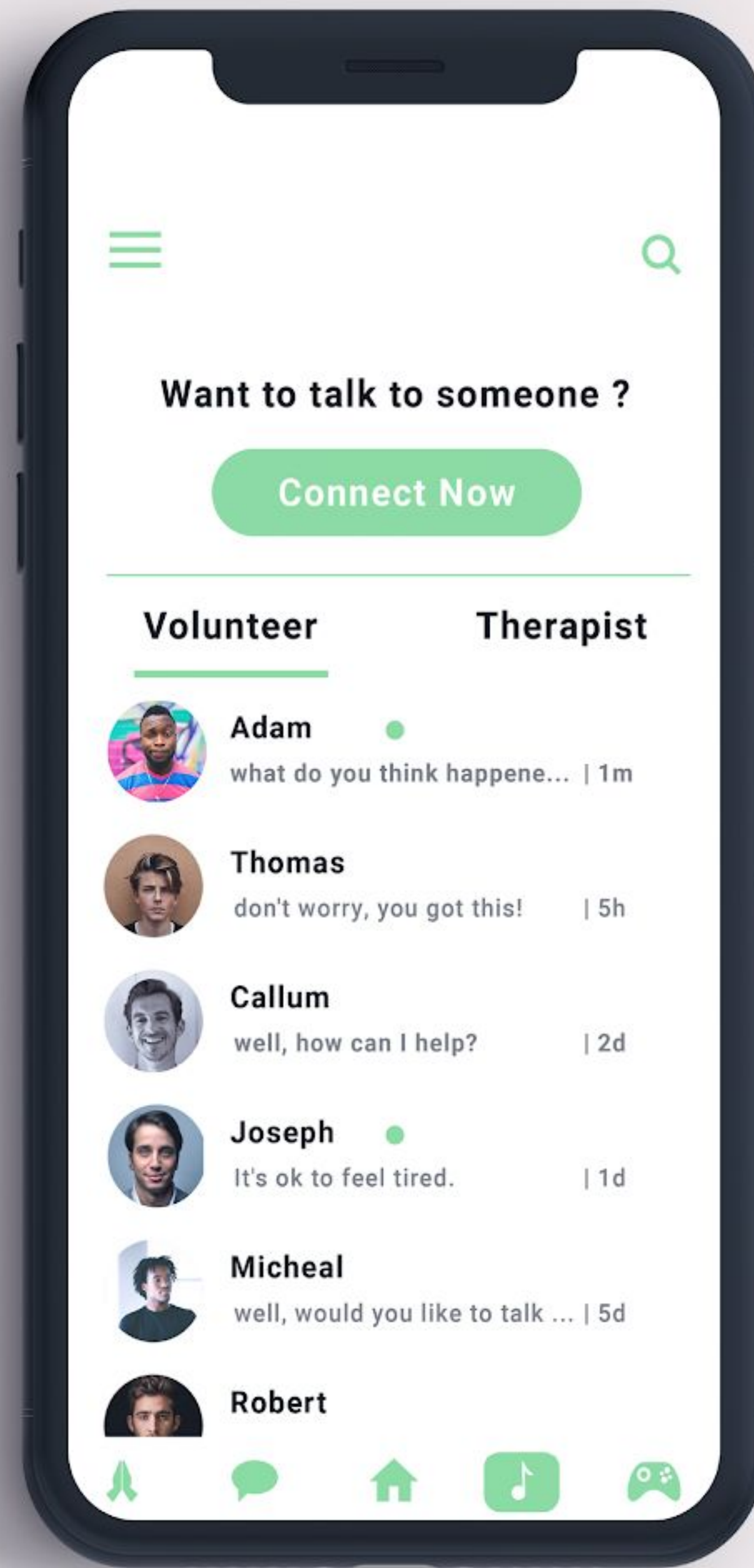
## BRIEF:

The logo spells out "DWD". The first "D" is flipped for symmetry while the "W" is brought out by the negative space. The logo's rounded sides but sharp corners show friendliness while being strong and reliable. The color used is a psychologically calming one.

# SEEKING HELP

## BRIEF:

Seeking help is the interface for anyone suffering from mental illness, whether it's a tough day at work, or clinically diagnosed depression. The interface has features like music, games, chat and meditation/yoga lessons. The patients have an option to vent out to a stranger (volunteer) without any fear of judgement or talk to a therapist for professional help, all anonymously.



UI mockup of the chat page.

## PRESENTATION:

### DURATION:

09:16 min

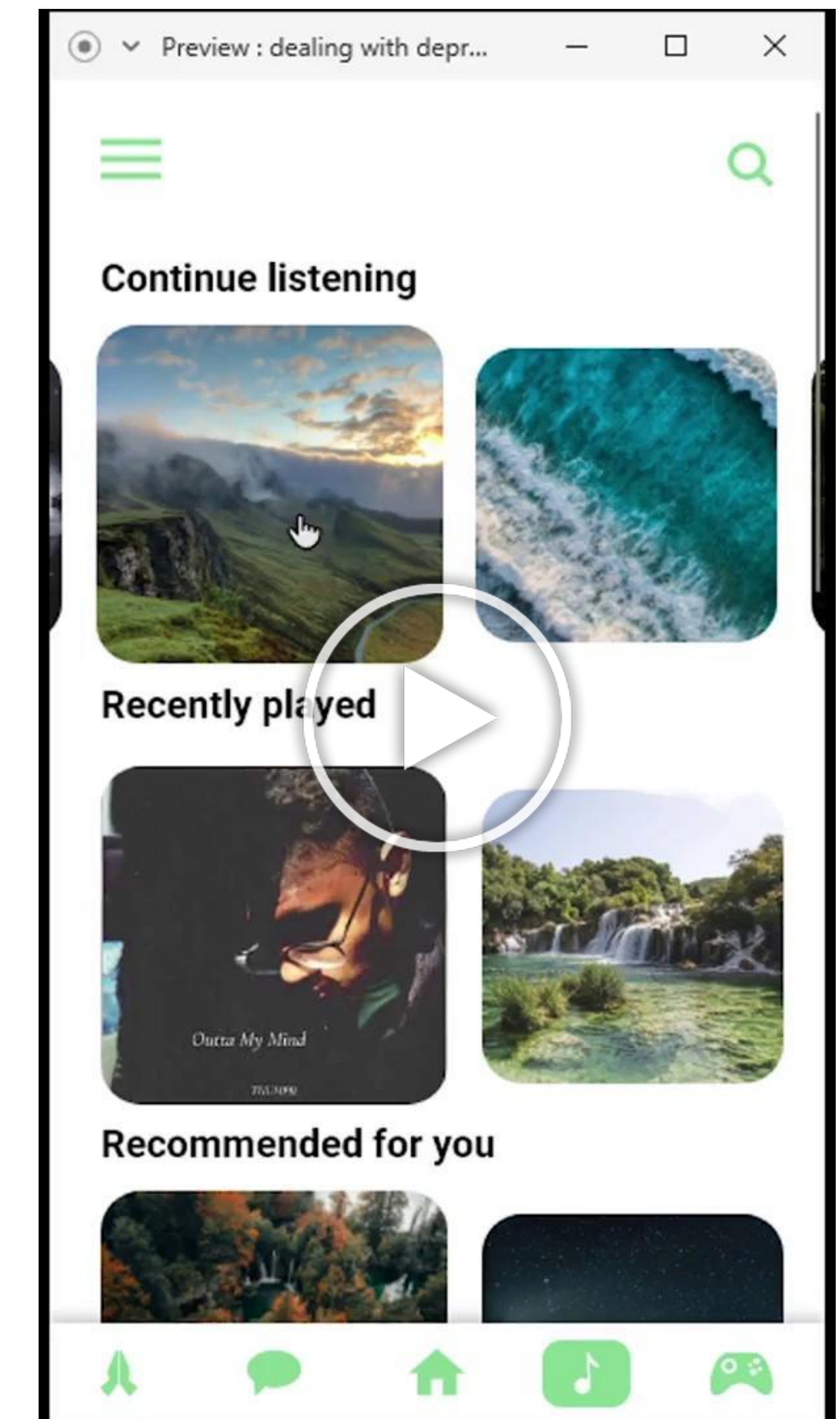
### SECTION:

Seeking Help

### CONTENTS:

Screen Recording

+ Voice over

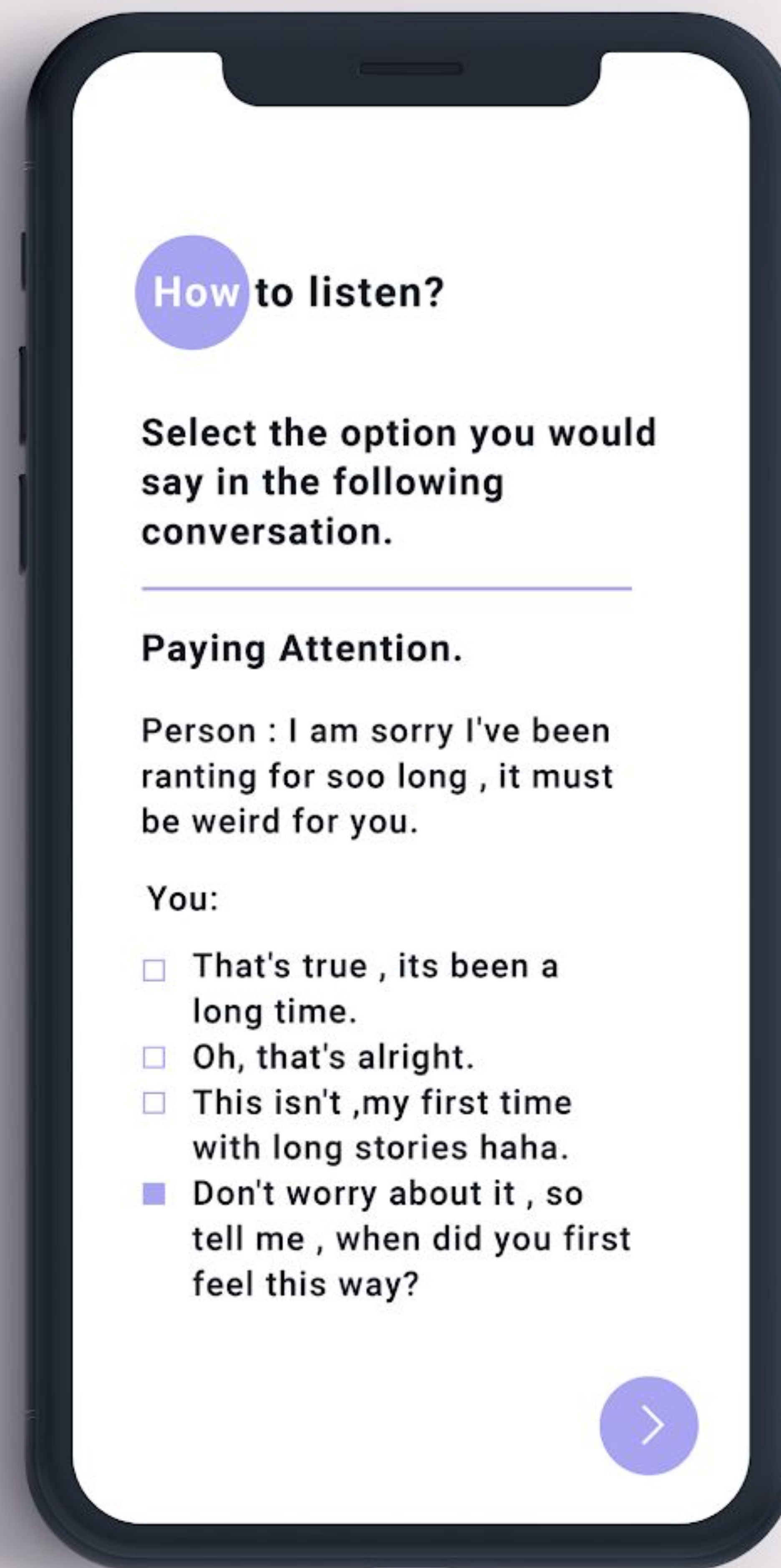


Watch embedded video.

# VOLUNTEERS

## BRIEF:

Volunteers are people without a professional degree who wants to help improve other people's mental health. They act as a medium for others to vent out and release their stress and anxiety. Their UI has been optimized to allow them to talk to these people while also giving them options to interact with other volunteers to reduce the stress felt by them.



UI mockup of the training page.

## PRESENTATION:

### DURATION:

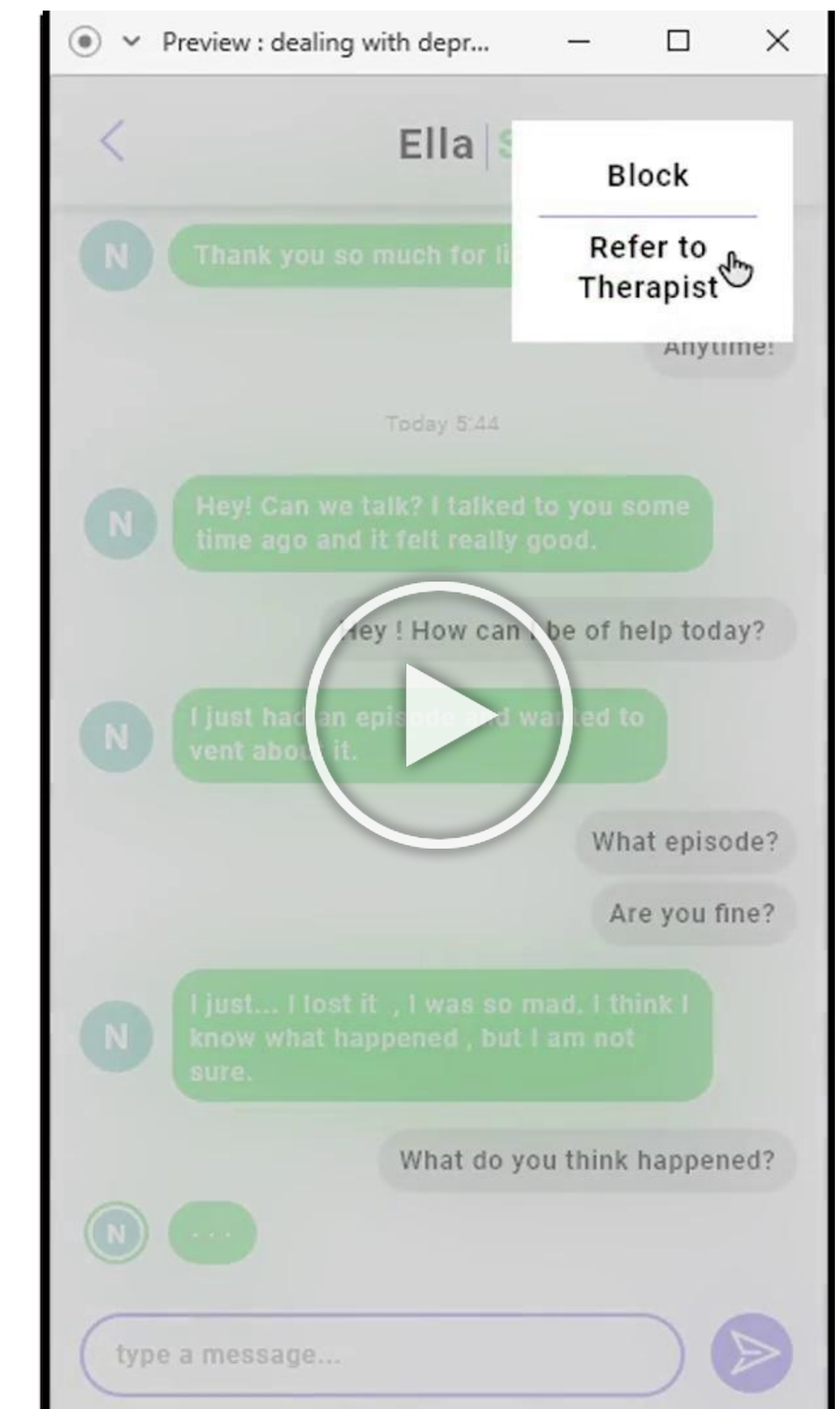
04:32 min

### SECTION:

Volunteer

### CONTENTS:

Screen  
Recording  
+  
Voice  
over



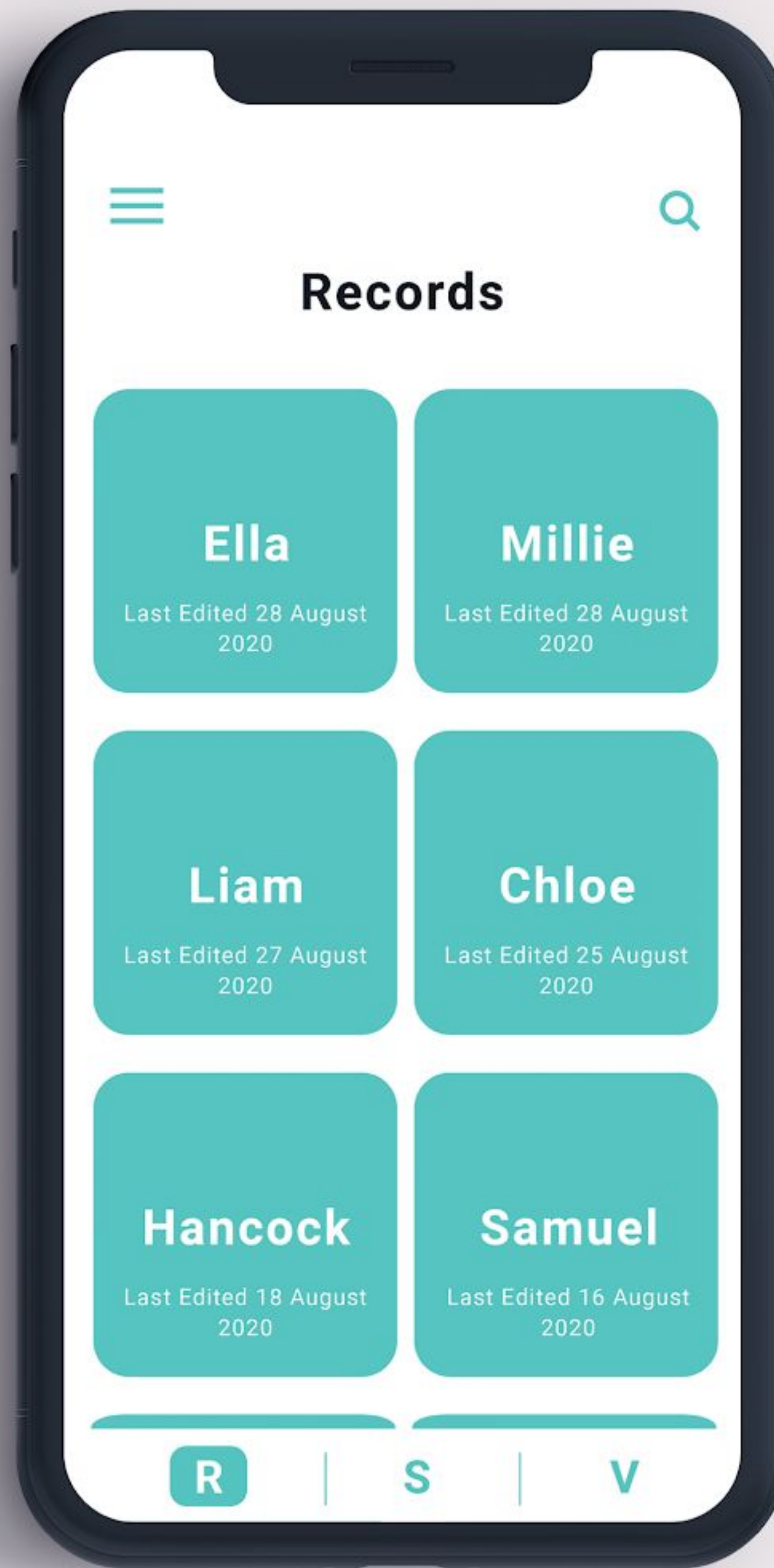
Watch embedded video.

# THERAPISTS

## BRIEF:

Therapists are the professional psychologists and psychiatrists who offer their help to people through the app. The patient has the option to stay anonymous with the therapist as well.

After the first free session, the therapists charge at their standard prices. The UI contains a chat section and a records section to note down immediate information.



UI mockup of the Records page.

## PRESENTATION:

### DURATION:

02:36 min

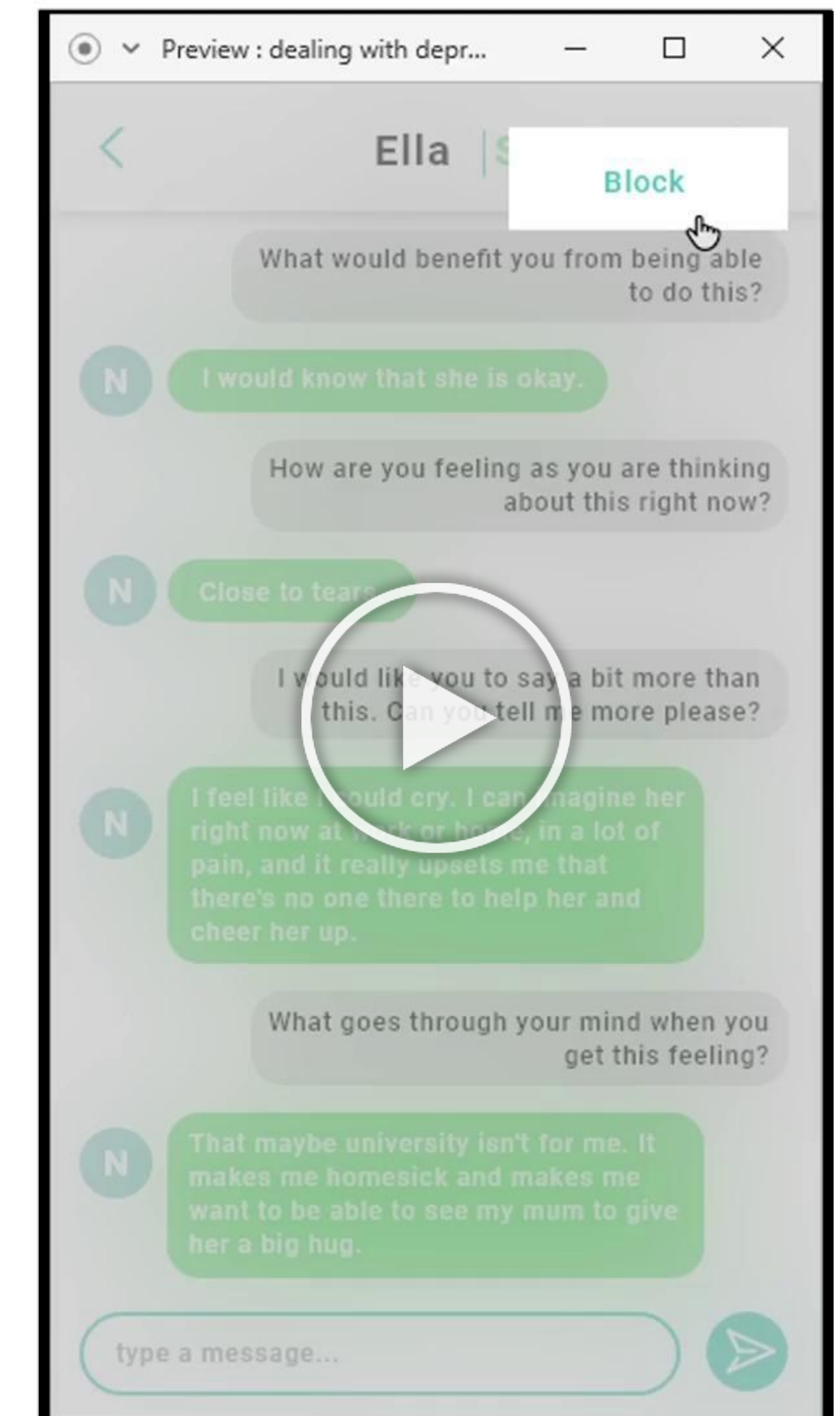
### SECTION:

Therapist

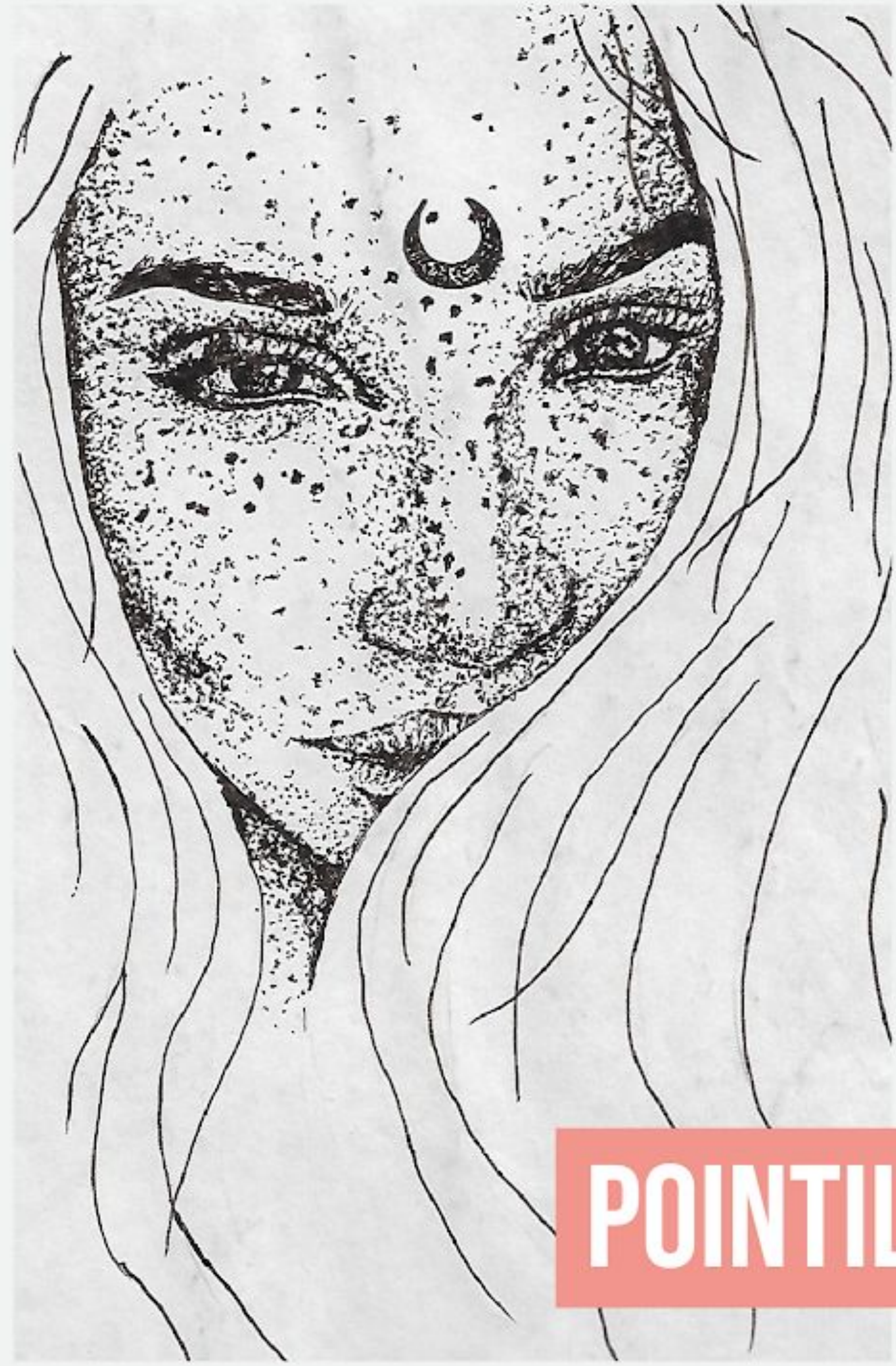
### CONTENTS:

Screen Recording

+  
Voice over



Watch embedded video.



**POINTILISM**



**THE LOST LOVE**

**SKETCH**

**STUDY**



Here, I showcase the various techniques I practiced to improve my shading skills through pointilism , graphite shading and a bit of colors.



**COLOR SPLASH**



**LAUGH**

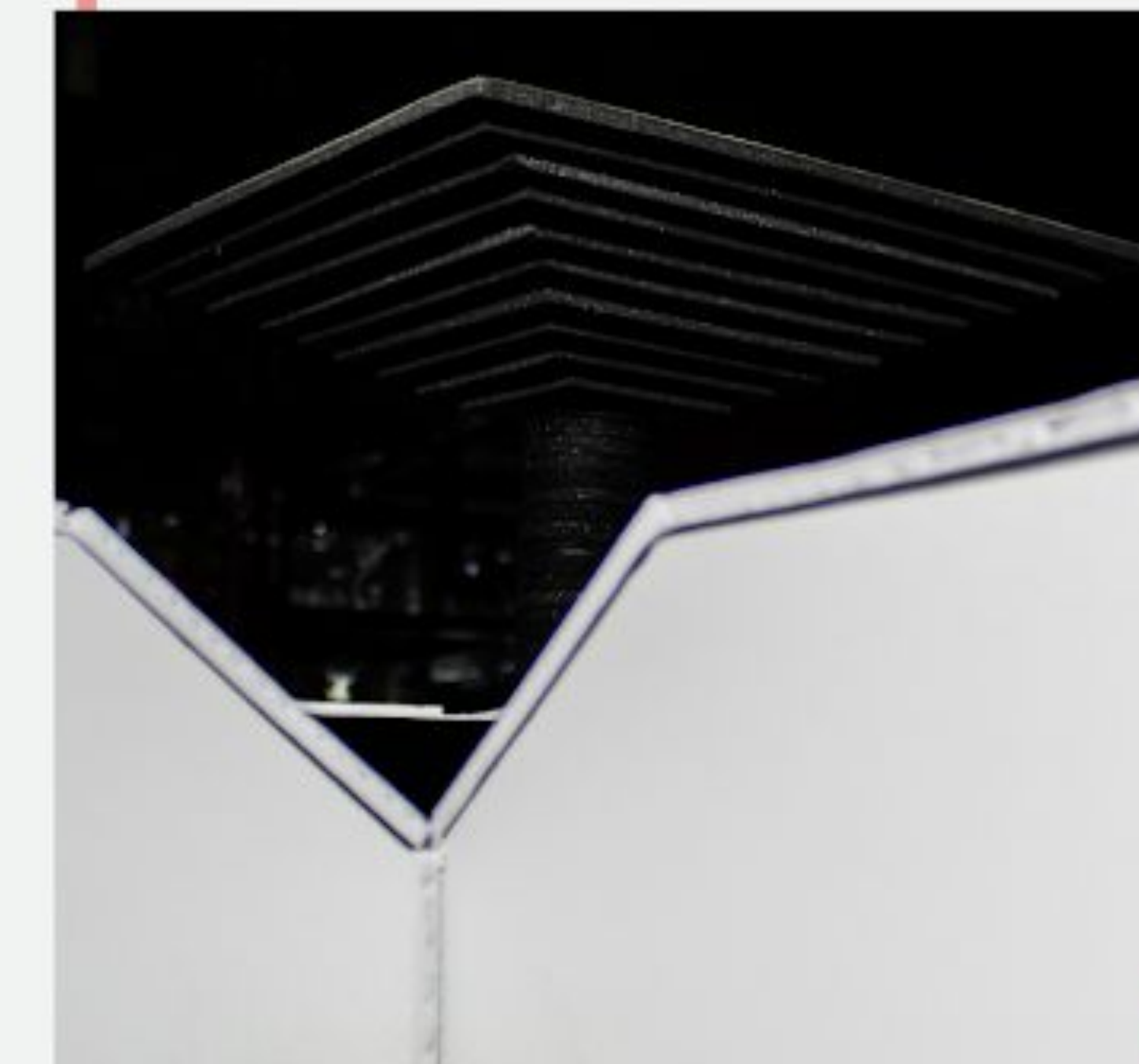


**GLITCH**



# A SHELTER FOR THE HOMELESS

I have designed a homeless shelter for people that can be constructed in countries like Canada where homelessness is on the rise. The shelter tries to use aesthetics to integrate the structure into the middle of the city and hence narrow the gap between the people in society. It provides a temporary home and supports the homeless through donations while serving as an attraction in a city public space.



## BLACK TOWER

Aesthetic  
Snow/rainwater drain  
Symbolises an umbrella  
for the homeless

## BLACK PILLAR

Transports  
Snow/rainwater

## BLACK TINTED GLASS

Sky light

## SOLAR PANELS

Lights for the night  
Power

## RAINWATER/SNOW DRAIN

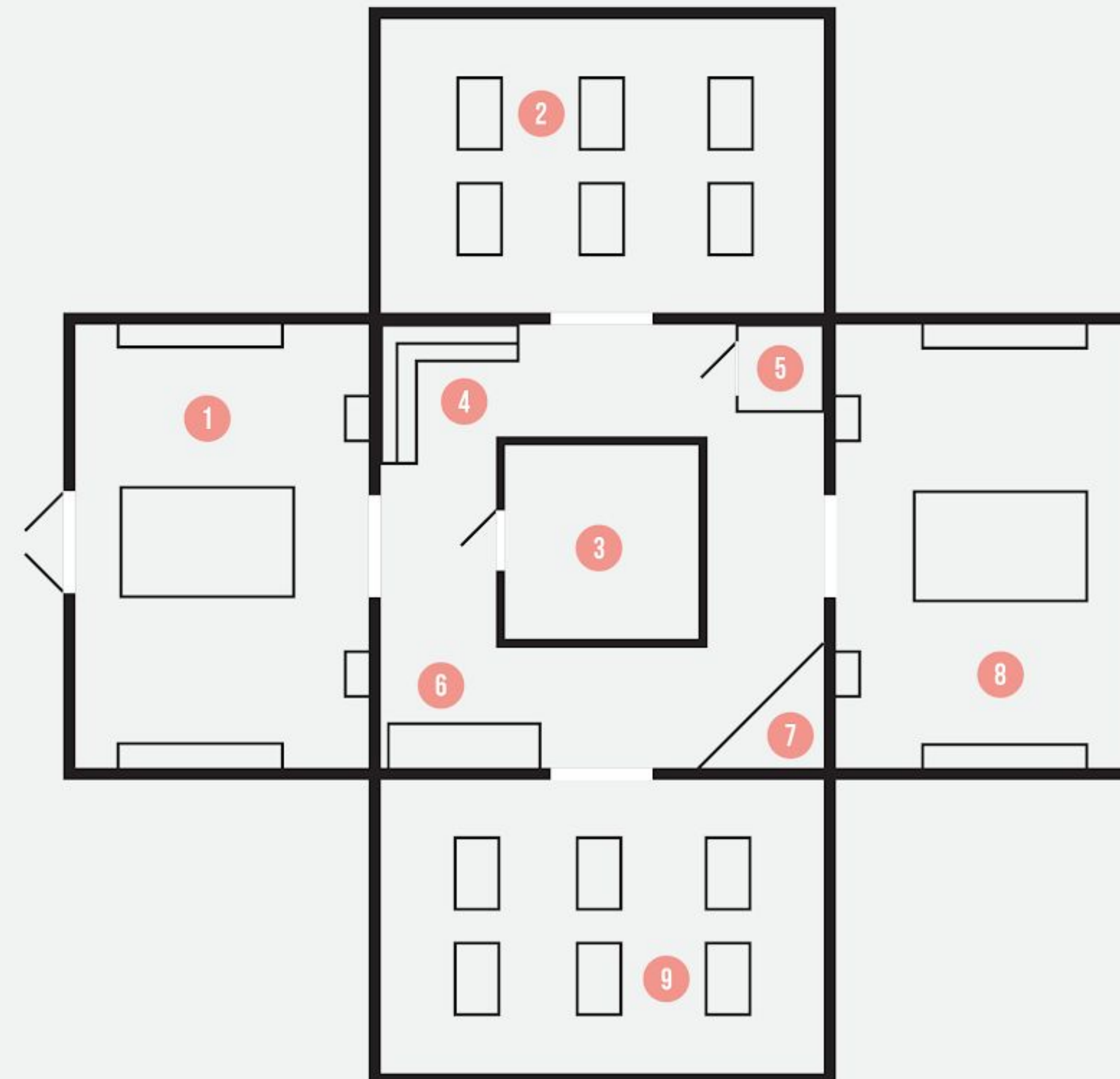
Drain the Snow/rainwater  
from the flatroof

The design is not only aesthetically pleasing, but also sustainable and uses minimal amount of extra power. Others are allowed to come into the shelter and donate clothes, food and water which can all be stored in the centre space.

# A SHELTER

## FOR THE HOMELESS

The interior of the space consists of 5 sections , 4 identical sections ; two as common spaces and two as dormitories, and the middle section for donations that consists of a washroom and 4 subsections ; clothes , food , water and a changing room. People can give their extra items in the donation hall where the users can pick it up and use it.



1,8 - COMMON SPACE

2,9 - DORMATORY

3 - WASHROOM

4- CLOTH STAND

5- CHANGING ROOM

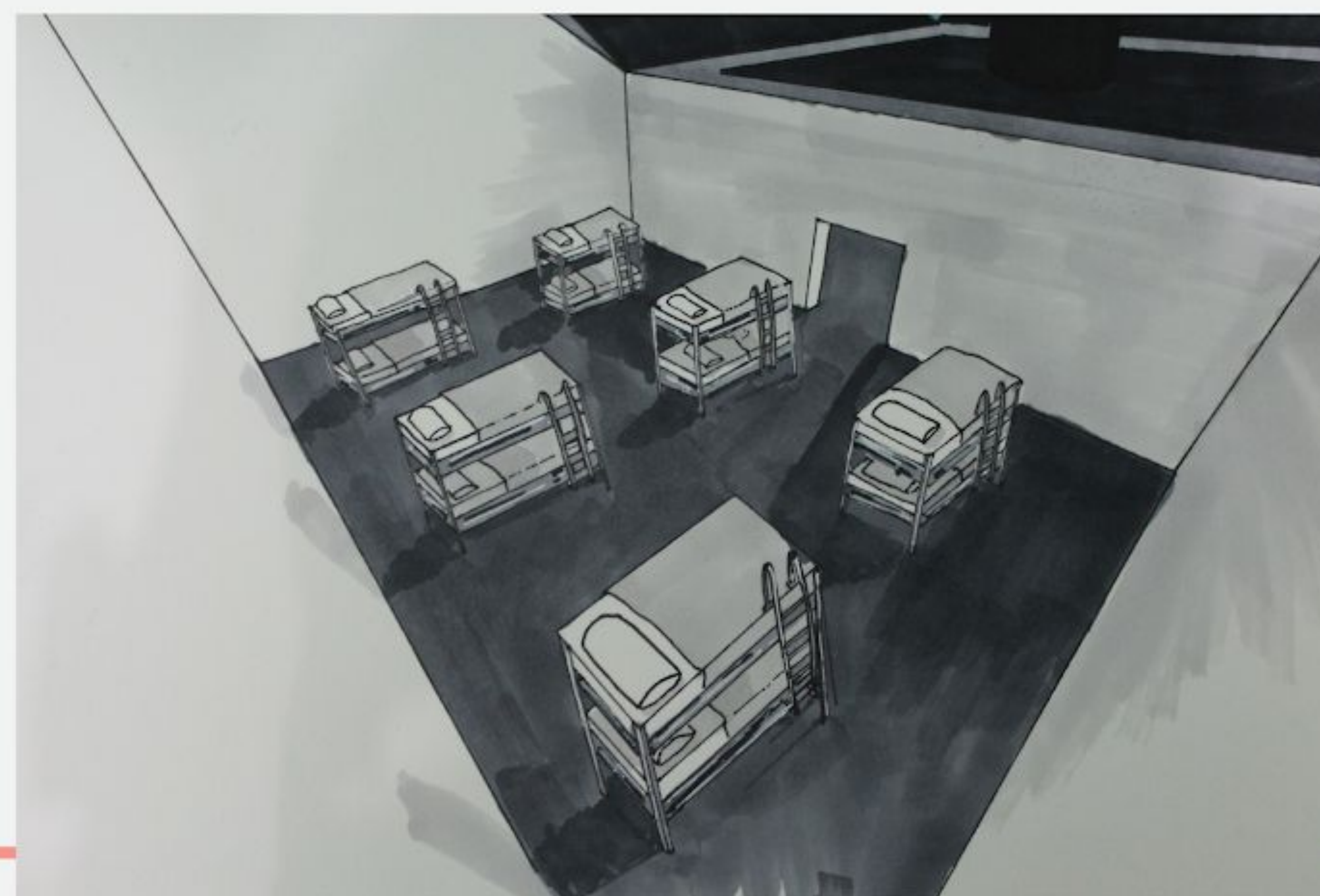
6 - COLD STORAGE

7 - STORAGE

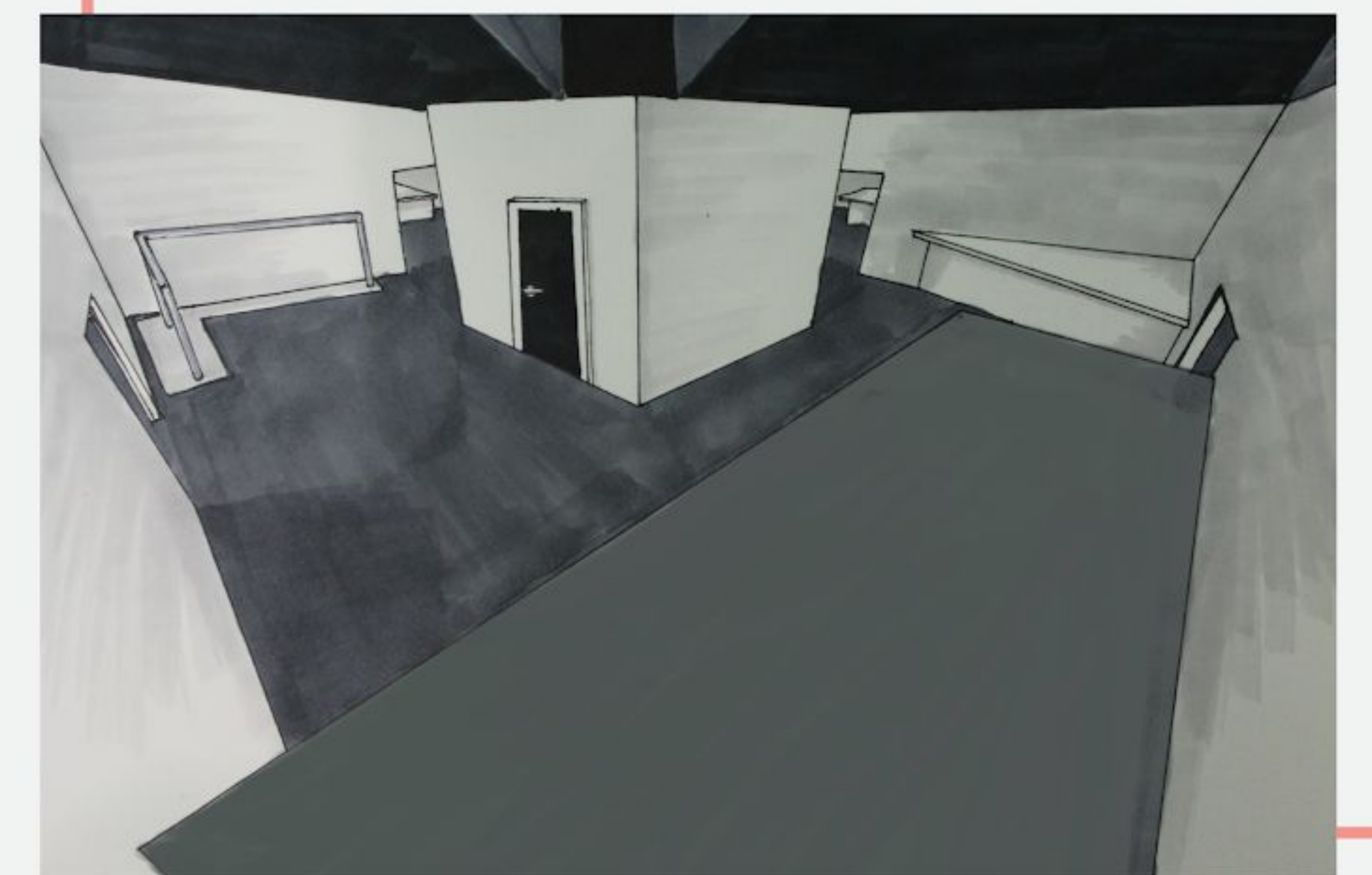
### INTERIOR



Common Space



Dormitories



Donation hall

# IMPORTANCE OF CREATIVITY

This stop motion shows how creativity changed the world as we know it. The short video revolves around the father of the computer , “Mr. Charles Babbage” , and how his curiosity and creativity ended up in him designing a machine that revolutionised society. His designs were so advanced to his time that he couldn't build the machine at the time due to technological constraints.

## STOP MOTION



# B

## PART 1

This video explains how the stage and characters for the first half of the stop motion was made.



# STOP MOTION

# T

## PART 2

This video is a short clip showing the shooting and editing that went into the first part of the video. The set up was similar to the second video but the recording was much harder since the character had to move in a straight line on an



elliptical carpet. At the end i taped down a cotton thread to mark out the straight line and later removed it post production.

# S

## PART 3

This video shows and explains the recording of the second part of the stop motion video.





**MACRO**

# A TRIP TO GEORGIA

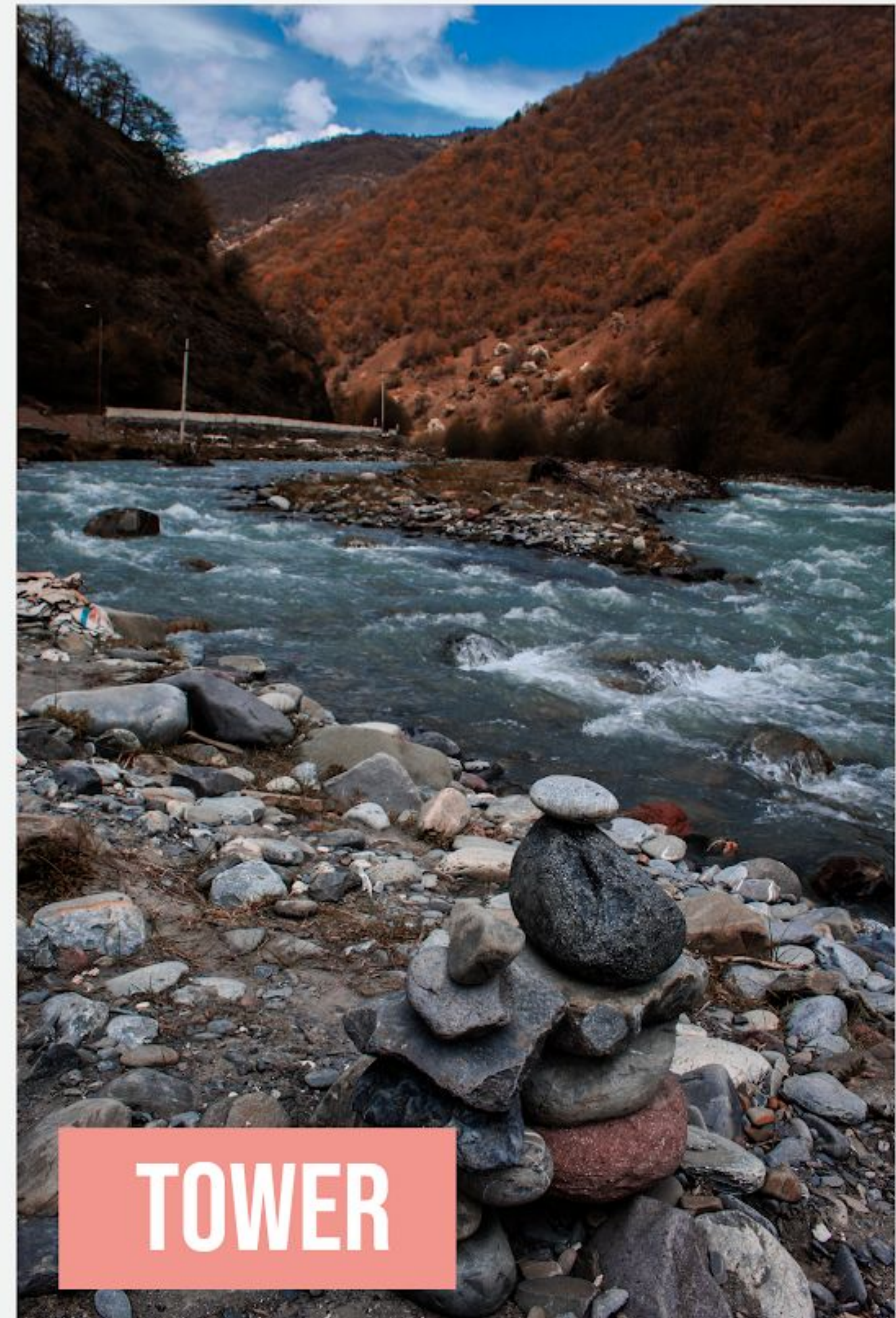


**DREAMLAND**

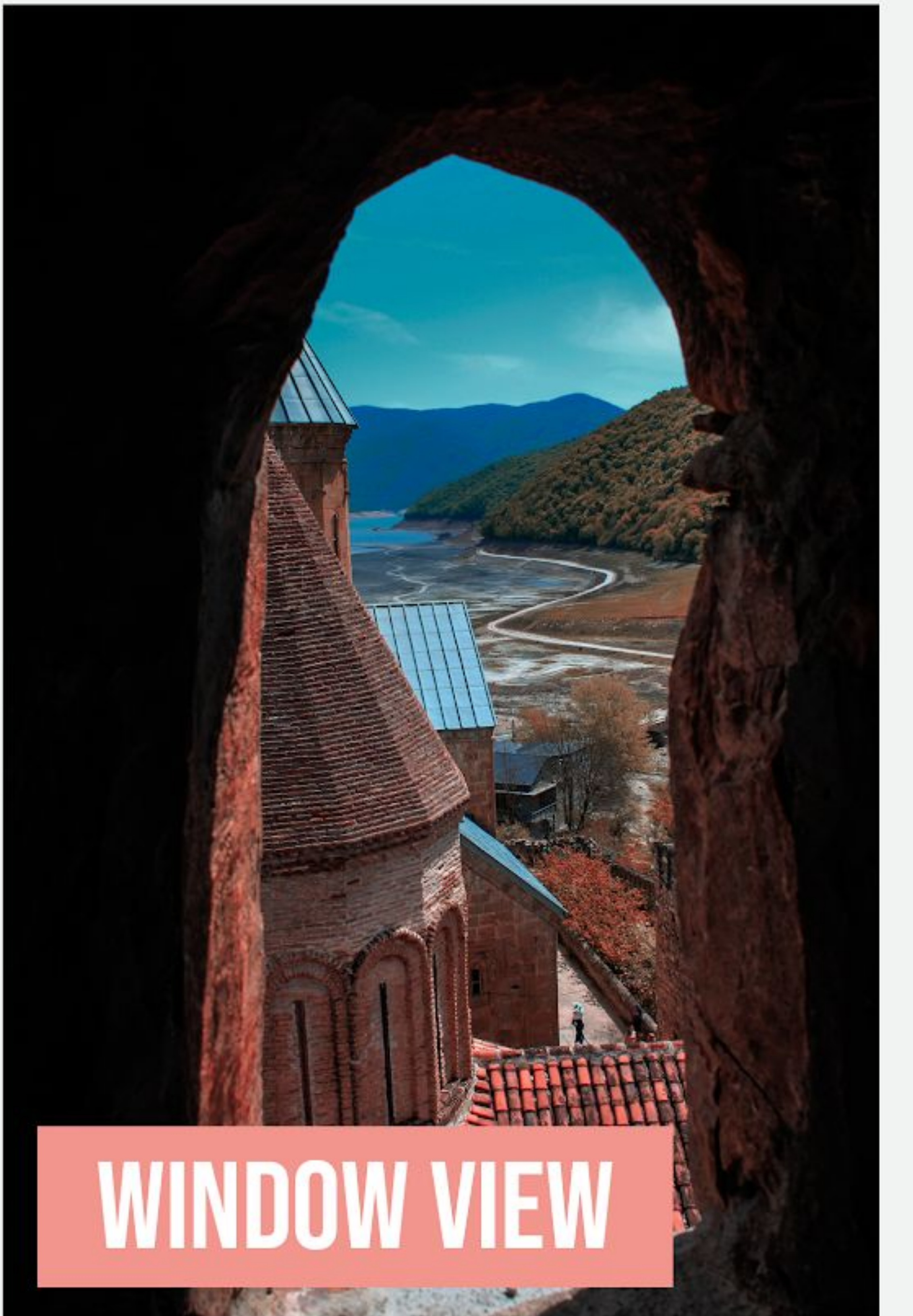
A journey through my trip to Georgia, one of the most beautiful trips I have ever had in my life. It showcases my love for photographing beautiful moments.



**A SNOWY DAY**



**TOWER**



**WINDOW VIEW**