



Urooj: An AI-Powered Platform for PCOS Awareness, Detection, and Management

Who Are We

We are final-year Computer Science students at FAST NUCES, Islamabad, currently developing a web and mobile application titled **Urooj**, a culturally sensitive, AI-powered platform designed to support women in **understanding, detecting, and managing PCOS**.

Our Mission

To empower women across **Pakistan** through early **detection, education, and accessible care**, helping them take control of their **reproductive and hormonal** health without fear or stigma.

Why We're Building Urooj

- **PCOS affects over 50%** of Pakistani women of reproductive age, yet remains severely underdiagnosed.
- Many face **medical bias**, where their symptoms are dismissed, often reduced to weight issues alone.
- **Access to empathetic, informed care** is limited, especially outside urban centers.

What Urooj Will Offer

AI-Powered PCOS Predictor

A machine learning-based questionnaire that helps users assess their risk of PCOS based on symptoms, medical history, and lifestyle.

Period Tracker

A personalized cycle tracker with symptom logs, cycle irregularity alerts, and ovulation prediction.

PCOS-Friendly Meal Planning

Dietary suggestions tailored for hormonal balance and insulin resistance — categorized by food type and preference.

PCOS-Friendly Exercise Routines

Calming and easy-to-follow physical routines to **reduce stress** and **support hormone regulation**. All drafted according to the user's needs.

Chatbot Assistant

A conversational tool for answering common queries and guiding users through features and content.

Nearby Doctors Directory

Users can discover **verified gynecologists and specialists** in their area, making it easier to seek proper care and book appointments.

Educational Resources

Culturally relevant, easy-to-understand articles and guides on PCOS, symptoms, treatments, and mental health.

Why Join Us?

This is more than an app; it's a **movement** to bring visibility, empathy, and action to one of the most under-addressed health issues for women in Pakistan.

Your insight, voice, or presence can **change how women are treated, heard, and helped.**

Contact Us



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