

**SHRI RAMDEOBABA COLLEGE OF ENGINEERING
AND MANAGEMENT, NAGPUR**
Department of Information Technology
Sem -VII (2022-23)

Project Seminar on -
Self-Care Application

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Problem Definition

A utility application that provides the user with various resources related to self-care domain and signifies the importance of self-care which helps an individual to live well and improve the quality of life.

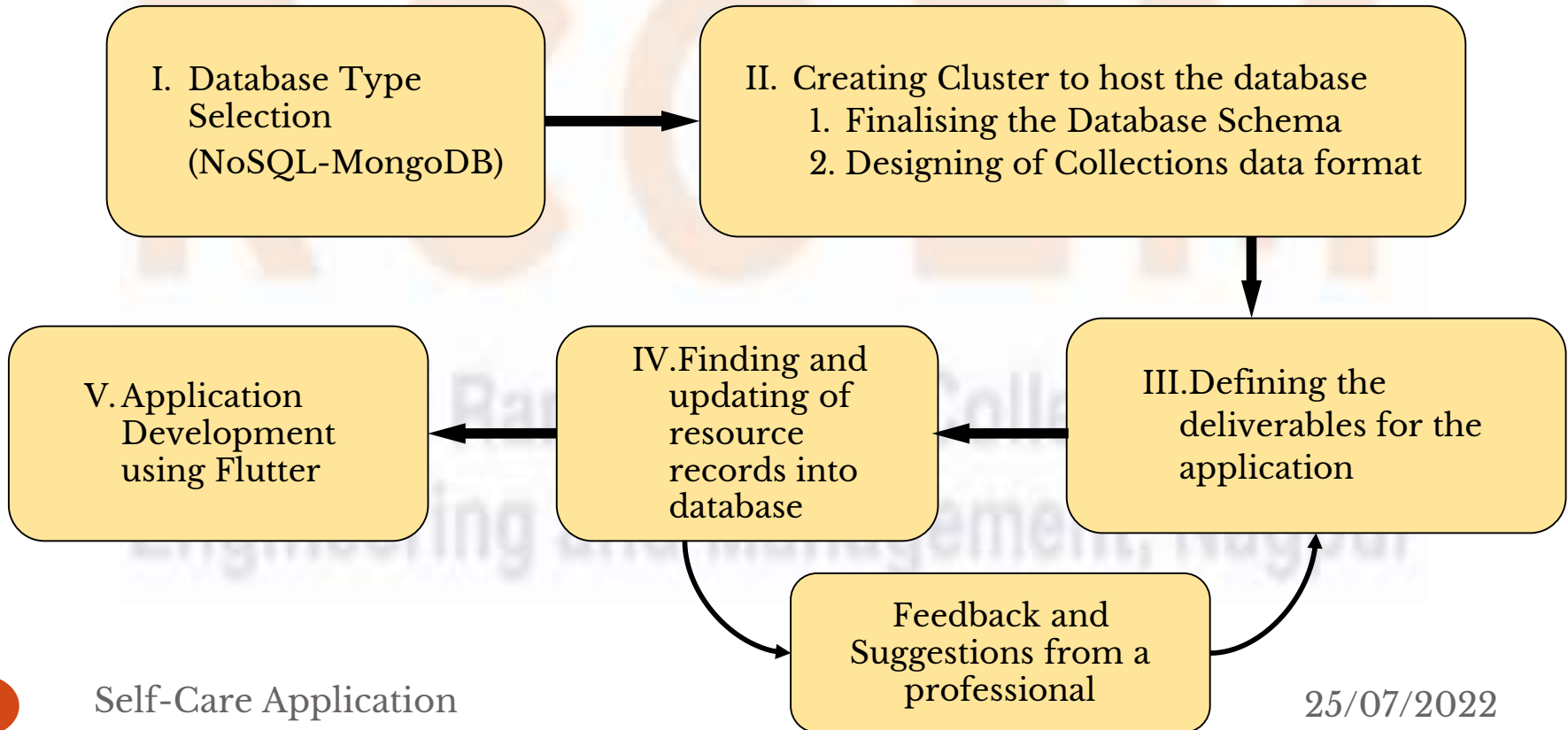
Introduction

- Self-care is intending, planning and actually taking the time to attend to your basic physical, mental and emotional needs – and making sure you get it. It is the conscious rest which helps you recharge your batteries. It is not inherently indulgent or selfish, it is necessary.
- As adults, we are solely responsible for managing our own health, emotions, and personal growth. Self-care is the set of practices that allow us to accomplish this. The first step in quality self-care is to learn what it is and understand its importance.

Introduction (contd.)

- Self-care should not be viewed as something you only do if you have time. Neither is self-care something that should only be a reward that can be gained once other tasks are completed.
- Self-care, if practiced appropriately, needs to be an integral part of your daily life. Fortifying your emotional, physical, and spiritual health through self-care is the foundation for your overall health and well-being.

Methodology



Application Advantages

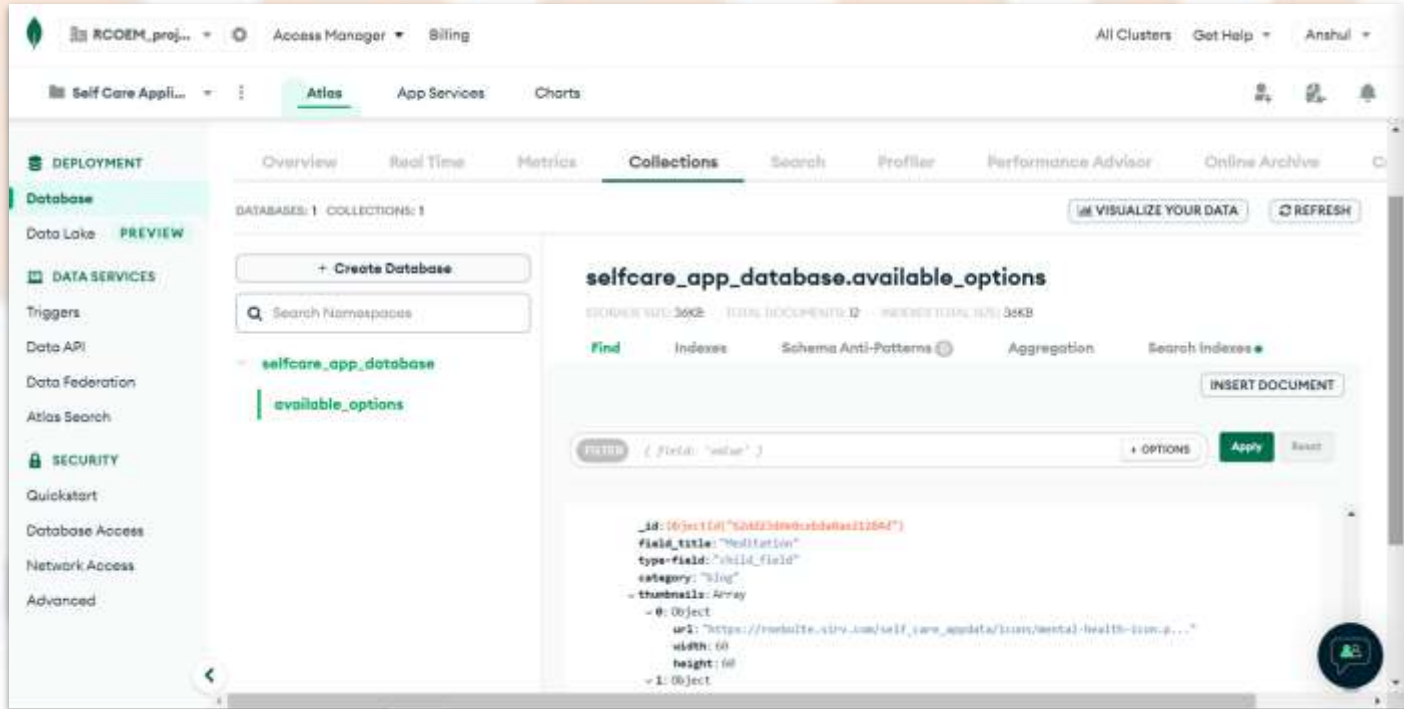
- This application will provide users all the required information in one place.
- The application will only consist of the data which is fully authenticated and highly rated and has already been used by users.
- It will help the users to understand the need of self-care.
- This will make users aware of the importance of self-care & why one need to take care of themselves.

Timeline

Project modules to be completed in VII Sem -

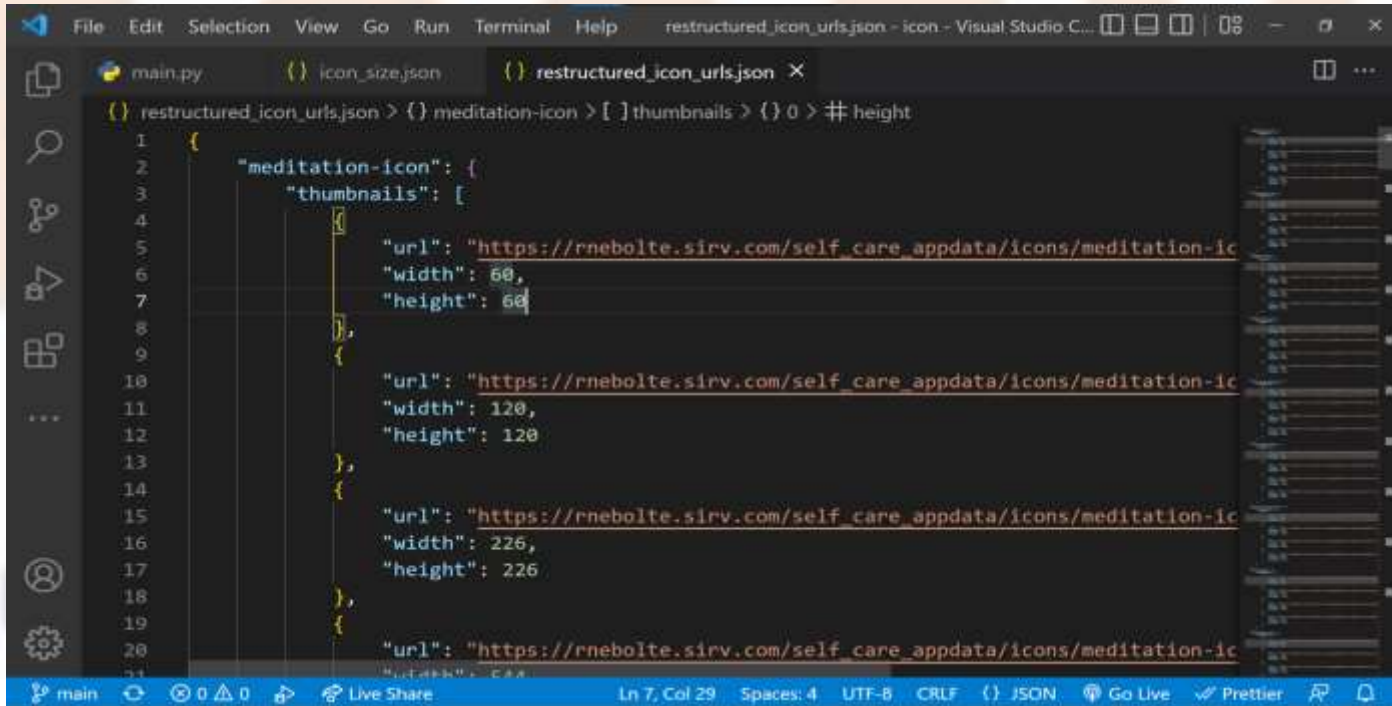
- Designing the Database (1 wk)
- Refining deliverables (- wk)
- Updating the Database documents (- wk)
- Development of a cross platform application using flutter (9 wk)
- Integration of modules (4 wk)
- Deployment of application (1 wk)

Current Status (contd.)



MongoDB cluster hosting the database

Current Status (contd.)



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URL of Resized dimensions

References

Site References

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- <https://www.mongodb.com/docs/>
- <https://coachcampus.com/coach-portfolios/research-papers/sandra-dangelo-the-importance-of-self-care/>
- <https://psychcentral.com/blog/what-self-care-is-and-what-it-isnt>

Thank You!

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