

# SHE CODES VITALITY

We work for social cause

**WE CARE**

your path to mental well being begins here



# TECH STACKS

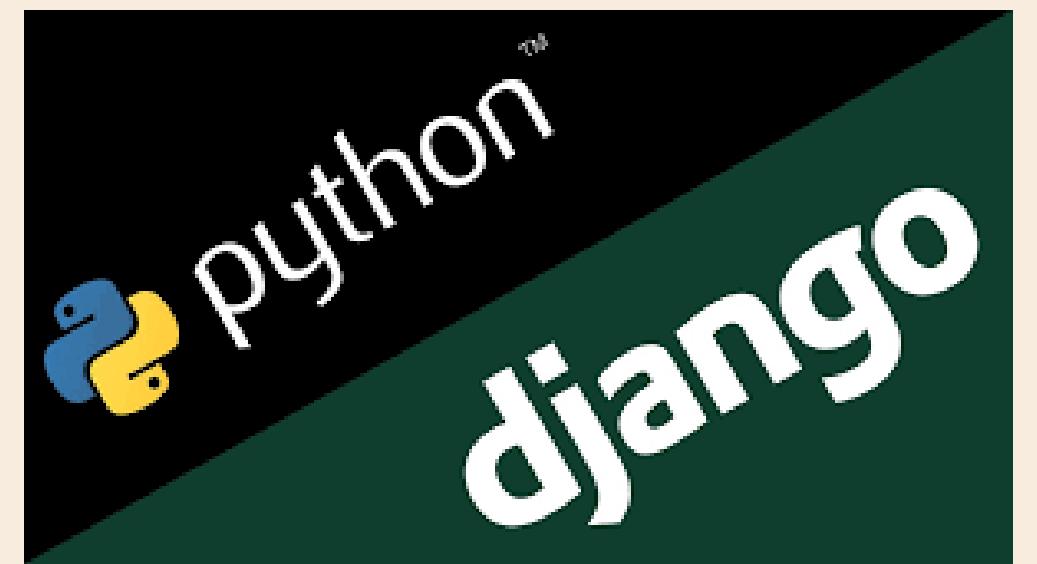
We have used:

**HTML, CSS, JavaScript** for building frontend of our webapp.



**Python Django** for backend

**Python** for Machine Learning



# LET'S FIRST REGISTER TO HEALTHY JOURNEY

Movies

## Signup

Enter your first name

Enter your last name

Enter your email

Create a password

Confirm your password

**Signup**

Already have an account? [Signin](#)

Yoga Doctors Music Movies

## Login

Enter your email

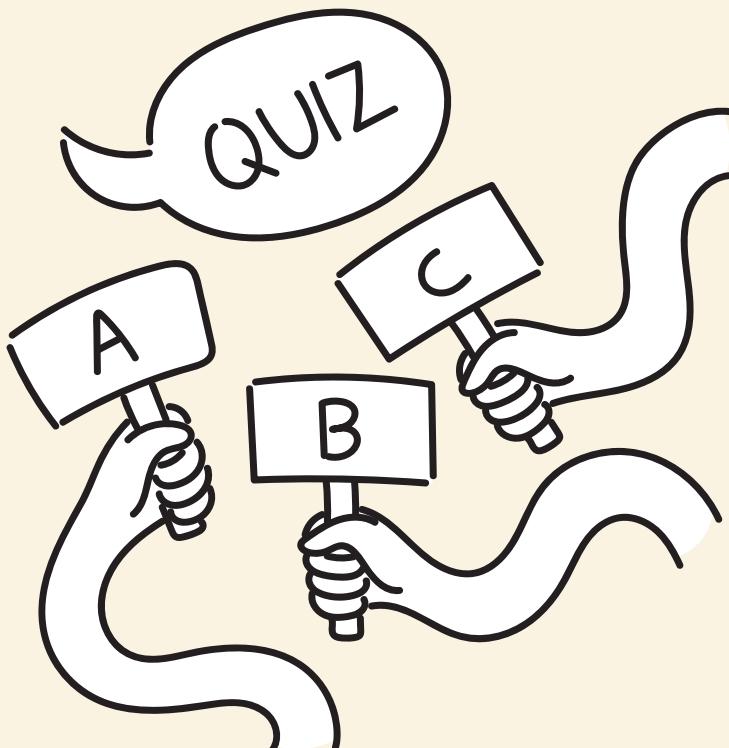
Enter your password

**Login**

Don't have an account? [Signup](#)

# 1 - MENTAL HEALTH QUIZ AND TO PROVIDE APPROPRIATE RECOMMENDATIONS

We've got a Mental Health Quiz just for you! It's like a friendly quiz that helps you understand yourself a bit better and helps us assess your mental state to provide useful recommendations.



We Care   Home   Doctors   Medicines   Yoga   Music   Movies

How often do you feel sad, depressed, or hopeless?

Never  
Never  
Sometimes  
**Often**  
Frequently  
Always

Do you have trouble concentrating or making decisions?

Never

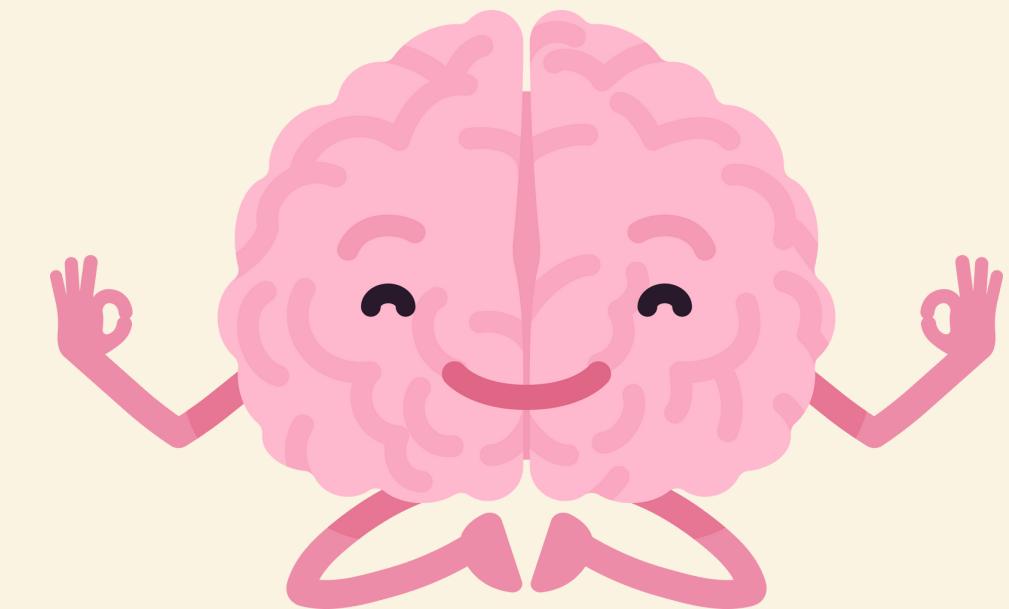
Do you feel tired or fatigued most of the time?

Never

Do you feel worthless, guilty or have low self-esteem?

Never

**Submit**

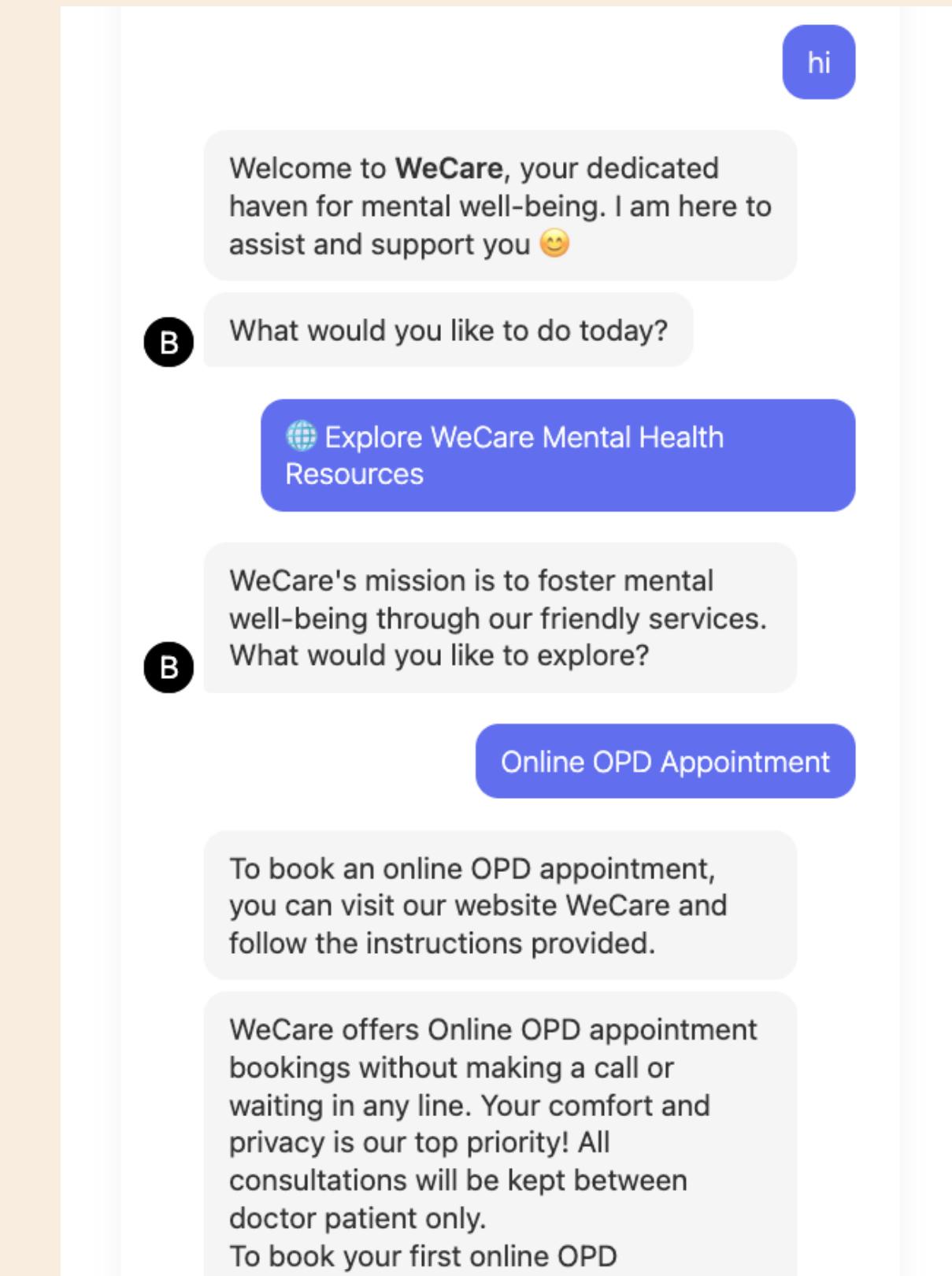
A screenshot of a mental health quiz interface. At the top, there's a purple navigation bar with links to 'We Care', 'Home', 'Doctors', 'Medicines', 'Yoga', 'Music', and 'Movies'. Below the navigation, there are several questions with dropdown menus for answers. The first question asks about feelings of sadness, depression, or hopelessness, with options ranging from 'Never' to 'Always'. The second question asks about trouble concentrating or making decisions, with options from 'Never' to 'Always'. The third question asks about fatigue, with options from 'Never' to 'Always'. The fourth question asks about self-esteem, with options from 'Never' to 'Always'. At the bottom of the form is a blue 'Submit' button.

Based on your responses, it appears that you are currently at a low risk. That's great news! Remember, these results are not a diagnosis. To support your mental well-being, consider exploring our services. Engage in calming yoga sessions to promote relaxation. Discover uplifting and inspiring movies for a positive break, Connect with our chatbot for a friendly conversation or additional support.



# 2 - CHATBOT - YOUR INSTANT HELPER

Meet our friendly chatbot! Instead of clicking through a bunch of pages, you can just chat with this cool buddy to find what you need on our website. It's like having a helpful friend who knows the website inside out, ready to assist you anytime.



# EXAMPLE OUTPUT

```
chat_bow('can you prevent mental health problems')
```

'We can all suffer from mental health challenges, but developing our wellbeing, resilience, and seeking help early can help prevent challenges becoming serious.'

```
print(chat_tfidf('how to find a support group'))
```

Distraction is a very valid tool to help you cope when everything feels overwhelming or when you feel lonely or isolated.

If you don't have a lot of energy or focus right now, try low-effort distractions like watching TV, browsing Youtube, listening to a podcast or audiobook

If you have more energy and focus, give yourself a to-do list every day: you can clean and take care of projects around your home, work on hobbies, conne

When normal schedules are disrupted, it's easy to fall into unhelpful habits. Look for ways to keep yourself on track with healthier habits. You could se

Many communities are using social media platforms like Facebook to organize support and help for neighbours. If you are healthy and it's safe to do so, y

```
chat_bow("what should i do if i am worried about a friend?")
```

'This may depend on your relationship with them. Gently encouraging someone to seek appropriate support would be helpful to start with.'

Link to ipynb file - [here](#) or [https://colab.research.google.com/drive/1mNi1V2unLS-jkRlcItOk-ckJwxofU\\_3k#scrollTo=h2YrNMDaebZX](https://colab.research.google.com/drive/1mNi1V2unLS-jkRlcItOk-ckJwxofU_3k#scrollTo=h2YrNMDaebZX)



# 3 - ONLINE VIDEO CONSULTATION WITH DOCTORS

**Our website lets you consult doctors via a video call within just a few clicks.**

*Consult our doctors online!*

*Doctors available at the moment*



**Dr. Olivia Lawson**

**Degree:** Psychiatrist with a focus on Mood Disorders

**Achievements:** Implemented innovative treatment plans combining medication and therapy for resistant depression cases.

**Ratings:** Widely respected for her compassionate and effective approach, with a 4.9-star rating.

[video call](#)



**Dr. Nandini**

**Degree:** Clinical Psychologist specializing in Depression

**Achievements:** Developed a successful cognitive-behavioral therapy program for depression management.

**Ratings:** Highly regarded for his empathetic counseling, with a 4.8-star rating.

[video call](#)



**Dr. Maya Bennett**

**Degree:** Psychiatrist with expertise in Depression in Women

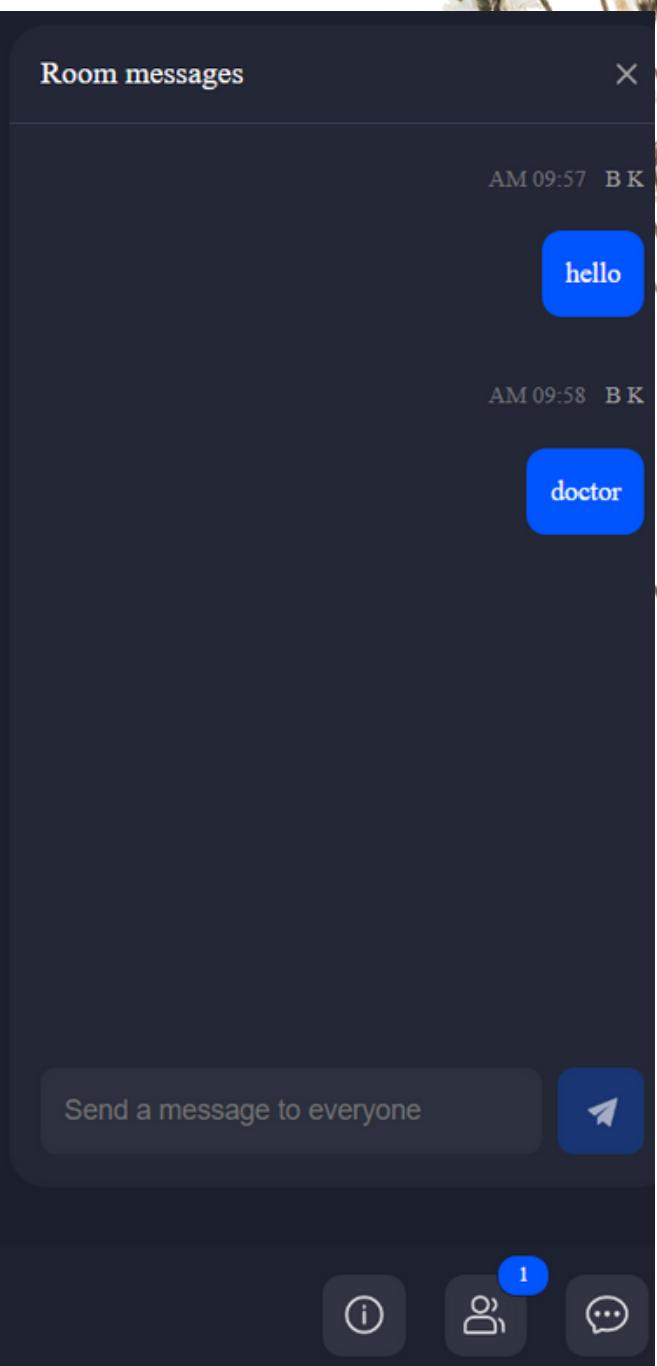
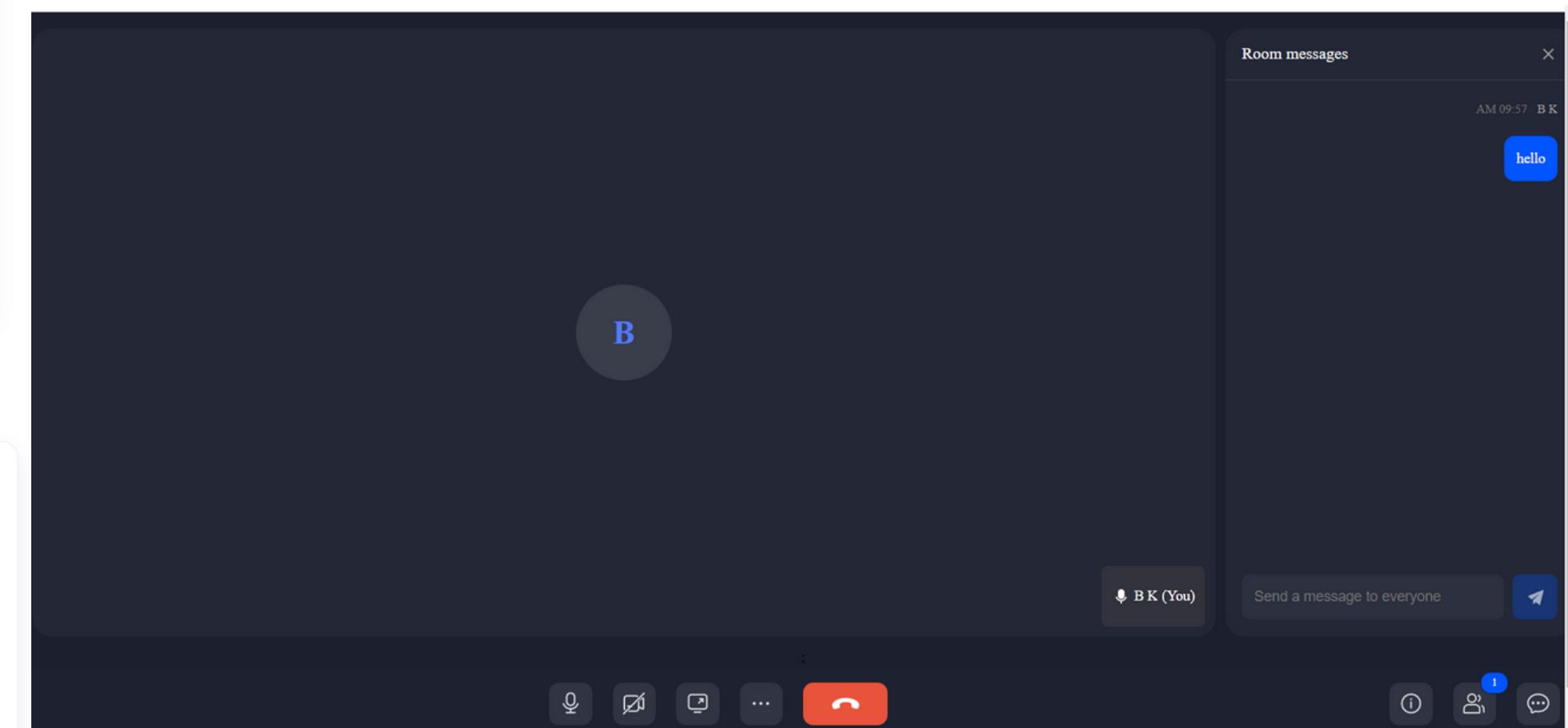
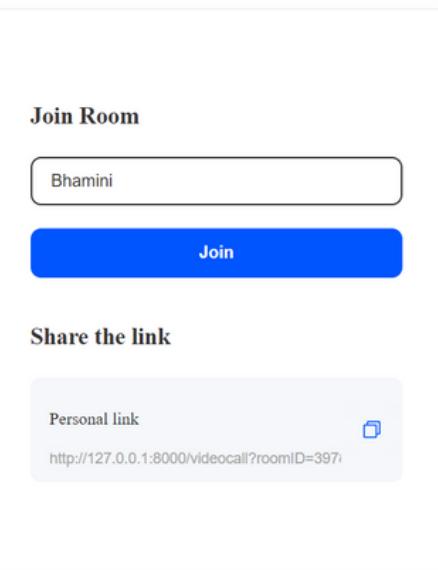
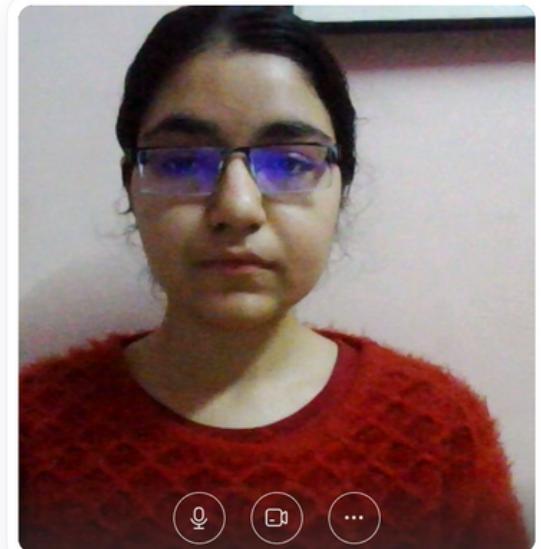
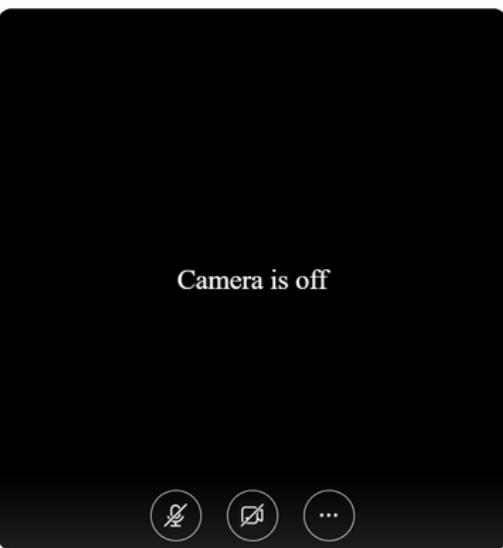
**Achievements:** Conducted research on gender-specific factors influencing depression, improving treatment outcomes for women.

**Ratings:** Recognized for her tailored approach, with a 4.9-star rating.

[video call](#)



# 3 - ONLINE VIDEO CONSULTATION WITH DOCTORS



# 4 - MUSIC FOR RELAXATION

Feeling stressed? We've got your back! You can listen to soothing music directly on our website. It's like having your own little relaxation corner, helping you unwind and chill out whenever you need it.

The screenshot shows a website header with 'We Care' and navigation links for Home, Yoga, Doctors, Music, Movies, and Medicines. A 'Logout' button is on the right. Below the header, a text overlay reads: "Music has the power to turn the volume down on sadness, letting the soul find solace in its healing melodies. Check out these calming music videos". Three video thumbnails are displayed:

- Insomnia Healing, Release of Me...**: Shows a woman sleeping in bed with falling leaves in the background. Description: "Music that will help you get better sleep".
- Instant Relief from Stress and An...**: Shows a school of fish swimming in the ocean. Description: "Music to relieve stress and anxiety".
- Sunny Mornings: Beautiful Relaxi...**: Shows a forest scene with sunlight filtering through trees. Description: "Music to help you relax and find peace".



# 5 - YOGA TUTORIALS - EASY POSES FOR WELLNESS

Ever wanted to try yoga but didn't know where to start? Our website is here to help! We've got simple yoga tutorials that guide you through easy poses. It's like having a virtual yoga instructor, making wellness accessible to everyone.

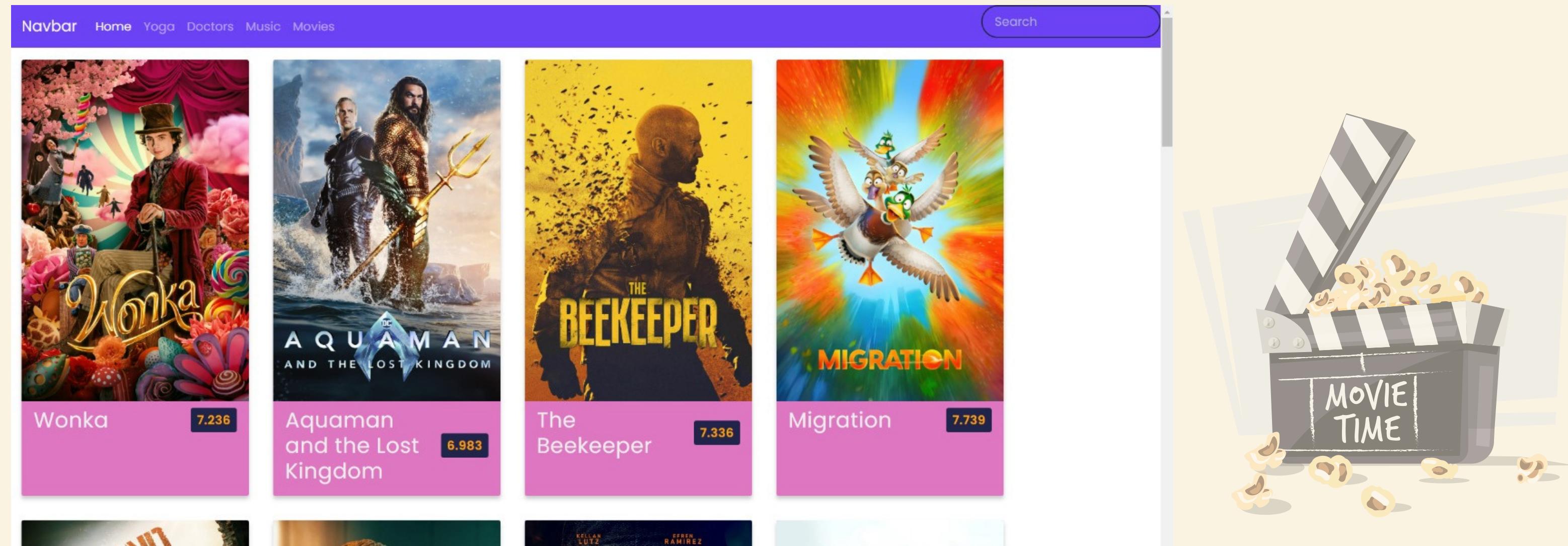
The screenshot shows a website layout with a purple header bar containing 'Navbar' and links for 'Home', 'Yoga', 'Doctors', 'Music', and 'Movies'. Below the header is a text block about the benefits of yoga for mental well-being. Three video thumbnails are displayed, each with a play button and a title card:

- Sukhasana**: A woman sitting cross-legged on a mat. Description: "Although many might not think of it as a yoga pose, easy pose can actually be a powerful tool for regaining the confidence you need to deal with anxiety, depression, and chronic stress. Here, the base of your spine connects to the earth, helping you feel deeply grounded. The symmetry of this posture also centers you."
- DOWN DOG**: A woman in a downward dog pose. Description: "In addition to lengthening your spine and strengthening your arms, shoulders, and legs, it also increases blood flow to your brain. By amping up our circulation to this area, we can experience greater energy and mental clarity, helping us deal with issues that cause us stress or anxiety."
- URDHVA MUKHA SVANASANA**: A woman in an upward facing dog pose. Description: "Another excellent pose for handling anxiety and depression is upward-facing dog pose. This position opens your heart, helping you remove any pent-up emotions in your chest. It also works to regulate the respiratory system, bringing clarity to your heart and mind."



# 6- MOVIE EXPERIENCE

**Not sure what movie to watch? Our website has got you covered! We offer mood uplifting movie recommendations, right there on the website.**



# 7 - E-COMMERCE FOR MEDICINES AT COST PRICE

An online store where you can buy medicines at cost price. All you have to do is submit your doctor's prescription during the Online OPD booking. It's like having a pharmacy at your fingertips, making sure you get the medicines you need without breaking the bank.

We Care Home Doctors Medicines Yoga Music Movies Logout

We will be validating the prescription and delivering the medicines soon

Purchase medicines

Upload your prescription and we will be delivering your medicines very soon

Choose File cp book.pdf Go

Please upload doctor's prescription

Purchase medicines

Upload your prescription and we will be delivering your medicines very soon

Choose File No file chosen Go

Backend:

- PRESCRIPTION
- Prescription object (10)
- Prescription object (9)
- Prescription object (8)
- Prescription object (7)
- Prescription object (6)
- Prescription object (5)

# OUR PROJECT LINKS

**Video Demonstration :**

[https://drive.google.com/file/d/14h0QDmLnBJ5zIH76onB1Ro\\_QLj2MxbKV/view](https://drive.google.com/file/d/14h0QDmLnBJ5zIH76onB1Ro_QLj2MxbKV/view)

**GitHub:**

<https://github.com/BhaminiKatyal/We-Care-Webapp>

# SCOPE FOR IMPROVEMENT

- In future, we would like to make our chatbot able to book appointments,
- We will conduct a survey on mental health and based on the received response create a better machine learning model for analysis of mental health via quiz
- Just like video-calls the app can also support a “chat with doctor” feature.
- We will connecting with hospitals to allow users book their physical tests after online consultations and can visit nearby hospitals .

# WE CARE

In crafting we care, our mission is to foster mental well-being. Through user-friendly features like the mental health quiz, online OPD booking, and serene music, we aim to create a space that nurtures your mind. Join us on this journey towards a healthier and happier you.

*Thank You*