

PROJECT BY

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**Team: SpeedRunners**

Theme chosen: "*Health is Wealth*"

Round 1 Submission for

DevHeat Hackathon

Organised by GDSC IIIT Surat



➤ Tagline:

*"Health should always be our first priority"*

Health always comes first over any other thing. And keeping this in mind, we have strived to make ingenious products and spread ideas which would benefit our people and the society.

➤ Problem it solves:

Global health is our primary focus. In these uncertain times of the pandemic, health problems have gone haywire.

People are experiencing a lot of difficulties may it be physical or mental health.



Some of the common health issues include: Overweight and obesity, Diabetes, Mental Health issues, heart diseases, less physical activity and nutrition, substance abuse and the list can go on.

That's why we came up with this project, Healthy Package, trying to solve one of the biggest problem's mankind is facing now. We have tried to come up with a very unique solution to solve the crisis we are facing.

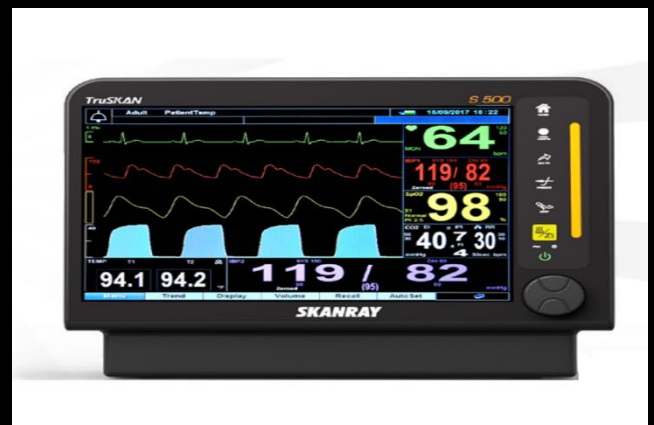
### ➤ Our solution:

After rigorous brainstorming and narrowing our choices, we decided to put forth health care packages and simple ideas which.

Internet of Things, in the context of medicine-It has the potential to revolutionize medicine, even though at present there are currently hardly any applications in the commercial sector. However, there are several open source IoT projects in operation that truly showcase the potential of IoT in medicine.

### Solutions:

Multiparameter Tracker using various sensors which would help us know any underlying health hazard before it



## **Eat a healthy, balanced diet and Drink water!**



A healthy, balanced diet will usually include the following nutrients:  
vitamins, minerals, and antioxidants  
carbohydrates, including starches and fibre  
protein healthy fats

A balanced diet will include a variety of foods from the following groups:


Fruits, vegetables, grains, dairy, protein foods.

### How much activity do I need?

**Moderate-intensity aerobic activity**

Anything that gets your heart beating faster counts.

at least  
**150**  
minutes  
a week




AND

**Muscle-strengthening activity**

Do activities that make your muscles work harder than usual.

at least  
**2**  
days  
a week



Tight on time this week? Start with just 5 minutes. It all adds up!

## Exercise regularly:

As a general goal, aim for at least 30 minutes of moderate physical activity every day. Moderate aerobic exercise includes activities such as brisk walking, Stretching etc

## AR Head Set for patients:

Many times, patients who have undergone surgery/operation or treatment need to take rest. But sometimes it also happens that they are forced to stay bedridden.

Our AI based product would help the patient view things like never before.





aggravates and becomes very difficult to cure later. We plan to send this package to companies for their employees.



### Glucose monitoring using IoT

We plan to introduce a sensor which will automatically send blood data analysis and inform the user his/her sugar levels and other blood parameters.

This would be a wearable sensor and it would send real time data to the user.

### Mental Health Monitoring system:

For this, we plan to develop a device which tracks the mental health of the user by monitoring facial

expression and by analysing the answers given to the questions asked by our device. We also plan to help a consumers consult a councillor and solve their issue.

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Brain frequency sensing device:

We also have another idea which is still under development but it plans to send and receive frequencies directly from the Brain.

This idea is revolutionary and has a lot of scope in the near future.



### ➤ Challenges we ran into:

Since it is our first web dev hackathon, we did not have much previous knowledge about different frameworks and UI/UX designing.

So many times, we were facing issues in formatting our webpage. This made our website look not so presentable.

But we did not give up, and ensured that we give our best. We have planned an awesome website.

### Technologies Used:

This is not the final website and we will make changes to make it better.

Technologies we will use for designing the website:

1. Basic HTML to build the backbone of the website.
2. CSS that is Cascading Style Sheets, is what that gives our HTML backbone a visual appeal and draws in the user. In order to improve end user experience and add animations etc
3. JavaScript  
As a runtime language for the browsers.

Thank you for giving us the opportunity.