

1. Users Table:

- Indexes on UserID, Email, and Name enhance lookups, filtering, and sorting.
- A unique index on Email ensures no two users can register with the same email.

2. Donations Table:

- Indexes on DonorID, Date, and DonorName speed up queries filtering by donor or donation date.

3. Items Table:

- Indexes on DonationID, ExpiryDate, FoodN (food name), and Quantity support quick retrieval of items based on their donation source, expiry, or type.
- A composite index on FoodN and ExpiryDate optimizes searches involving both fields.

4. Requests Table:

- Indexes on ItemID, RecipientID, and Date facilitate efficient querying of requests by item, recipient, or date.
- A composite index on RecipientID and Date enhances performance for queries involving both.