Web Health Informatics

Project Proposal Outline

Title: Just Flow

Team Members: Mannila Sandhu (0682395), Thrishma Reddy (0699028), Yashi Gupta (0859432)

Objective/Summary:

We are planning to build a mobile application that can be the go to app for the users during their menstrual cycle. The objective is to create user friendly mobile web application which takes care of the mental and physical stress that women face during their periods. The objective is to include the following features in the application:

* Periods Tracker
* Food Suggestions
* Medicines
* Exercises
* De-stressing games
* FAQ’s

Introduction:

Just Flow is a web application for periods, designed keeping in mind the problems women face during that time. Studies show that periods is the time when women are most vulnerable to mood swings and other types of physiological and psychological instabilities due to the hormonal changes in their bodies. Therefore, this application will act as the much needed guide as well as a mood elevator for women in their periods.

By comparing our project idea with other existing applications, we realized that the current applications do provide period tracking, but lack the knowledge base about medicines and stress-busters like games. Now, let’s have a closer look at the features which will be embedded in Just Flow:

1. Periods Tracker – It will act as a period calendar wherein it will notify the user about the next period date based on the previous periods history pattern of the user. The tracker screen will ask for some simple questions about the cycle duration, usual gap between two cycles, etc. Based on this information it will give reminders about the upcoming period date so that the user can be ready for their periods both mentally and carry the required essentials with them such as tampons and pads. With the help of this feature, the users will be able to plan important events in their life based on the date of their next menstrual cycle.
2. Food Suggestions – Food habits play a major role to ensure a smooth menstrual experience. This application will also help the users to plan their meal routine during their periods. It will suggest what should be eaten and what should be avoided.
3. Medicines – It will suggest all the necessary medication and other medical solutions based on the general medical problems faced by majority of the ladies across the globe, for example periods cramps, etc.
4. Exercise - Exercise affects a woman’s body hormone levels and can decrease those symptoms that we all dread every month. The suggested exercises are designed to stretch the abdominal muscles and can help relive the cramps.
5. De-stressing games – Last but not the least, there is a fun part incorporated in Just Flow. Users can play various games present on the application in order to distract themselves from the emotional imbalance and cramps.
6. FAQ’s – Will answer general questions woman have during their periods.

We will be developing an android application using Android Studio. JDBC will be used for database connectivity.