

## Swasthya-Pala Project Detail

### Problem Introduction

Food we eat today contributes to lots of diseases today .If we can control the way we consume certain food with an easy access of information related to health and food and go for the healthy natural-alternatives we can reduce our chances of facing such chronic diseases. Problems with us not going for the healthy alternatives has been mostly due to availability issues and price issues. Today,junk foods and fast foods are easily available almost in every shop even in some fruit-vegetable specific shops. Junk foods has been marketed in such a way that it sounds so convincing to consumer that it has many positive impacts. Though busy lifestyle of people has played major role in the nutrition transition lately,there has been multiple scenarios where people have to compromise in their health just because they don't find healthy alternatives as easily as to it's other counterpart. We can see startups today trying to sell specific healthy and organic alternatives but very few people know about this. With proper information on how our food-culture is and how is it impacting us on daily basis we can spread food awareness to every individual as well.

### Our Approach

Neither a research conducted seems to solve any problems people are facing on food consumption pattern in Nepal due to negligence of consumer and also of policy maker, nor it will demonstrate how we should approach on healthy alternatives. Below are some key things we are trying to do in this application .

1. We will give information on how we can reduce the consumption of junk/fast food and go for healthy alternative with the mention of problems-solution with price and other related details such as where can we buy that and more through the blog post .
2. We will provide the map location(link) of nearby stores of specific foods such as nearby dairy or dried-fruits shops.
3. We will provide a features of maintaining our diet consumption through image of our food consumed. We will also provide periodic reports of individual's consumption through the images taken.
4. We will have specific section where expert solution for hot happening health issues will be provided from experts through a blog posts.
5. Every Health related websites from private NGOs and Government itself will be listed. And most important information ,notice or researches will be pinned in the application which a user can view at anytime and will be updated with the health related issues happening in the country.

## **Project Features**

### **1. Blogging**

- i. Professional Blogging(Posts that must be verified from the admin,expert blogs)
- ii. Casual Posts (Just like facebook's foods, related to health and foods,like healthy -food recipes or it might be like your day in instagram)

2. Nearby location of Healthy-Alternatives stores which will be sorted according to the distance and map link to that location. Registered shopkeepers have to add their price list which will be compared and shown to the consumer .

3. Food macro-nutrients periodic reports with the images of foods

----- More to add as mentioned in the above section once these are completed-----

## **Development Phases**

The Development of this application will be based on Agile approach where each iteration will release a working product and will be up for the beta release once that goes according to requirements .The other iteration will begin accordingly until all the iterations are completed.

### **Iteration 1:**

In this iteration the Blogging features along with user profile will be completed where a team need to collect requirement for the software being built.

For example ,Blogging might have following requirements,though it's flexible and can be modified at any time:

1. There will be an admin and an user section. Admin will have authority to post their article or content with elevated privilege and all the content must be professional which will be verified by other authorities or application owner . User can simply post their story or content but this content doesn't necessarily needs to be professional.
2. To post something the user or an admin must have their account in our app. To become an admin ,the user has to submit the form which will be reviewed by the team of owner. A user can simply sign up and login to post something from their behalf.
3. User can view contents written in the app even without their own account,just like Stack-Overflow allows to read answers without having an account.
4. A user has to submit certain personal data such as Latitude ,Longitude of their location, contact email and other thing according to requirement during the creation of information.

## **Iteration 2:**

In this iteration , location for the food-specific shops will be added in map and the map link will be added in our app. Other requirement for developers to make are mentioned below.

1. Distance from saved location to nearby shop for required food. For example, there may be a drop-down menu to select the type of shop and app should show all the links with distance ,which once clicked will direct to Map App.
2. Links to the sites of NGOs working on Health related field and also of governments sites will be added. Important posts from those site will be extracted and will be pinned in the app. A placeholder APIs can be used for testing purpose,as we will need permission to get those information from government sites.

## **Iteration 3:**

In this iteration ,we will be doing a macro nutrients evaluation through image and give user a periodic report on their diet consumption pattern.

More on this will be discussed once above two iterations are accomplished and get the beta release.

## **Tools to use:(Dynamic)**

Front-end:- Flutter.

Back-end: PHP

Design: Photoshop/Adobe XD

Database: MySql

Hosting: swasthyapala.com