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**SYNOPSIS**

**ON**

**Health and Wellness**

Submitted By: Submitted To:

Ritika Agrawal 3C 215000859 Mr. Akash Chaudhary

Navya Agrawal 3E 2115000656 B.Tech CSE

Akanshya Saxena 3F 2115000093 Computer Science

Swati Kumari 3C 2115001028

**Title of the Project:**

Health And Wellness

**Objective:**

The objective of health and wellness project is to promote and improve the overall well-being of individuals and communities by implementing g a holistic approach to health, encompassing physical, mental, and social aspects. This project aims to raise awareness, provide education, and offer resources to support healthier lifestyles, reduce the prevalence of preventable diseases, and enhance the quality of life for particpants.key goals include encouraging regular physical activity, promoting balanced nutrition, fostering mental health resilience, and building strong, supportive social networks. The project seeks to empower individuals to make informed choices for their health and create an environment that facilitate es sustainable wellness practices.

**Scope:**

**1.Physical Health Improvement-**The project will focus on promoting physical well-being by encouraging regular exercises, healthy eating habits, and lifestyle changes to reduce the risk of chronic diseases , such as heart disease, obesity, diabetes etc.

**2.Mental Health Enhancement-**The project will address mental health concerns by providing resources and support for stress management ,anxiety, depression and raising awareness about the importance of mental well-being.

**3.Nutrition Education-**It will include nutrition education to help individuals make healthier food choices, emphasizing the importance of balanced diet portion control and understanding nutritional labels.

**4.Sustainability-**The project will promote long term wellness practices by emphasizing the importance of creating and maintaining healthy habits over time with a focus on ongoing support and resources.

**Methodology:**

**Needs Assessment-**Begin by conducting a through needs assessment to understand the health and wellness challenges of the target population. This may involve surveys, focus , groups, interviews, and data analysis to identify specific health issues and barriers.

**Goal Setting-** Establish clear, measurable, and achievable objectives for the project. Ensure that the objectives align with the identified needs and are realistic within the project scope.

**Education and Training-**Develop educational meterials, workshops, and training sessions that cover topics related to physical health, mental health, nutrition, and lifestyle improvements.

These should be designed to be engaging, culturally sensitive, and accessible to the target audience.

**Behaviour Change Strategies-**Implement behaviour change strategies, such as goal setting, positive reinforcement, and cognitive-behavioral techniques, to help participants adopt healthier habits.

**Feedback-**Establish feedback mechanism so that the participants can share their thoughts and suggestion for improvement, ensuring that project remains responsive to their needs.

**Proposed System:**

**Personalized Health Plans-**Create a system that generated personalized health and wellness plans based on the participant’s goals and health assessment data.

Provide participants with recommendations, goals and actionable steps to follow.

**Social Support and Community Building-**

Develop an online community forum or social network where participants can connect, share experiences, and offer peer support.

Organize regular community events and challenges to foster a sense of belonging.

**Features:**

**Health Assessment Tools-**

**.**Health questionnaires and assessments to establish baseline health metrices.

.Mental health assessments to gauge stress levels, anxiety and depression.

**Sustainability Planning-**

Strategy for securing ongoing funding, training community leaders, and ensuring the long-term viability of the project.

**Implementation Plan:**

Firstly we start with the frontend design of our website and after that we gather some more information about health related issues and their prevention measures. We will try to make things in more organized way so user can use it efficiently without any problem and try to solve all the problems as best as we can do.

**Team Members:**

Ritika Agrawal 3C 215000859

Navya Agrawal 3E 2115000656

Akanshya Saxena 3F 2115000093

Swati Kumari 3C 2115001028

**Resources Required:**

Simple frontend Technique and Visual studio code as a software and github for the good work so that we are able to make some changes if required. We use laptops and internet to make this project.

**References:**

We use Google, Youtube and other websites which gives us useful information related to our project.

**Expected Outcomes:**

We expect that users get benefits from this site and find it useful for them and on the feedback of user we will try to improve it and more things in it.

**Project Supervisor:**

Mr .Akash Chaudhary Sir is our mentor.We are very grateful that we got a chance to work under his guidance.We will try to do as best as we can do.

**Conclusion:**

We want to make a project related to awareness regarding Health and Wellness so that people can make their life fresh and feel some freshness and depression free .And make their daily life easier in working perspective so that the people are dying by silent heart attack or many diseases that can be resolve by exercises or yoga .