

WELLNESS SATHI

EMPOWERING STUDENTS FOR BETTER WELL-BEING

TEAM NAME: HACK_WIZARDS

team members:

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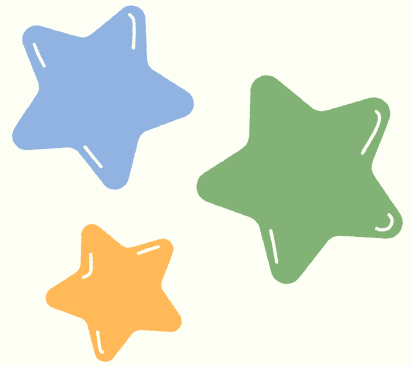
Akriti Singh



OVERVIEW OF THE DASHBOARD



- Integrates health and study-related data: The dashboard combines various metrics related to physical health (such as physical activity, sleep patterns, and water intake) with study-related data (study hours) to offer comprehensive insights.
- Provides insights into multiple aspects: Users can gain insights into their physical activity, study habits, sleep patterns, water intake, BMI, and other vital health indicators.
- User-friendly interface: With a simple and intuitive interface, the dashboard ensures easy navigation and understanding for users of all levels of tech-savviness.





FEATURES OF THE WELLNESS DASHBOARD



- **Physical Activity Tracker:** Monitor exercise routines, set goals, and track progress for a healthier lifestyle.
- **Study Hours Log:** Keep track of study sessions to maintain productivity and balance academic commitments.
- **Sleep Patterns Analysis:** Understand sleep quality and duration to improve restorative rest and overall health.
- **Water Intake Monitor:** Receive reminders and track daily water intake for hydration goals.
- **BMI Calculator:** Assess body mass index to understand health status and track progress.
- **Personal Information:** Input age, weight, and height for personalized insights and recommendations tailored to individual needs.

BENEFITS OF USING THE OUR WEBSITE

- Holistic insights into overall well-being: Gain a comprehensive view of health and study habits for informed decision-making.
- Encourages healthy habits: The dashboard motivates users to adopt healthier lifestyle choices through tracking and analysis.
- Personalized recommendations: Receive customized suggestions and tips based on individual data, promoting personalized well-being strategies.
- Maintains balance: Facilitates a balanced approach to life by integrating academic commitments with health priorities.



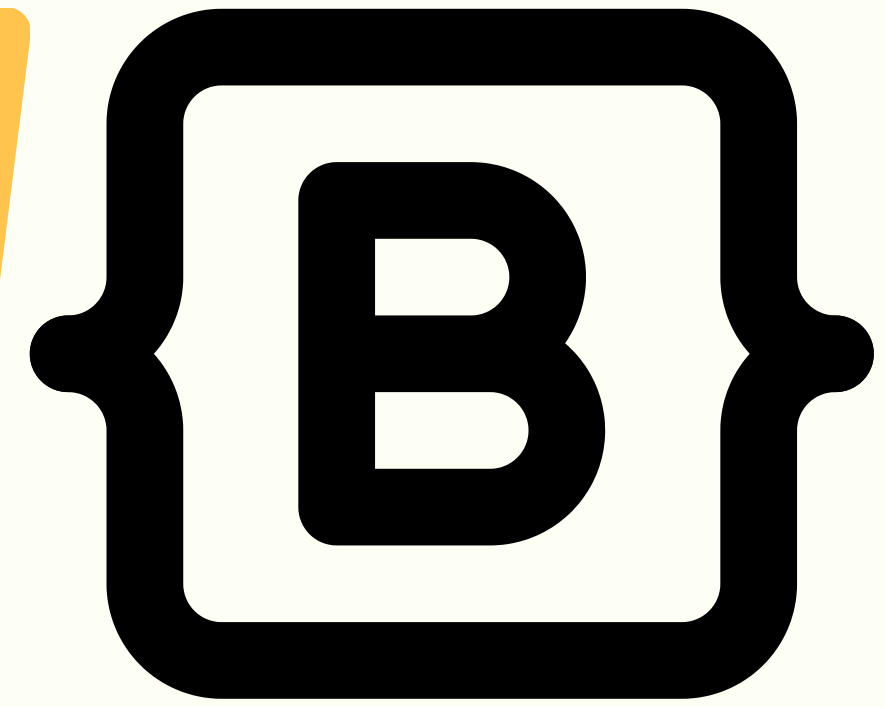
TOOLS USED



HTML



CSS



FUTURE DEVELOPMENTS

- AI model integration for personalized predictions: Utilize AI to offer personalized recommendations and predictions based on user data.
- Expansion of wellness resources: Provide a broader range of resources such as articles and videos for user education and support.
- Integration with academic and campus resources: Incorporate academic support services and campus resources into the dashboard for holistic student support.

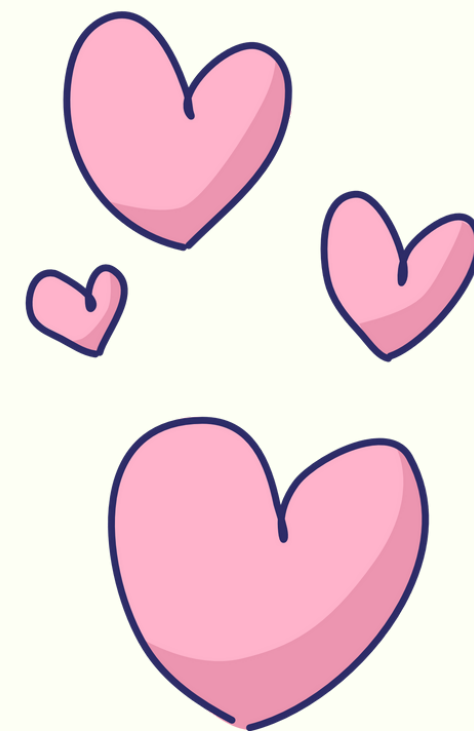




FUTURE DEVELOPMENTS

- Additional health trackers integration: Expand data collection by integrating with more health tracking devices.
- Improved data visualization and analytics: Enhance the presentation and interpretation of user data for better insights.
- Gamification for user engagement: Implement game-like elements to motivate and engage users in their wellness journey.


**THANK
YOU!**



**THAT'S ALL FOR
TODAY, FOLKS!**

