**PROOF OF CONCEPT**

**MEDICATION TRACKER APP**

**Problem Statement:** Meditation & Medication Timer: Guided meditation sessions.

**Overview of this app:** This app will provide the medical assistance on the meditation and the medication management from the various experts around the world. It will devise a medication management schedule for their health needs, which is done by the expert in the field. It offers various various sessions from the experts which help in reducing the stress, sleep and focus. The help is offered in both audio and video formats. It has customizable timers for the meditation and medication for the users and many more.

**Functions of the Medication Application :**

These are the functions that can be used by the user

1. The user can create an account and login securely.
2. Can be able to create a guided medication sessions with timers
3. Availability of start and pause timer
4. Can be able to create a medication reminders for taking medication
5. Can track the progress of the medication of the user.
6. Can adjust the timer , sound and notification settings.
7. Can access the audio and video guided sessions
8. Can sync with the calendar to track the medical sessions
9. Having the ability to create more than one profile or edit one or delete one

**Key features of this app:**

**Frontend Components** These are the front-end components, that are displayed in the beginning of the website  
  
**Dashboard:** This dashboard would show the progress the user has made. It shows the upcoming schedule and many more

**Guided Meditation Screen**: A timer, play/pause button, progress bar, and calming visuals like a natural background.  
**Progress Tracker**: A simple graph or calendar showing meditation streaks and missed reminders.

**Profile Section**: Users can save their meditation preferences and medication schedule.  
These are the prominent technologies that are used to create these front-end components:- React.js, Tailwind CSS

**Back-end Components** These are the back-end components, that are used in the website.  
  
**User Authentication:**  Secure login and registration using JWT (JSON Web Token).

**Notifications:** Sends the next session updates, the next meeting with the experts to clarify the doubts or the next timer schedule in the medication app.

**Session Management API:** Supports **CRUD**-Create, Read, Update, Delete operations for the next medical sessions for the user.

These are the technologies that are used in the creation of the back end components :- Node.js and Express.js.

**Database:**

These are the database function that are used in the medication app

**Users:** These database would store all the important information of the user like user’s name, phone number, email id , age , etc…

**Medical:** These database would store the medical history of the users like sugar level, blood pressure level, cholesterol level , etc .. which are used for the experts to give them proper medication advice.

**Medication session:** These database would be able to tell the users next medical sessions, by the timetable devised either by the experts or by the users themselves.

**Expert session:** These database would be able to store the data which indicate the next upcoming sessions, ended sessions or the available sessions in the app.

**Database Used:**  Mongo DB is used in the creation of the database

**Deployment :**

This Medical and Meditation Session manager would be deployed in Heroku, which provides an easy way to host applications online. These are the features of Heroku.

1. Automatic deployment using Git.
2. It allows simple projects to be hosted on the platform for free

It supports the Mongo Db, Node.js

**FLOWCHART:**

