

Project Summary of “Healthy Aging” Application

Executive Summary:

This project aims to assist individuals aged 65 and above in leading healthy and better lives. By utilizing Spring Boot, MySQL, ReactJS, and Axios, the project enables users to manage their diet plans, medicine schedules, and access vital healthcare information. The application provides personalized diet plans, tracks medicine schedules, and offers information on nearby hospitals, medical stores, and emergency contacts.

Introduction:

The project addresses the need for elderly individuals to manage their health and well-being effectively. It aims to provide a user-friendly solution for organizing diet plans, medicine schedules, and accessing important healthcare resources. The objectives include improving the quality of life and promoting independence among elderly individuals.

Backend Development:

The backend development focuses on implementing server-side functionality using Spring Boot. It involves creating APIs and services to handle diet plans, medicine schedules, and database interactions. The backend ensures seamless communication with the frontend and provides essential functionalities for managing and storing data.

Frontend Development:

The frontend development utilizes ReactJS to create an interactive and user-friendly interface. It enables elderly individuals to navigate and interact with the application effortlessly. Axios facilitates communication between the frontend and backend, ensuring smooth data transmission and retrieval.

Testing:

Testing is performed using Swagger and Postman. Swagger is used for API testing and documentation, ensuring the correctness of the backend APIs. Postman is employed for comprehensive testing and validation of the APIs, including functionalities like diet plans, medicine schedules, and external data retrieval.

Conclusion:

This project successfully addresses the needs of individuals aged 65 and above by providing a comprehensive solution for managing their health. The application facilitates the management of diet plans, medicine schedules, and access to essential healthcare information. Future enhancements may include a mobile application, reminder notifications, machine learning for personalization, integration with wearable devices, community support features, telemedicine services, and advanced analytics. Challenges faced during development include understanding user needs, integrating technologies, usability and accessibility, data validation and security, scalability and performance, and adopting an iterative

development approach. These challenges have led to valuable learnings and growth for the development team, resulting in a robust and functional application.

Project Challenges:

Understanding User Needs: Gaining a deep understanding of the specific needs and preferences of individuals aged 65 and above was challenging. It required extensive user research and feedback to design features that catered to their unique requirements.

Integration of Technologies: Integrating multiple technologies such as Spring Boot, MySQL, ReactJS, and Axios posed challenges in ensuring smooth communication and data flow between the frontend and backend components. Coordination and careful planning were necessary to achieve seamless integration.

Usability and Accessibility: Designing a user-friendly and accessible interface for elderly individuals presented challenges. Ensuring clear and intuitive design principles, accommodating font size and contrast, and providing options for larger text or audio assistance required careful consideration and testing.

Data Validation and Security: Ensuring data integrity, input validation, and security were crucial challenges. Implementing robust validation mechanisms and security measures to protect user information and prevent unauthorized access required meticulous attention to detail.

Scalability and Performance: Designing the application to handle a potentially large user base while maintaining optimal performance posed challenges. Optimizing database queries, leveraging caching mechanisms, and implementing best practices for efficient data retrieval and processing were necessary to ensure scalability and performance.

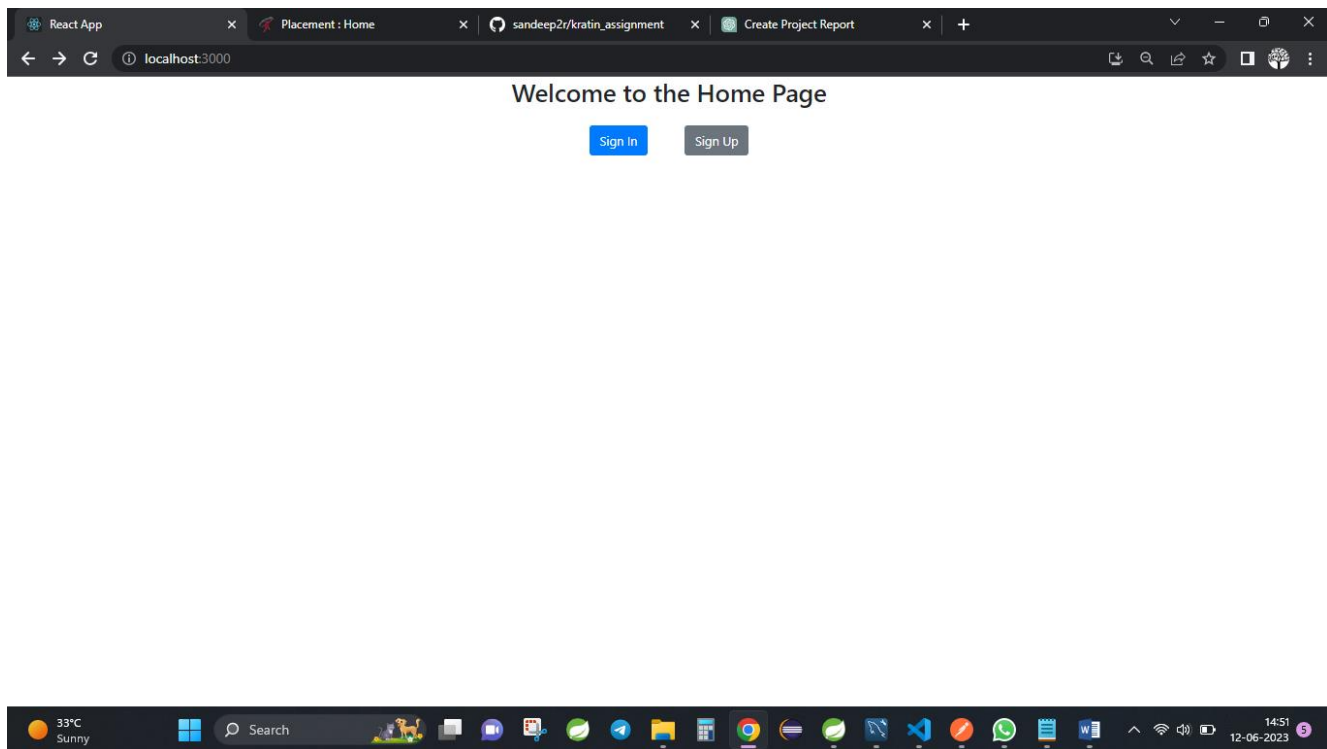
Iterative Development and Agile Methodology: Adopting an iterative development approach and following Agile principles required adapting to evolving requirements and incorporating feedback. Maintaining regular communication, flexibility, and adaptability were essential for delivering incremental improvements and meeting project goals.

These challenges, although demanding, provided valuable learning opportunities for the development team. Overcoming these obstacles contributed to the growth and expertise of the team, resulting in a robust and functional application that addresses the needs of elderly individuals effectively.

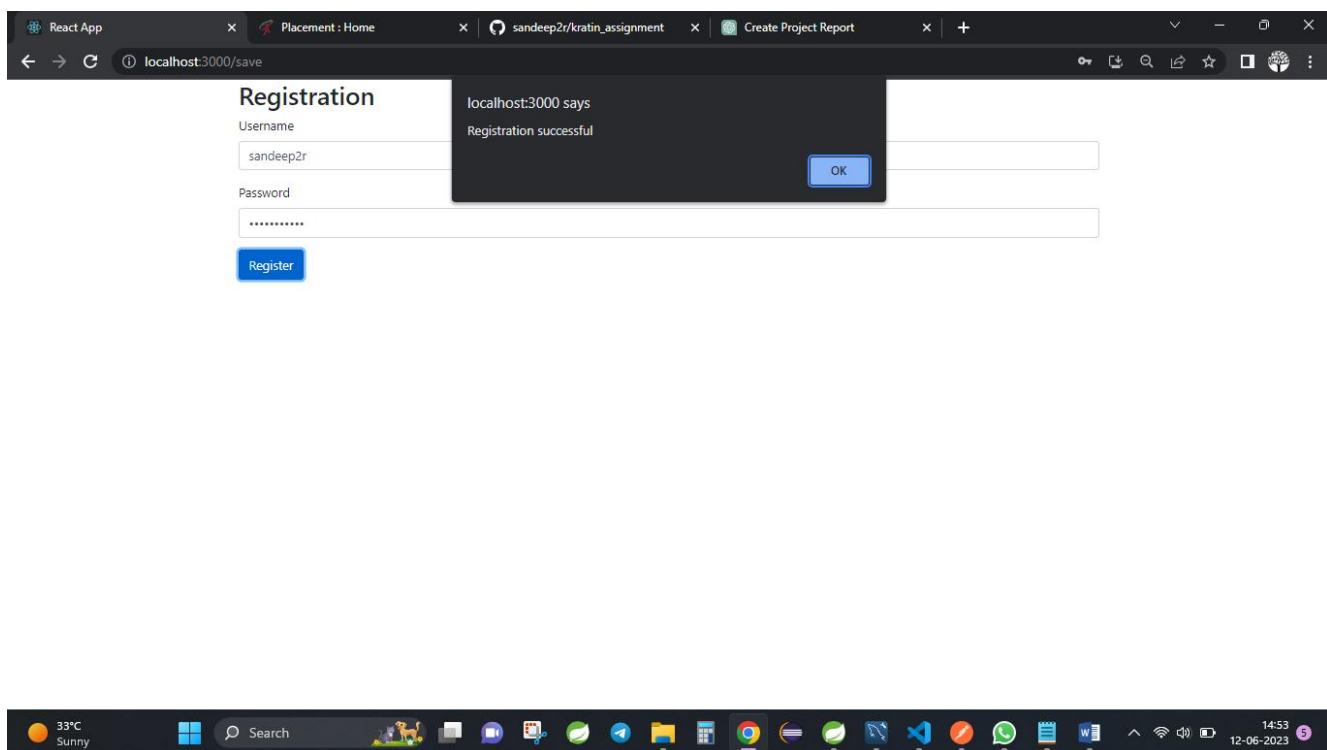
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Screenshot's:

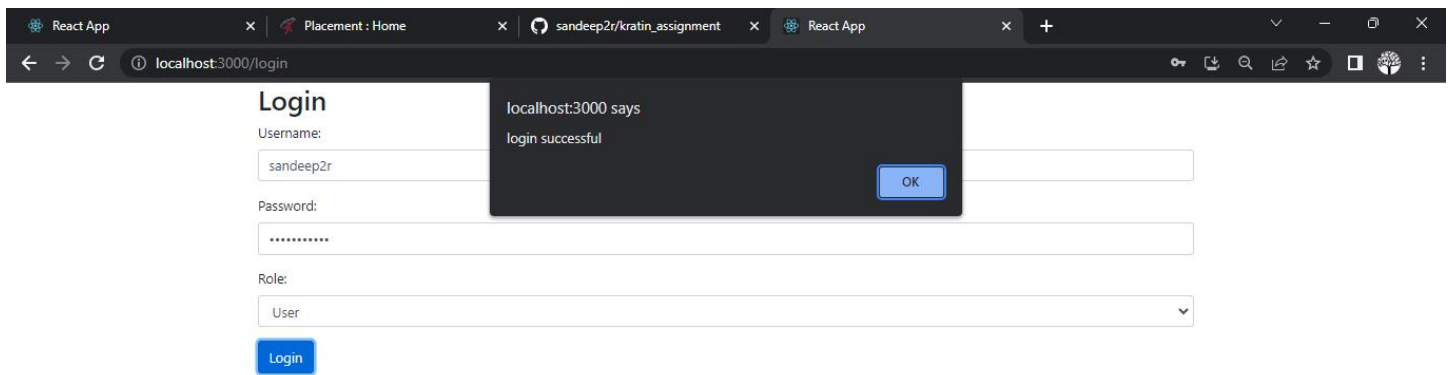
Home page:



Sign Up:



Sign In:

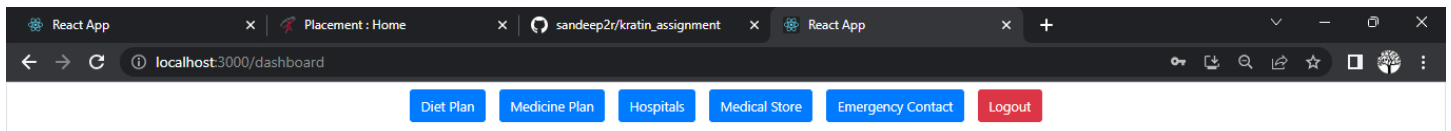


The screenshot shows a web browser window with four tabs: 'React App', 'Placement : Home', 'sandeep2r/kratin_assignment', and 'React App'. The address bar shows 'localhost:3000/login'. The login form has the following fields:

- Username:** A text input field containing 'sandeep2r'.
- Password:** A password input field with masked characters '*****'.
- Role:** A dropdown menu with 'User' selected.
- Login:** A blue button to submit the form.

A dark modal box is overlaid on the form, displaying the message: 'localhost:3000 says login successful'. It has an 'OK' button.

Dashboard:



The screenshot shows a web browser window with the same four tabs as the previous image. The address bar shows 'localhost:3000/dashboard'. The dashboard contains a horizontal row of buttons:

- Diet Plan** (blue button)
- Medicine Plan** (blue button)
- Hospitals** (blue button)
- Medical Store** (blue button)
- Emergency Contact** (blue button)
- Logout** (red button)

Diet Plan:

React AppPlacement : Home sandeep2r/kratin_assignmenReact AppIndian Diet Plan JSON

localhost:3000/dashboard

Diet PlanMedicine PlanHospitalsMedical StoreEmergency ContactLogout

Diet Plans

Add Diet Plan

Days	Breakfast	Lunch	Dinner	Actions
Sunday	Idli with sambar and coconut chutney	Rajma (kidney beans) curry with brown rice, roti, and salad	Vegetable biryani with raita	<div>Edit</div> <div>Delete</div>
Monday	Poha (flattened rice) with peanuts and vegetables	Chickpea curry (chole) with jeera rice, roti, and cucumber raita	Mixed vegetable curry with whole wheat chapati	<div>Edit</div> <div>Delete</div>
Tuesday	Upma (semolina) with vegetables	Spinach dal with brown rice, roti, and salad	Paneer (cottage cheese) tikka masala with jeera rice and salad	<div>Edit</div> <div>Delete</div>
Wednesday	Methi (fenugreek) paratha with curd	Dal makhani with jeera rice, roti, and cucumber raita	Vegetable pulao with raita	<div>Edit</div> <div>Delete</div>
Thursday	Moong dal cheela (pancake) with mint chutney	Baingan bharta with roti and salad	Aloo gobi (potato and cauliflower) curry with jeera rice	<div>Edit</div> <div>Delete</div>
Friday	Masala dosa with coconut chutney and sambar	Palak (spinach) paneer with brown rice, roti, and cucumber raita	Chickpea flour (besan) chilla with mint chutney	<div>Edit</div> <div>Delete</div>

33°C Sunny

Search

15:29 12-06-2023

Add Diet Plan:

React AppPlacement : Home sandeep2r/kratin_assignmenReact AppIndian Diet Plan JSON

localhost:3000/dashboard

Diet PlanMedicine PlanHospitalsMedical StoreEmergency ContactLogout

Diet Plans

Add Diet Plan

Days

Select a day

Breakfast

Lunch

Dinner

Add

Please fill out this field.

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Search

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Edit Diet Plan:

Medicine Plan :

React App Placement : Home sandeep2r/kratin_assignment React App Indian Diet Plan JSON

localhost:3000/dashboard

Diet Plan Medicine Plan Hospitals Medical Store Emergency Contact Logout

Medicine Plans

Add Medicine Plan

Day	Breakfast	Lunch	Dinner	Actions
Sunday	Vitamin D supplement, Multivitamin tablet	Calcium supplement, Probiotic capsule	Ayurvedic digestive tonic	Edit Delete
Monday	Iron supplement, Vitamin C tablet	Omega-3 fatty acid capsule, Probiotic yogurt	Herbal sleep aid	Edit Delete
Tuesday	Antacid tablet, Vitamin B12 supplement	Herbal immunity booster, Digestive enzyme tablet	Herbal liver tonic	Edit Delete
Wednesday	Probiotic capsule, Multivitamin tablet	Ayurvedic joint care supplement, Herbal stress reliever	Ayurvedic sleep aid	Edit Delete
Thursday	Antioxidant capsule, Vitamin E supplement	Herbal memory enhancer, Digestive enzyme tablet	Ayurvedic detox supplement	Edit Delete
Friday	Herbal energy booster, Multivitamin tablet	Probiotic yogurt, Herbal immunity booster	Herbal stress reliever	Edit Delete

33°C Sunny 15:30 12-06-2023

Add Medicine Plan:

React AppPlacement : Home sandeep2r/kratin_assignmenReact AppIndian Diet Plan JSON

localhost:3000/dashboard

keysharesearchstar

Diet PlanMedicine PlanHospitalsMedical StoreEmergency ContactLogout

Medicine Plans

Add Medicine Plan

Days

Select a day

Breakfast

Lunch

Dinner

Add

Edit Medicine Plan:

React AppPlacement : Home sandeep2r/kratin_assignmenReact AppIndian Diet Plan JSON

localhost:3000/dashboard

keysharesearchstar

Diet PlanMedicine PlanHospitalsMedical StoreEmergency ContactLogout

Medicine Plans

Add Medicine Plan

Edit Medicine Plan

Day

Sunday

Breakfast

Vitamin D supplement, Multivitamin tablet

Lunch

Calcium supplement, Probiotic capsule

Dinner

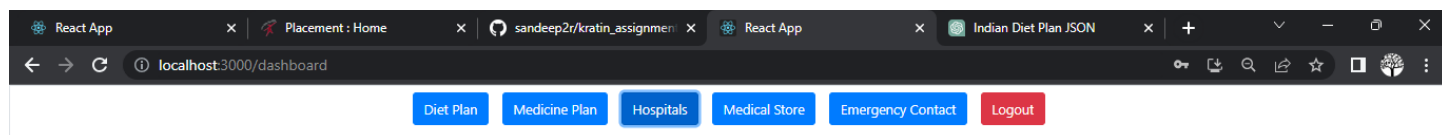
Ayurvedic digestive tonic

Update

Cancel

Day	Breakfast	Lunch	Dinner	Actions
Sunday	Vitamin D supplement, Multivitamin tablet	Calcium supplement, Probiotic capsule	Ayurvedic digestive tonic	<div>Edit</div> <div>Delete</div>
Monday	Iron supplement, Vitamin C tablet	Omega-3 fatty acid capsule, Probiotic yogurt	Herbal sleep aid	<div>Edit</div>

Hospitals:



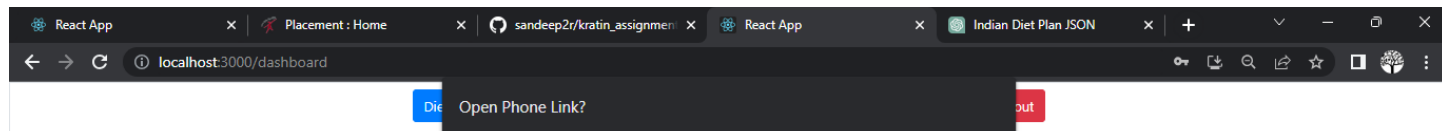
Hospitals

Add Hospital

Name	Address	Contact	Actions
Apollo Hospital	123, Main Street, City Name, State Name, Pincode	9876543210	<button>Edit</button> <button>Delete</button> <button>Call</button>
Fortis Hospital	456, First Avenue, City Name, State Name, Pincode	8765432109	<button>Edit</button> <button>Delete</button> <button>Call</button>
Max Super Specialty Hospital	789, Second Road, City Name, State Name, Pincode	7654321098	<button>Edit</button> <button>Delete</button> <button>Call</button>
AIIMS (All India Institute of Medical Sciences)	101, Medical Campus, City Name, State Name, Pincode	6543210987	<button>Edit</button> <button>Delete</button> <button>Call</button>
Manipal Hospital	321, Park Street, City Name, State Name, Pincode	5432109876	<button>Edit</button> <button>Delete</button> <button>Call</button>



Call Feature:



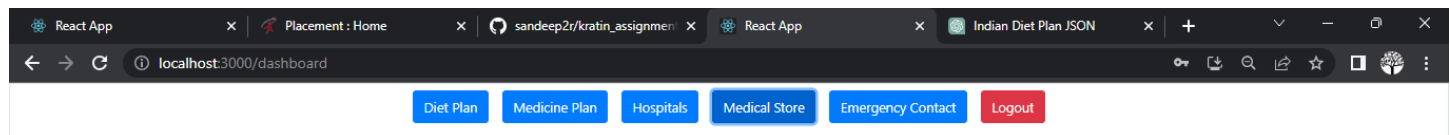
Hospitals

Add Hospital

Name	Address	Contact	Actions
Apollo Hospital	123, Main Street, City Name, State Name, Pincode	9876543210	<button>Edit</button> <button>Delete</button> <button>Call</button>
Fortis Hospital	456, First Avenue, City Name, State Name, Pincode	8765432109	<button>Edit</button> <button>Delete</button> <button>Call</button>
Max Super Specialty Hospital	789, Second Road, City Name, State Name, Pincode	7654321098	<button>Edit</button> <button>Delete</button> <button>Call</button>
AIIMS (All India Institute of Medical Sciences)	101, Medical Campus, City Name, State Name, Pincode	6543210987	<button>Edit</button> <button>Delete</button> <button>Call</button>
Manipal Hospital	321, Park Street, City Name, State Name, Pincode	5432109876	<button>Edit</button> <button>Delete</button> <button>Call</button>



Medical Stores:



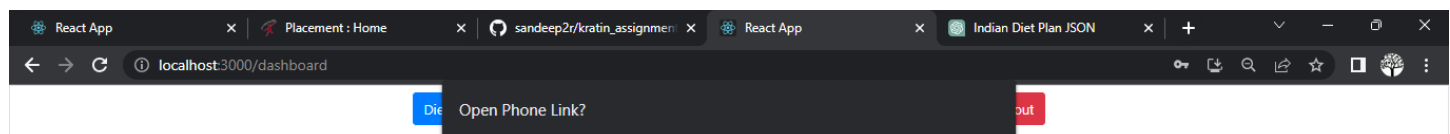
Medical Stores

[Add Medical Store](#)

Name	Address	Contact	Actions
MedPlus	123, Main Bazaar, City Name, State Name, Pincode	9876543210	Edit Delete Call
Apollo Pharmacy	456, First Avenue, City Name, State Name, Pincode	8765432109	Edit Delete Call
Netmeds	789, Second Road, City Name, State Name, Pincode	7654321098	Edit Delete Call
Medlife	101, Pharmacy Street, City Name, State Name, Pincode	6543210987	Edit Delete Call
1mg	321, Health Mart, City Name, State Name, Pincode	5432109876	Edit Delete Call
sonare medical	321, Health Mart, chhindwara, madhya pradesh, 480001	5432109876	Edit Delete Call



Medidal Store Call Feature:



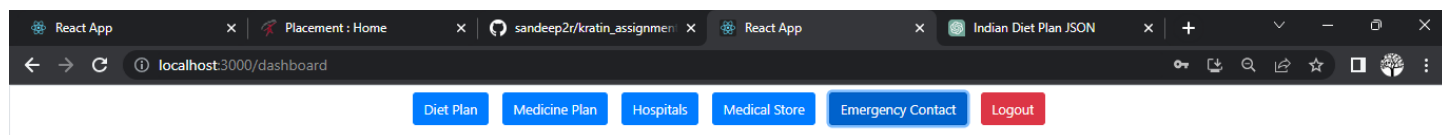
Medical Stores

[Add Medical Store](#)

Name	Address	Contact	Actions
MedPlus	123, Main Bazaar, City Name, State Name, Pincode	9876543210	Edit Delete Call
Apollo Pharmacy	456, First Avenue, City Name, State Name, Pincode	8765432109	Edit Delete Call
Netmeds	789, Second Road, City Name, State Name, Pincode	7654321098	Edit Delete Call
Medlife	101, Pharmacy Street, City Name, State Name, Pincode	6543210987	Edit Delete Call
1mg	321, Health Mart, City Name, State Name, Pincode	5432109876	Edit Delete Call
sonare medical	321, Health Mart, chhindwara, madhya pradesh, 480001	5432109876	Edit Delete Call



Emergency Contacts:



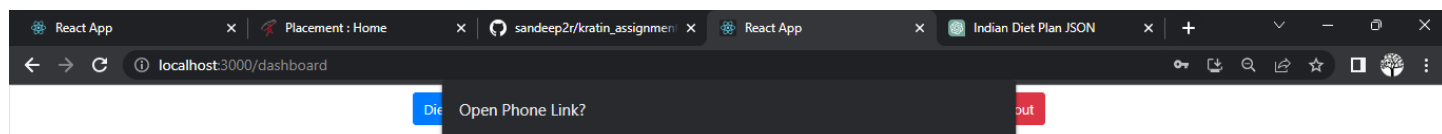
Emergency Contacts

Add Emergency Contact

Name	Phone Number	Actions
Aarav Gupta	9123456789	Edit Delete Call
Diya Patel	9876543210	Edit Delete Call
Aanya Sharma	9456789123	Edit Delete Call
Arjun Verma	9345678912	Edit Delete Call
Ishaan Gupta	9999999999	Edit Delete Call



Emergency Contacts Call Feature:



Emergency

Add Emergency Contact

Name	Phone Number	Actions
Aarav Gupta	9123456789	Edit Delete Call
Diya Patel	9876543210	Edit Delete Call
Aanya Sharma	9456789123	Edit Delete Call
Arjun Verma	9345678912	Edit Delete Call
Ishaan Gupta	9999999999	Edit Delete Call



Logout:

React App

Placement : Home

sandeep2r/kratin_assignmen

React App

Indian Diet Plan JSON

+

localhost:3000/dashboard

localhost:3000 says
logout successfully

OK

Logout

Diet Plan

Emergency Contact

Add Emergency Contact

Name	Phone Number	Actions
Aarav Gupta	9123456789	<div>EditDeleteCall</div>
Diya Patel	9876543210	<div>EditDeleteCall</div>
Aanya Sharma	9456789123	<div>EditDeleteCall</div>
Arjun Verma	9345678912	<div>EditDeleteCall</div>
Ishaan Gupta	9999999999	<div>EditDeleteCall</div>

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Sunny

Search

15:41
12-06-2023

Database Schema:

