

## Diversity Hiring Hackathon

# SoinFemmes

Woman Wellness Application

Git link : <https://github.com/Shru890/Hackathon>



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chartered

# Acknowledgement

I would like to express my sincere thanks and gratitude to my (Sub for letting us work on this project. I am very grateful to him for his support and guidance in completing this project.

I am thankful to my parents as well. I was able to successfully complete this project with the help of their guidance and support. Finally, I want to thank all my dear friends as well.



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## Team Members - Member Contribution

Shruti Nair (TL) - Authentication, Profile(with UI), Database Data Retrieval

Soudhamini - Homepage, Static Pages (within dropdown area)

Manu Saini - Tests and Diet (UI)



# About our project

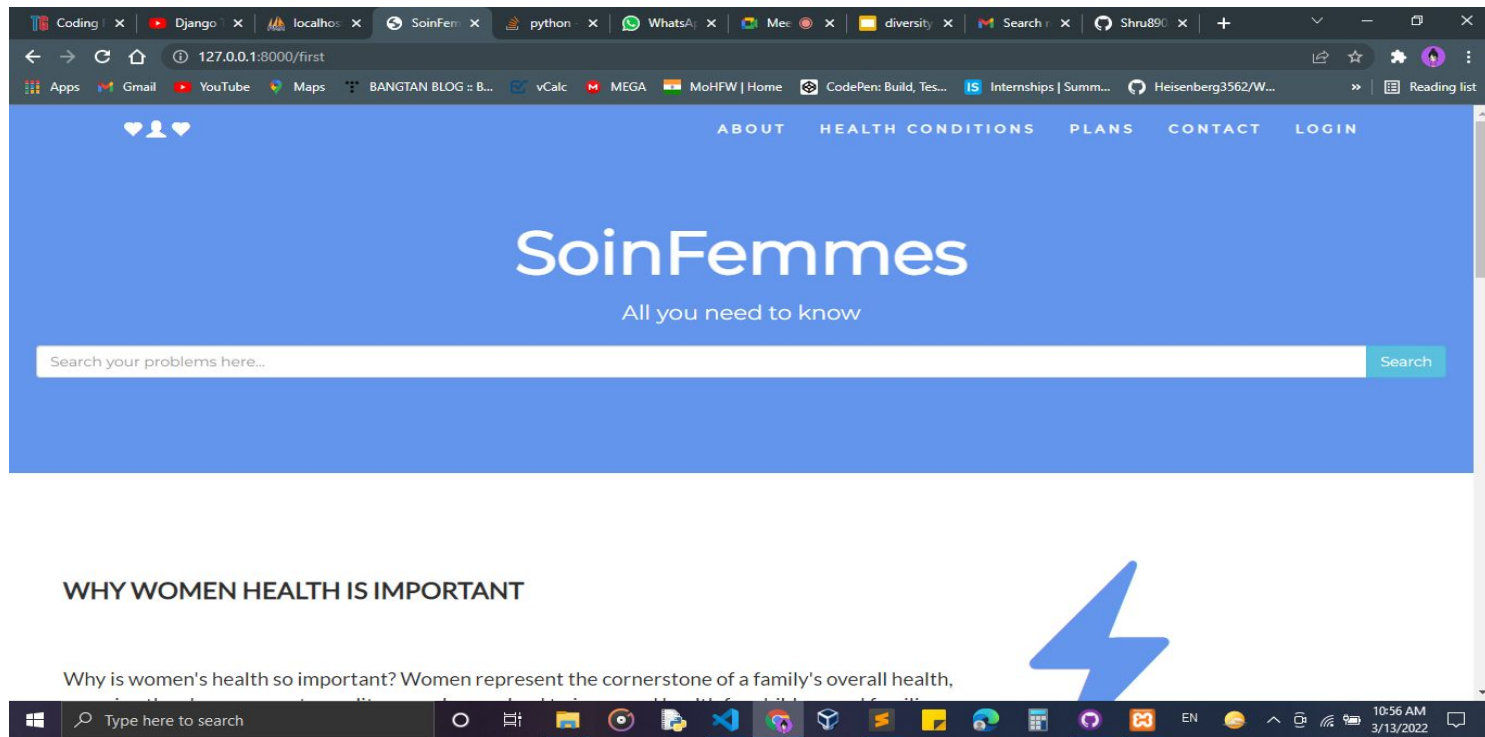
**SoinFellas** is the **web-based application** for the **welfare and awareness** among the women.

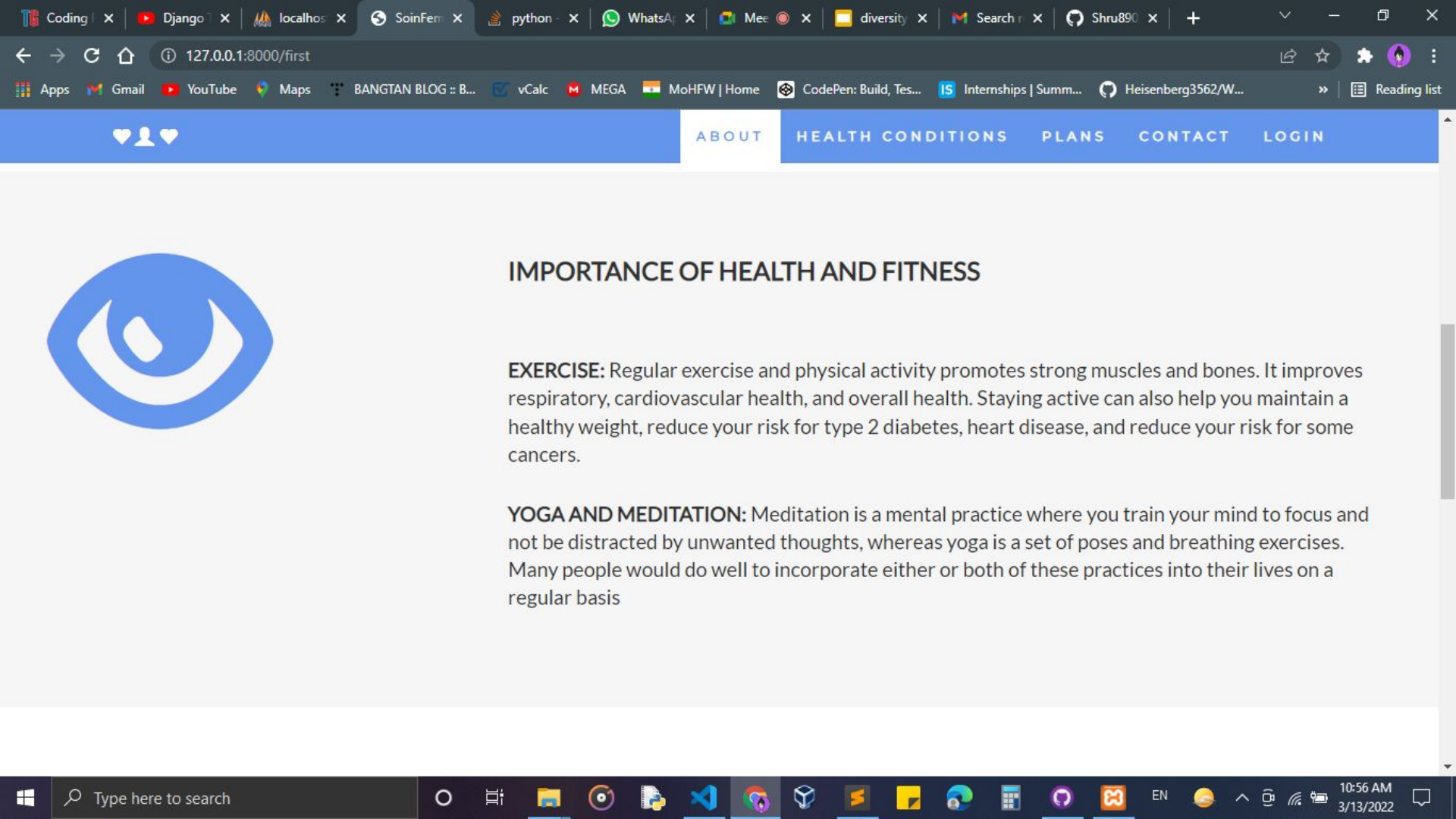
Nowadays, we are listening of different problems from the majority of women, so we have developed it for the awareness among the women about the problems that they are facing in their day to day life and also to take the tests time to time by creating the account on this web application, so that they can know about their problem they are facing.

It has the **tests** to be taken facilities available. The **diet plan** are also given their for the people of different age groups with different category like underweight, overweight and the healthy ones separately.



# Screenshots of UI

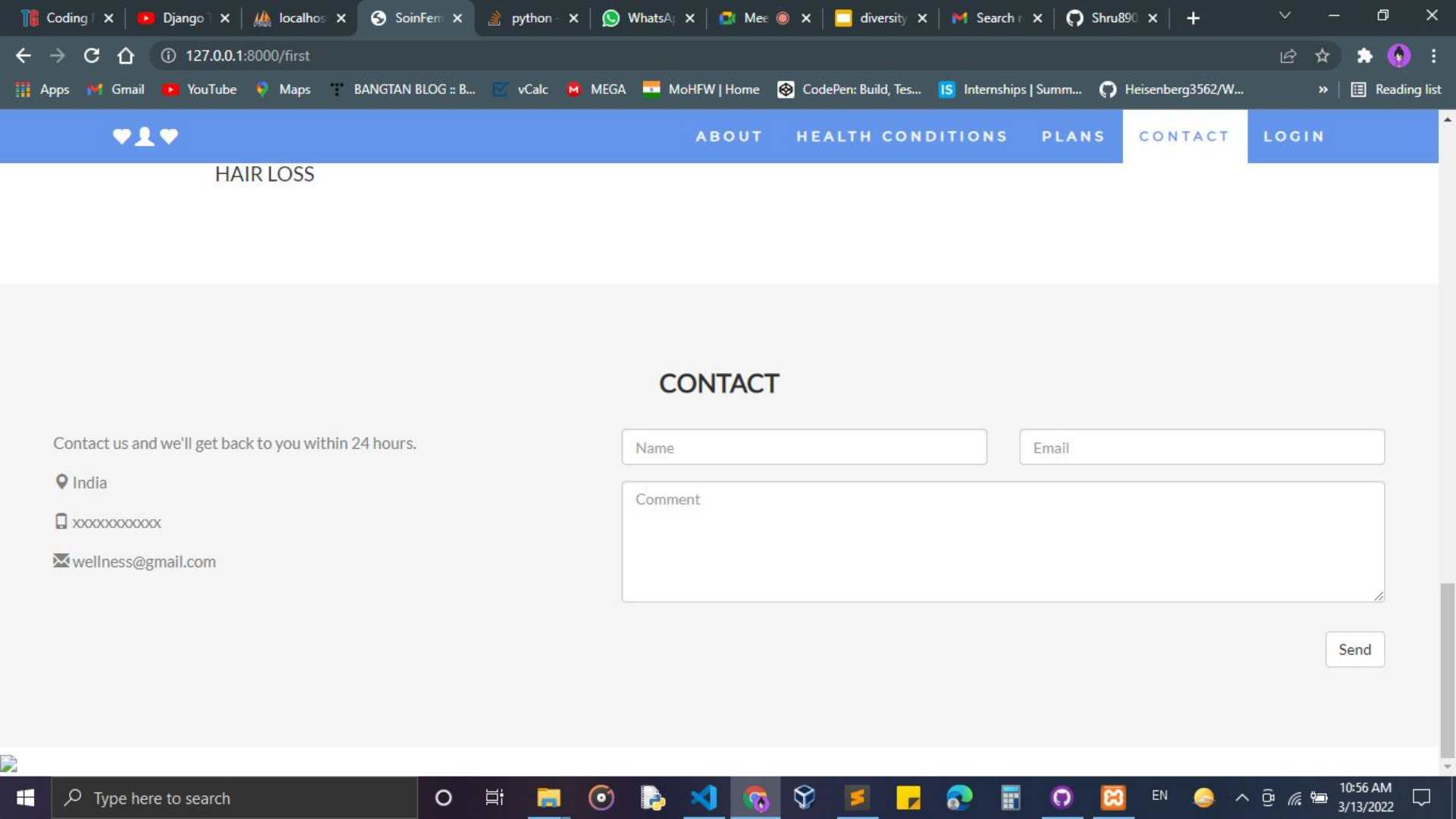




## IMPORTANCE OF HEALTH AND FITNESS

**EXERCISE:** Regular exercise and physical activity promotes strong muscles and bones. It improves respiratory, cardiovascular health, and overall health. Staying active can also help you maintain a healthy weight, reduce your risk for type 2 diabetes, heart disease, and reduce your risk for some cancers.

**YOGA AND MEDITATION:** Meditation is a mental practice where you train your mind to focus and not be distracted by unwanted thoughts, whereas yoga is a set of poses and breathing exercises. Many people would do well to incorporate either or both of these practices into their lives on a regular basis



## HAIR LOSS

### CONTACT

Contact us and we'll get back to you within 24 hours.

📍 India

☎ xxxxxxxxxxxx

✉ wellness@gmail.com

The health of families and communities are no doubt, tied to the health of women.

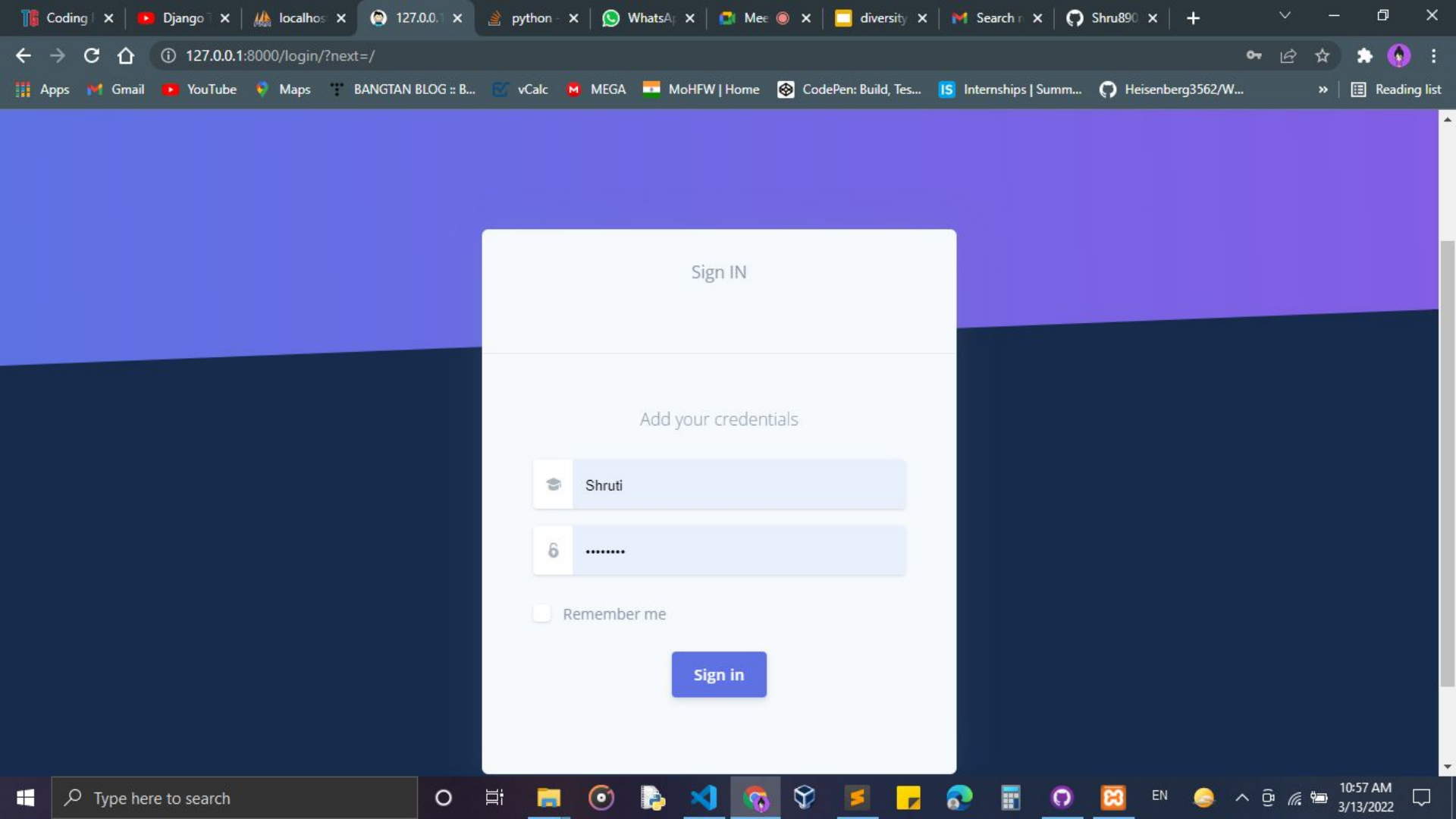


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## Questionnaire

First Name

Last Name

Select your age group

Do you have any of the below listed sleeping problems

Do you have weight problems?

Do you Experience pain in any of these places I?

Do you Experience pain in any of these places II?

Any other disorders?

SUBMIT

## 10-15 years Age Group

Tests Available

Profile

Diets

Logout

### Underweight

Multigrain bread, egg omelet, corn flakes, oats with milk, or any cereal porridge, Poha, upma, or daliya khichdi, boiled sprouts, protein stuffed parathas, Fresh vegetable juice, Milk Rice, Chapatis, Pulses, vegetable curry, Salad, 3 oz chicken breast or a piece of fish/ eggs, Yogurt, Brown rice

### Healthy

Milk, cheese, yogurt, tofu, orange juice, cereal, and canned salmon, Orange juice, breakfast cereals with folate, bread, milk, dried beans, and lentils, Meat, chicken, fish, and breakfast cereal with iron, Carrots, breakfast cereal with vitamin A, milk, and cheese, Nuts, seeds, whole grains, spinach, breakfast cereal

# Screenshots of Database

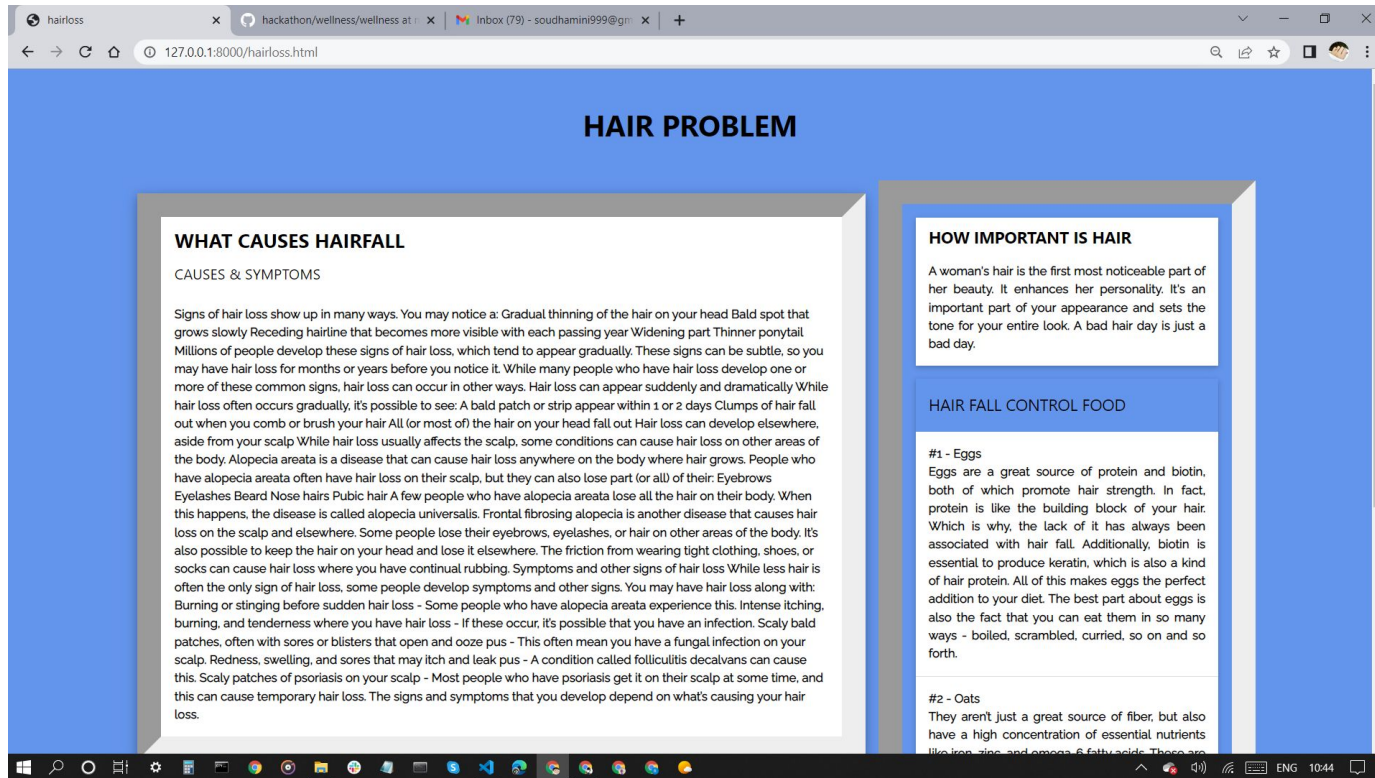
The screenshot shows the phpMyAdmin web interface. The left sidebar displays a database structure tree with the 'home\_diseases' table selected. The main panel shows the table's data in a grid view. The table has 4 rows and 7 columns: id, name, description, symptom, precautions, and cures. The data is as follows:

id	name	description	symptom	precautions	cures
1	Allergies	An allergy is a reaction the body has to a particu...	sneezing, a runny or blocked nose, red/itchy/water...	The reasons for this are not understood, but one o...	Eat Healthy, Wear a Mask, Wash yourself.
2	Anxiety	Anxiety is a feeling of unease, such as worry or f...	restlessness, a sense of dread, feeling constantly...	walking fast or jogging, swimming, any sport, dist...	Learn to relax, Avoid caffeine, Avoid smoking and ...
3	Asthma	Asthma is a common long-term condition that can ca...	wheezing (a whistling sound when you breathe), sho...	It cannot be prevented, so you can lessen it by th...	Reliever inhalers, Preventer inhalers, Long-acting...
4	Bronchitis	Bronchitis is an infection of the main airways of ...	sore throat, headache, runny or blocked nose, ache...	Prevent Exposure to irritant substances for longer...	get plenty of rest, drink lots of fluids – this he...

The interface includes a top navigation bar with various tools like Browse, Structure, SQL, Search, Insert, Export, Import, Privileges, Operations, Tracking, and Triggers. A status bar at the bottom indicates 'Showing rows 0 - 3 (4 total, Query took 0.0016 seconds.)'.

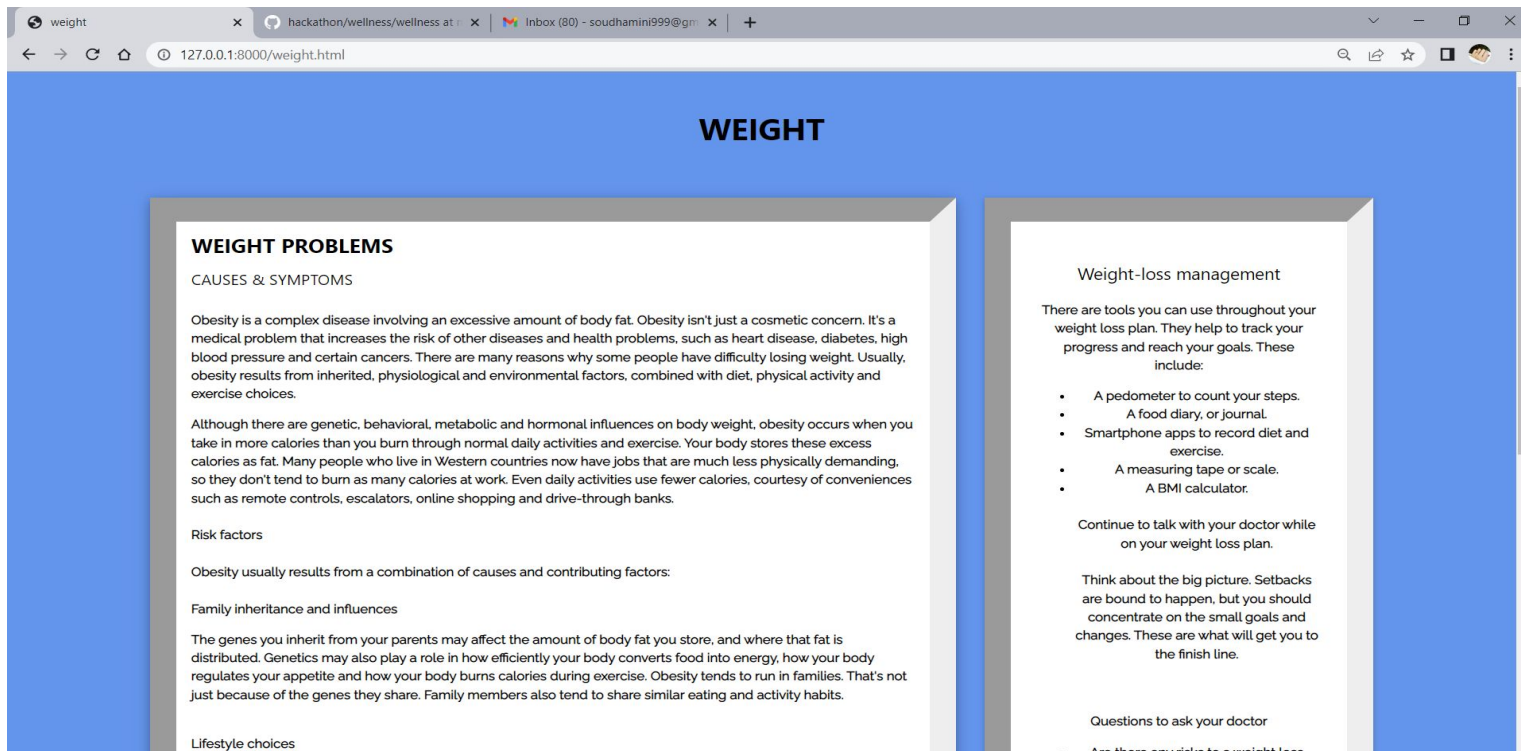


# Screenshots of UI(STATIC PAGES)

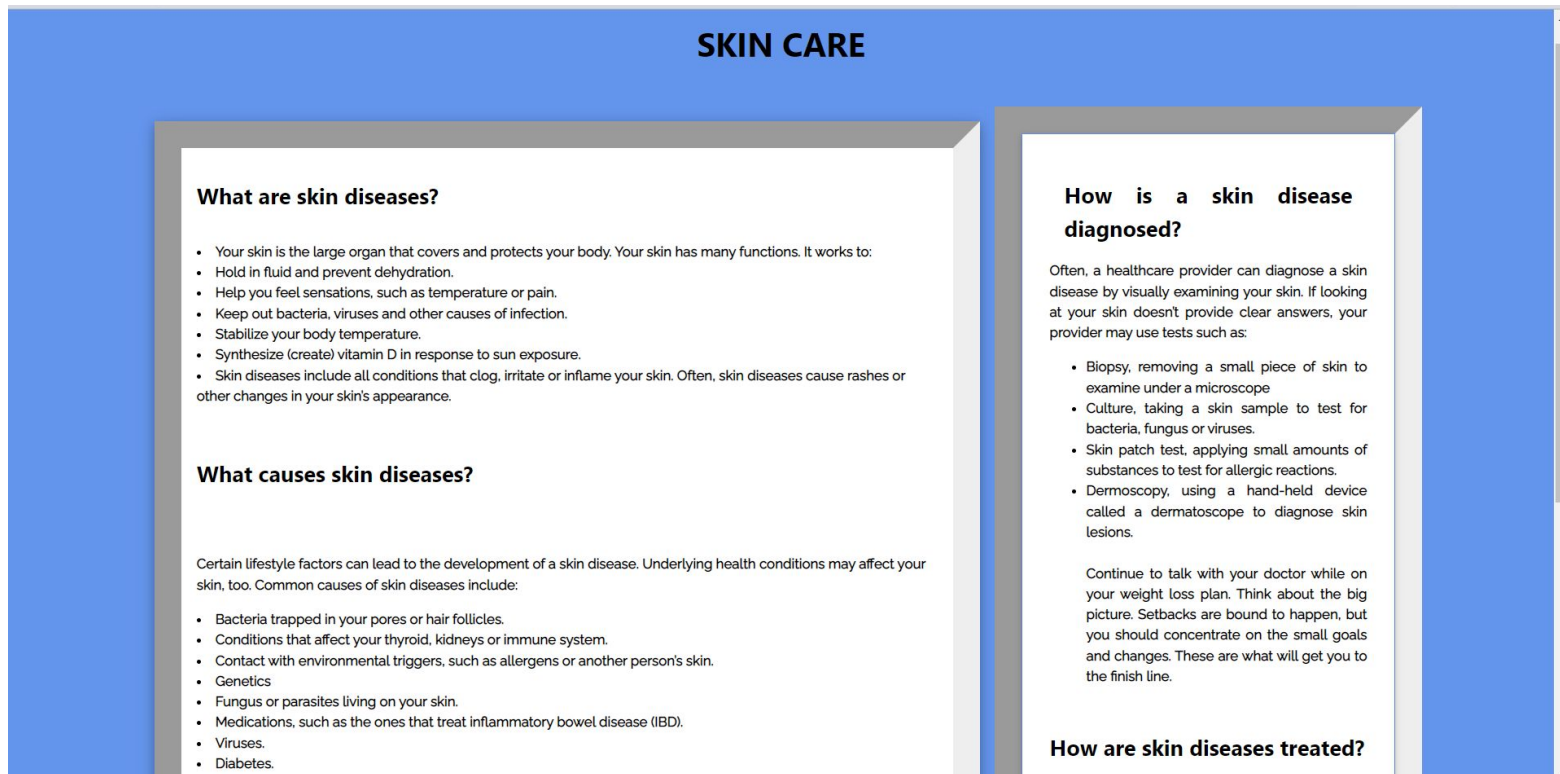




# Screenshots of UI(STATIC PAGES)



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# Screenshots of UI(STATIC PAGES)

## WEIGHT MANAGEMENT

Weight management includes the techniques and physiological processes that contribute to a person's ability to attain and maintain a certain weight. Most weight management techniques encompass long-term lifestyle strategies that promote healthy eating and daily physical activity.

Maintaining a healthy weight is important for health. In addition to lowering the risk of heart disease, stroke, diabetes, and high blood pressure, it can also lower the risk of many different cancers.

*"Over the long term, it's smart to aim for losing 1 to 2 pounds (0.5 to 1 kilogram) a week. Generally to lose 1 to 2 pounds a week, you need to burn 500 to 1,000 calories more than you consume each day, through a lower calorie diet and regular physical activity."*

## WEIGHT MANAGEMENT STRATEGIES





# Screenshots of UI(STATIC PAGES)

## ARE YOU DEPRESSED??

Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home.

Symptoms must last at least two weeks and must represent a change in your previous level of functioning for a diagnosis of depression. Also, medical conditions (e.g., thyroid problems, a brain tumor or vitamin deficiency) can mimic symptoms of depression so it is important to rule out general medical causes.

*"Depression is a common illness worldwide, with an estimated 3.8% of the population affected, including 5.0% among adults and 5.7% among adults older than 60 years (1). Approximately 280 million people in the world have depression .*

## HOW TO COPE UP WITH DEPRESSION??



***THANK YOU***

