

Diversity Hiring Hackathon

SoinFemmes

Woman Wellness Application

- TEAM 14



standard
chartered

Team Members - Member Contribution

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

Soudhamini Cheethirala - Homepage, Static Pages (within dropdown area)UI

Manu Saini - Tests and Diet (UI)



Acknowledgement

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We would also like to thank **Srijeeta Bhattacharyya ma'am** and **Shreya Tyagi ma'am** for their constant support throughout the project work.



About our project

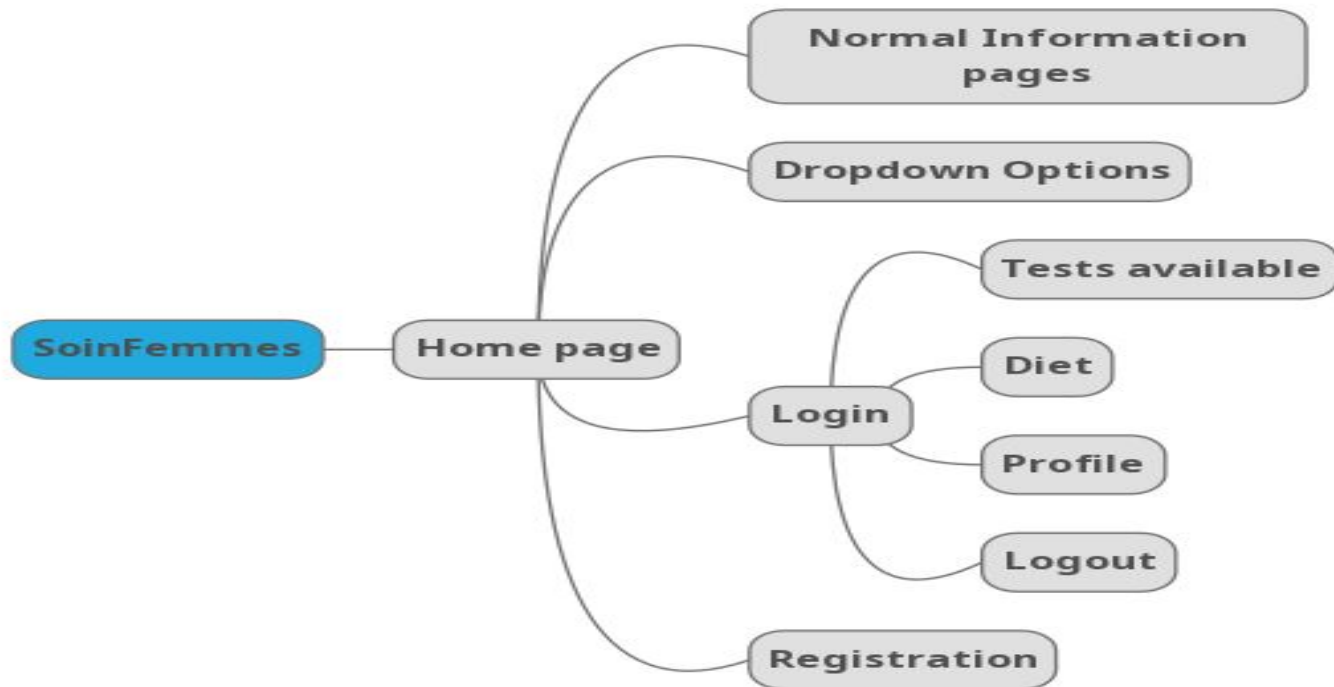
SoinFemmas is the **web-based application** for the **welfare and awareness** among the women.

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.

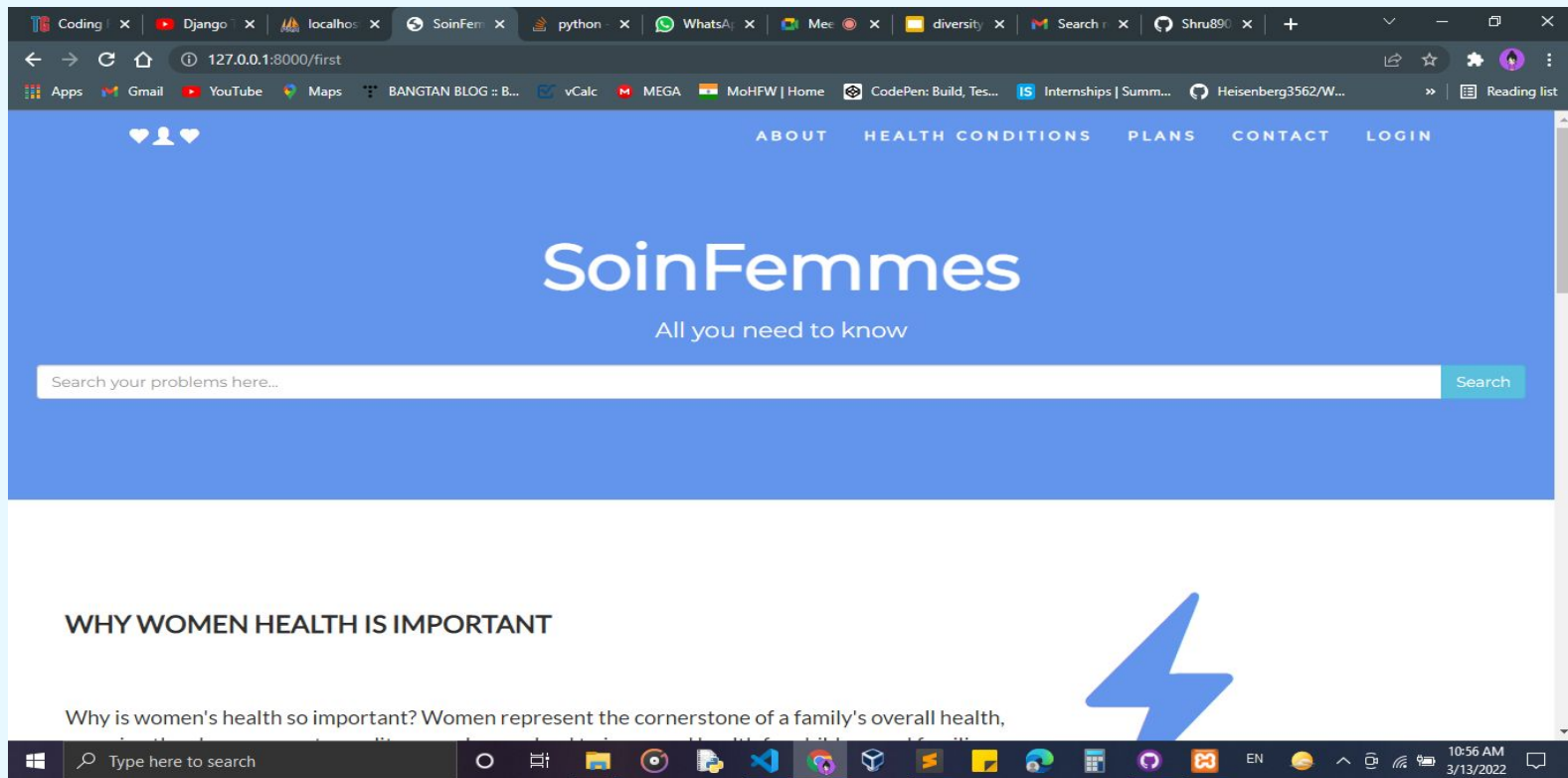
It has the **tests** to be taken facilities available. The **diet plan** are also given their for the people of different age groups with different category like underweight, overweight and the healthy ones separately.



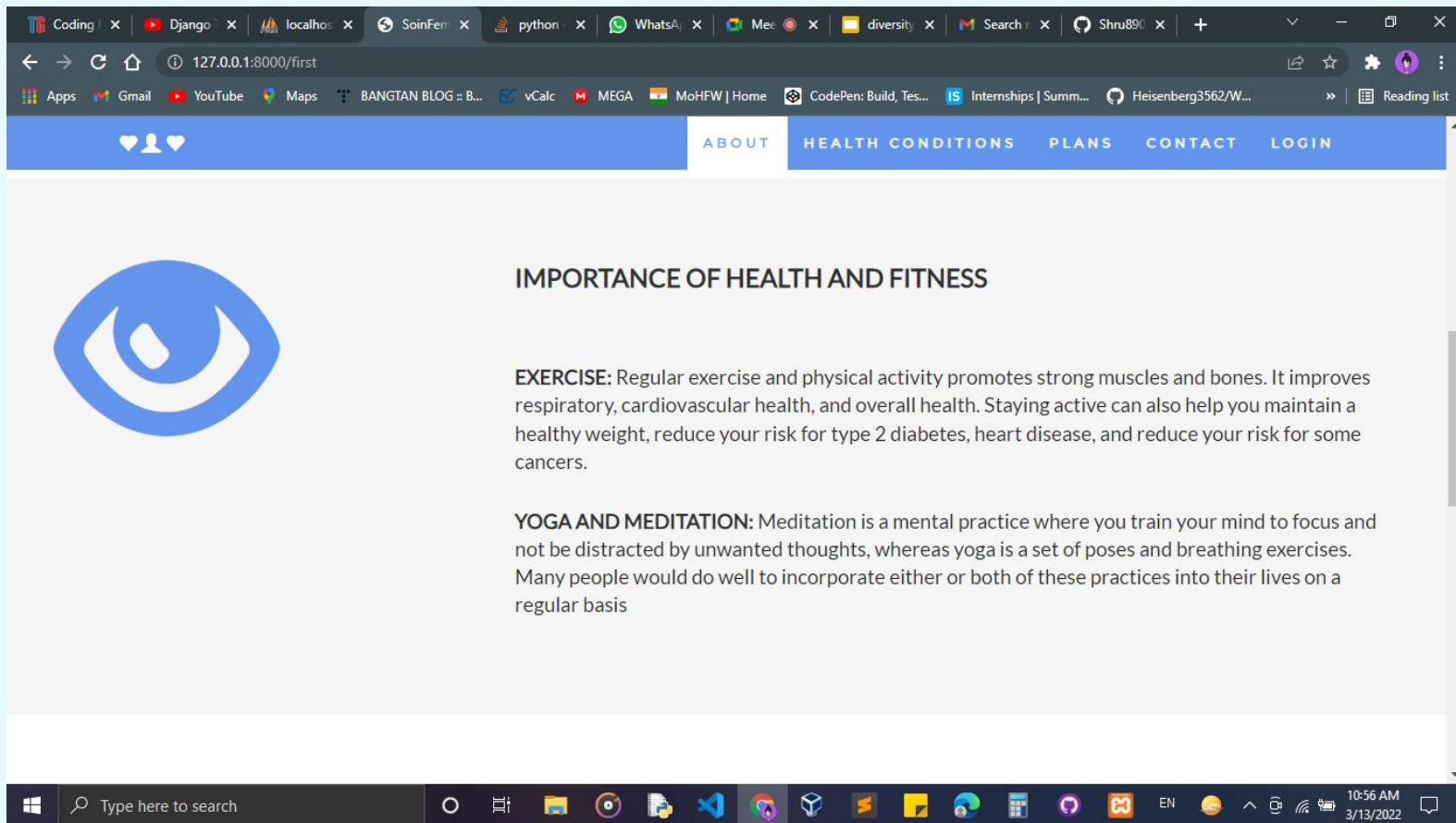
Mind Map of the project



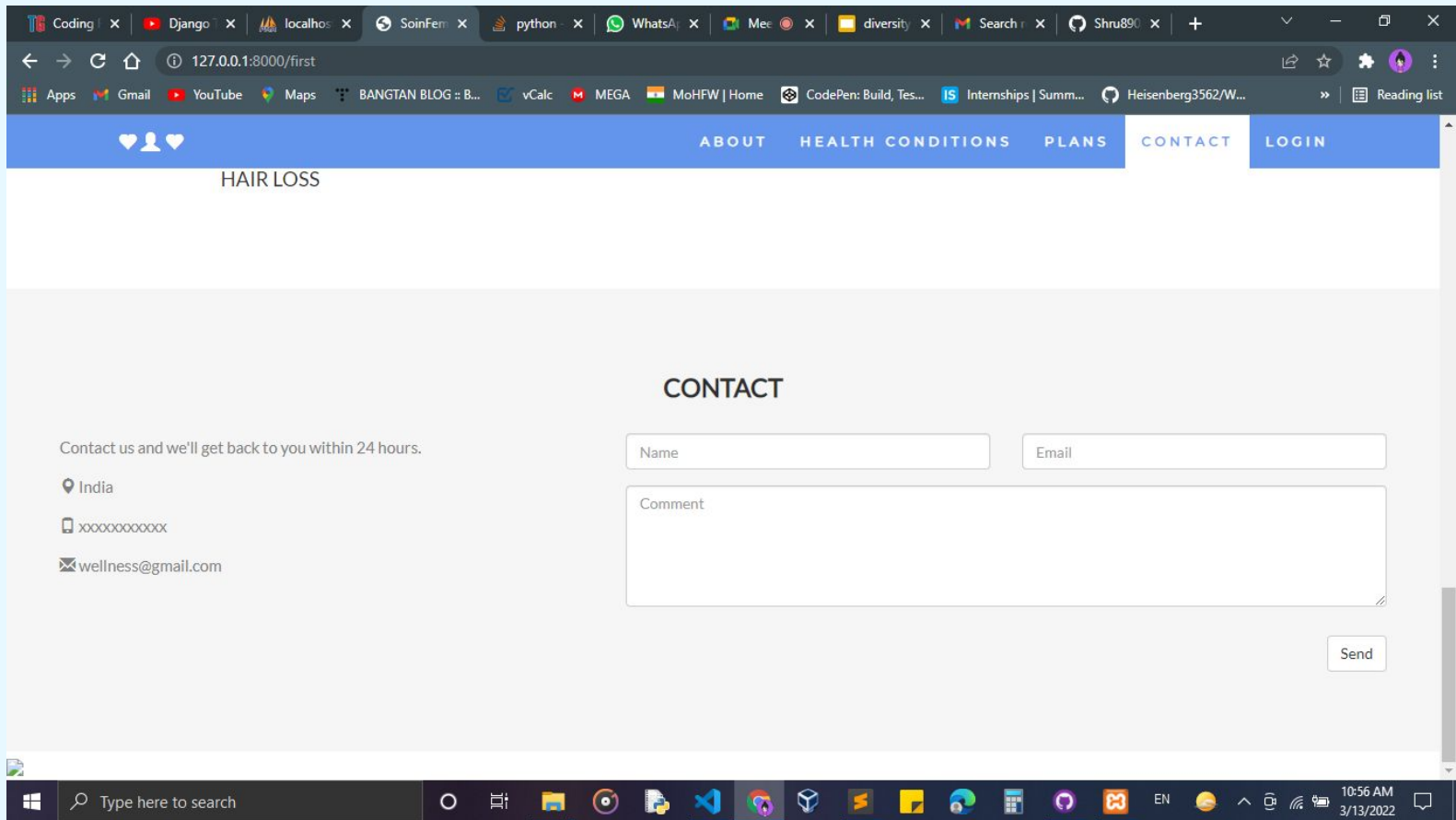
Screenshots of UI (Homepage)



Screenshots of UI



Screenshots of UI



HOME PAGE(DASHBOARD)

Coding x Django x localhost x SoinFer x python x WhatsApp x Mee x diversity x Search x Shru890 x +

127.0.0.1:8000/first

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ABOUT HEALTH CONDITIONS PLANS CONTACT LOGIN

Hair Loss
Weight Loss
Skin Problems
Nutrition

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

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

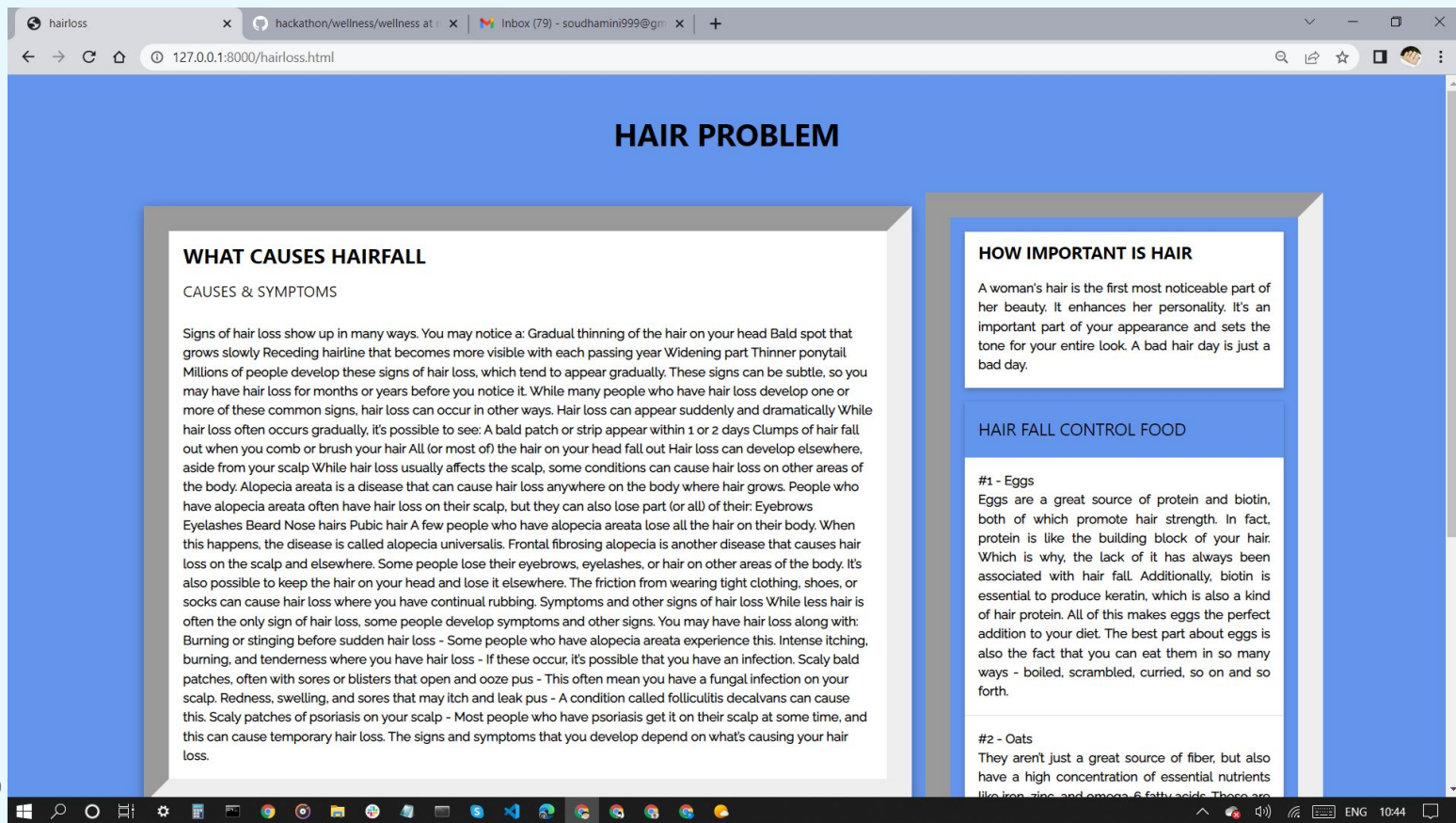
javascript:void(0)

Type here to search

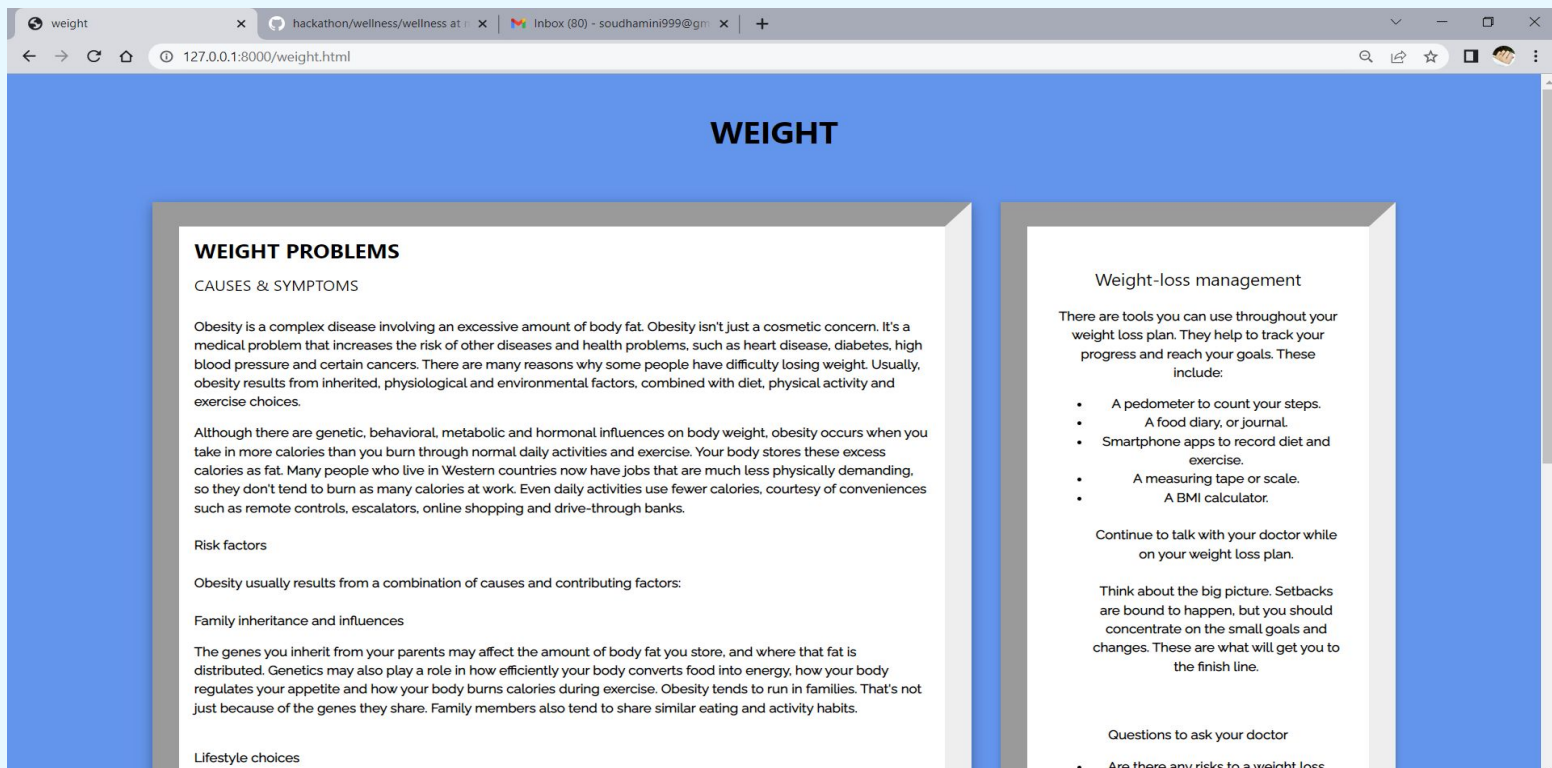
10:57 AM 3/13/2022



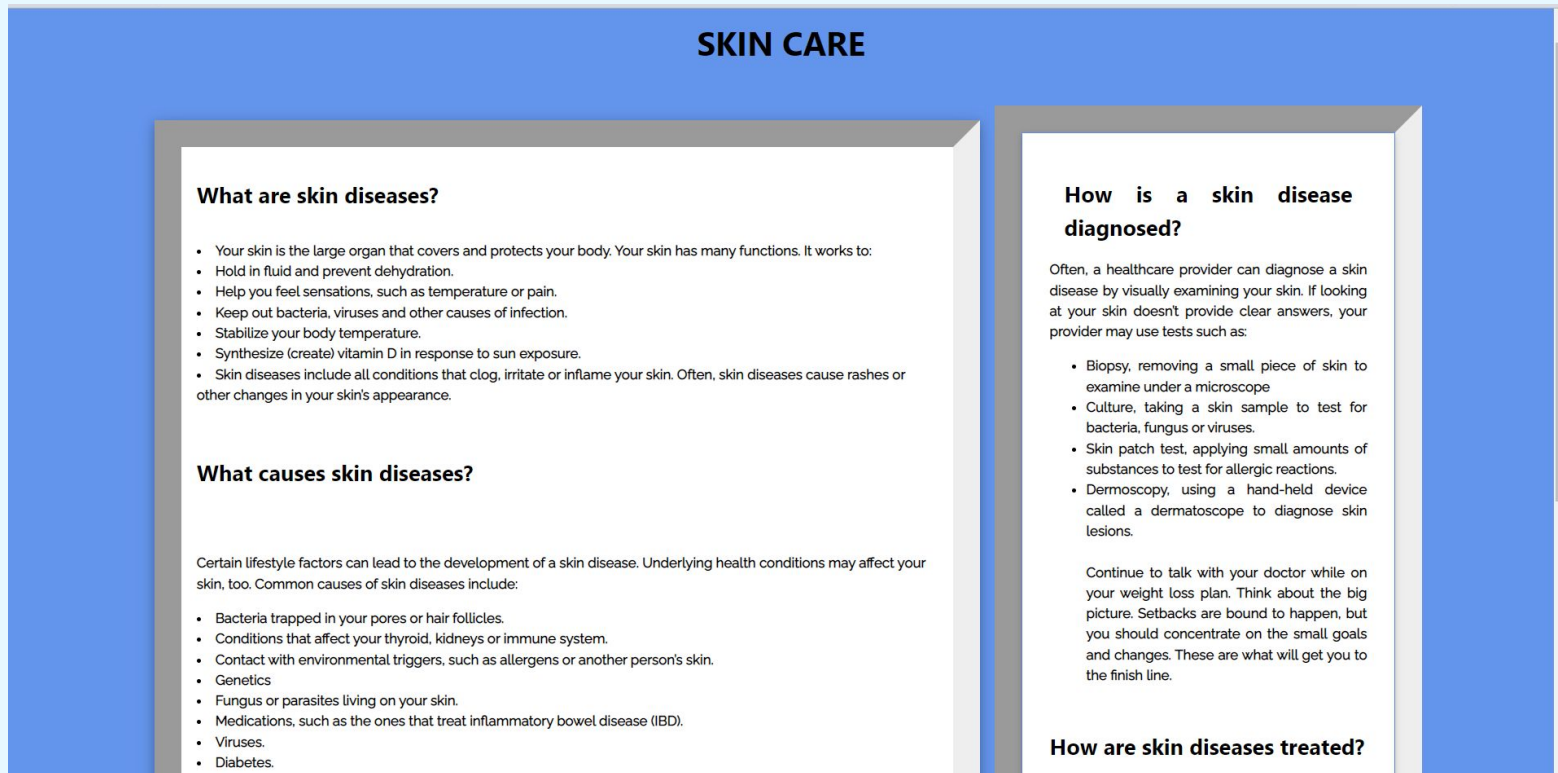
Screenshots of UI(STATIC PAGES)



Screenshots of UI(STATIC PAGES)



Screenshots of UI(STATIC PAGES)



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.

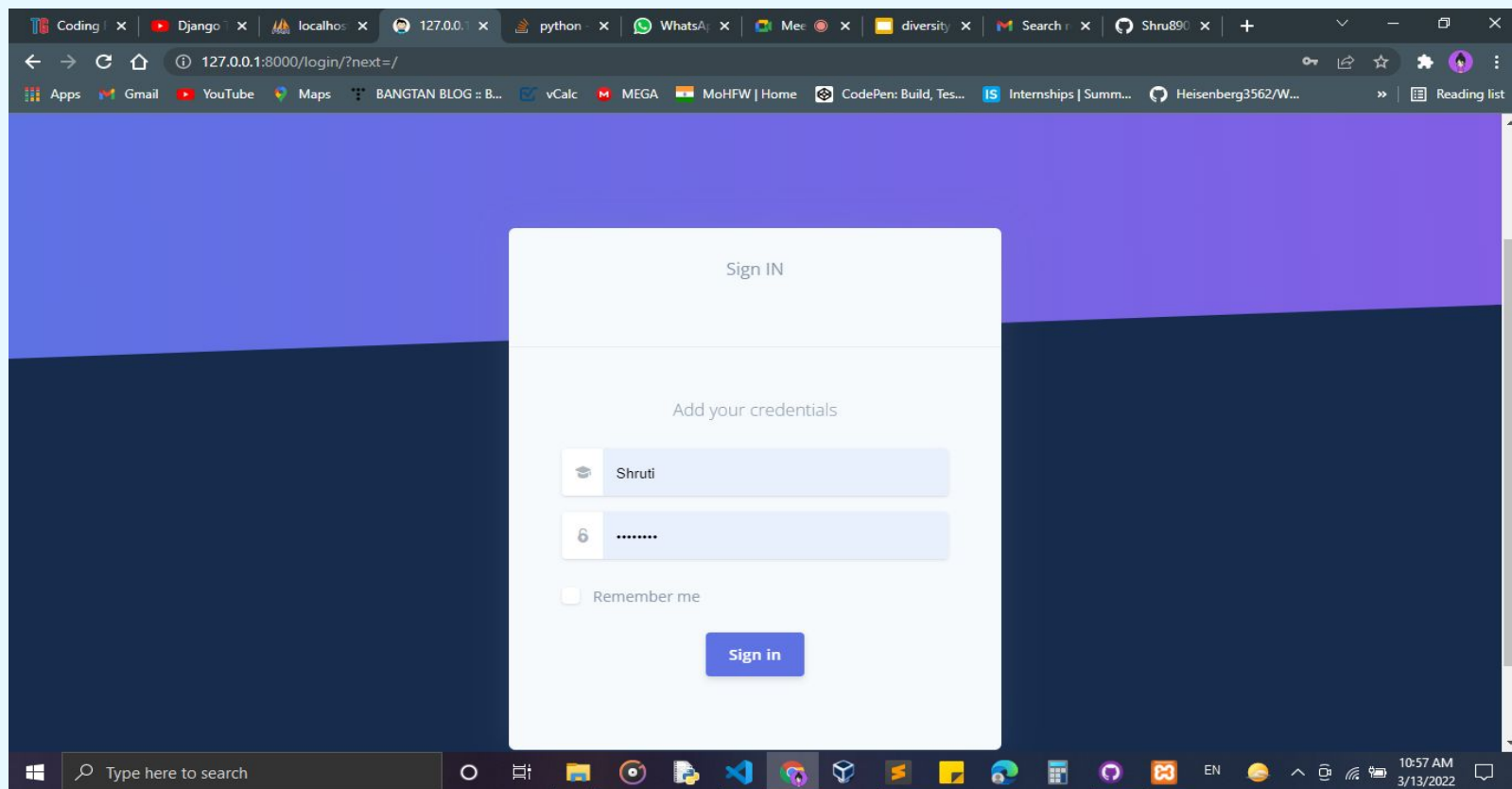
Symptoms must last at least two weeks and must represent a change in your previous level of functioning for a diagnosis of depression. Also, medical conditions (e.g., thyroid problems, a brain tumor or vitamin deficiency) can mimic symptoms of depression so it is important to rule out general medical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



Screenshots of UI(STATIC PAGES)



SCREENSHOTS OF UI

The screenshot shows a web browser window with multiple tabs open. The active tab is 'SoinFemmes', which displays a 'Questionnaire' form. The form is titled 'Questionnaire' and is located on the right side of the page. The left side of the page contains a sidebar with the following links: 'Tests Available', 'Profile', 'Diets', and 'Logout'. The form fields are as follows:

- First Name:
- Last Name:
- Select your age group:
- Do you have weight problems?:
- Do you Experience pain in any of these places I?:
- Any other disorders?:

A red 'SUBMIT' button is located at the bottom center of the form.



Screenshots Of Cards

The screenshot displays a web browser window with multiple tabs open. The active tab shows a web application titled "SoinFemmes" with a sidebar menu containing "Tests Available", "Profile", "Diets", and "Logout". The main content area is titled "10-15 years Age Group" and features two cards:

- 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

The browser's address bar shows the URL "127.0.0.1:8000/diets.html". The Windows taskbar at the bottom indicates the date and time as "Sunday, March 13, 2022 10:58 AM 3/13/2022".



Screenshot of Profile Page

The screenshot shows a web browser window with multiple tabs. The active tab is 'localhost / 127.0.0.1 /', displaying a profile page for 'SoinFemmes'. The page has a dark blue header with the 'SoinFemmes' logo and a 'Settings' button. A left sidebar contains links: 'Tests Available', 'Profile', 'Diets', and 'Logout'. The main content area is titled 'Edit profile' and is divided into two sections: 'USER INFORMATION' and 'CONTACT INFORMATION'. The 'USER INFORMATION' section contains four input fields: 'Username' (Shruti), 'Email address' (usnairsrc@gmail.com), 'First name' (Shruti), and 'Last name' (Nair). The 'CONTACT INFORMATION' section contains three input fields: 'Address' (Ambernath), 'City' (Ambernath), 'Country' (India), and 'Postal code' (421501). The browser's address bar shows '127.0.0.1:8000/profile.html'. The Windows taskbar at the bottom shows the search bar and various application icons.

SoinFemmes Edit profile [Settings](#)

USER INFORMATION

Username:

Email address:

First name:

Last name:

CONTACT INFORMATION

Address:

City:

Country:

Postal code:



Coding Round|Techgig x python - Django Type x diversity - Google Slid x Meet - euh-mksc x Django Argon Dashb x localhost / 127.0.0.1 / x +

127.0.0.1:8000/profile.html

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SoinFemmes

- Tests Available
- Profile
- Diets
- Logout

CONTACT INFORMATION

Address

Ambernath

City Country Postal code

Ambernath India 421501

ABOUT ME

Age Group

21

Any Prominent Disease You have?

No

Submit

Type here to search

11:33 AM 3/13/2022



Screenshots of Disease Database

phpMyAdmin

Recent Favorites

- New
- csv
- hackathon
 - New
 - auth_group
 - auth_group_permissions
 - auth_permission
 - auth_user
 - auth_user_groups
 - auth_user_user_permissions
 - django_admin_log
 - django_content_type
 - django_migrations
 - django_session
 - home_diseases
 - home_profile
- information_schema
- mysql
- performance_schema
- phpmyadmin
- sildms

Server: 127.0.0.1 » Database: hackathon » Table: home_diseases

Browse Structure SQL Search Insert Export Import Privileges Operations Tracking Triggers

Showing rows 0 - 3 (4 total, Query took 0.0016 seconds.)

```
SELECT * FROM `home_diseases`
```

Profiling [Edit inline] [Edit] [Explain SQL] [Create PHP code] [Refresh]

Show all | Number of rows: 25 | Filter rows: Search this table | Sort by key: None

+ Options

				id	name	description	symptom	precautions	cures
<input type="checkbox"/>	Edit	Copy	Delete	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.
<input type="checkbox"/>	Edit	Copy	Delete	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 ...
<input type="checkbox"/>	Edit	Copy	Delete	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...
<input type="checkbox"/>	Edit	Copy	Delete	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...

Check all | With selected: Edit Copy Delete Export

Show all | Number of rows: 25 | Filter rows: Search this table | Sort by key: None



Screenshot of Profile Database

The screenshot shows the phpMyAdmin web interface in a browser window. The address bar indicates the URL: `localhost/phpmyadmin/index.php?route=/sql&db=hackathon&table=home_profile&pos=0`. The interface displays the 'home_profile' table structure and a single row of data.

Table Structure:

id	username	email	firstname	lastname	address	city	country	zip	age	disease
----	----------	-------	-----------	----------	---------	------	---------	-----	-----	---------

Table Data:

1	Shruti	usnairsrc@gmail.com	Shruti	Nair	Ambarnath	Ambarnath	India	421501	21	no
---	--------	---------------------	--------	------	-----------	-----------	-------	--------	----	----

Query Results:

```
SELECT * FROM `home_profile`
```

Query results operations:

- Print
- Copy to clipboard
- Export
- Display chart
- Create view

Bookmark this SQL query:

Label: ☐ Let every user access this bookmark



Conclusion

THE GITHUB LINK TO OUR PROJECT:

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



THANK YOU

