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)

<u>Acknowledgement</u>

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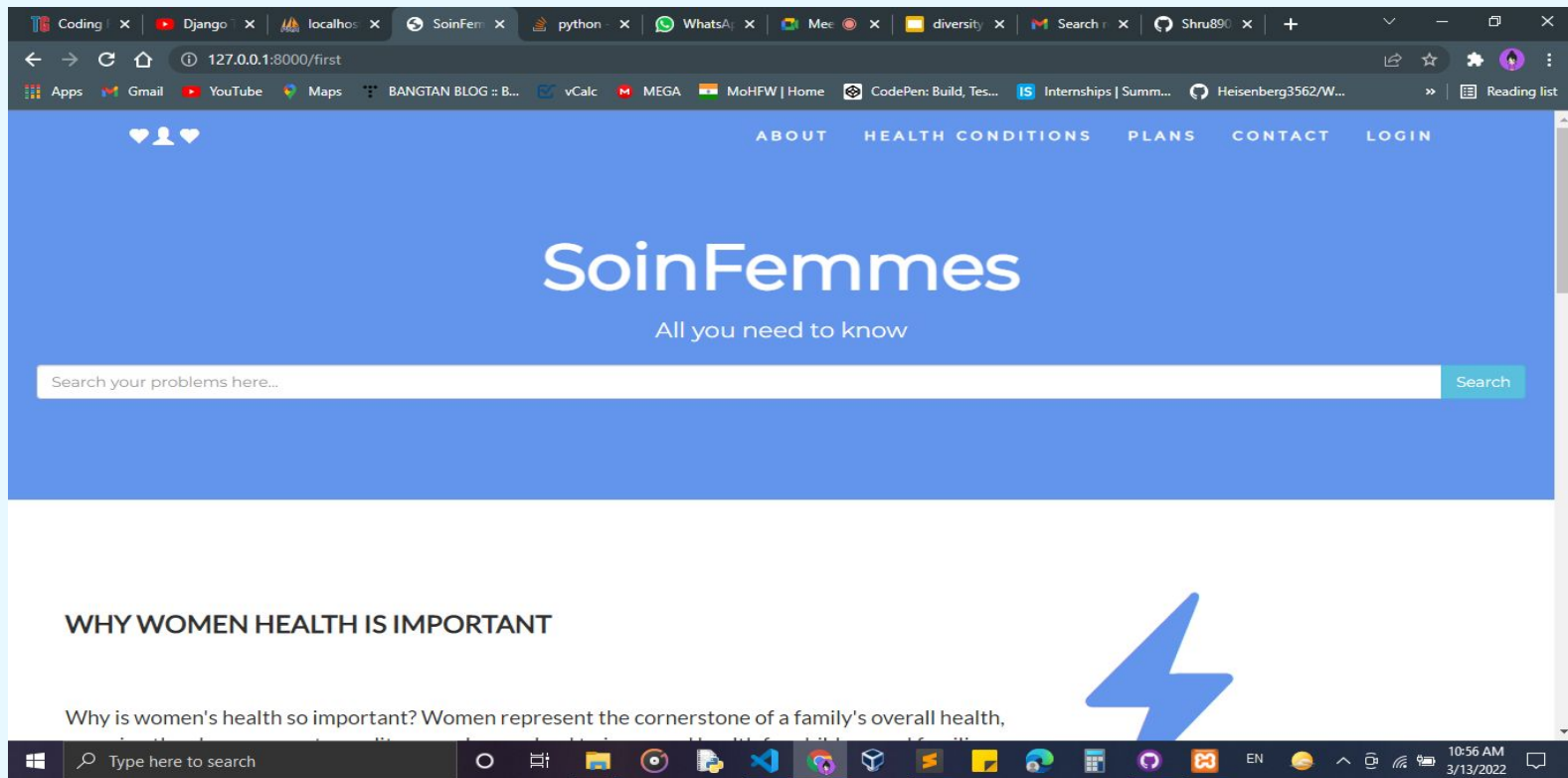
It has the **tests** to be taken facilities available.The **diet plan** are also given their for the people of different age groups with different category like underweight, overweight and the healthy ones separately.

Mind Map of the project
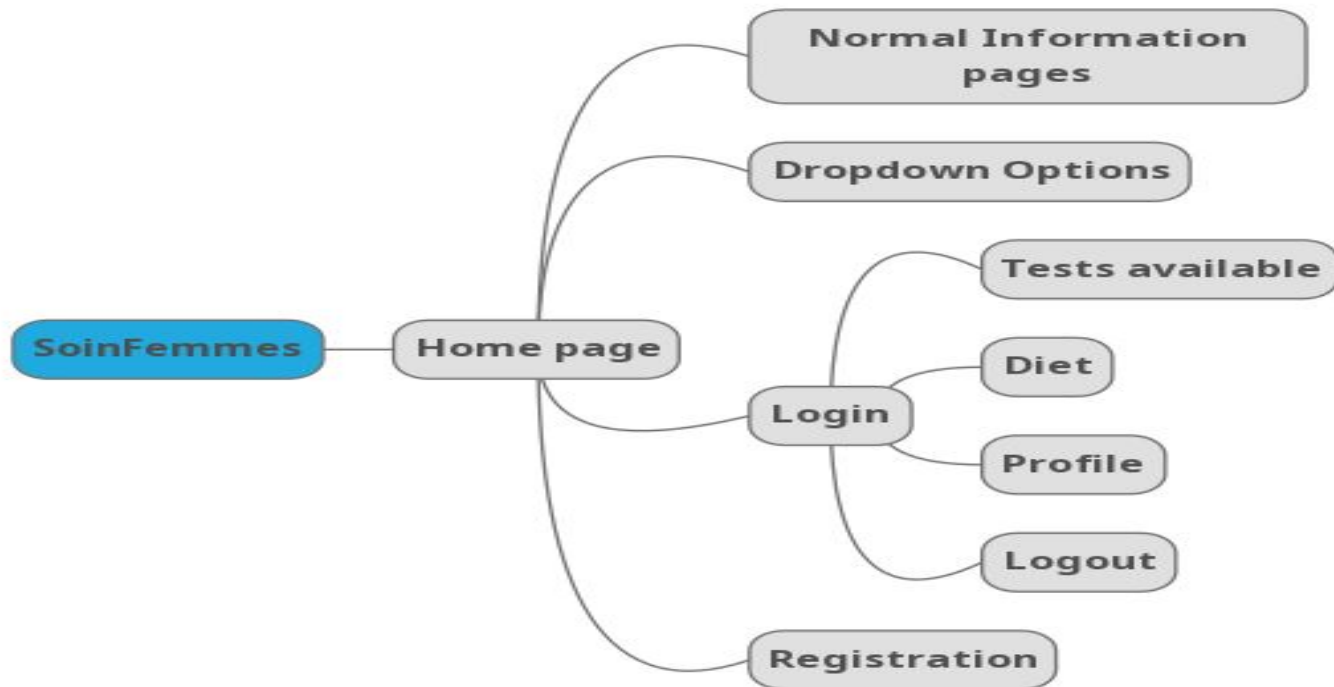
Screenshots of UI (Homepage)

Screenshots of UI
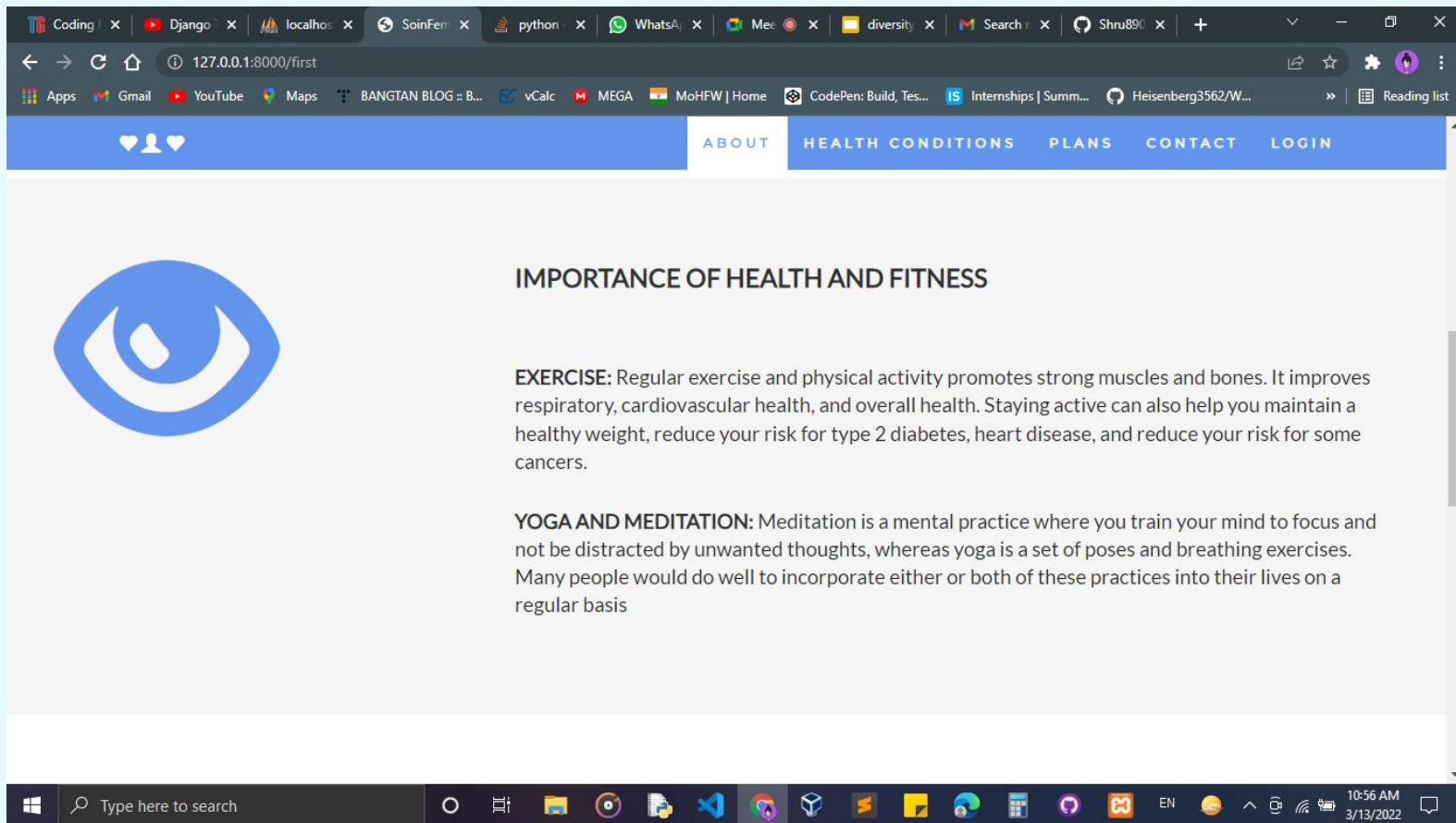
Screenshots of UI
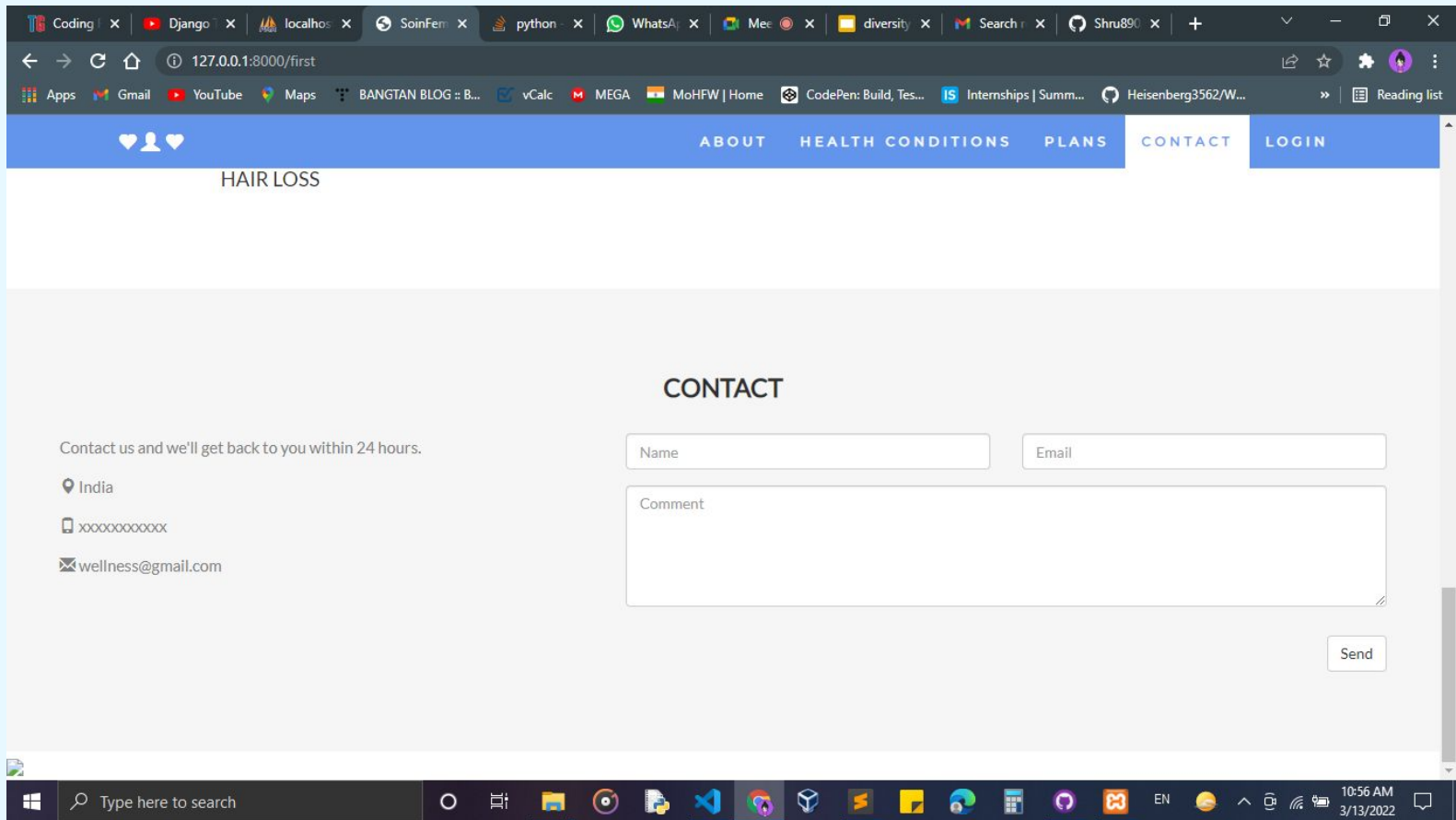
HOME PAGE(DASHBOARD)

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

Screenshots of UI(STATIC PAGES)

Screenshots of UI(STATIC PAGES)

Screenshots of UI(STATIC PAGES)

SKIN CARE

What are skin diseases?

- Your skin is the large organ that covers and protects your body. Your skin has many functions. It works to:
- Hold in fluid and prevent dehydration.
- Help you feel sensations, such as temperature or pain.
- Keep out bacteria, viruses and other causes of infection.
- Stabilize your body temperature.
- Synthesize (create) vitamin D in response to sun exposure.
- Skin diseases include all conditions that clog, irritate or inflame your skin. Often, skin diseases cause rashes or other changes in your skin's appearance.

What causes skin diseases?

Certain lifestyle factors can lead to the development of a skin disease. Underlying health conditions may affect your skin, too. Common causes of skin diseases include:

- Bacteria trapped in your pores or hair follicles.
- Conditions that affect your thyroid, kidneys or immune system.
- Contact with environmental triggers, such as allergens or another person's skin.
- Genetics
- Fungus or parasites living on your skin.
- Medications, such as the ones that treat inflammatory bowel disease (IBD).
- Viruses.
- Diabetes.

How is a skin disease diagnosed?

Often, a healthcare provider can diagnose a skin disease by visually examining your skin. If looking at your skin doesn't provide clear answers, your provider may use tests such as:

- Biopsy, removing a small piece of skin to examine under a microscope
- Culture, taking a skin sample to test for bacteria, fungus or viruses.
- Skin patch test, applying small amounts of substances to test for allergic reactions.
- Dermoscopy, using a hand-held device called a dermatoscope to diagnose skin lesions.

Continue to talk with your doctor while on your weight loss plan. Think about the big picture. Setbacks are bound to happen, but you should concentrate on the small goals and changes. These are what will get you to the finish line.

How are skin diseases treated?

Screenshots of UI(STATIC PAGES)

Screenshots of UI(STATIC PAGES)

Screenshots of UI(STATIC PAGES)

SCREENSHOTS OF UI

Screenshots Of Cards

Screenshot of Profile Page

CONTACT INFORMATION

Address

Ambernath

City

Ambernath

Country

India

Postal code

421501

ABOUT ME

Age Group

21

Any Prominent Disease You have?

No

Submit

Screenshots of Disease Database

Screenshot of Profile Database

Conclusion

THE GITHUB LINK TO OUR PROJECT:

https://github.com/Shru890/Hackathon

THANK YOU