**Synopsis Writing**

**Mini Project -1**

**(2020-2021)**

**“HELPING HANDS”**

**Synopsis**



**Team Members**

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Supervised By

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Asst. Professor

Department of Computer Science Engineering & Applications

CERTIFICATE OF APPROVAL

We hereby certify that the proposal for the project entitled “Health and Wellness” by our group of course computer science has been prepared after due consultation with us.

The proposal has our approval and has, to us knowledge, the potential of developing into a comprehensive project work. We also agree to supervise the above-mentioned project till its completion.

Signature of Supervisor: ………........

Name: …………………………………………

Designation: ……………………………….

Mobile no.: …………………………………

Address: ………………………………………

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INTRODUCTION:

In this project titled ‘Health & Wellness’, we are going to offer people an incredible opportunity to talk and discuss about their health related issues.

There will be sections related to different ailments. A person would be able to find the section which deals with his or her ailment and disentangle the necessary precautions and medication required.

The medication provided on the site would come from trustworthy physicians’ prescriptions and Internet put together.

One-to-one conversation via online chatting with experienced medical practitioners would be available too.

PROBLEM STATEMENT:

There is merely any platform where one can explain its suffering without any hesitation, therefore this site would enact as an open forum where complete package of medication ,dietary intakes and necessary exercises would be availed.

Depression  is still not a recognized problem in our society and people often feel uncomfortable while discussing their problems. To resolve this major problem of being judged, we will keep their identities private.

Women related issues is still a taboo at many places. This would be a panacea to all of their problems.

Objective:

* **Lowering health care costs.**
* **To provide healthy diet plan.**
* **To provide health related services to everybody equally.**
* **Improving health related issues online at the time of pandemics.**
* **To aware people about the necessity of routine exercises in their lives.**

Technologies Used

Front- End Technology:

* HTML5
* CSS
* Bootstrap
* JQuery

Back-end Technology and Tools:

* PHP
* MySQL

Team details:

**Since it is a small team of two members only , therefore the work will be equally divided between us.**

**Medication related information is dealt by Aishwarya Singh. Dietary intake related information is dealt be Simran Maurya.**

MOTIVATION:

**Because of the COVID-19 pandemic, people got to know how important and precious life is. People are dealing with stress and depression everyday.  Keeping that in mind our team has decided to provide a platform to people where no pandemic can peep neither today nor in future.**

**By taking the full advantage of Internet, we have decided to give each and everyone,  a healthy and wealthy today.**

REFERENCES:

**From various Health & Wellness plans initiated by the Govt. of India.**

[**https://www.webmd.com/diet/default.htm**](https://www.webmd.com/diet/default.htm)

[**https://www.nhp.gov.in/healthlyliving/healthy-diet**](https://www.nhp.gov.in/healthlyliving/healthy-diet)