

# **1. INTRODUCTION**

## **1.1 Introduction**

DAYGRAM is an application where one could find a better way to love themselves. Through this application one could find many ways to treat themselves in a better way. Here one can find many features like blog, search option, pink calendar, healthy recipes, diet plans, and lot more which would help the user to stay consistent and work more on themselves in a finer way so that they could try by themselves to overcome their personal insecurities and walk out with confidence. The application starts with a sign page where the new user will have to have to register themselves in the application with the basic details of the user such as Gmail, phone number, and creating a secured password and further they would have to answer few basic questions such as gender, age, region, etc... and if the user has already signed in then he or she could directly login by using either the Gmail or the phone number which was used while sign up and the password that was created while registering further would be able to directly access the application. As soon as the user opens the application the first thing that he or she would enter is the BLOG PAGE commonly known as the home page of the application which would contain different posts which are related to skin care remedies, hair care remedies, healthy recipes, diet plans, yoga, exercises. Here the users can also share their personal remedies which helped them to work on skin and hair, they could also share healthy recipes. At the bottom of the blog page there would be different options to access all other features of the application. The very first icon which would be available is the home icon which is about the blog page, the next icon would be the search option, the third icon will be the post icon, the fourth icon will be of the Games, and the last icon would be of profile. In the blog page there are two icons in the right most corner at the top, first one is notification icon and next to it is AI chatbot icon. The second icon is search option that allows users to quickly find specific content, such as blog posts, recipes, or remedies, by entering relevant keywords for a more personalized browsing experience. The third icon from the tab is post icon that allows users to share their personal experiences, remedies, healthy recipes, or tips directly to the blog page. The fourth icon is Games icon that would contain stress bursting amazing games and act as a stress burster to users. The last icon in the tab is for the profile from where the user would be able to access various features such as settings from where the user could adjust the application according

to his or her need. Then comes the accounts center in which the user would manage his or her account and will have to share personal details such as height, weight, and medical history. Other than this, in the profile the user could see whom he or she is following and who their followers are. They can manage their following and followers. They could even manage their posts. There is another option in the last icon of your activities where the user would see his or her liked posts, commented post. The first icon at the rightmost side at top is notification icon that keeps users updated with alerts about new blog posts, comments, likes, or reminders, ensuring they stay connected and engaged with the website's activities and next to it is The AI chatbot icon connects users to a virtual assistant that offers personalized advice, answers queries, and provides guidance on various topics like nutrition, self-care, and wellness. Through this application we would try to create confidence in them. We will try to make user's life easier. Here the user would work on his or her personal insecurities at personal level and keep them private. Through this application the user could stay more aware of the nutrition which he or she is taking in their daily life as well as paying more attention to exercise. The blog page of this application would also help them to stay updated. Users on this application would find better options to eat healthy yet delicious food recipes.

~ with DAYGRAM staying fit won't be that hard...

## **1.2 Scope**

### **1.2.1 Current Scope**

The web application DAYGRAM works to help the users to keep the track of their day to day activities. By providing different features such as:

#### **1. User Registration and Login**

- Users can register with basic details (email, phone number, password) and log in securely.

#### **2. Blog and Community Engagement**

- Access to a home page featuring blogs on self-care, wellness, recipes, and fitness.
- Users can share personal remedies, tips, and experiences through blog posts.

#### **3. Self-Care Features**

- A pink calendar for female users to track menstrual cycles with reminders.

#### **4. Interactive Tools**

- Stress-busting games for mental relaxation.
- AI chatbot for personalized self-care advice and guidance.

## **5. Profile Management**

- Users can customize their profiles, including personal details, preferences, and posts.

## **6. Search and Explore**

- Search functionality to find specific blogs, recipes, or remedies.

## **7. Community Features**

- Follow/unfollow functionality to connect with other users.
- View liked and commented posts.

The DAYGRAM web application will not provide medical advice, diagnose health conditions, or replace professional consultations. It does not offer real-time health tracking or integration with fitness devices. The platform excludes e-commerce features, social media sharing, and advanced data analytics. It requires internet connectivity and does not support offline functionality. Additionally, DAYGRAM is not designed to handle large-scale enterprise-level operations, focusing instead on individual self-care and wellness.

### **1.2.2 Future Scope**

In the future, DAYGRAM could expand its social features by incorporating group discussions, forums, and the ability to share posts directly to external social media platforms, fostering a stronger sense of community and engagement among users. Additionally, DAYGRAM could introduce expanded wellness tools, including mental health support, meditation guides, and advanced habit trackers, creating a holistic self-care solution that caters to both physical and mental well-being.

## **1.3 Project Summary and Purpose**

### **1.3.1 Project Summary**

DAYGRAM is a self-care-focused web application designed to empower individuals in building confidence, overcoming insecurities, and maintaining a healthy lifestyle. The platform offers a

range of features, including blogs on wellness, healthy recipes, and fitness tips, along with tools like a pink calendar for tracking menstrual cycles, stress-busting games, and AI chatbot support for personalized advice. Users can customize their profiles, share remedies, and explore self-care routines tailored to their needs. Targeting a user-friendly experience, DAYGRAM emphasizes accessibility and consistency in promoting physical and mental well-being. The application aims to create a supportive community, where users can engage, share, and learn from each other while focusing on personal growth and wellness. The project prioritizes intuitive design, privacy, and adaptability, ensuring it meets the needs of a diverse audience and evolves with future enhancements like expanded social features and advanced wellness tools.

### **1.3.2 Purpose**

The purpose of DAYGRAM is to empower individuals to prioritize self-care, build confidence, and overcome personal insecurities. By providing tools and resources such as wellness blogs, healthy recipes, a pink calendar for menstrual tracking, stress-busting games, and personalized AI support, the platform aims to promote physical and mental well-being. DAYGRAM seeks to create a supportive environment where users can explore self-improvement, maintain consistent healthy habits, and engage with a community of like-minded individuals. Its ultimate goal is to make self-care accessible, enjoyable, and a natural part of daily life.

## **1.4 Objectives**

1. Promote self-care and mental well-being.
2. Help users build confidence and overcome insecurities.
3. Foster community engagement and sharing.
4. Provide accessible wellness resources and tips.
5. Offer personalized tools and reminders.
6. Encourage healthy habits like hydration and exercise.
7. Support female users with menstrual cycle tracking.
8. Ensure a user-friendly and intuitive design.
9. Motivate users to stay consistent with self-care routines.
10. Expand awareness of holistic health practices.