

“Sakhi”- A Woman's Friend

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Abstract – ‘SAKHI’ is an online platform empowering women with information on safety, rights, and health. Its robust sections cover women's safety laws, rights, and a comprehensive health resource. The intuitive period tracking feature offers personalized insights, while interactive elements aid in visualizing menstrual data. SAKHI aims to foster women's empowerment and well-being.

Keywords–

women's safety, gender-based violence, legal rights, safety laws, empowerment, health management, wellness, mental health, physical health, nutrition, fitness, safety resources, supportive community, helpline numbers, holistic well-being, women's rights, health tips, awareness, prevention, and advocacy.

I. Introduction

‘SAKHI’ an innovative online platform dedicated to meeting the multifaceted needs of women. SAKHI's mission is to empower women through knowledge and support, offering a comprehensive range of resources on safety, rights, and health. It features a robust section on women's safety laws and rights, providing easily accessible information and helpline numbers for immediate assistance. The platform's health section is equally comprehensive, offering expert-curated articles and tools for various health issues, including reproductive health and mental well-being. A standout feature is the intuitive period tracking function, enabling users to monitor their menstrual cycles and receive personalized diet suggestions. SAKHI goes beyond mere information dissemination by incorporating interactive elements like graphs and charts, allowing users to visualize their menstrual data and understand patterns over time. By empowering women with knowledge, resources, and support, SAKHI aims to foster a community where women can confidently take control of their safety, rights, and health, ultimately promoting their overall well-being and empowerment.

II. Literature Survey

1) International Women's Rights

Convention. (2019). "Advancing Women's Rights Globally : A Comprehensive Review."

Author: James Violon

Summary: This article provides an in-depth examination of women's empowerment within the realm of international law, delving into its philosophical underpinnings, legal structures, and real-world impacts. Utilizing qualitative inquiry and academic references, it investigates advancements, obstacles, and remedies, highlighting the pivotal significance of global legal mechanisms in promoting gender parity and upholding the rights of women globally.

2) Evaluation of Smartphone Menstrual Cycle Tracking Applications Using an Adapted APPLICATIONS Scoring System

Author: Moglia, Michelle L. WHNP, MS; Nguyen, Henry V. FNP, MS; Chyjek, Kathy MD; Chen, Katherine T. MD, MPH; Castaño, Paula M. MD, MPH

Summary: This study aims to identify smartphone applications for tracking menstrual cycles and assess their accuracy, features, and usability, providing comprehensive insights into their functionality and effectiveness.

3) Women and health

Author: P. Smyke

Summary: This publication explores the health obstacles encountered by women in developing nations, highlighting the repercussions of

impoverishment, resource scarcity, and societal prejudice, while offering viable strategies for enhancement and advancement. Through an in-depth analysis, it elucidates the complexities surrounding women's health in these contexts, emphasizing the urgent need for intervention and policy reforms. By scrutinizing the intersection of socio-economic factors and health outcomes, the book sheds light on potential pathways for addressing disparities and fostering sustainable improvements in women's well-being.

4) Women in science, medicine, and global health: call for papers

Author: Jocalyn Clark, Elizabeth Zuccala, R Richard Horton

Summary: Recent instances of sexual harassment underscore the enduring gender imbalances. This dedicated theme edition, centered on women in science, medicine, and global health, endeavors to confront and rectify these systemic disparities. Through insightful analyses and proactive measures, it aims to shed light on the challenges faced by women in these fields while advocating for meaningful change. By fostering dialogue and promoting inclusivity, this initiative seeks to create a more equitable environment, where all individuals, regardless of gender, can thrive and contribute to advancements in science, medicine, and global health on equal footing.

5) Women and Health: the key for sustainable development

Author: Dr Ana Langer, MD , Afaf Meleis , PhD, Felicia M Knaul, PhD , Rifat Atun , MBBS , Meltem Aran, PhD , Héctor Arreola-Ornelas

Summary: Women's health is undergoing transformation, witnessing advancements in certain domains alongside enduring unmet needs. Evolving demographics and societal dynamics have given rise to a spectrum of health complexities, prompting a comprehensive approach toward sexual and reproductive health, as well as the holistic well-being of women.

III. PROPOSED IDEA

A suggested concept for the Sakhi website could involve developing an inclusive online platform serving as a centralized hub for women's well-being, encompassing safety, health care, and empowerment. Below is a framework for the proposed concept:

Laws Section:

- A designated area of the website exclusively tailored for women to access legal information, featuring a searchable database of relevant laws and regulations.
- This section also incorporates an SOS emergency hotline for immediate assistance during critical situations.
- Content may include articles, guides, and FAQs addressing various legal topics pertinent to women's rights, safety laws, and resources for those facing gender-based violence.

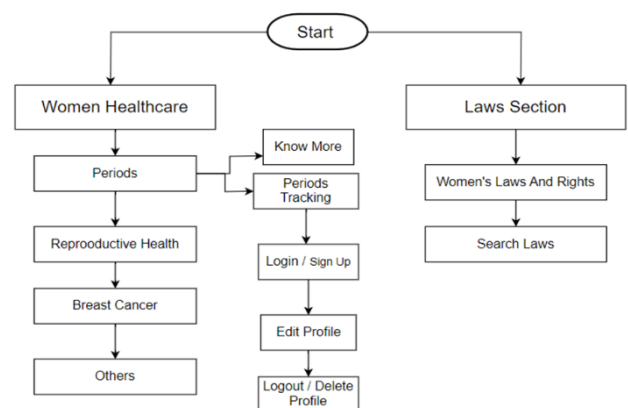
Wellness Hub:

- An inclusive section of the website dedicated to women's health and well-being, offering a wealth of information on various health concerns specific to women.

- This hub also features a menstrual tracking and analysis tool, empowering women to monitor their menstrual cycles and gain insights into their reproductive health.

- Content may include articles, resources, and tools covering topics such as reproductive health, mental well-being, nutrition, fitness, and preventive care measures.

IV. BLOCK DIAGRAM



1. Start: The starting point of the process.

2. Select Section:

- User selects between the Laws Section or the Wellness Hub.

3. Laws Section:

- Search for laws: Users can search for specific laws related to women's rights or safety.

- Access SOS emergency number: Users can quickly find emergency helpline numbers within the Laws Section.

4. Wellness Hub:

- Explore health issues: Users can access information about various health topics concerning women.

- Period Tracking and Analysis:

- Track menstrual cycles: Users input the start date of their current menstrual cycle and the average cycle length.

- Analyze cycles: The website provides analysis tools to help users understand patterns in their menstrual cycles.

- Diet recommendations: Based on menstrual data, the website offers diet suggestions tailored to different menstrual phases.

5. Save and View:

- Save period data: Users can save their period data for future reference.

- View previous cycles: Users can view their previous menstrual cycles for tracking and analysis purposes.

This block diagram incorporates the added functionalities of menstrual cycle analysis and diet recommendations within the Period Tracking feature of the Wellness Hub. It provides users with a comprehensive toolset for managing their menstrual health and accessing relevant legal information and emergency resources.

V. Methodolgy Applied

The methodology applied for developing and implementing the functionalities described in the block diagram involves several key steps:

1. Needs Assessment: Conducting research to understand the specific needs and preferences of the target audience, including women seeking legal information, emergency resources, and health-related content.

2. Requirement Gathering: Collaborating with stakeholders, including legal experts, health professionals, and potential users, to identify the essential features and functionalities required for the website.

3. Design and Development:

- Website Architecture: Designing the website's structure, including the layout of the Laws Section and the Wellness Hub, to ensure intuitive navigation.

- User Interface Design: Creating user-friendly interfaces for searching laws, accessing emergency numbers, exploring health topics, and tracking menstrual cycles.

- Feature Development: Implementing features such as search functionality for laws, integration of emergency helpline numbers, health information databases, and period tracking tools with analysis and diet recommendations.

4. Content Creation:

- Legal Information: Curating comprehensive legal resources related to women's rights, safety laws, and emergency contacts.

- Health Content: Compiling informative articles, guides, and resources covering various health issues affecting women, along with expert insights and recommendations.

- Period Tracking: Developing algorithms for menstrual cycle

tracking, analysis, and generating diet recommendations based on user input and cycle data.

5. Testing and Validation:

- Usability Testing: Conducting usability tests with representative users to identify any usability issues and gather feedback for improvement.

- Functionality Testing: Testing all features and functionalities to ensure they work as intended and are error-free.

- Validation: Validating the accuracy of legal information, emergency contact details, health content, and period tracking algorithms.

6. Deployment and Launch:

- Deployment: Deploying the website on a suitable hosting platform and ensuring it is accessible to users.

- Launch: Announcing the launch of the website through marketing channels and reaching out to target audiences.

7. Monitoring and Iteration:

- Monitoring: Monitoring website performance, user engagement metrics, and feedback to identify areas for improvement.

- Iteration: Iteratively updating and enhancing the website based on user feedback, changing requirements, and emerging trends.

By following this methodology, the website can be developed and implemented effectively, providing a valuable resource for women's legal rights, safety, health, and empowerment.

VI. CONCLUSION

In conclusion, the envisioned website represents a pivotal resource for women, encompassing legal empowerment and holistic well-being. By integrating a Laws Section facilitating access to legal resources and emergency contact information, alongside a Wellness Hub providing comprehensive health insights and menstrual cycle tracking with analysis and dietary recommendations, the platform stands as a beacon of empowerment. Through user-centered design and iterative development, it aspires to equip women with the knowledge and tools necessary to navigate challenges, assert their rights, and prioritize their health. By fostering a supportive online community and promoting inclusivity, the website endeavors to uplift women and contribute towards fostering a more equitable and empowered society.

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