

VIRTUAL GUARDIAN FOR
NAVIGATING
ADOLESCENCE WITH
CONFIDENCE



PROBLEM STATEMENT



- ❧ Adolescent girls undergoing the critical phase of adolescence often lack dedicated resources addressing their unique challenges. Limited access to accurate information and support can result in confusion, anxiety, and a diminished sense of self-worth. Existing educational systems and societal pressures fail to adequately address their distinct needs, leaving them without a comprehensive and personalized guide to navigate physical changes, emotional shifts, and holistic well-being. The absence of such guidance negatively impacts their self-confidence and emotional resilience. There is a clear need for a solution that offers tailored support, accurate information, and a safe space for dialogue to empower teenage girls to navigate adolescence confidently and with improved well-being.

OBJECTIVE



- ❧ Develop a web-based platform that educates users about menstrual health, provides nutritional guidance for different phases of the menstrual cycle, and offers strategies to manage emotional well-being.

SCOPE



- ✧ The scope of the project encompasses the development and implementation of a comprehensive virtual companion platform specifically designed to empower and support adolescent girls as they navigate the challenges and transformations of adolescence. The project's primary focus is to create a virtual guardian that acts as a reliable mentor, guide, and source of valuable information for teen girls.

FUNCTIONAL REQUIREMENTS

☞ **User Authentication and Profiles:**

Ensure a secure and private environment where adolescent girls can create and manage their profiles, allowing for a personalized experience.

☞ **Menstrual Health Education:**

Offer accurate and age-appropriate information about menstrual health to help girls understand and manage this aspect of their development confidently.

☞ **Nutritional Guidance:**

Provide tailored nutritional advice to support healthy growth and development during adolescence, emphasizing the importance of balanced diets.

☞ **Emotional Balance Strategies:**

Support emotional well-being by including resources for self-esteem, body image, and coping with emotional changes, fostering a positive experience for adolescent girls.

CONT...



❧ **Community Interaction:**

Establish a supportive and safe community space where adolescent girls can connect with peers, share experiences, and seek advice in a positive environment.

❧ **Personalized Recommendations:**

Utilize data and user input to offer personalized recommendations for activities, self-care practices, and lifestyle choices that align with their individual needs and preferences.

❧ **Notification System:**

Implement a notification system to provide gentle reminders for important events, educational content, and self-care activities.

❧ **Dashboard and Analytics:**

Offer a user-friendly dashboard that provides insights into their health and wellness journey, allowing them to track progress and access relevant information easily.

NON FUNCTIONAL REQUIREMENTS



☞ **User-Friendly Interface:**

Make the app easy to use so that girls can navigate and enjoy it without any trouble.

☞ **Privacy and Data Security:**

Keep everything private and secure so that girls' information is safe.

☞ **Scalability:**

Make sure the app can grow and handle more users and features smoothly.

☞ **Portability:**

Allow girls to use the app easily on different devices like phones and computers.

TECHNOLOGY USED



∞ HTML

∞ CSS

∞ JAVASCRIPT

∞ PHP



IMPLEMENTATION



Login

Username:

shobia

Password:

.....

Login

Virtual Guardian

Believe in yourself and your abilities.

Today's THOUGHT

Predict Next Period

Medical Advice

Select Scenario



Track Your Mood

BalanceBowl

IMPLEMENTATION



Next Period Prediction

This is the page for predicting the next period.

Enter Your Menstrual Cycle Length

Cycle Length (in days):

Update Next Period Date

Next period is expected around: 2023-12-12

Enter Your Period Length

Period Length (in days):

Calculate Ovulation Date

Ovulation is expected around: 2023-11-28

TO EAT LIST

Water. Drinking a lot of water is always important, and this is especially true during your period

Fruit. Water-rich fruits, such as watermelon and cucumber, are great for staying hydrated

Leafy green vegetables

Ginger

Chicken

Fish

Turmeric

Dark chocolate

TO SKIP LIST

Salty / High sodium foods.

Sweets / High sugar foods.

Caffeine / Tea / Coffee

Alcohols

Piquant and Spicy foods

Meat / Red Meat such as beef or pork

[Go back to Ovulation Calculator](#)

IMPLEMENTATION



Virtual Guardian

Today's THOUGHT

Predict Next Period

Medical Advice

Select Scenario

Select Scenario

Low Flow Rate Scenario

High Flow Rate Scenario

Heavy Stomach Pain Scenario

Irregular Periods Scenario

Track

BalanceDown

Low Flow Rate Scenario

Avoid saturated fats such as butter, cream, bacon, and potato chips;

Limit salt and caffeine.

Drink more water and herbal teas such as chamomile.

Increase your intake of calcium-rich foods such as nuts, low-fat dairy products.

[Go back to Ovulation Calculator](#)

IMPLEMENTATION



Mood Page

This is your mood tracking page.

Mood Tracker

Current Mood:

Store Mood

Mood History

😊 Happy

😞 Sad

😎 Cool

This page says

Mood "sad" stored successfully!

OK

Mood Page

This is your mood tracking page.

Mood Tracker

Current Mood:

Store Mood

Mood History

😊 Happy

😞 Sad

😎 Cool

REFERENCES



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- ❧ “Menstrual Cramps.” *Mayo Clinic*, 30 Apr. 2022, www.mayoclinic.org/diseases-conditions/menstrual-cramps/symptoms-causes/syc-20374938.
- ❧ “Menstruation in Girls and Adolescents: Using the Menstrual Cycle as a Vital Sign.” *The American College of Obstetricians and Gynecologists*, www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2015/12/menstruation-in-girls-and-adolescents-using-the-menstrual-cycle-as-a-vital-sign. Accessed 26 Sep. 2022.