

Abstract

Health Therapy Website

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The primary goal of this website is "to support users with the best care to heal and regain their physical and emotional health".

It is a platform with a wide range of therapeutic techniques to promote holistic healing and well-being. The website employs various diverse therapeutic modalities like physiotherapy, art therapy, music therapy, family therapy, and medication management, to address various aspects of users' health and improve general wellness.

Different therapies come with a variety of benefits which includes, physical healing, overcoming communication problems, recovery from drug addiction.

The users receive all the necessary tools and training materials for maintaining their personal wellbeing. It aims to provide a wholistic approach to healing and personal growth for people who require therapeutic treatment.

Existing System:

The existing system for online therapy connects users with qualified therapists by setting up appointments, and patients either meet with them in person or speak with them via video and chat sessions. This approach allows individuals to easily access professional support from the comfort of their own homes during therapy sessions. Convenience and accessibility are key priorities, ensuring quality therapeutic services. And the system promotes mental well-being and expands access to exceptional therapy. It aids individuals in need by facilitating connections with qualified therapists, enhancing overall mental health support.

Advantages:

- Expert Advice and Guidance
- Choice of Therapists
- Cost-Effectiveness

Disadvantages:

- Doesn't offer personalized choices
- Lack of Immediate Assistance
- Don't recommend any particular kind of therapy.

Systems Studied: - National Alliance on Mental Illness (NAMI), BetterHelp

Proposed System:

The proposed technique offers people a wide range of therapy options, letting them choose the kind of assistance that best meets their needs. The platform ensures that help is always available for users so that they may receive assistance whenever they need it. The website allows users to make appointments with the nearby qualified therapists, ensuring accessibility and convenience. The system uses a wide range of therapeutic modalities, such as physiotherapy, music therapy, family therapy, and meditation classes, to provide holistic care. It aims for holistic recovery and enhance health in general.

Advantages:

- Diverse Therapy Options
- Providing support and assistance 24/7
- Convenient Appointment Booking
- Cost-Effectiveness
- Expert Advice and Guidance

Modules:

Physiotherapy:

It enables people to connect and communicate with the local physical therapists and make appointments with them. Also Includes plans, and exercises to treat injuries, increase mobility, and improve physical health in general.

Music Therapy:

It uses innovative facial expression recognition technology to enable people to express and digest emotions effectively. It also creates music playlists depending on the emotions that users identify. Relaxation, emotional release, and personal growth are encouraged by this program.

Music Player:

Playlist generation, music playback which provides options for customizing playback, such as shuffle, repeat, and volume control.

Family Therapy:

It allows families to schedule appointments and meet in a private, secure setting with therapists to address communication issues, settle disputes, and build their relationship.

Meditation:

Offers resources for mindfulness and meditation practices. It includes meditation sessions, a real-time pose-correcting yoga assistant and techniques to promote relaxation, reduce stress, and enhance mental well-being.

Questionnaire:

Module incorporates a comprehensive set of questions targeting various aspects of patients' physical, emotional, and mental well-being. Creates tailored recommendations based on the analysis, incorporating pertinent modules like physiotherapy, music therapy, family therapy, or meditation. These suggestions take into account the patient's unique situation, preferences, and established therapy objectives.

Blog and Articles:

Offer a regularly updated blog or articles section where users can find informative and educational content related to health, well-being, and therapy. This content can be written by the website's therapists and guest experts.

Payment Gateway:

This module enables patients to make secure online payments when they book appointments with therapists.

Users:

Admin:

Managing user accounts, including therapist and patient profiles, Content Management, Security and Privacy of the website.

Therapist:

Profile Creation and Management, Appointment Scheduling.

Patients/Individuals:

Profile Creation, Therapy Selection and Appointment Booking.

Article Writers/Editors:

Profile Creation, Article Writing and Posting

Mini Project:

- User Profiles and Registration (Admin, Therapist, Patients/Individuals)

Admin:

Manage Therapists (Physiotherapy, Meditation, Family Therapy)

Manage Patients

Add Therapies

Add Plans and Exercises (Includes Yoga Plans)

Therapist:

Profile Management

View and approve Appointments (Physiotherapy, Family Therapy)

View Monthly Appointments Log

Patients:

- Account Registration
- Profile Management
- Search Therapist
- Book/Cancel Appointments (Physiotherapy, Family Therapy)
- Attend Questionnaire
- View Booking History

Modules Covered:

- Meditation (Includes Yoga Assistant)
- Physiotherapy
- Family Therapy

Main Project:

Admin:

- Add Therapies (Music Therapy)
- Manage Editors
- Add Questionnaires
- Add Plans and Exercises
- Manage Editors
- Manage Payments (Therapist, Patients)

Therapist:

- View and approve Appointments (Musical Therapy)
- View Questionnaire and Result
- Recommend Music Playlists (Different users)

Patients:

- Search Therapist
- Book/Cancel Appointments (Physiotherapy, Family Therapy)
- Attend Questionnaire
- View Playlist
- Mood-driven music listening
- Payment Gateway

Editors:

Profile Creation
Create and Post Articles
Manage Article

Modules Covered:

- Questionnaire
- Musical Therapy
- Music Player
- Blogs and Articles
- Payment Gateway