

Impact of the educational system on school students' health.

Vandana Muppavarapu(19-5P7), V Satya Siva Lalitha Gayathri Boda(19-5P1), Firoza Khatoon

Sheik(19-5M3), Greeshma Varada(19-5P9), Harshita Kandrika(19-5K9)

Gayatri Vidya Parishad College of Engineering(A)

19131a05p7@gvpce.ac.in, 19131a05p1@gvpce.ac.in, 19131a05m3@gvpce.ac.in

[, 19131a05p9@gvpce.ac.in](mailto:19131a05p9@gvpce.ac.in), 19131a05k9@gvpce.ac.in

CERTIFICATE

This is to certify that the project titled as **Impact of education on student's health** record of the work done by **Sheik Firoza Khatoon (19131A05M3), V Satya Siva Lalitha Gayathri Boda (19131A05P1), Vandana Muppavarapu (19131A05P7), Varada Greeshma (19131A05P9), Sai Harshita Kandrika (19131A05K9)** in partial fulfilment of the requirements for the award of the degree of **Bachelor of Technology in Computer Science and Engineering** in **G.V.P College of Engineering (Autonomous)**, affiliated to **J.N.T.U. Kakinada** during the academic year 2020-2021.

Project Guides

Dr. D. N. D. HARINI.

HEAD OF THE DEPARTMENT,

DEPARTMENT OF CSE,

GVPCE(A)

Head Of The Department

M. S. N. MURTHY

ASSISTANT PROFESSOR,

DEPARTMENT OF CSE,

GVPCE(A)

Viva-voce held on:

Internal Examiner

External Examiner

Table of contents

1.	Introduction.....	5
2.	Empathy Phase.....	5
2.1.	Beginner's mindset.....	5
2.1.1.	Description.....	5
2.1.2.	Student's Mindset.....	6
2.2.	Empathy map.....	6
2.2.1.	Description.....	6
3.	Research Methodology.....	7
3.1.	Primary research.....	7
3.2.	Secondary research.....	12
3.2.1.	Health effects.....	14
3.2.2.	Perspectives of students, parents, and teachers on health problems.....	15
3.2.2.1.	Parents perspective.....	15
3.2.2.2.	Teachers perspective.....	15.
3.2.2.3.	Students Perspective.....	15.
4.	Gap analysis.....	16
5.	Define phase.....	17
5.1.	Point of view.....	18
5.2.	How might we.....	18
6.	Ideate phase.....	19
6.1.	Mind map.....	19
6.2.	2*2 Matrix.....	20
7.	Prototype.....	21
7.1.	Description.....	
7.2.	Video.....	
7.3.	Wireframes.....	
7.3.1.	Homepage.....	
7.3.2.	Home page after login.....	
7.3.3.	Login page.....	
7.3.4.	Registration page.....	
7.3.5.	User Profile page.....	

7.3.6.	User Health Progress Page.....
7.3.7.	FAQ's page.....
7.3.8.	Queries page.....
8.	Implementation.....
8.1.	Login page.....
8.2.	Registration page.....
8.3.	Forgot password.....
8.4.	User homepage.....
8.5.	Profile section.....
8.6.	Contact page.....
8.7.	Website link.....
9.	Testing.....
10.	Conclusion.....
11.	References.....

ABSTRACT :

Education and health are largely interrelated. Students' health is being influenced during their schooling in several ways. With inappropriate planning of academic works, students' health can be affected. Unfortunately, student's health is not given necessary importance by many educational institutions. A few students don't even understand what's going on with them and do not realize that they are actually facing difficulties. It is essential to know how students face the difficulties in their daily life and give them proper support.

1. Introduction

Education is one of the most important tools in today's society but only Healthier minds reach greater heights. Educational institutions should not only impart knowledge to students, but also prioritize their physical health, and prepare them for social challenges. Unfortunately, many educational institutions and teachers are not yet fully equipped to deal with their students' health concerns. One of the most pressing issues confronting higher education today is the state of student's health. Over the last 10-15 years, analysis of scientific sources has revealed that the health of students is an understudied aspect of their lives [11]. As the world progresses at a rapid speed, competition and aspiration for accomplishments become necessary. Every parent desires for their children to be physically and mentally healthy, as well as academically successful. The high societal expectations on students to perform various inconsistent and unachievable roles or tasks in the present socio-cultural and economic contexts of the society cause heavy stress on students leading to the imbalance of their health conditions.

In this context, a study has been initiated to evaluate the progress and research of the students' health. This report is organized into various sections as follows. Section 2 consists of the research methodology used for this study which includes the primary and secondary survey reports. Then finally the conclusion was presented based on this primary and secondary research.

2. Empathise Phase :

2.1) Beginner's mindset:

2.1.1) Description:

A beginner's mind is described as having an attitude of openness, eagerness, and lack of preconceptions when studying a subject, even when studying at an advanced level—just as a beginner in that subject would.[12]

Beginner's mindset matters for better experiences, better relationships, less procrastination, and less anxiety.

Based on the above beginner's mindset, it is centralized upon students' health and how they are distressed due to educational and peer pressure.

2.1.2) STUDENT'S MINDSET :

1. Why take Stress with 8-10 hrs classes?
2. Is education all about marks?
3. Are physical activities a waste of time?
4. What is the status of our mental health?
5. Whom should I share my feelings with?
6. Am I not fit for anything?
7. Can I crack an IIT seat only if I take coaching right from class 6?
8. No regular health checkups.

2.2) Empathy map:

2.2.1) Description :

“Empathise” is the first step in the design thinking process.

To develop empathy towards people, design thinkers observe the people in the natural environment passively or engage with them directly. Also, as design thinkers, we should try imagining ourselves in the users' environments, or stepping into their shoes as a popular saying goes, to gain a deeper understanding of their situations.

An empathy map is one of the visualization tools which is used to gain insight into a user's perspective.

Empathy maps are essential as they provide us with a deeper understanding of the user we're creating a product or business for.

We have designed our empathy map as follows,

- Firstly, we have selected our target as students.

- Then, we researched and gathered data from their perspective.
- We then started creating our empathy map by allowing ourselves to tap into a user's mind and gain their unique perspective.
- Lastly, we summarized and completed the empathy map.

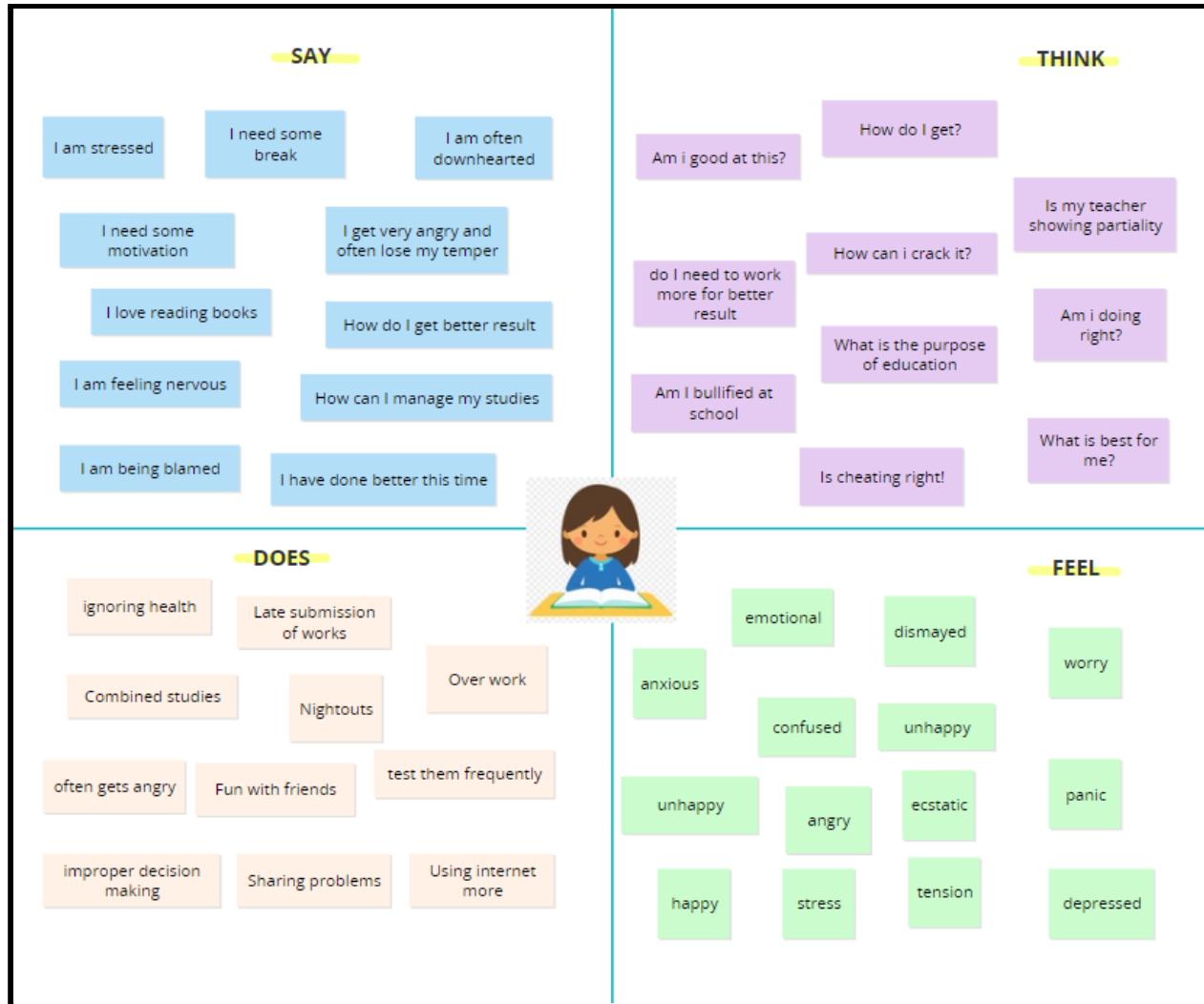


Fig. Empathy Map

3. Research Methodology

3.1) Primary Research:

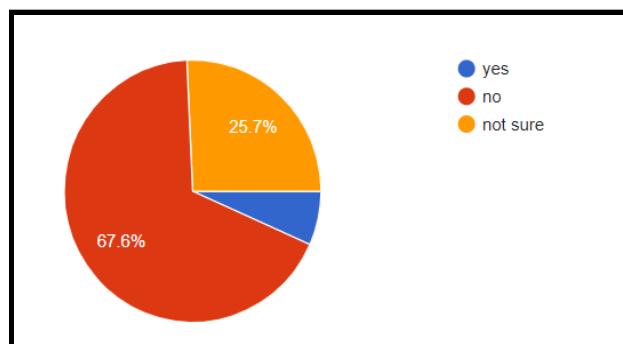
In the survey analyzing and researching the problem statement, “Impact of educational systems on the health of students”, in the current circumstances, an online questionnaire was conducted to over 100 respondents. Students' health may be impacted by a variety of factors, including an imbalanced diet, excessive thinking, poor sleeping habits, homesickness, lack of physical fitness, inferiority complex, peer pressure, and above all, mental stress.

This is the questionnaire which is shared with all the stakeholders -

<https://docs.google.com/forms/d/e/1FAIpQLSedMNkEyiIg8IX91dBzo2vedCVbWgQKeQGcL4tAyWQ70OLkMg/viewform>

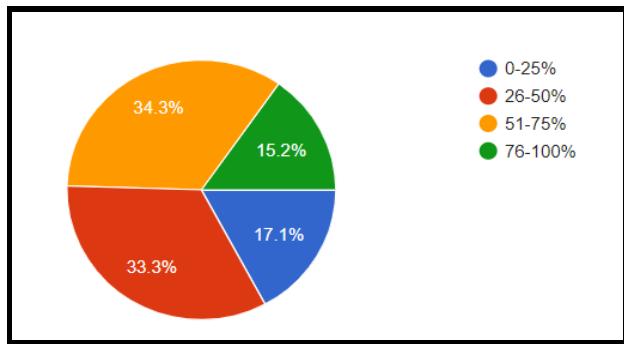
The primary survey began as follows:

The first question was, “**Are you satisfied with the current educational system?**”. From the responses received, it is primarily understood that most of the students are not satisfied with the current educational system as pictorially shown in **fig(3.1.1)**. 67.6% of students were not satisfied with the current education system whereas only a very few people i.e. 6.7% were satisfied.



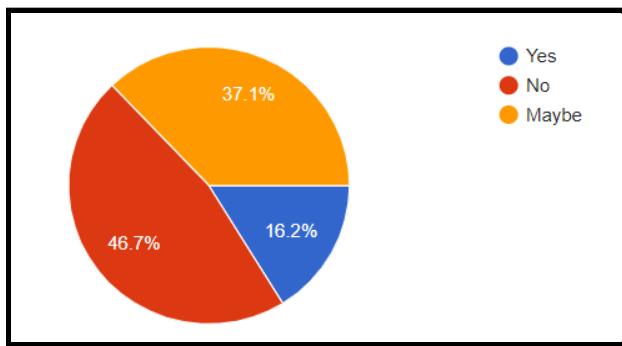
Fig(3.1.1). Students' satisfaction report about current educational system.

The majority of respondents felt that “51-75%” of student's health is being affected by the educational system shown in **fig(3.1.2)**. There is only a “1.0%” difference between the students who opted “25-50%” and ” 51-75%”.



Fig(3.1.2). Percentage of students agreeing that their health is being affected.

Most of the respondents agreed that their educational institutions are not really concerned about the students' health as shown in **fig(3.1.3)**.



Fig(3.1.3). Institutions concern about student's health.

When enquired about how the students are being affected, we concluded from **fig(3.1.4)** that most of them are mentally stressed, faced peer pressure, lacked physical fitness, and a lot many problems like facing burden with assignments, other work as shown in **fig(3.1.4)**.

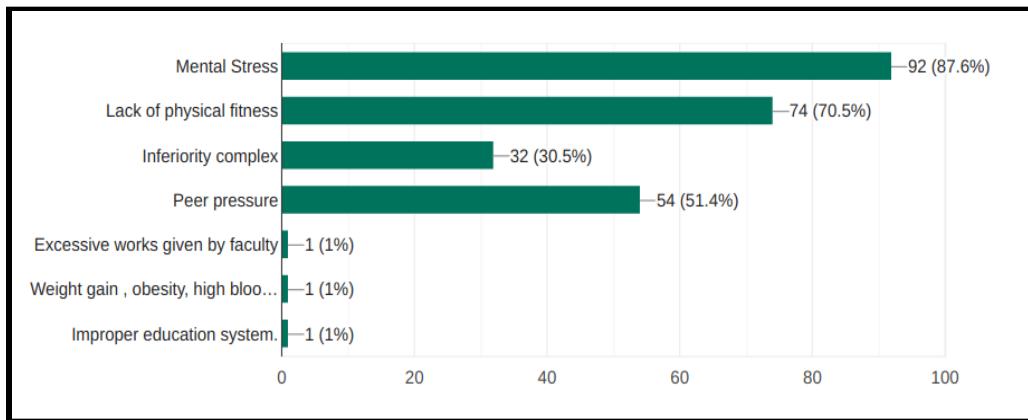


Fig (3.1.4). Reasons affecting student's health.

We observed that most of them are expecting a better chance in the current educational system. The majority are interested in including more extracurricular activities and providing proper guidance to the students. Many also feel that the present teaching methods must be improvised and also student's welfare must be given priority as shown in **fig(3.1.5)**.

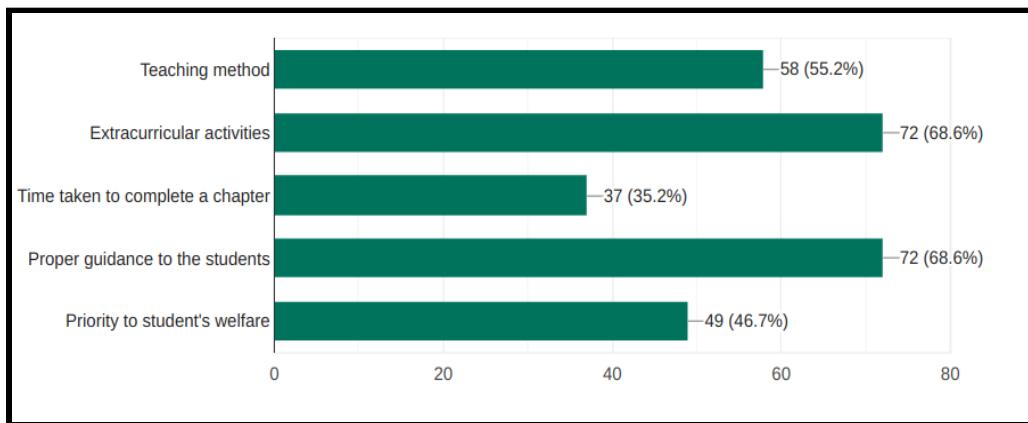


Fig (3.1.5). Changes to be brought in the current system.

We can observe from the pie chart that most of the students keep track of their health weekly while 34% of students take care of their health regularly. This shows how students are concerned about their health where the education system has failed to give importance to students' health in giving them a stress-free life by ignoring physical activities as shown in **fig(3.1.6)**.

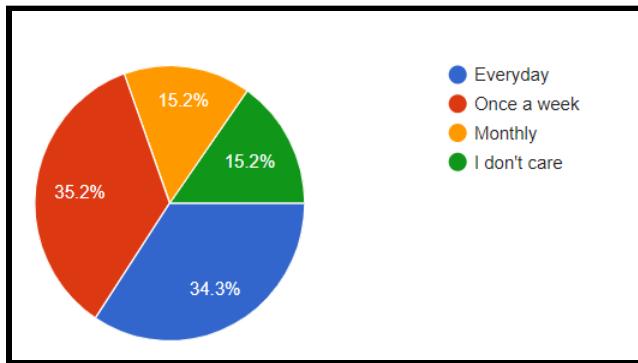


Fig (3.1.6). How frequently are students concerned about their health.

While coming to the reasons affecting students' health, most of the students feel poor sleeping habits as the main reason to affect their health. Lack of a minimum 6-8 hours of sleep causes several health issues. Also, a fair amount of students overthink about their academic progress or other factors which affect their health to a large extent. Imbalanced diet, homesickness, stress, too many assignments, improper management of workload are also some reasons for their health disturbances as shown in **fig(3.1.7)**.

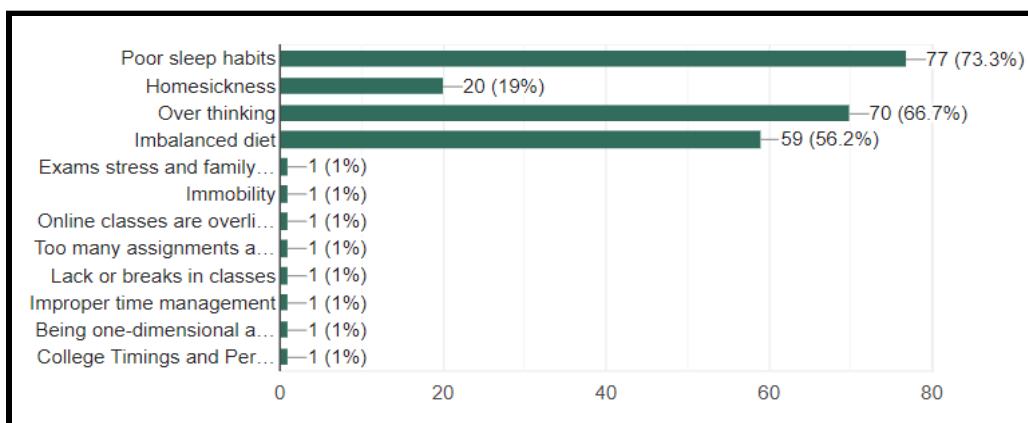


Fig (3.1.7). Reasons affecting students' health.

After realizing that many health issues are being faced by the students, we asked them to suggest a few possible solutions and most of them felt that through proper planning of

work and giving more importance to physical education, one can maintain a balance between their mental and physical health. Some advised that self-motivation is one major criterion to help maintain good health. Also, yoga/meditation can help students stay fit both mentally and physically as shown in **fig(3.1.8)**.

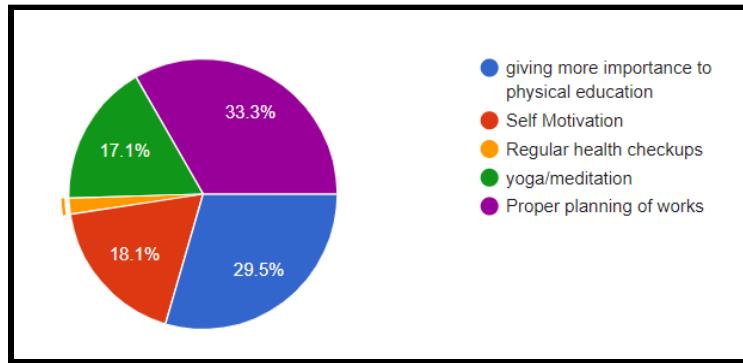


Fig (3.1.8). Possible solutions to reduce stress.

After conducting the primary research survey, we have finalized our views on how a high schooler is thinking and how he/she is facing difficulty to follow the hectic academic schedule. It is clear that most of the students are unable to balance their health and education. They are not satisfied with the current educational system. The students are stressed, lack physical fitness. Students feel that it is required to give priority to their health and guide them properly to maintain good health and achieve great heights.

3.2) Secondary Research:

As a part of secondary research, nearly 100 journals, articles, and publications on different databases were referred to, of which 60 articles were utilized for further development and all the ideas were then gathered.

In the following codebook, the details of journals/articles/publications referred for the secondary research were mentioned : **☒ DTI CODE BOOK - Group 2.xlsx**

Serial No	Database Name	Document title	Topic Relevant/Not	Key terms Used in the Paper
1	WILEY ONLINE SEARCH	Pathways between education and health: a causal modelling approach	Yes	Education Health Pathways Structural equation modellin
2	WILEY ONLINE SEARCH	Education and health in sub-Saharan Africa	Yes	Education, Health, Human development
3	WILEY ONLINE SEARCH	The health of students	Yes	Health, Students
4	WILEY ONLINE SEARCH	The mental health of students—Do teachers hurt or help?	Yes	Mental health, students, teachers, teaching methods
5	WILEY ONLINE SEARCH	Health behaviors and mental health of students attending alternative high	Yes	Alternative high schools, health risk behaviours, mental
6	WILEY ONLINE SEARCH	Impact of COVID-19 Pandemic on the Mental Health of Students From 2	Yes	Mental health, health disparities, stress, covid 19
7	WILEY ONLINE SEARCH	Mental and physical health in students: The role of economic circumstances	Yes	Financial, mental health, students
8	WILEY ONLINE SEARCH	Common Mental Health Issues	Yes	Student, mental illness, health
9	WILEY ONLINE SEARCH	School-based mental health interventions	Yes	School, children, emotional and behavioral disorders
10	Springer Search	Health care education: towards a corporate paradigm	No	Scientific Revolution Regional Health Authority Thought
11	WILEY ONLINE SEARCH	Integrating medical education and health services: the Iranian experience	No	Integration, Iran, health services
12	ScienceDirect SEARCH	Education and health: The joint role of gender and sexual identity	yes	EducationSelf-rated healthIntersectionalitySexual minori
13	ScienceDirect SEARCH	The causal effects of education on health over the life course: evidence from	yes	Education,health,gender,Canada
14	ScienceDirect SEARCH	Education and mental health: Evidence and mechanisms	yes	Education,mental health,Compulsory schooling laws,Reg
15	ScienceDirect SEARCH	Education and health over the life cycle	yes	Health production,ageing,mortality
16	ScienceDirect SEARCH	The cross-spousal effect of education on health	yes	Education,spousal health,Within-twin fixed-effect estima
17	ScienceDirect SEARCH	Trends in self-rated health by union status and education, 2000–2018	yes	Self-rated health,Union status,Cohabitation,Education,Tr
18	ScienceDirect SEARCH	The effect of education on health: Evidence from the 1997 compulsory schooling	yes	Health,education,compulsory schooling,body mass
19	Springer Search	Rural Education and Health	yes	rural employment ,commercial farmers, Primary educati
20	Springer Search	Erratum to: Education and health: evidence on adults with diabetes	no	Education and health, evidence , adults ,diabetes

Fig. Code Book snippet.

The bar graph below tells how many journals were referred from the respective databases:

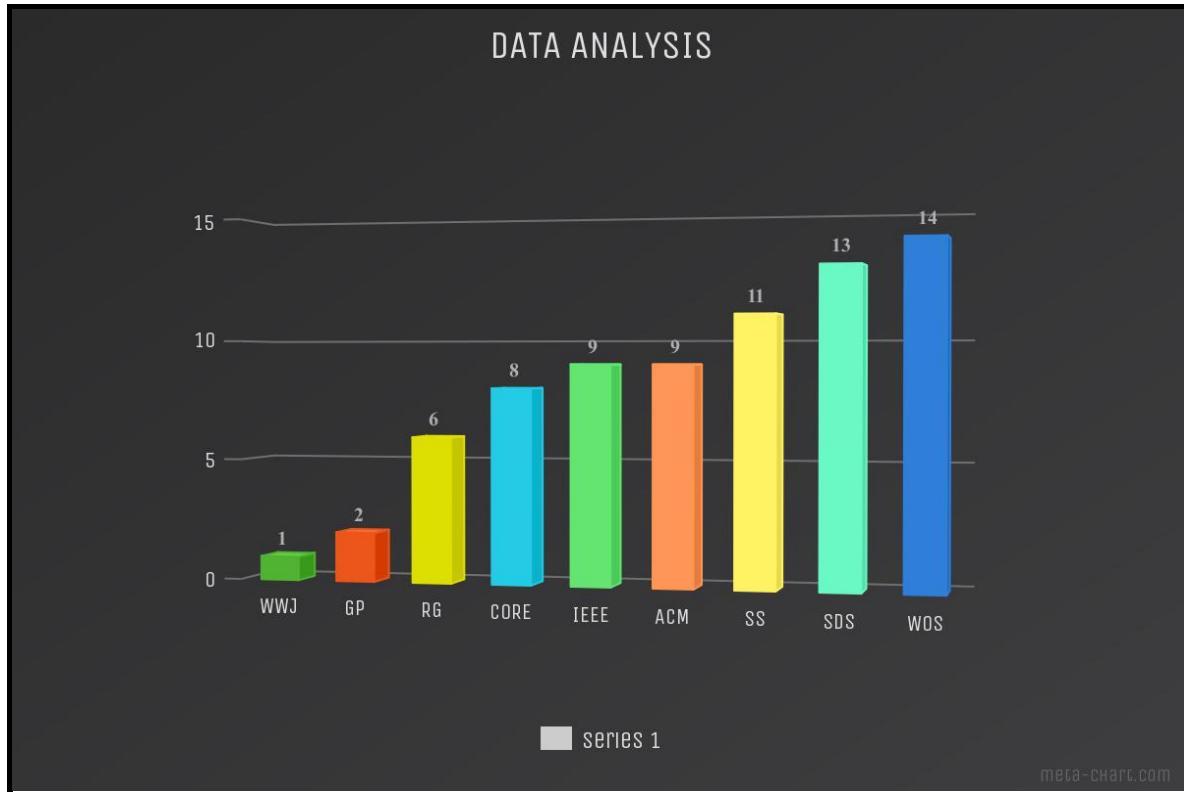


Fig. Data analysis of journals referred.

The databases referred were -

- **WWJ**-World Wide Journals
- **GP**-Google patents
- **RG**- ResearchGate
- **SS**- Springer Search
- **SDS**- Science Direct Search
- **WOS**- Wiley Online Search

After all the databases were referred, it is observed that high school students are facing many issues regarding their health and education.

It is crucial that schools give an environment that makes it possible for their students to thrive and to achieve, not only educationally but in all ways that relate to their overall prosperity[5]. Youngster's think that it's difficult to sustain disappointment in their examinations and career when neither their families nor other social organizations offer satisfactory help.

What might be said about the individuals who don't comprehend what's going on with them? How might they get the necessary assistance if they don't have the idea how to request it? [4]

It is easy to criticize the student's home life, or even the child's capacity to learn about academic issues as opposed to recognizing that something severe might be going on and the child might be needing assistance[4]. It might be hard for the guardians to recognize the changes in mental health behavior that are common among growing children.

Factors Influencing Student's Health are unhealthy conduct and way of life that lead to issues like poor eating habits, obesity, night outs, absence of rest, long time sitting in front of the TV, PC game dependence, absence of exercise. Other reasons include academic pressure and biological health implications[6]. Financial pressure in secondary school students because of financial obligation to pay for their educational expenses has been related to "sadness and pressure"[7].

The environmental conditions at schools including packed study halls, poor air circulation, no provision of clean drinking water, absence of vegetation in the school area, schools close to main streets causing air contamination are main points influencing the student's health.[6]

3.2.1) Health Effects:

Mental Stress brings down the immunity of students and can result in health issues. Health issues like headache, fatigue, difficulty in concentrating, upset stomach, and long-term impacts being depression, high pulse, weight gain, or joint pain are seen in most of the students[8].

In many cases, it has led to suicidal attempts . India has one of the world's highest suicide rates for youth[11]. A 16-year-old female student from West Bengal State hanged herself to death since she was in a fear of failing an important test [9]. In July 2020, a 14-year-old female student from Tamil Nadu State ended her life since she couldn't pay tuition fees [9]. When asked to counselors they said most of the students attempt suicide due to failures in studies, financial conditions, and no support from family nor from educational institutes. Research shows that India has an 87% lack of psychological health experts. [9]

3.2.2) Perspectives of students, parents, and teachers on health problems:

3.2.2.1) Parents perspective:

A few guardians blamed instructors for being uninvolved in the well-being of students.

As a mother expressed it,

“In schools, teachers lack concern for their pupils. There is poor teaching capacity and schools do not create suitable recreation grounds including sports facilities for students to help reduce their stress.” [2]

3.2.2.2) Students' perspective:

A girl explained as:

“My parents put pressure on me like I have to do better than other people. My parents also want me to be exceptional and better than my brother who is outstanding at school work. When my results did not reach my parents' suppositions, they were very angry, sad, and discontented so that made me feel very sad too.”[2]

3.2.2.3) Teachers perspective:

Educators are compelled to follow the guidelines of the Ministry of Education and Training. In addition, the hefty academic schedule squeezes instructors as well. This tension on educators is also increased due to the low compensations they get.

A female teacher explained:

“Salaries are too low. They often had to find supplementary jobs or run extra classes at home to support themselves. If teachers' salaries were high enough, maybe then they could pay more attention to teaching.”

A teacher from TDN stated:

“We can create a forum for students to exchange ideas and a psychological counseling group to support students during problems.” [2]

4. Gap analysis:

Considering some focus areas, a gap between the current state and future state focusing mainly on students' health and teaching methods has been identified.

Focussed areas are - students' health, method of teaching, pressure on students, suicidal cases. There is a huge gap observed between the states which tells how much the future state must improve and how beneficial the action plan must be.

FOCUSSED AREAS	CURRENT STATE	FUTURE STATE	IDENTIFIED GAP	ACTION PLAN
What are you focused on	What is it now?	How do you want it to be in the future?	Difference between the desired state and current state	Projects you will undertake to bridge the gap
HEALTH OF STUDENTS	40% of secondary school students are facing psychological health problems. Nowadays students are under a lot of academic pressure and are being mentally affected.	Students must not neglect their health. More measures have to be taken at all levels to ensure the proper health of students.	A gap can be observed clearly that the health problems which students are facing now must be reduced and all students have proper health in future.	Developing an interface to interact with students and find effective solutions for their problems and also report the health status of students regularly.

STANDARD OF EDUCATION AND TEACHING METHODS	Tough competition for marks and grades among students. Academic assets like school libraries and reasonable teaching methods are presently available for students. Secondary schooling is accompanied by partial rote learning and practical learning.	More Technology should be evolved but must maintain a balance between their ease of work and health. More practical experiments have to be included in students' curriculum and rote learning should not be encouraged.	Technology should advance but not at the cost of students' health and should make them stress-free. Practical methods of teaching should be implemented completely rather than rote learning.	Smart learning methods are being introduced and practical methods of teaching like labs, field trips, etc., be implemented in all schools.
PRESSURE ON STUDENTS	61% of teens 13-17 years old say they are under a lot of pressure to produce good grades.	In the future, education should be a pleasure but not a pressure for the students. The goal is to have no students facing academic pressure.	The pressure which students face today is so huge that it has to decrease greatly to have healthier student life in the future.	Developing an interface to interact with students and find effective solutions for their problems and also report the health status of students regularly.
SUICIDE RATE	In the period the year 2015-2019, the total no. of suicides in India was 48,537.	In the future, no student should attempt suicide due to academic load.	The gap is so huge that the no. of suicides must be decreased by nearly 50,000, such that no student attempts suicide and there will be a better future for students.	Developing an interface to interact with students and find effective solutions for their problems and also report the health status of students regularly.

5. Define phase

5.1) Point of view :

Students who go through a great deal of pressure and mental obligations need some diversion and break to revive themselves from the hectic academic burden caused because of the minimal significance to students' health in educational institutions.

5.2) How might we:

- **Amp up the good:** How might we use educational institutions' not to affect students' health?
- **Remove the bad:** How might we modify the hectic academic schedule to bring some recreation among students?
- **Explore the opposite:** How should we make learning enjoyable to students?
- **Question an assumption:** How might we entirely remove the academic burden on students?
- **Go after adjectives:** How might we make the academic schedule more lively instead of being stressful?
- **ID unexpected resources:** How might we make school a place meant only to play and enjoy?
- **Create an analogy from need or context:** How might we remove the marking system at the school level?
- **Play against the challenge:** How might we make the schools a place that the students want to visit?
- **Change a status quo:** How might we make stressful students enthusiastic and less burdened?
- **Break POV into pieces:** how might we reduce pressure and mental obligations among students?

6. Ideate phase:

6.1) Mindmap :

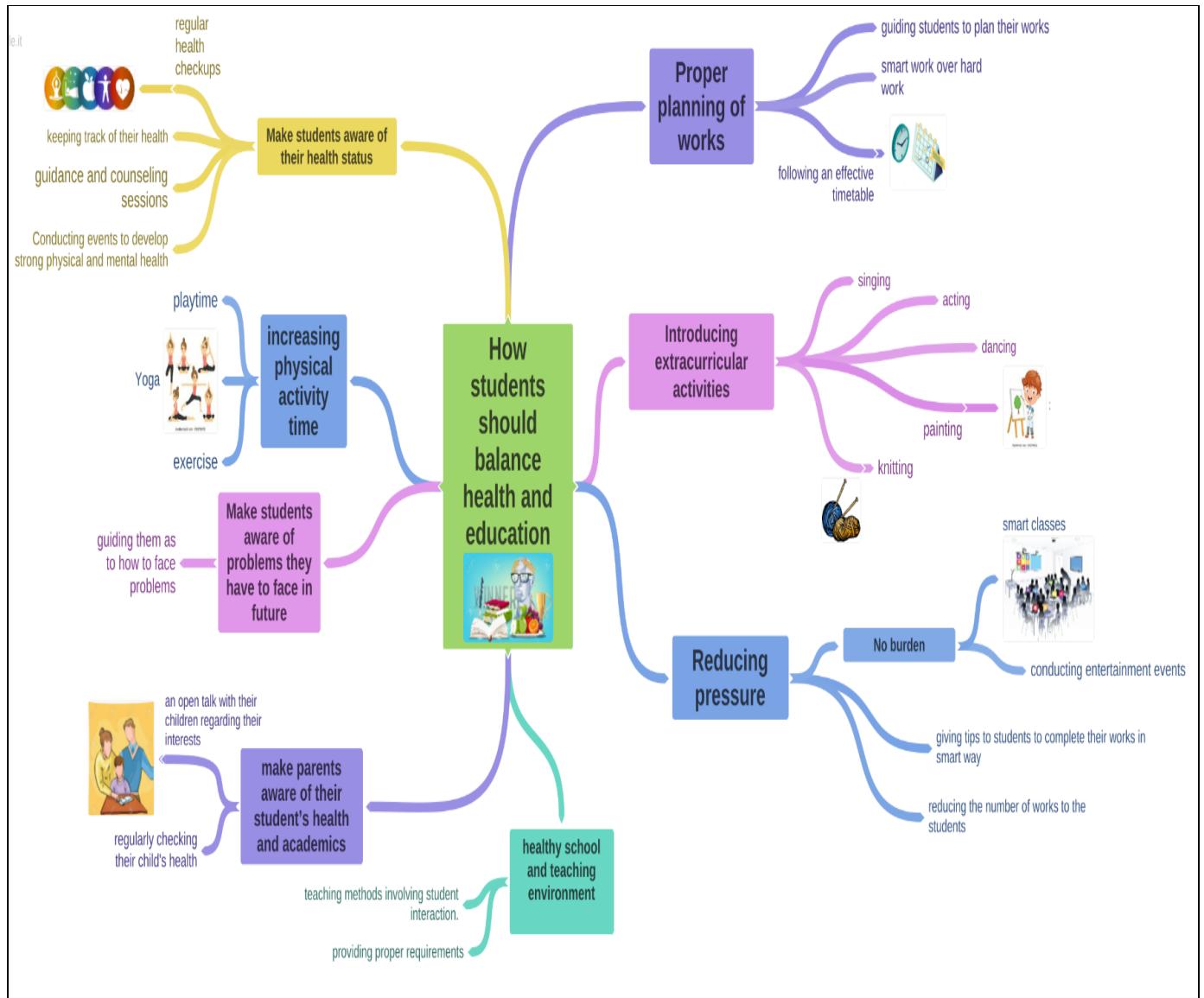


Fig. How should students balance health and education?

The central point of the above mindmap is “How students should balance health and education”, A no.of ideas are drawn from the central point such as reducing pressure, encouraging physical education, bringing awareness among the students about their health, organizing the works

properly and so on. And also no.of branches are derived from these ideas on how we can implement them.

6.2) 2x2 Matrix:

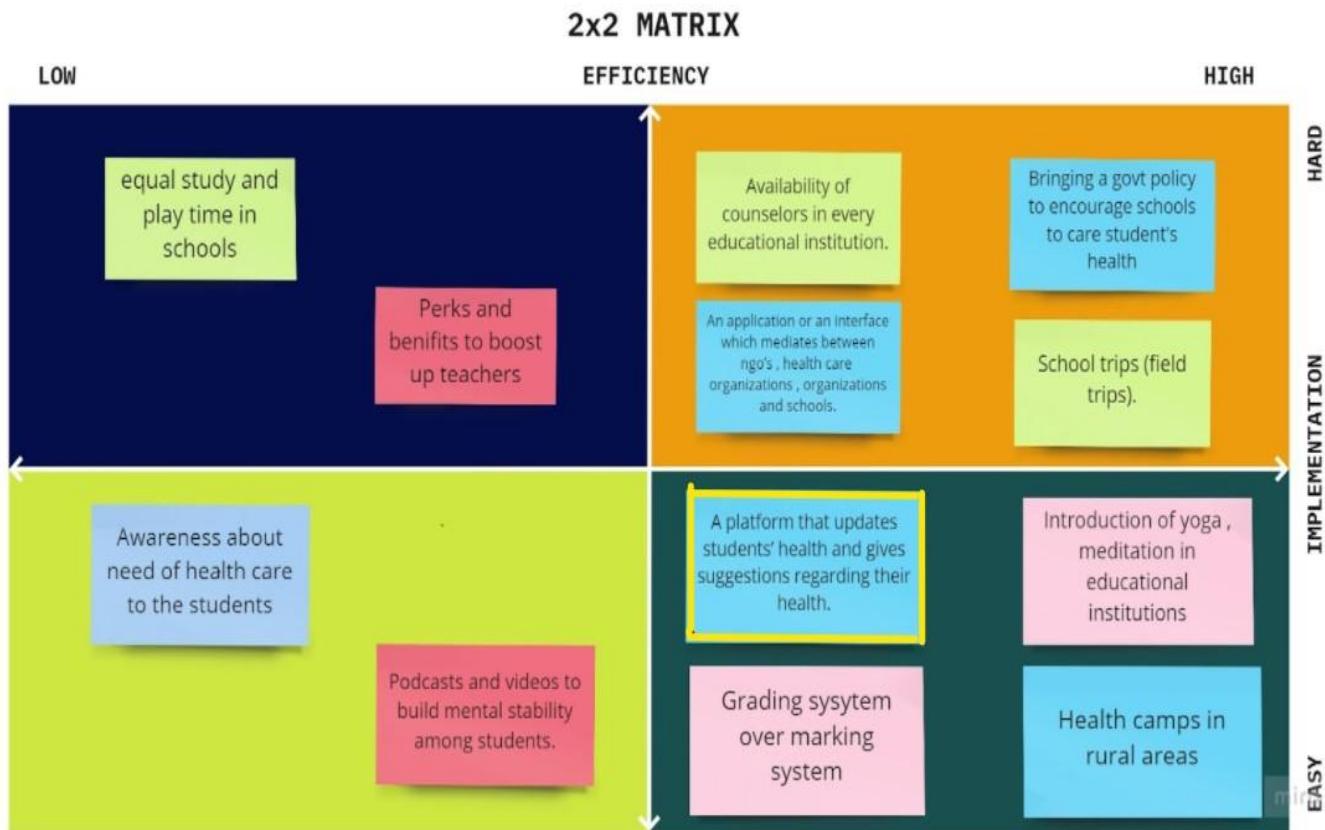


Fig. Possible solutions in the form of 2x2 matrix.

For the 2x2 matrix, efficiency of the idea is considered on the x-axis and the ease of implementation is considered on the y-axis, and the ideas are mentioned in the particular quadrants on the basis of their difficulty levels of implementation and how effective the ideas would be after implementing. From this it is easier to pick the idea for an absolute solution.

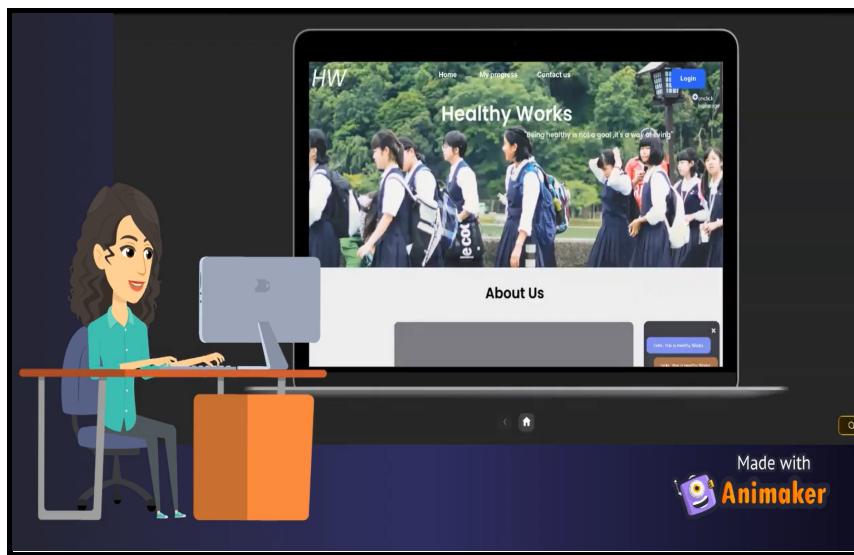
From the above matrix, the ideas which are easy to implement and which are more efficient and useful are focussed, and an idea - “A platform that updates students’ health and gives suggestions regarding their health” is chosen from them to bring a perfect solution to the problem statement.

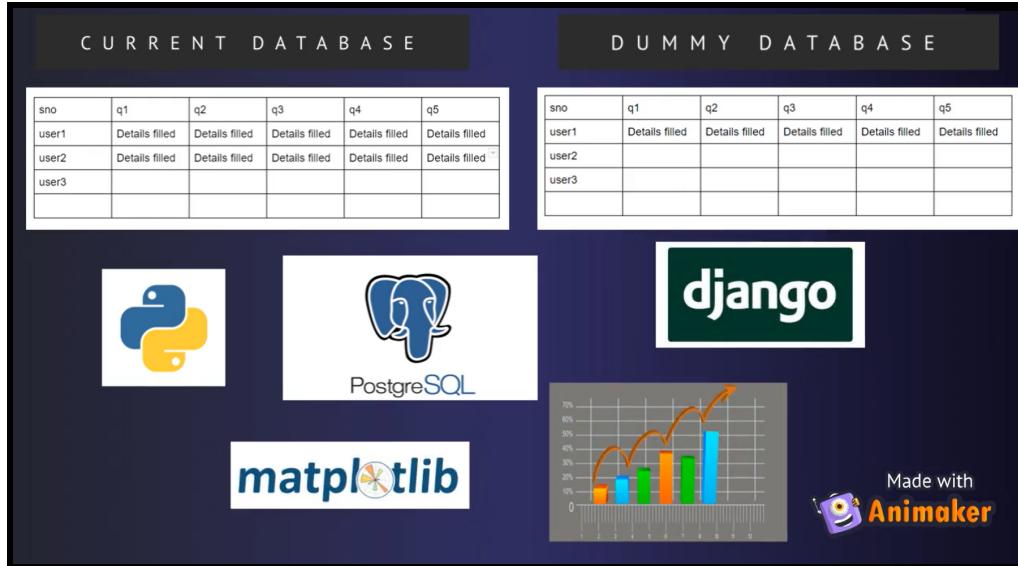
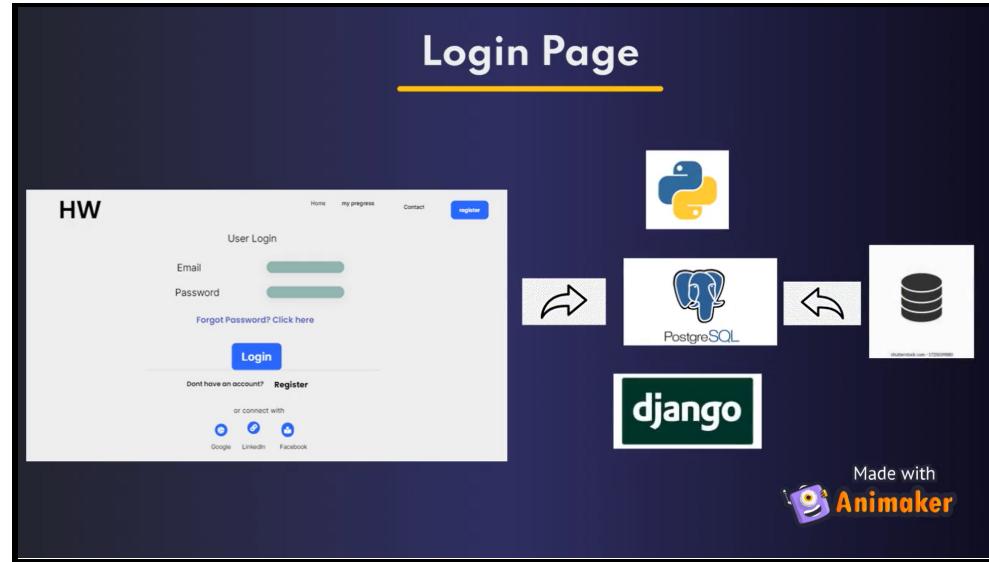
7. Prototype:

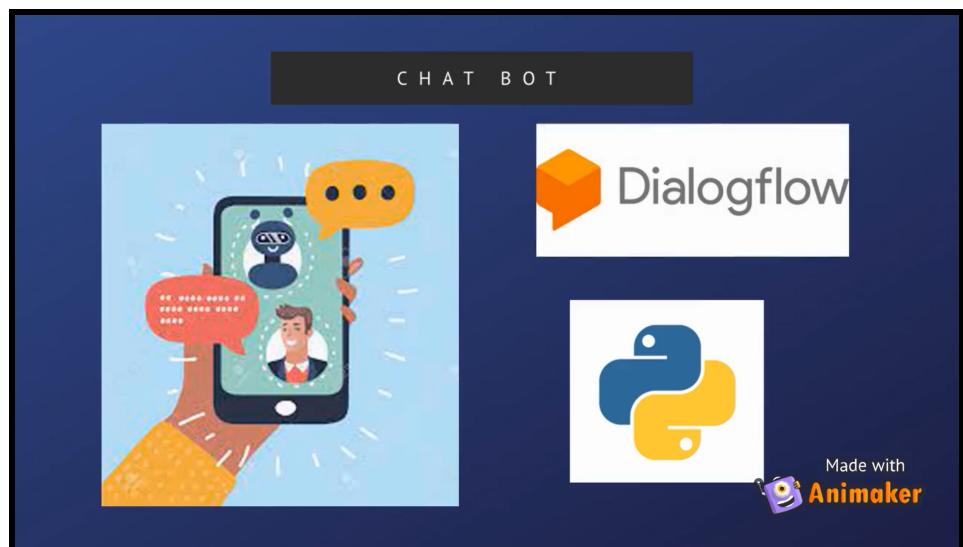
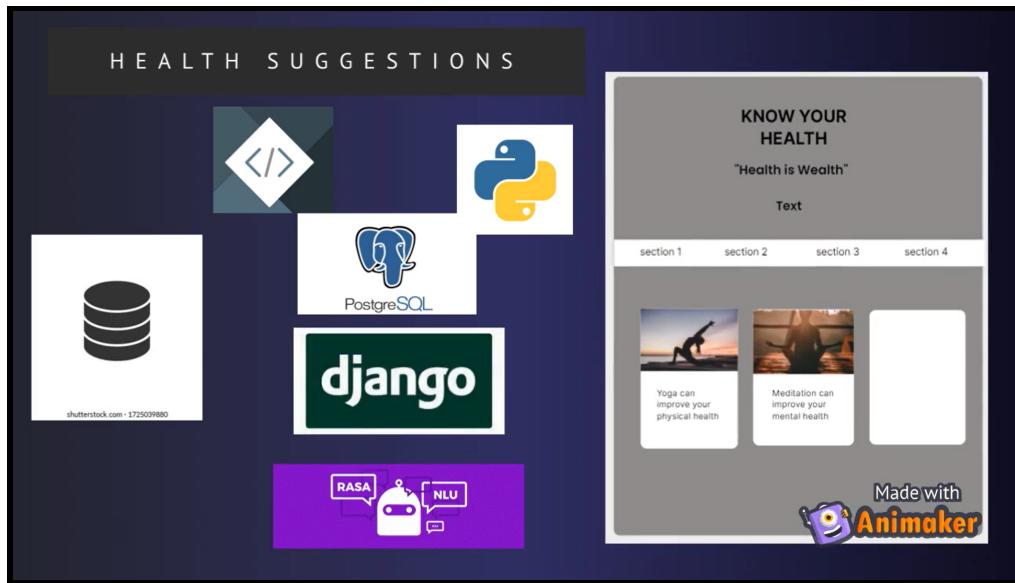
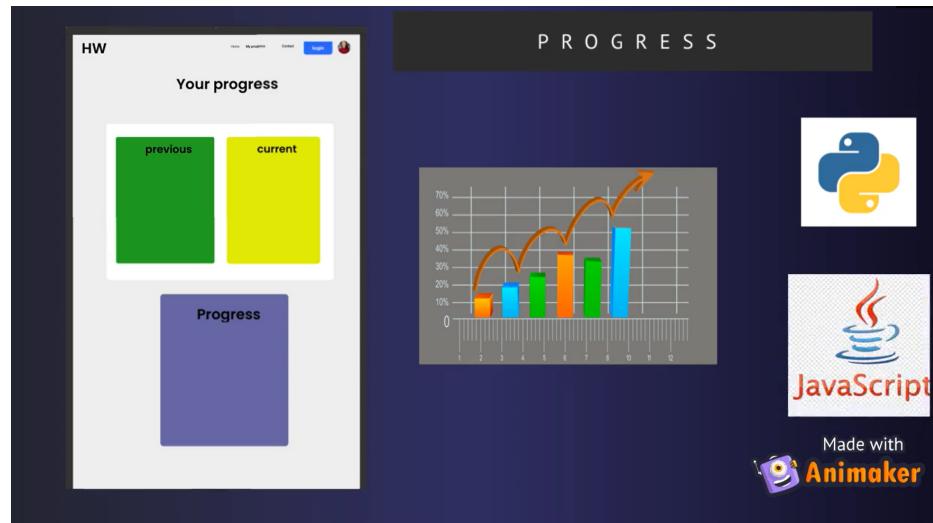
7.1) Description:

In order to implement our idea, we have decided to design a website that can be accessed by students undergoing pressure or those who need some recreation or a break from the daily hectic schedule. For this, we have presented the prototype of our website i.e., how one can access it, and also included details of how it was developed in the backend in the form of a video. Our website helps students to know about their health progress and we will suggest some health tips in order to balance their health and education simultaneously. In case of any queries regarding their health, we help reach their problems to the stakeholders from which they can get a clear idea of how to overcome them and lead a balanced life.

7.2) Video :









Here is the link to our prototype created using Animaker :

<https://drive.google.com/file/d/1NG2tO-Go1ejOmSe1tAdqFvQGdD1rNlyA/view>

7.3) Wireframes

7.3.1) Home page:

When the user goes to the website, this is the page which will appear on the user's screen. In this page, some information about us i.e basic information about our website and its features are provided in the “About Us” section. The user can refer to it for any kind of information about the site. Then some necessary information regarding the importance of “Balancing health and education” is also provided. Followed by that there is the “Testimonials” and “Team” section. Then the Counsellors are also mentioned. In the end, the contact section is provided where the user can contact us for any further queries. In the navbar above there is a login icon and on clicking it the user can login to his account. If the user does not have an account then he has to register first by clicking on the register button.

HW

Home My progress Contact us Login

Healthy Works
"Being healthy is not a goal. It's a way of living"

About Us

CONTENT

CHATBOT

Balancing health and education

CONTENT

Testimonials

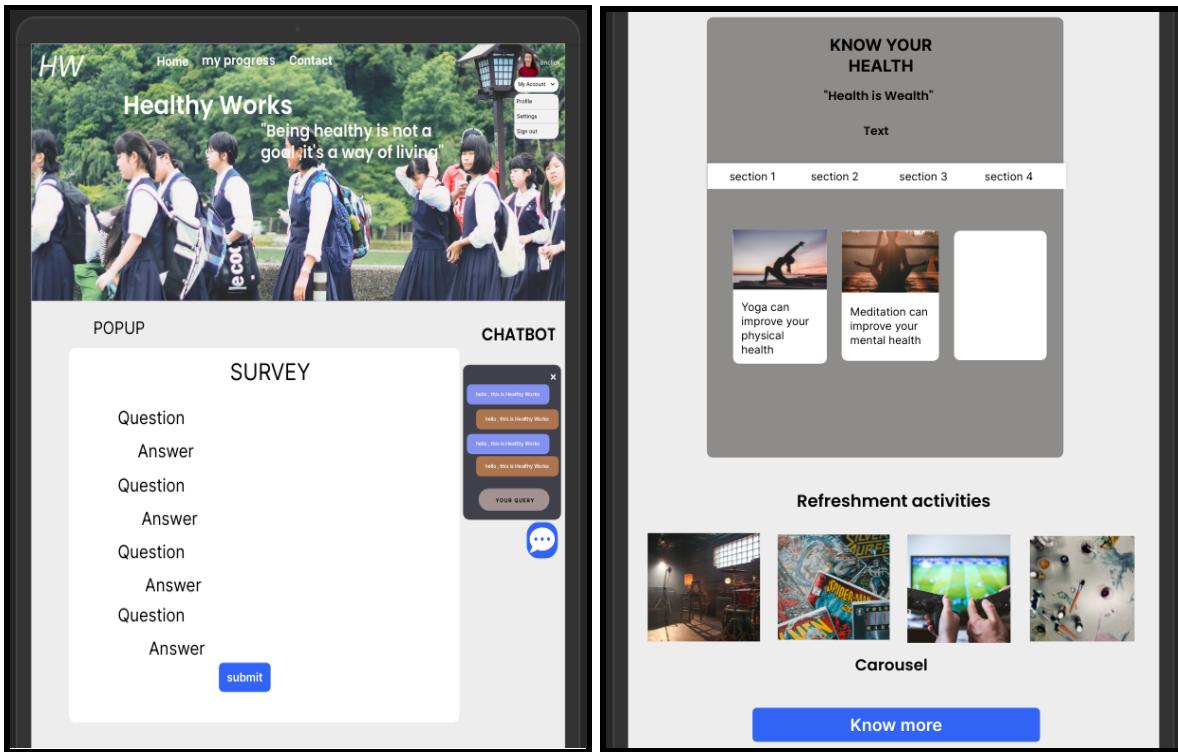
People love what we do and we want to let

section 1 section2 section3 section4

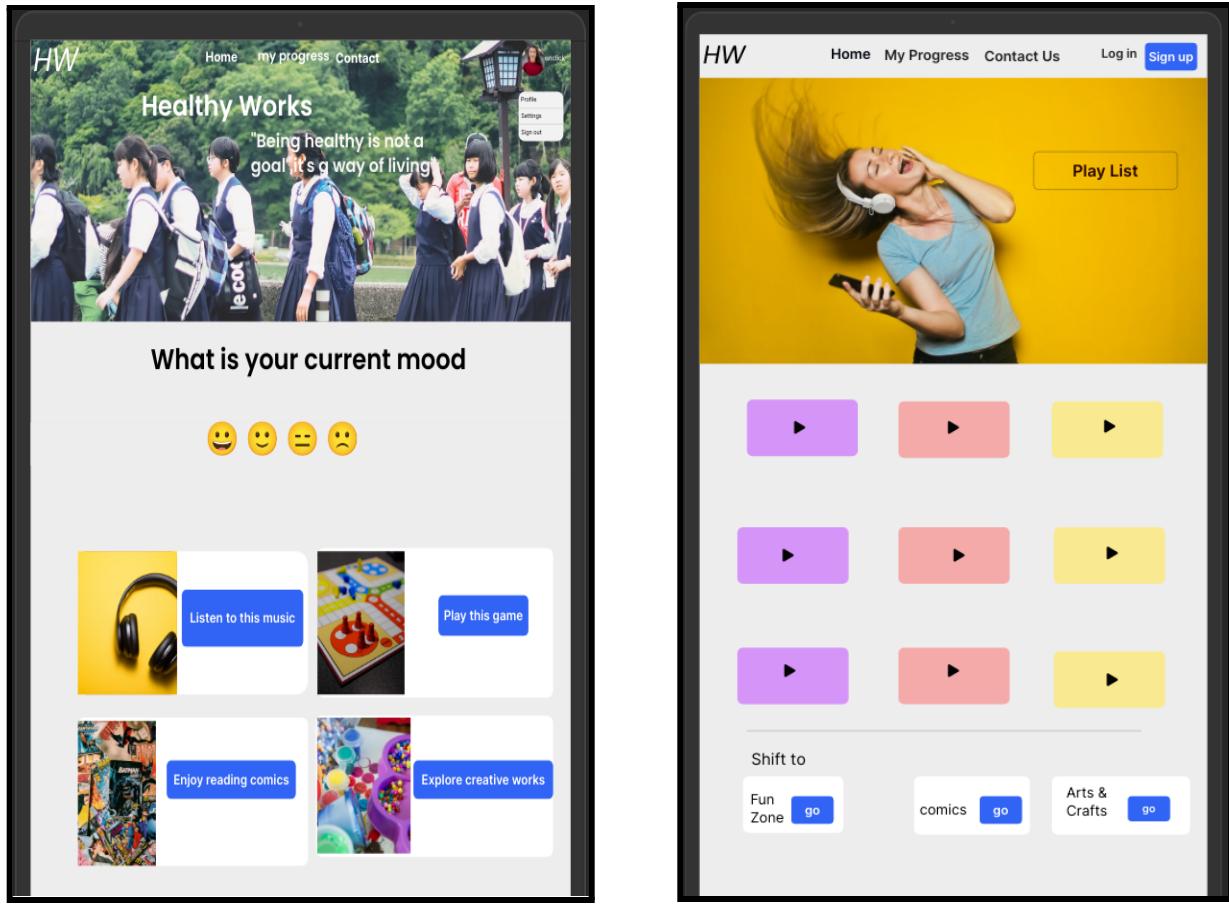
Counsellors

Team

7.3.2) Home Page after Login :



This is the page after the user logs into their account. As soon as the user logs in, a popup of a google survey form will be displayed to fill up and with those questions respectively prepared by the stakeholders, the users health can be analysed. After that the user will be directed to the “Know your Health” section in which some suggestions will be given according to the questions the user has answered. We also provide some refreshment activities through which the users can enjoy a little more time on the website, which includes games, music, creative works and comics through which the users can make themselves relaxed.



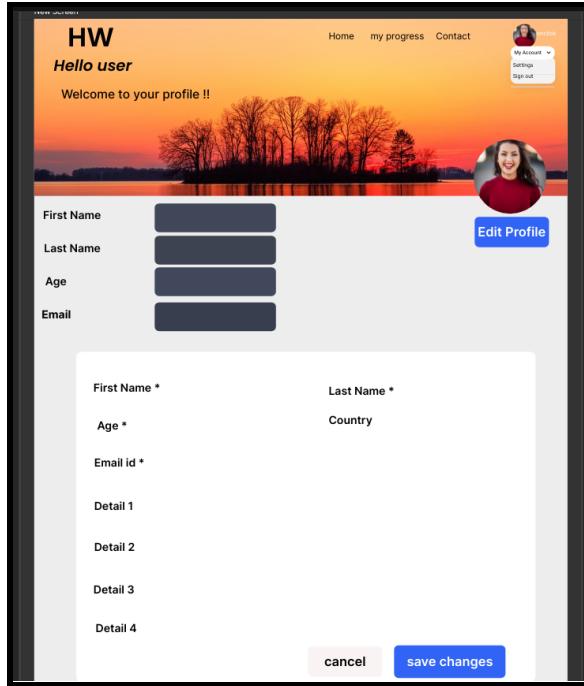
In the refreshment activities page, the user will be asked about their current mood, based on which the user will be suggested appropriate refreshments. Once the user selects their choice of refreshment, they will be directed to the particular page.

7.3.3) Login page:

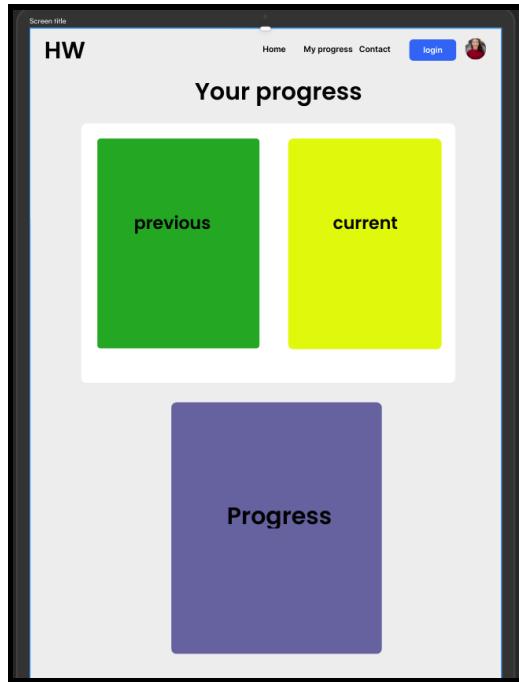
7.3.4) Registration page:

7.3.5) User Profile page:

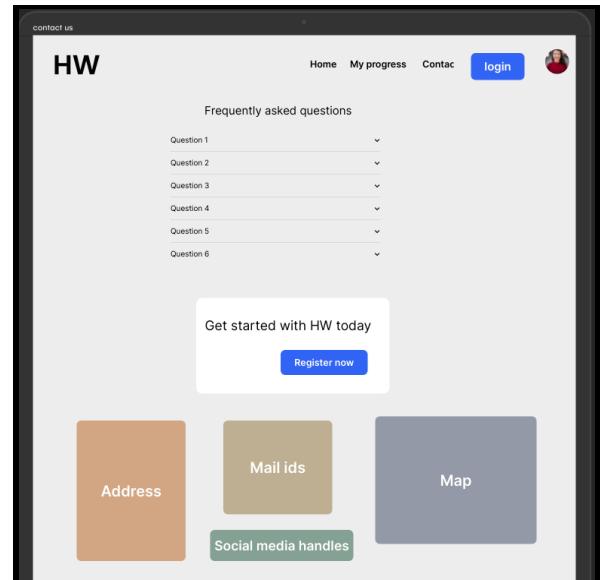
The users can change their profile, name, email or any other details which they wanted to change.



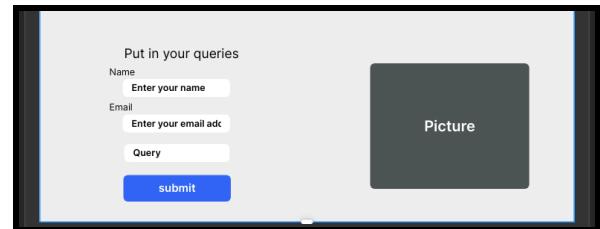
7.3.6) User Health Progress Page: This is the user health progress page. In this page the user will be able to know how much progress he has made from the past. This page will show a detailed analysis on how the user's previous health was and how it is now. This comparison is done based on the answers given to the questions by the user which will be asked at regular intervals. These answers will be compared and then, a proper analysis is displayed to the user in this section.



7.3.7) FAQ Page: If the user want to know something we provided them with the frequently asked questions in which they can find the question they wanted to ask.In case of the absence of the question they can go to the queries page in which they can ask the question themselves



7.3.8) Queries page: Here users are free to ask any questions by providing their information.



8.Implementation:

This is the website that is implemented based on the prototype to help students to maintain a balanced health and education. In this the students can create their own account and as mentioned above the students can fill the survey provided and can get quick and responsive health tips from the best counselors to get rid of their stress and other health issues and enjoy their school life.





About Us

The main purpose of our "Healthy Works" website is to help students balance both education and health. Our website consists of several pages. Initially when the user opens our website, in the home page they can view what's available in the website. User can login if they already have an account otherwise they'll have to register first. A google form has to be answered regarding their present health condition and the user can keep answering this survey once a month to know their health progress. In the Know Your Health section the user can make use of the suggestions provided by various counsellors regarding both physical and mental health. There are various refreshments provided like music(relevant to the user's mood swings), games, comics and arts and crafts. The users can also update their profile and manage settings like password changes as and when required. For further queries the users can also make use of the contact details provided in the contact section at the bottom of the page.

Balancing health and education

In this contemporary world, where students are reaching great heights there are also many students who are unable to balance their hectic schedule. Balancing health and education is very crucial in every students' life because only if a student is healthier he/she can better focus and fulfill their dreams. Be it the educational institutions or parents or even the student himself , if the students health is being neglected then they may suffer serious issues like depression, anxiety , stress e.t.c. Hence all students should have some refreshments like sports, exercise, yoga, meditation, music, dance, e.t.c at some part of the day which keeps them stress-free and relaxed from their heavy schedules. Everyone should make sure that no student is being over-burdened and has to be motivated enough to follow their own interest. If there is proper balance between education and health , then there would be no pressure only pleasure !!

nice talking to you

X



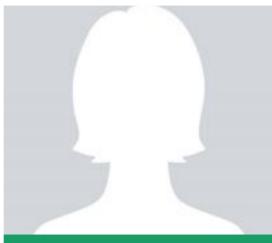
Testimonials

If Shai Reznik's TDD videos don't convince you to add automated testing your code, I don't know what will.This was the very best explanation of frameworks for beginners that I've ever seen.



- Harry Mon

Team



Gayathri
19131A05P1



Greeshma
19131A05P9



Firoza
19131A05M3



nice talking to you
Disha Patel

X





Harshita
 19131A05K9

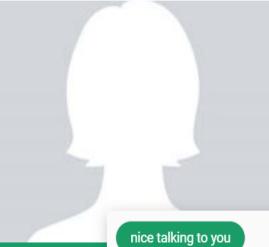
Counsellors



Stakeholder 1



Stakeholder 2



Stakeholder 3

X nice talking to you ?

Contact Us



First Name

Last Name

Email

Mobile No.

Type Your Message/Feedback here...

Send

First Name

Last Name

Email

Mobile No.

Type Your Message/Feedback here...

Send



MAIL

healthyworks2021@gmail.com



CONTACT

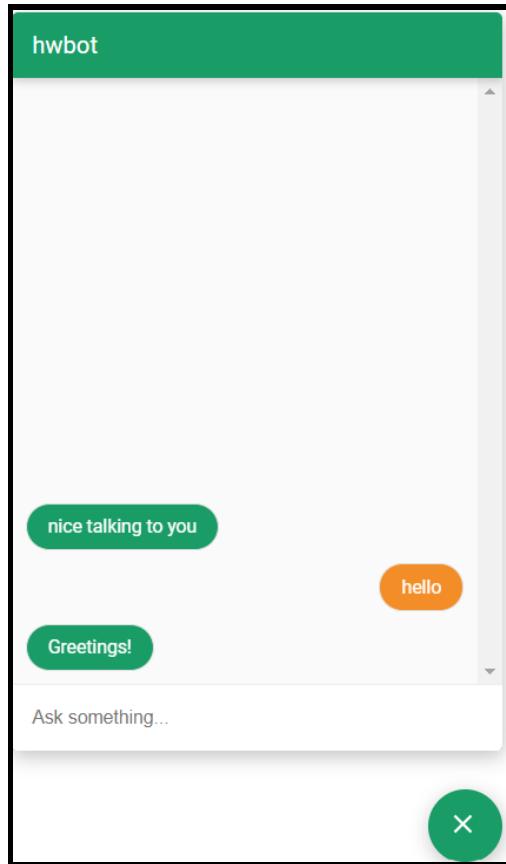
(+91)-9624XXXXXX
(+91)-756706XXXX



ADDRESS

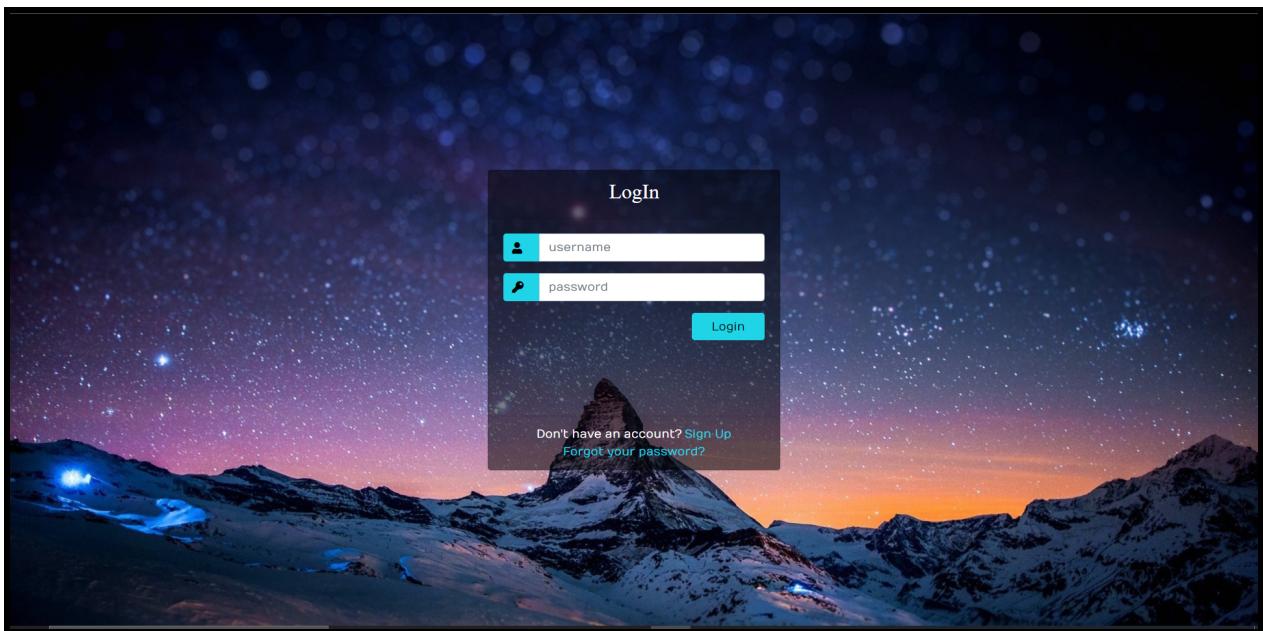
Gayatri Vidyapashad College of Engineering (Autonomous)
Madhurawada
Visakhapatnam - 530 048
Andhra Pradesh
India

X nice talking to you ?

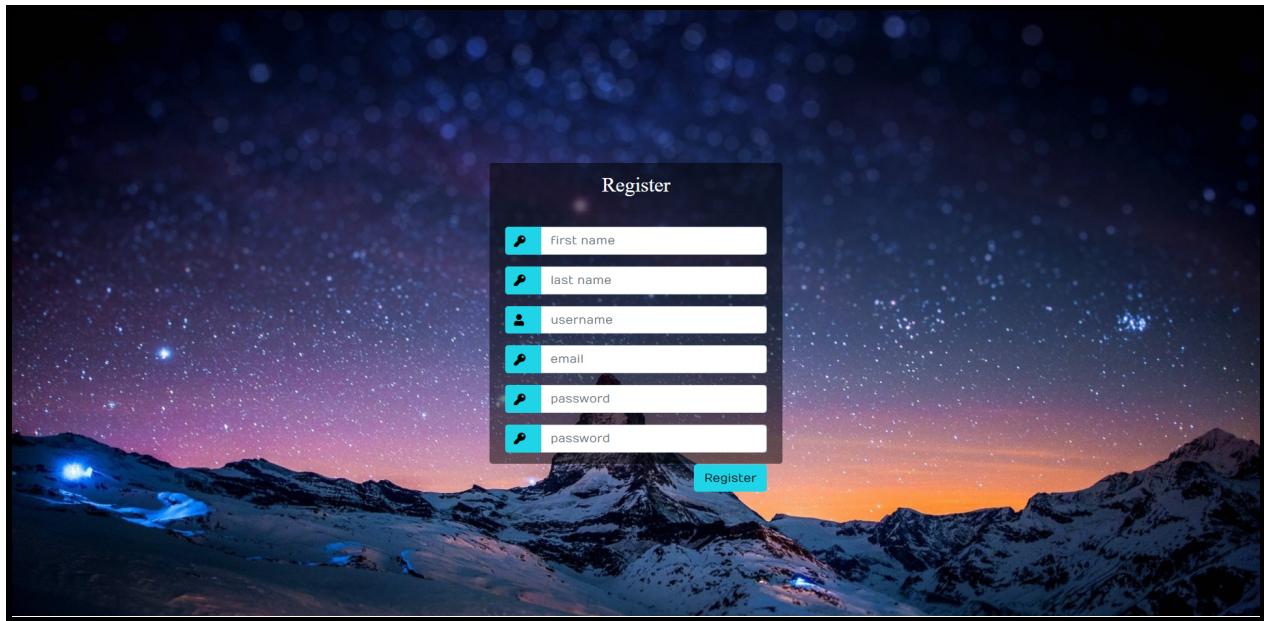


A chatbot is provided to interact with the user regarding any kind of queries or for any casual interaction.

8.1) Login page



8.2) Registration page



Register

	sample
	user
	sampleuser
	sample@gmail.com

Register

LogIn

	sampleuser

Login

Don't have an account? [Sign Up](#)
[Forgot your password?](#)

When the user clicks on the “Login” in the home page then he is navigated to the login page where he is required to enter details as shown above.

If the user doesn’t have account and clicks on the “Register” in the home page then The register page is displayed as shown above and the user has to fill in the details required.

8.3) Forgot password:

If the user forgets his password, he can utilize the “forget password” feature to reset his password.

Password reset sent

We've emailed you instructions for setting your password, if an account exists with the email you entered. You should receive them shortly.

If you don't receive an email, please make sure you've entered the address you registered with, and check your spam folder.

healthyworks2021@gmail.com

3:41 PM (4 minutes ago)



to me ▾

You're receiving this email because you requested a password reset for your user account at 127.0.0.1:8000.

Please go to the following page and choose a new password:

<http://127.0.0.1:8000/accounts/reset/Mg/aqyue9-b0e0f955d00c8f3b1218109dc49bcf28/>

Your username, in case you've forgotten: gayathri

Thanks for using our site!

The 127.0.0.1:8000 team

Enter new password

Please enter your new password twice so we can verify you typed it in correctly.

New password:

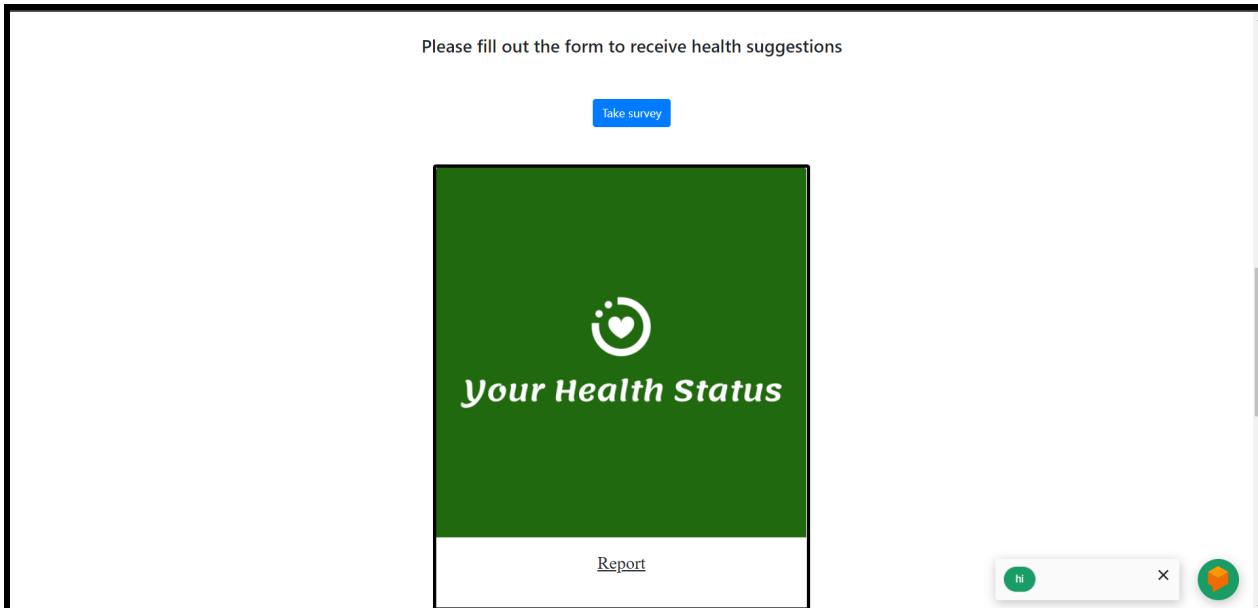
- Your password can't be too similar to your other personal information.
- Your password must contain at least 8 characters.
- Your password can't be a commonly used password.
- Your password can't be entirely numeric.

New password confirmation:

8.4) User home page

Once a user logs in to his account , this page will be loaded, as mentioned in the prototype, it contains a survey form to be filled when he registers for the first time. His health status will be updated based on surveys taken from users.

When the user fills the form for next time progress of users health will be updated.



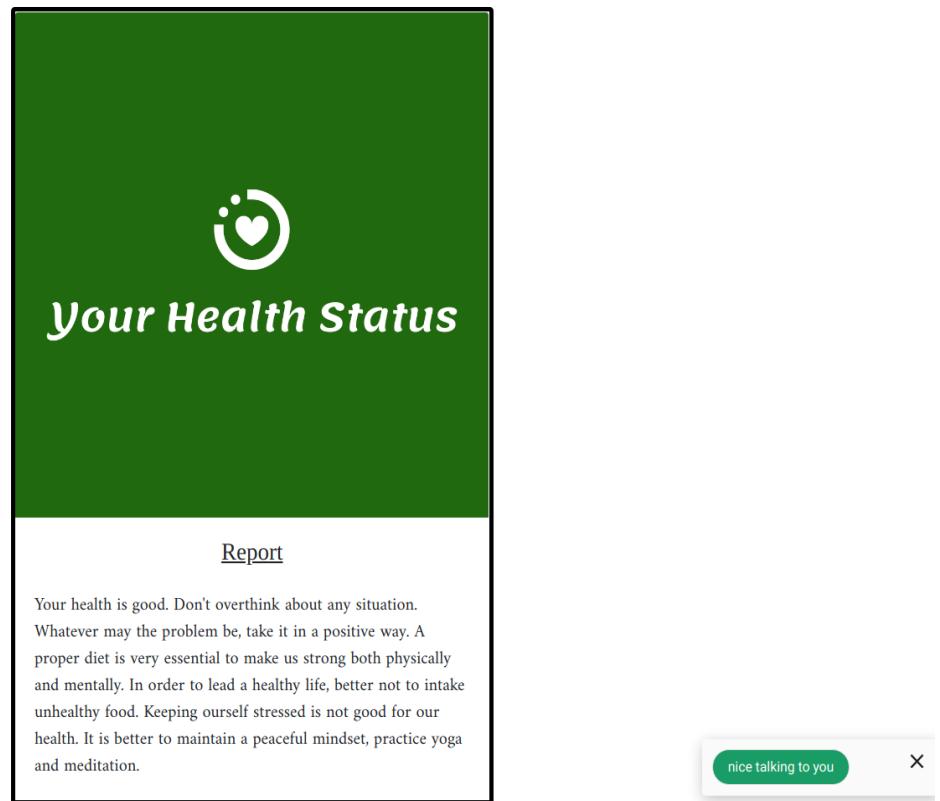
These are the sample survey questions :

The survey consists of several questions with radio button options:

- Survey**
Hello sampleuser
This is your health survey
- Do you often worry about or feel like something bad might happen?**
 no, I never.
 very rare.
 often.
 yes, I always.
- which type of food do you take most often?**
 balanced diet
 partially balanced diet
 fatty foods
 only fast foods and fatty foods
- Do you ever feel lonely, hopeless or feeling low?**
 no, I never.
 very rare.
 often.
 yes, I always.
- Do you feel tense, stressed out and/or have difficult relaxing?**
 no
 little
 yes
 tooo much
- how much time do you usually participate in physical activities, such as walking, skateboarding, dancing, swimming, playing basketball or etc.,?**
 more than 2hrs
 1 - 2 hrs
 half an hr
 do not exercise
- how many hours do you usually sleep every night?**
 8 - 9 hrs
 7 - 8 hrs
 5 - 6 hrs
 less than 5 hrs
- In your opinion, at what capacity can you perform everyday activities?**
 Excellent capacity
 Good capacity
 Moderate capacity
 Severely impaired capacity

Submit **Close**

Based on the answers to the survey, health suggestions will be displayed.



8.5) Profile section

Your mental health is a priority.your happiness is essential.your self-care is a necessity..

Personal Details

First Name	sample
Last Name	user
Email	sample@gmail.com
Username	sampleuser

Profile Logout

hi

Personal Details

First Name

Last Name

Email

Username

Settings

Profile Info

First name

sample1

Last name

user1

[Update](#)

[Change password?](#)

[Edit Profile](#)

Personal Details

First Name sample1

Last Name user1

Email sample@gmail.com

Username sampleuser

8.6) Contact page:

The screenshot shows a contact page with a header featuring a logo and navigation links for Home, Contact, and a user icon. Below the header is a large image of colorful clothing items. A section titled "FAQ (Frequently asked questions)" contains five expandable questions. At the bottom right is a message input field with a "hi" button, an "X" button, and a green circular icon.

The screenshot shows a contact page with a header featuring a logo and navigation links for Home, Contact, and a user icon. Below the header is a map of a city area with a red marker for "GVP College of Engineering". To the right is a message input field with several input boxes: "sample1", "user1", "sample@gmail.com", "0000000000", and "hello(users message)". At the bottom right is a "Send" button, a green circular icon, an "X" button, and a green circular icon.

8.7) Website Link

We have implemented our prototype and published that website using Heroku. Here is the website link :

<https://healthy--works.herokuapp.com/>

9. Testing:

In order to test the prototype designed we have conducted a survey and collected various responses from stakeholders as follows :

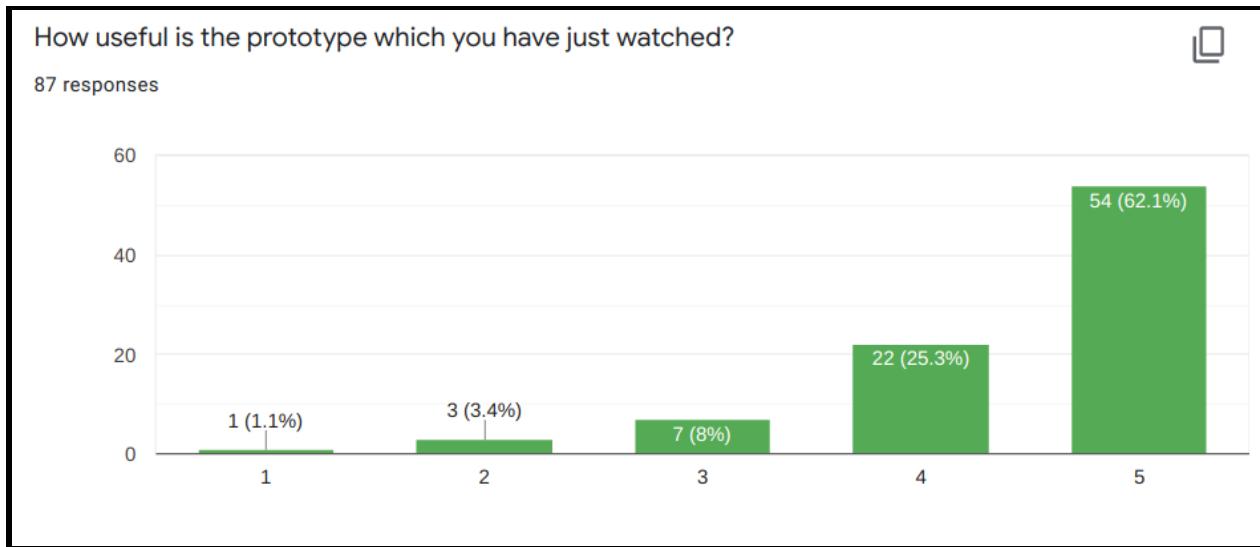


Fig. 9.1. How useful is the prototype?

When asked about how useful the prototype is, nearly 80% are satisfied with the idea and felt it useful as shown in fig.9.1.

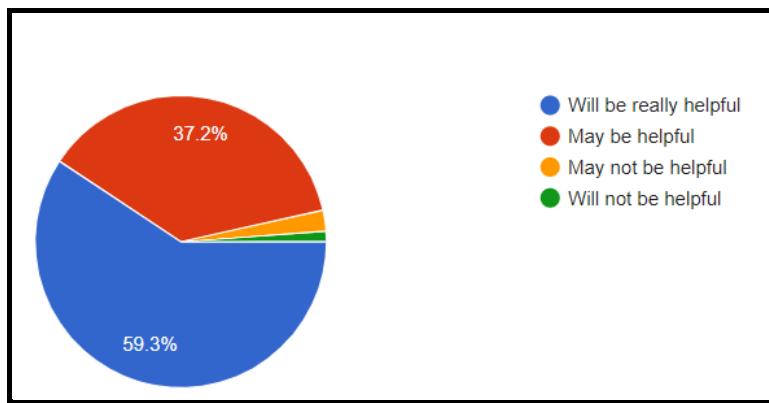


Fig.9.2. If the website would be useful or not.

The question asked was if the website would actually be helpful to students or not. Out of all the responses obtained, about 59.3% of the respondents feel that the website would be helpful to

high school students. The other 37.2% of the people also feel that the website might be helpful to the students as shown in fig.9.2.

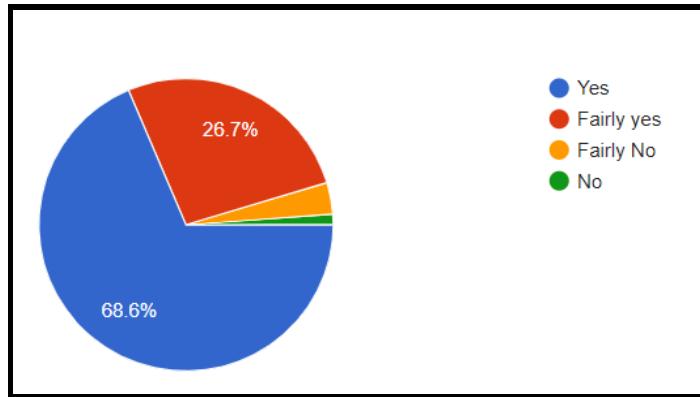


Fig.9.3. Satisfaction with refreshments available.

When asked if they are satisfied with the refreshments available , 68.6% of the students responded yes , 26.7% of the students responded fairly yes and a few responded no. as shown in fig.9.3.

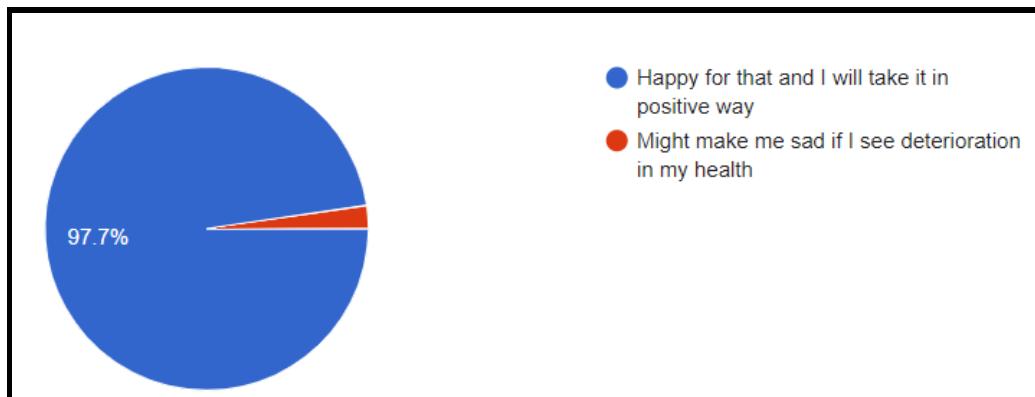


Fig.9.4. How the students would take the health suggestions.

The question asked was how the students would take the health suggestions. It can be observed that most of the students would be happy with the suggestions given and would take it in a positive way as shown in fig.9.4

It was pleasing that 69% of respondents have responded that they will be using the healthy works website in need as shown in fig.9.5.

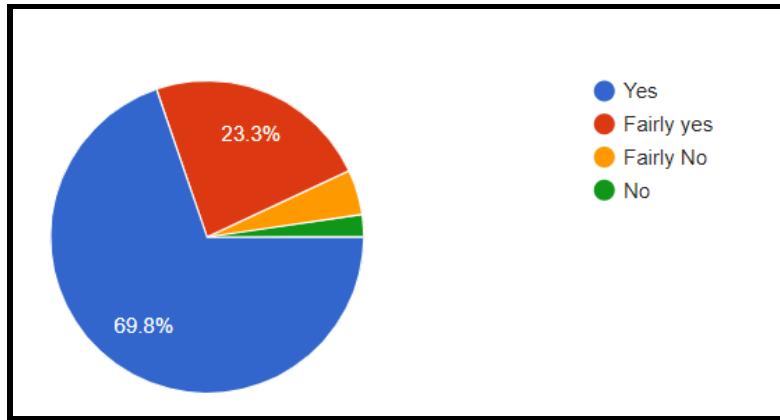


Fig. 9.5. How many are willing to use the HW website.

When asked about how they would recommend the website to family or friends, most of the respondents felt that website is really useful and are willing to share with their near ones who are in need as shown in fig.9.6.

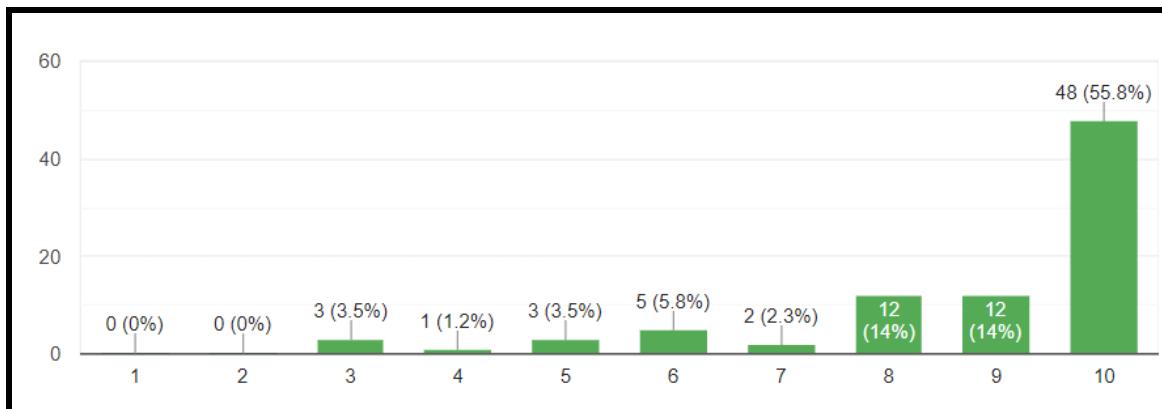


Fig.9.6. On what scale they would recommend the website to family or friends.

10. Conclusion:

This research has led to the following conclusions. In the present competitive world, educational institutions are not able to give priority to the students' health. Many students are facing various health problems due to continuous academic pressure. It's also been noted that

pupils are longing for a change in this distressing situation. Instructors and guardians all should participate in lessening the pressure and improving the well-being of students. Students must also be encouraged to give their best in the fields of their own interests which keeps them mentally happy and satisfied. Once the students are able to manage both their academics and health then there would be no pressure, only pleasure !!

11. References:

- [1] Andrey Petrovich Rachin Olga Ivanovna Odarushchenko Irina Mikhailovna Katykova, “Method of student's health improvement”, Google patents(2020).
- [2] Dat Tan Nguyen, Christine Dedding, Tam Thi Pham, Joske Bunders, “Perspectives of pupils, parents, and teachers on mental health problems among Vietnamese secondary school pupils”, Core(2013).
- [3] Calvin J. Tolar Ph.D., “The mental health of students—Do teachers hurt or help?”, Wiley Online Search(1975).
- [4] Kate Barrington,”Common Mental Health Problems in School Children and How to Address Them”, Public School review(2019).
- [5] Mental Health Promotion in Schools: Cross-Cultural Narratives and Perspectives - School Bullying: Teachers helping students cope - Phillip Slee - Google Books
- [6] Dinghong Mu, Wujin Hu, and Jinhai Hu, “Main Factors Influencing College Student Health and Countermeasures Proposal in Network Environment— From Physical Health Education Perspective”, Springer Search(2011).
- [7] Mehdi Boussif, Robert Forbes, Amedeo Maria Balboni, “How Does Stress Affect Students' Well-Being?”, Research gate(2021).
- [8] Jennifer Casarella, MD, Causes of Stress, WebMD(2020).
- [9] Govindasamy Agoramoorthy, “India’s outburst of online classes during COVID-19 impacts the mental health of students”, Springer Search(2021).
- [10] Randi K Johnson, “The global school-based student health survey as a tool to guide adolescent health interventions in rural Guatemala”, Research Gate (2019).
- [11] Uma Sudhindra, ”Reducing ncert’s syllabus for the 2019 academic session is the first step”(2018).
- [12] What is a “Beginner’s Mind” and Why Should You AdoptOne?,