

N O R T H E A S T E R N

FITNESS HUB

MEET OUR TEAM



Ketki Mude



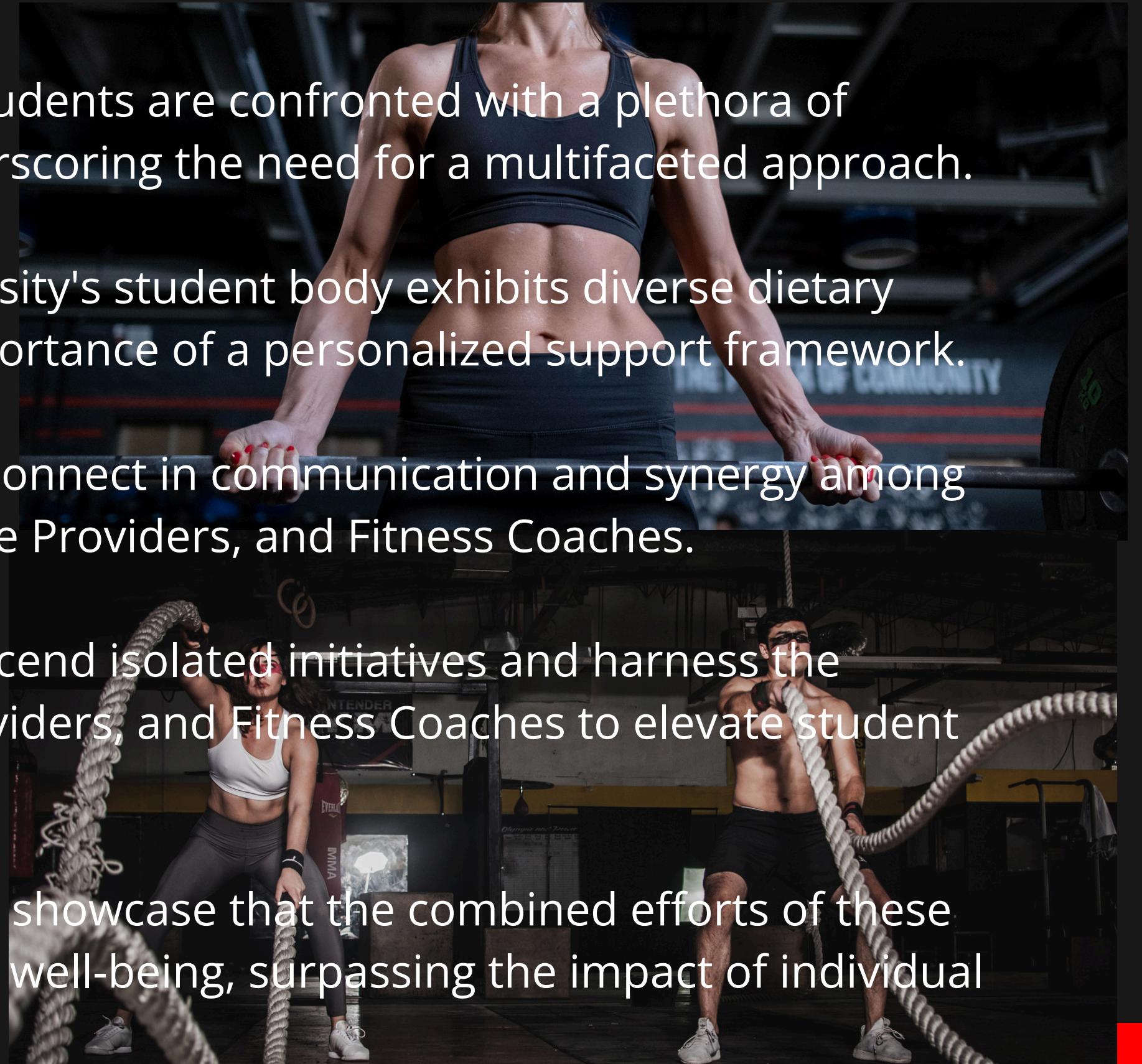
Kartik Taneja



Tejaswini Chavan

PROBLEM STATEMENT

- Rising Complexity of Student Well-being: Today's students are confronted with a plethora of challenges spanning mental health, nutrition, underscoring the need for a multifaceted approach.
- Varied Student Requirements: Northeastern University's student body exhibits diverse dietary preferences, health concerns underscoring the importance of a personalized support framework.
- Fragmented Solutions: Presently, there exists a disconnect in communication and synergy among vital stakeholders including Nutritionists, Healthcare Providers, and Fitness Coaches.
- Focus on Collaboration: The primary aim is to transcend isolated initiatives and harness the collective expertise of Nutritionists, Healthcare Providers, and Fitness Coaches to elevate student welfare.
- Demonstrative Endeavor: This project endeavors to showcase that the combined efforts of these stakeholders yield far-reaching benefits for student well-being, surpassing the impact of individual contributions.



SOLUTION

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Holistic Well-being Ecosystem: Our approach is centered around building a comprehensive well-being system that brings together Dormitory Services, Dieticians, Doctors, and Fitness Coaches on one unified platform.

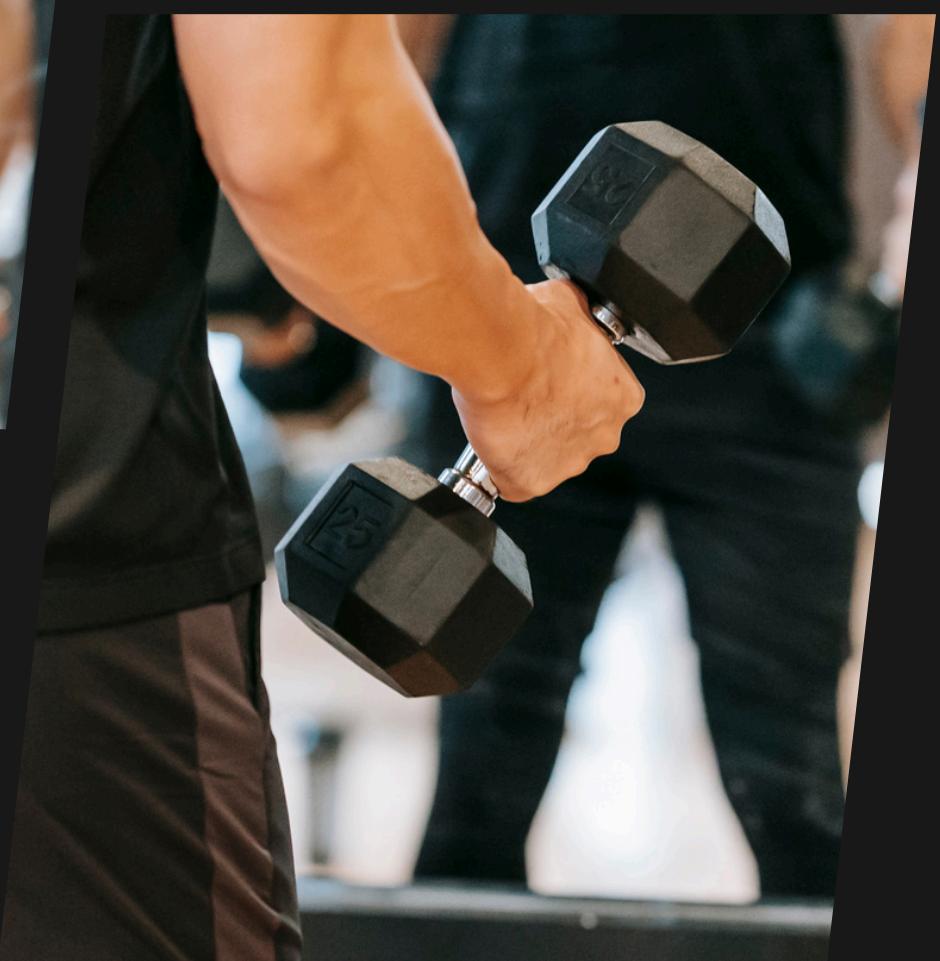
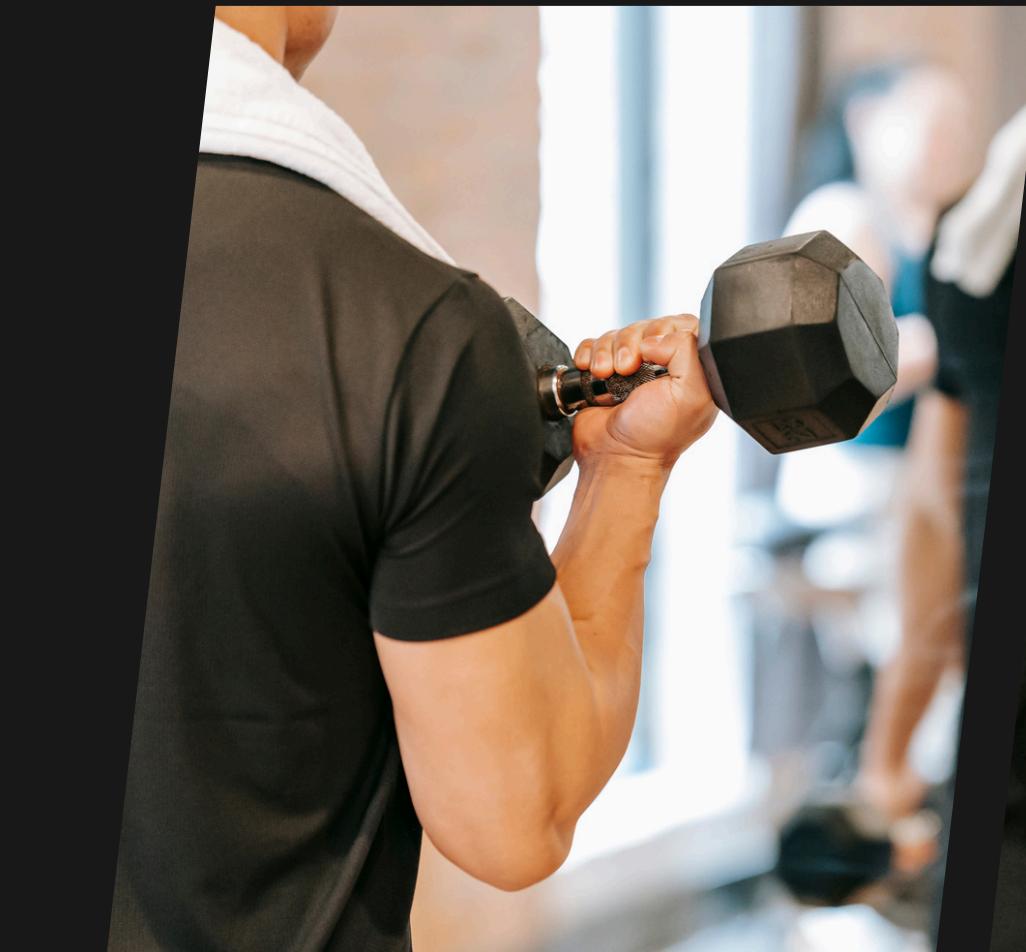
Centralized Communication Hub: We created a central hub where all these parties can easily communicate and work together to support student well-being effectively.

Tailored Use-Cases: We designed specific scenarios to address individual student needs, covering areas like managing diets, seeking medical advice, joining fitness programs.

Dynamic Interconnected System: Our system is dynamic, allowing Dieticians, Doctors, and Fitness Coaches to share information and collaborate closely to provide personalized support for each student.

Secure Access: To protect student privacy, we'll implement a robust authentication system to ensure that only authorized users can access sensitive student data.

Collaborative Efficiency: By emphasizing teamwork among Dieticians, Doctors, and Fitness Coaches, we created a more effective support system that adds significant value to students' well-being.



STAKEHOLDERS - BUILDING A COLLABORATIVE ECOSYSTEM

01

Students: Primary beneficiaries of the system, seeking holistic support for their well-being, including dietary, medical, and fitness needs.

02

Administrators: Supervise the system's implementation and establish administrators for various use cases, empowering them to upload videos within their respective models.

03

Doctors: Offers medical consultations, health assessments, and contributes to the overall health and safety of the student population.

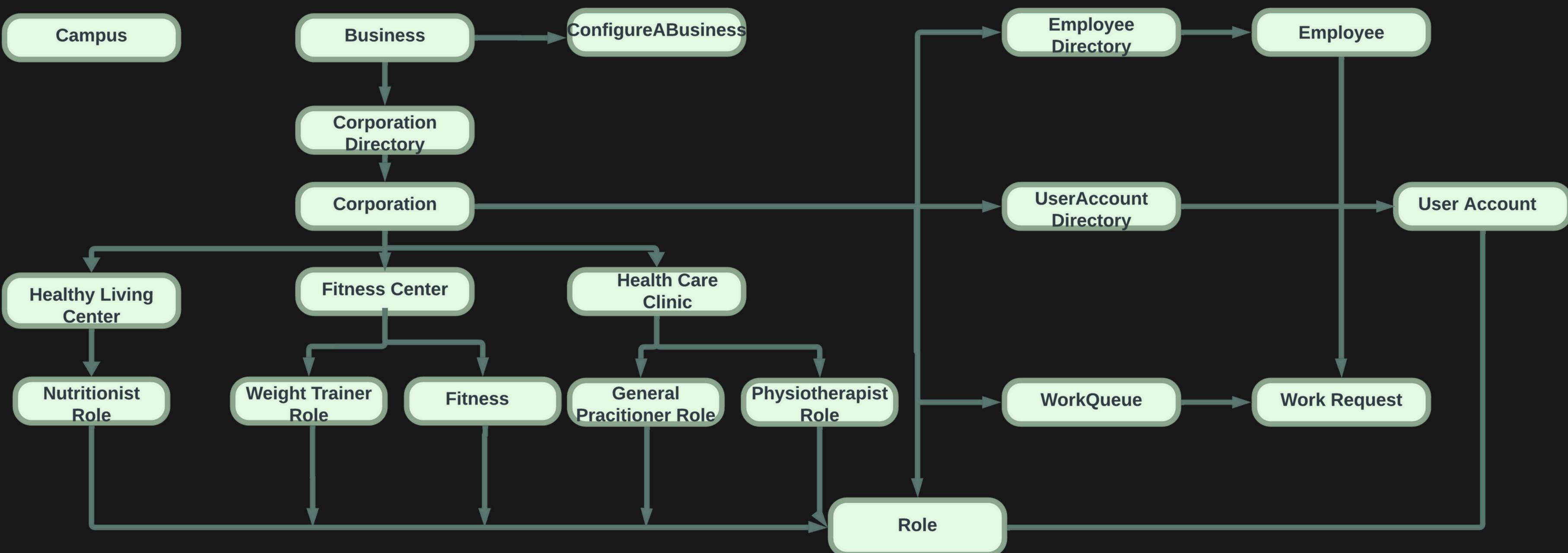
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Dieticians: Provides nutritional guidance, dietary plans, and collaborates with other entities to ensure students' health and wellness.

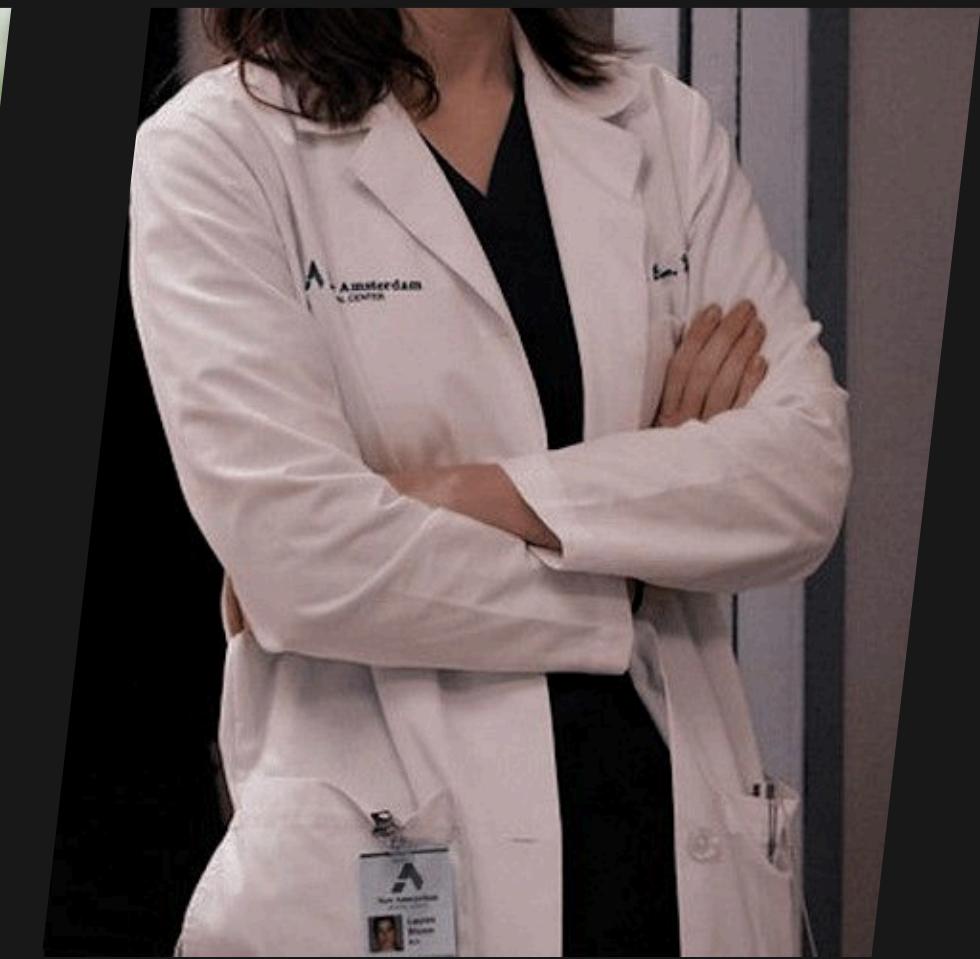
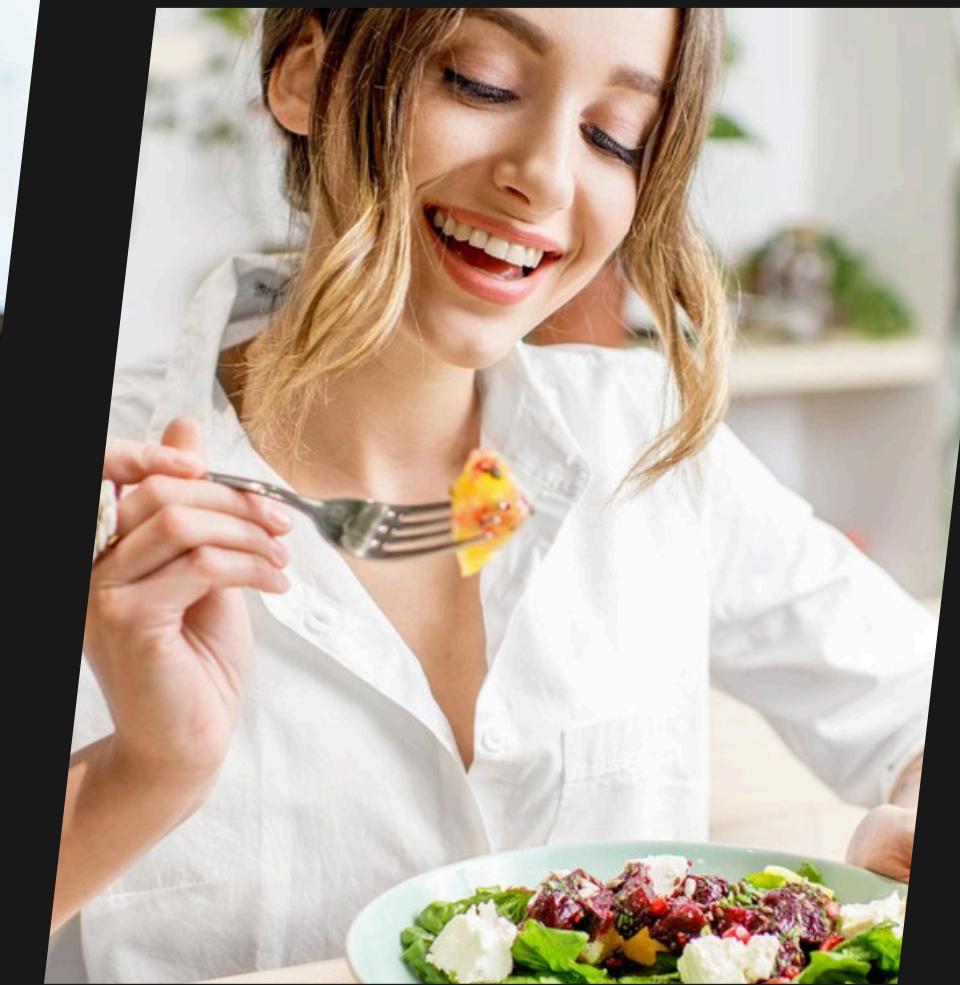
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Fitness Coaches: Designs fitness programs, monitors progress, and collaborates with other stakeholders to promote a healthy lifestyle among students.

UML DIAGRAM



USE CASES



USE CASE 1: DIETARY MANAGEMENT

ACTORS: STUDENT, DIETICIAN

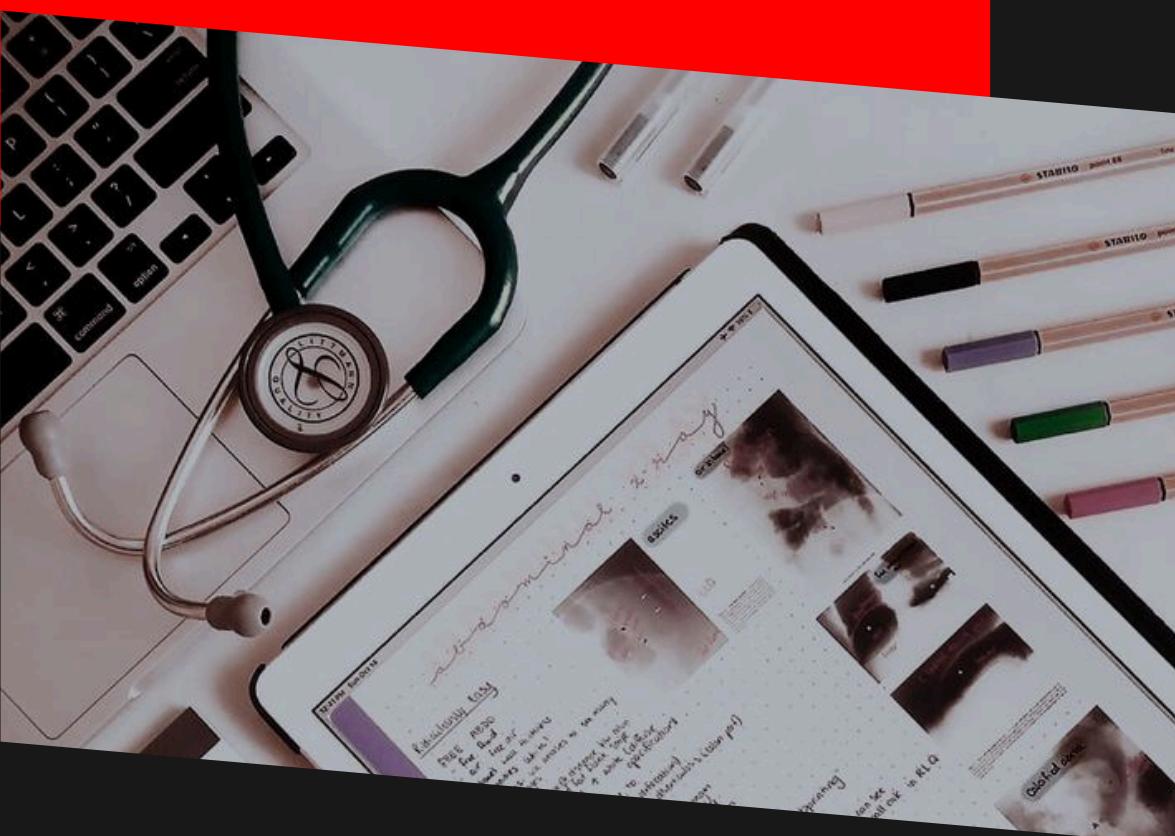
- Student logs in to the system and enters dietary preferences, allergies, and health goals.
- Dietician accesses the information to create personalized dietary plans.
- System notifies the student of suggested meals, considering their preferences and nutritional needs.
- Dietician and Student can communicate within the system for adjustments and updates to the dietary plan.



USE CASE 2: MEDICAL CONSULTATION AND APPOINTMENT SCHEDULING

ACTORS: STUDENT, DOCTOR

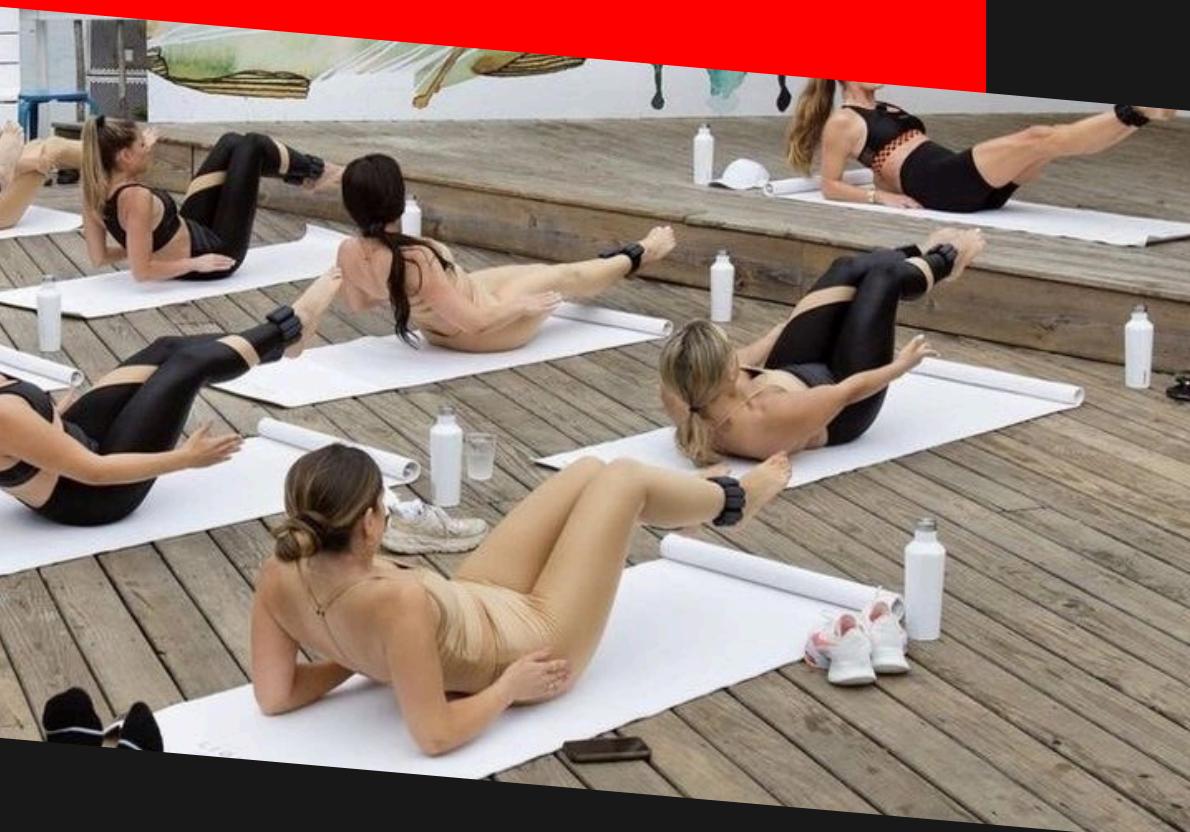
- Student schedules a medical consultation through the system based on their availability.
- Doctor accesses the appointment details and reviews the student's medical history.
- During the consultation, Doctor updates the system with diagnosis, prescriptions, and recommendations.
- System sends notifications to the student for follow-up appointments or medication reminders.



USE CASE 3: FITNESS PROGRAM ENROLLMENT

ACTORS: STUDENT, FITNESS COACH

- Student expresses interest in fitness programs available within the system.
- Fitness Coach reviews student profiles to recommend suitable programs.
- Student enrolls in a fitness program through the system.
- System tracks progress and updates both the Fitness Coach and Student on achievements and milestones.



USE CASE 4: FITNESS EDUCATION

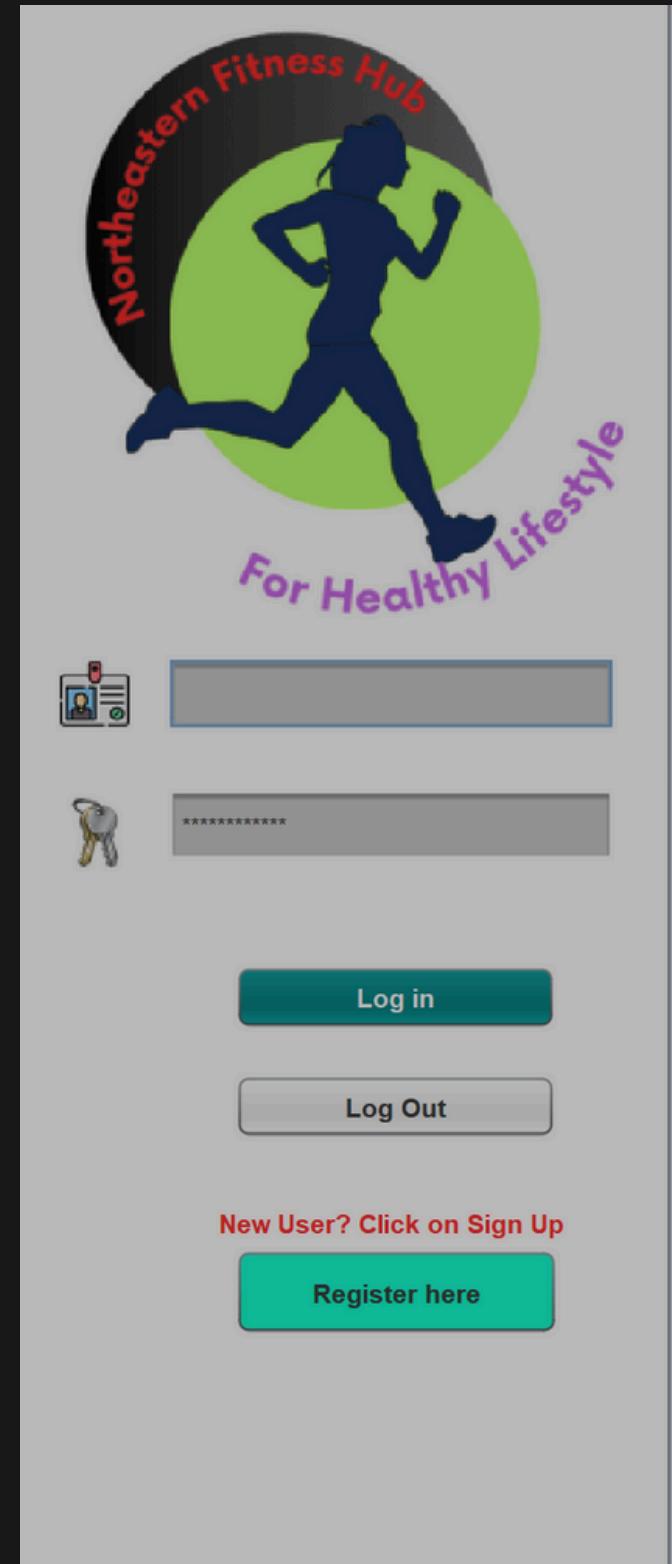
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ACTORS: STUDENT, ADMIN



- Students log in and enter the fitness education section. They find diverse categories like diet plans, gym workouts, and cardio routines.
- Each category offers instructional videos, guides, and expert-curated resources.
- Content spans from beginner to advanced levels, catering to various fitness goals and experience levels.

DESIGN AND LAYOUT



Northeastern Fitness Hub
For Healthy Lifestyle

System Administrator

Welcome, Admin!!



Manage Network Location

Admin

Manage Corporates

Manage Corporation Admin

View Students

Fitness Education

Log In

Log Out

New User? Click on Sign Up

Northeastern Fitness Hub
For Healthy Lifestyle

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FITNESS
PERFORMANCE

MANAGE NETWORK LOCATION

Name

Boston
Texas

Delete

Enter Campus Name:

Submit

Log in

Log Out

New User? Click on Sign Up

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FITNESS
PERFORMANCE

MANAGE CORPORATION

Corporation Name **Network** **Type**

Diet corporate	Boston	Healthy Living Center
Fit corporate	Boston	Fitness Center
doctors corporate	Boston	Healthcare Clinic

Admin

Network:

Corporate Type:

Corporate Name:

Submit

Log in

Log Out

New User? Click on Sign Up

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Fitness Education Videos

Video Title

Strength Training.mp4	Play
Cardio.mp4	Play
Warm up workout.mp4	Play

Upload

Log in

Log Out

New User? Click on Sign Up

THANK YOU