



Internet and Web Programming (CS 536P)

Mini Project Report
on

Health Check-Nutrifit

Submitted in partial fulfilment of Continuous Internal Assessment of
Internet and Web Programming CS536P

Computer Science and Engineering

by

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November - 2020



Faculty of Engineering

Department of Computer Science and Engineering

CERTIFICATE

This is to certify that Abin Aju (1860301), Christa Mathew (1860387), Liyans Mathews (1860392) successfully completed the project work entitled Health Check- Nutrifit in partial fulfilment for submission Internal Assessment of Mini Project in Internet Web Programming(CS536P) 2020-2021.

Dr Rekha V

Staff Coordinator

Dr R. Sathish Kumar

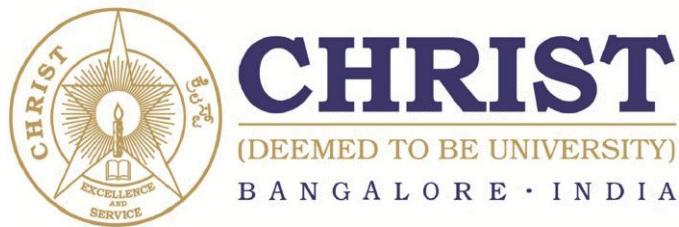
Project Guide

Dr K Balachandran

Head of the Department

Dr Iven Jose

Dean



Acknowledgement

We would like to thank CHRIST (Deemed to be University) Vice Chancellor, Dr Rev. Fr Abraham V M, Pro Vice Chancellor, Dr Rev. Fr Joseph C C, Director of Faculty of Engineering, Dr Rev. Fr Benny Thomas and the Dean Dr Iven Jose for their kind patronage.

We would like to express my sincere gratitude and appreciation to the Head of the Department of Department of Computer Science and Engineering, Faculty of Engineering Dr K Balachandran, for giving me this opportunity to take up this project.

We are also extremely grateful to my Staff Coordinator, Dr Rekha V, Assistant professor, Department of CSE who has supported and helped to carry out the project. Her constant monitoring and encouragement helped me keep up to the project schedule.

We are also extremely grateful to my Dr R. Sathish Kumar, Assistant professor, Department of CSE, who has supported and helped to carry out the project. His constant monitoring and encouragement helped me keep up to the project schedule.

We also thank all the faculty members for their continuous support and constructive inputs that have helped shape this project. This project would not be complete if it were not for the variety of ideas put forward by my classmates and peers. Last, but not the least we thank our parents for being a support in all challenges we faced during this project.

Abstract

Health Check website- Nutrifit is a user friendly website which has various features that helps an individual to stay fit and healthy.

It aims to provide quality healthcare, nutrition, online consultation and an exercise regimen. Healthcare is a necessity and Nutrifit has various features that helps an individual to take care of his/her health on a regular basis.

The diet chart feature helps an individual to plan the diet according to his/her requirements, the basic detail page allows a user to enter details like height weight and allows the user to have a fair idea about any disease that he/she has on the basis of that they can book an appointment and use the consultation service, the workout at home feature helps an individual to plan his/her exercise regime and the online specialist consultation facility helps an individual to check various specialist consultation features and book an appointment.

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INTRODUCTION

Staying healthy and fit is necessary for an individual to do his/her daily work in the best way possible and in this era it is not an easy goal to achieve due to the busy schedule that most of us have. Therefore, a website such as Nutrifit helps an individual in taking good care of his/her health in an orderly way.

Nutrifit has features such as diet chart, basic detail, exercise regime, and online consultation. All these features help an individual to lead a healthy life in an orderly way.

It helps an individual to plan the diet according to his/her requirements, it also includes diet chart to be followed for different chronic diseases, the basic detail page helps in finding out the disease you are suffering from on the basis of your symptoms, the exercise regime helps an individual stay healthy by following different exercises and online consultation feature helps in having a hassle free appointment booking and consultation.

1.1 Problem Formulation

It is not easy to have a healthy lifestyle due to the busy schedule that everyone has. Keeping this in mind our team has created a user-friendly Health Check Website-Nutrifit that will help its users to maintain a healthy lifestyle at the comfort of their home.

1.2 Problem Identification

It is necessary to have a healthy lifestyle to avoid the risk of various diseases and it is not an easy goal to achieve without proper guidance and support. It is necessary to have knowledge about the proper diet intake, exercise regimen to be followed and to have consultation service at the comfort of one's home. All of these are neglected by people due to the busy lifestyle that they have but these are imperative for an individual's well-being.

1.3 Problem Statement and Objectives

It is not easy to have a healthy lifestyle without having an integrated service of the different necessary features and thus it is necessary to integrate all the different features(diet plan, exercise regimen and consultation service) into a single platform so that the users can lead a healthy lifestyle without any difficulty.

To ensure the same we have the following features in our website-

- Workout videos by experts
- Diet Charts for specific diseases
- Online consultation and appointment booking services

1.4 Limitations

- There is a greater chance of miscommunication between client and therapist. Therapists cannot easily access body language information (even when using video chat). Counsellors are therefore at a greater risk of missing important non-verbal cues.
- Insurance companies rarely cover the costs of online counselling.
- Medication cannot be prescribed after an online counselling session.
- An unreliable internet connection may interrupt the flow and delivery of the therapy.

2. IMPLEMENTATION

This project was made using HTML, CSS and javascript for the front end and XAMPP with phpmyadmin(mysql) for the back end.

We have the following modules in our website-

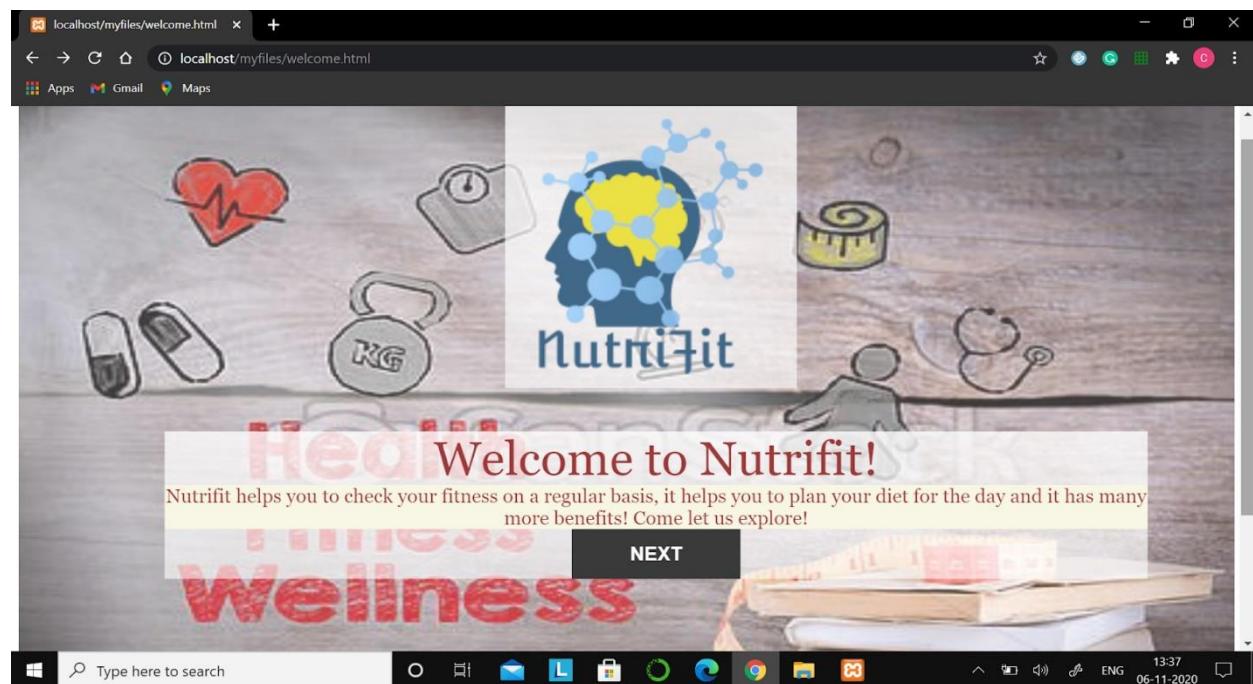
- Welcome page
- About us
- Login
- Diet Chart
- Health Check
- Workout at Home
- Online Consultation

The user needs to login to enter the website. If the credentials entered by the user do not match with the data in our database, access will be denied. New users can register and create a new account to login and avail our services. The website has diet charts for specific diseases and also fitness videos by experts through which one can easily do workouts at home. The highlight of our website is the online consultation service. The users can book their appointments and make the necessary payment in order to have a consultation at the comfort of their homes.

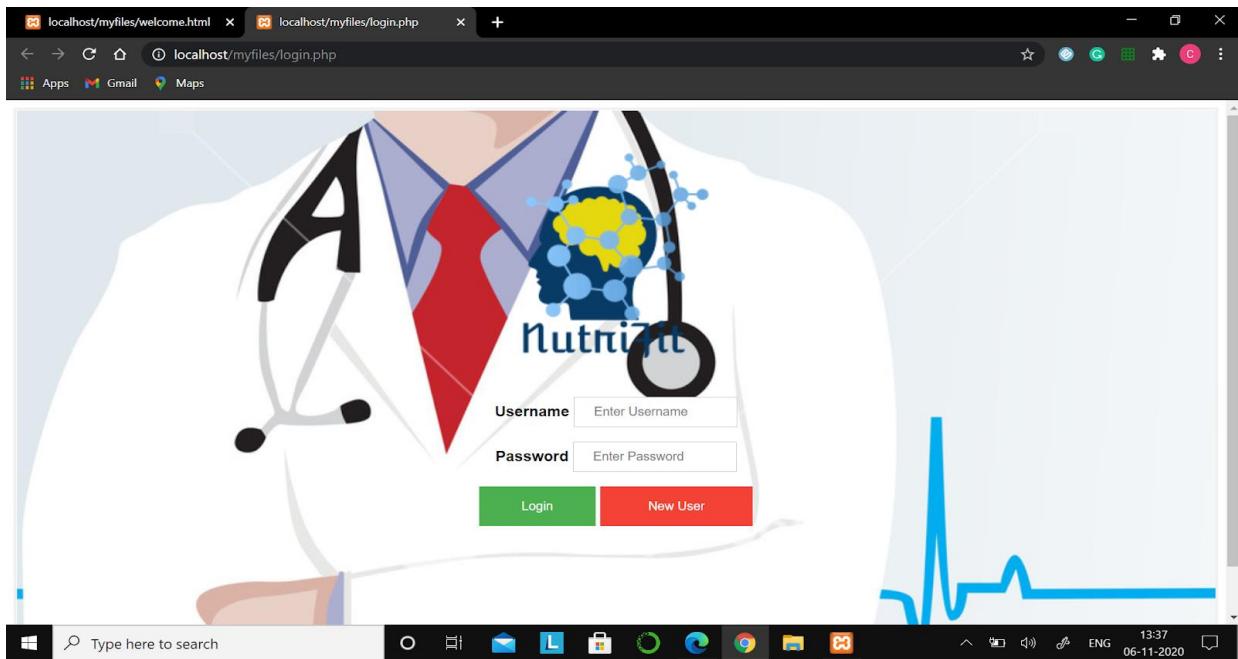
3. SNAPSHTOS

Front End

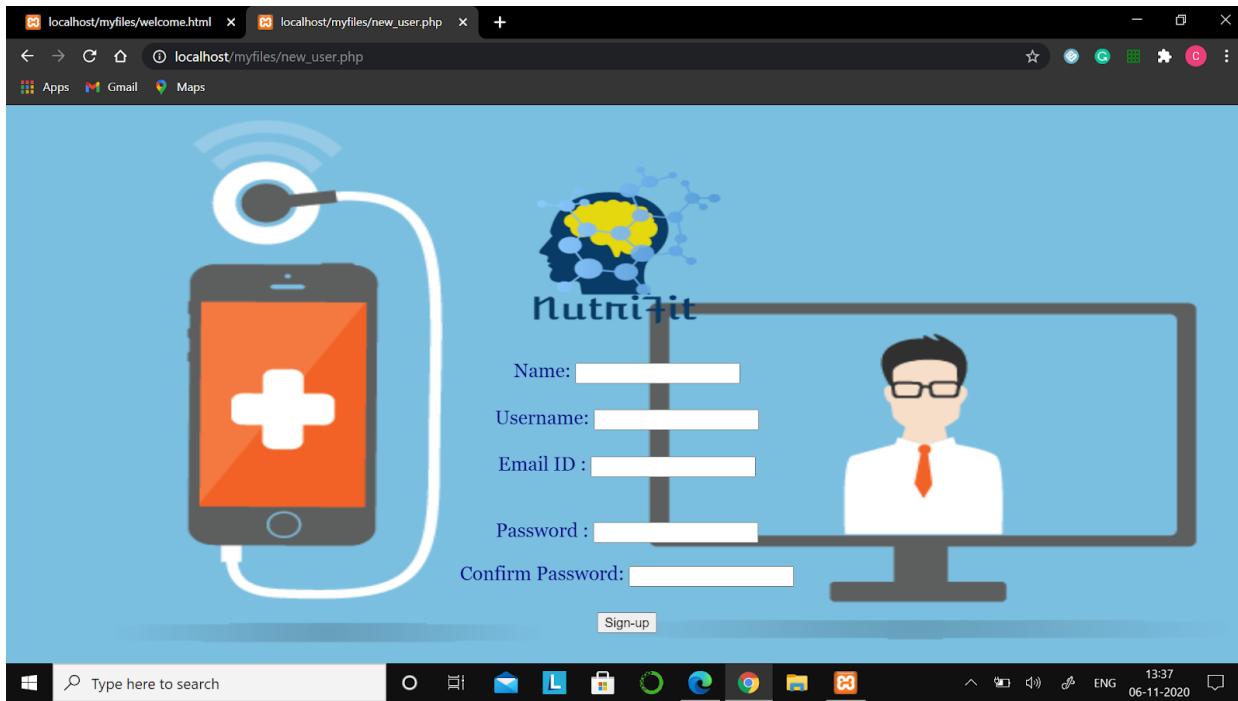
Welcome Page



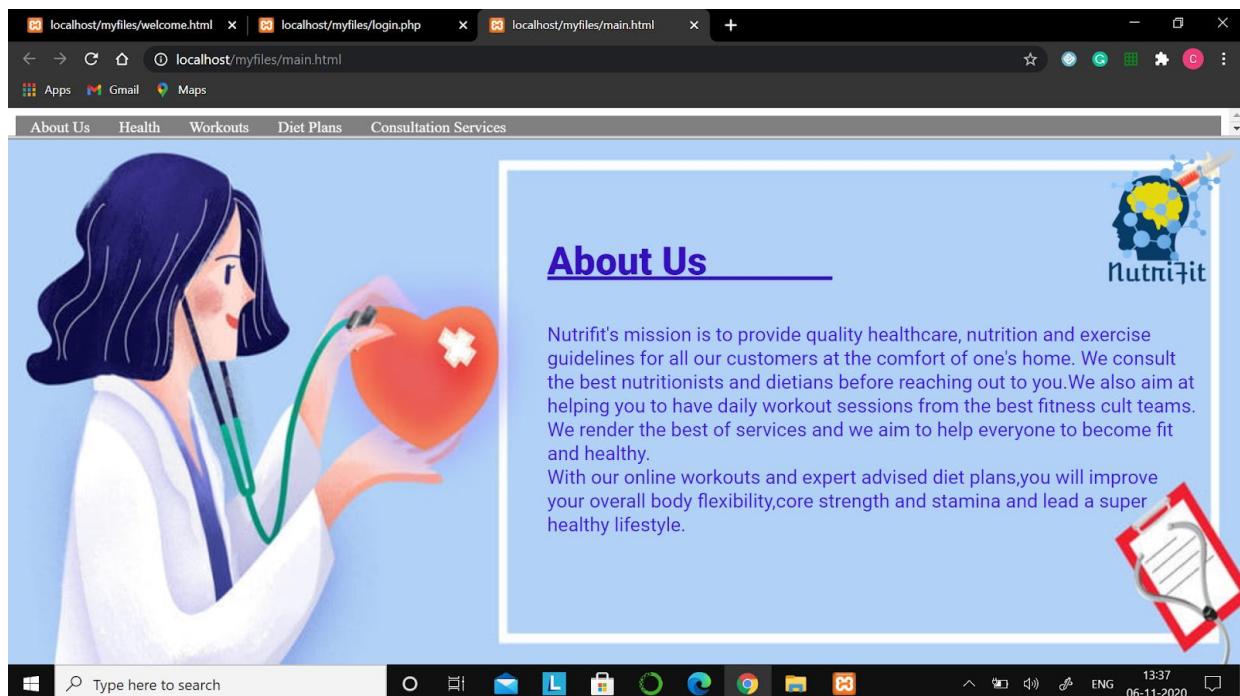
Login Page



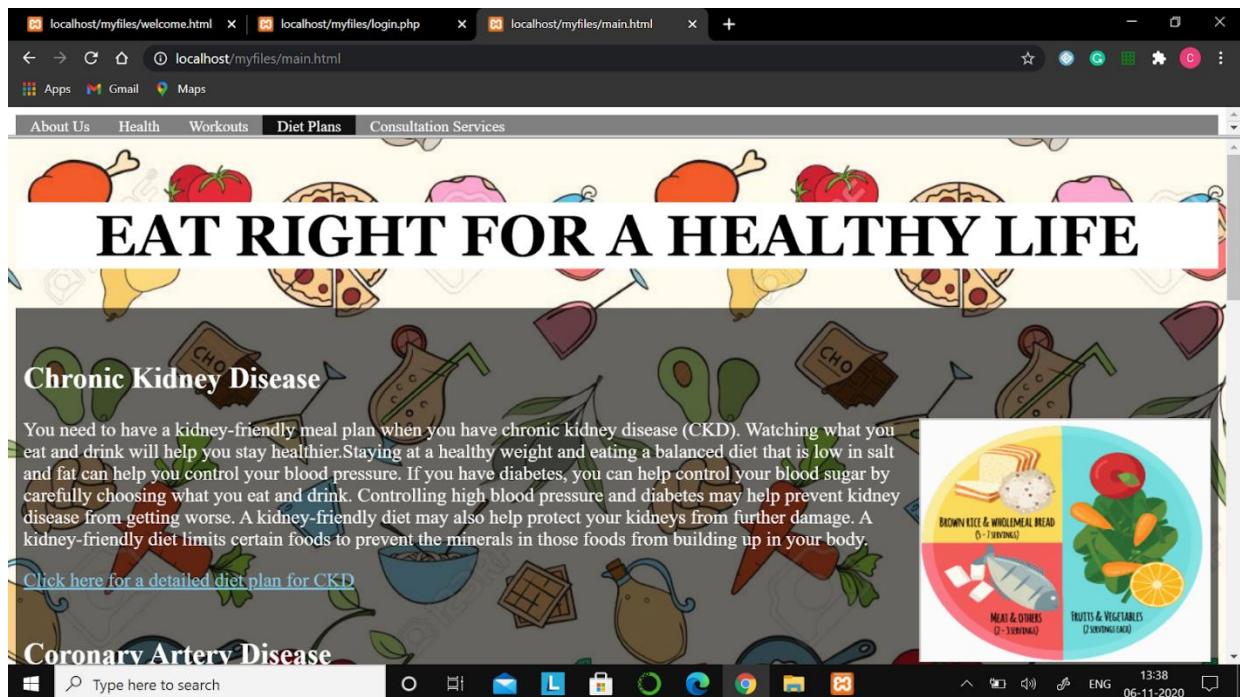
New User Registration Page



About Us Page



Diet Plans



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About Us Health Workouts Diet Plans Consultation Services

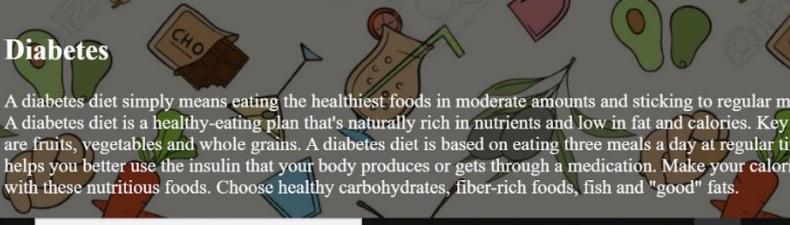
Coronary Artery Disease



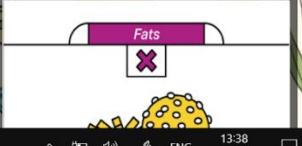
If you have coronary artery disease, the key to managing your condition could be as close as your kitchen. In fact, following a special diet for coronary artery disease is one of the most important steps you can take for healthier arteries. Coronary artery disease -- or CAD for short -- occurs when fatty deposits, known as plaque, build up in the arteries. This causes them to narrow, restricting blood supply to the heart and brain. In some cases, these deposits may eventually block the artery entirely, resulting in a heart attack or stroke. The first tenet of a successful diet for coronary artery disease is avoiding foods that raise LDL cholesterol -- namely those that are rich in saturated fat, such as red meat, coconut oil, butter, cheese, and whole and 2 percent milk. You'll also want to skip foods that contain cholesterol-raising trans fats, like French fries, doughnuts, creamer, stick margarine, and shortening.

[Click here for a detailed diet plan for CAD](#)

Diabetes



A diabetes diet simply means eating the healthiest foods in moderate amounts and sticking to regular mealtimes. A diabetes diet is a healthy-eating plan that's naturally rich in nutrients and low in fat and calories. Key elements are fruits, vegetables and whole grains. A diabetes diet is based on eating three meals a day at regular times. This helps you better use the insulin that your body produces or gets through a medication. Make your calories count with these nutritious foods. Choose healthy carbohydrates, fiber-rich foods, fish and "good" fats.



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<localhost/myfiles/welcome.html> <localhost/myfiles/login.php> <localhost/myfiles/main.html>

About Us Health Workouts Diet Plans Consultation Services

Diabetes



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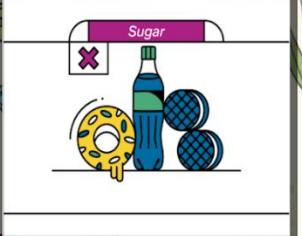
[Click here for a detailed diet plan for Diabetes](#)

Weight Loss



There are many ways to lose a lot of weight fast. That said, many diet plans leave you feeling hungry or unsatisfied. These are major reasons why you might find it hard to stick to a diet. However, not all diets have this effect. Low carb diets are effective for weight loss and may be easier to stick to than other diets. Removing sugars and starches, or carbs, from your diet can reduce your appetite, lower your insulin levels, and make you lose weight without feeling hungry. Assemble each meal out of a protein source, fat source, and low carb vegetables. This will generally put you in a carb range of 20–50 grams and significantly lower your hunger levels. Having one day each week where you eat more carbs is acceptable, although not necessary.

[Click here for a detailed diet plan for weightloss](#)



Type here to search

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This will generally put you in a carb range of 20–50 grams and significantly lower your hunger levels. Having one day each week where you eat more carbs is acceptable, although not necessary.

[Click here for a detailed diet plan for weightloss](#)

Weight Gain

Being underweight can be just as bad for your health as being obese. Whether you're clinically underweight or simply struggling to gain muscle weight, the main principles are the same. Being underweight is defined as having a body mass index (BMI) below 18.5. It's much more common in women and girls. It's very important to eat mostly healthy foods even when you're trying to gain weight. You need to eat more calories than your body burns to gain weight. Aim for 300–500 calories per day above your maintenance level for slow weight gain or 700–1,000 calories if you want to gain weight fast. Protein forms the building blocks of your muscles. Eating sufficient protein is required to gain muscle weight instead of just fat. To gain weight, eat at least three meals per day and make sure to include plenty of fat, carbs and protein.

[Click here for a detailed diet plan for weightgain](#)

CHRONIC KIDNEY DISEASE DIET

Choose and prepare foods with less salt and sodium

- Avoid processed foods, frozen dinners, and canned foods that are higher in sodium.
- Use spices, herbs, and sodium-free seasonings in place of salt.
- Rinse canned vegetables, beans, meats, and fish with water before eating.
- Check for sodium on the Nutrition Facts label of food packages.

Eat the right amount and the right types of protein

- Eat small portions of protein foods.
- Animal-protein foods: Chicken, Fish, Meat, Eggs, Dairy.
- A cooked portion of chicken, fish, or meat is about 2 to 3 ounces or about the size of a deck of cards.
- Plant-protein foods: Beans, Nuts, Grains.
- A portion of cooked beans is about $\frac{1}{2}$ cup, and a portion of nuts is $\frac{1}{4}$ cup.

Choose foods that are healthy for your heart

- Grill, broil, bake, roast, or stir-fry foods, instead of deep frying.
- Cook with nonstick cooking spray or a small amount of olive oil instead of butter.
- Trim fat from meat and remove skin from poultry before eating.
- Try to limit saturated and trans fats. Read the food label.
- Heart-healthy foods: Poultry without the skin, Fish, Beans, Vegetables, Fruits, Low-fat or fat-free milk, yogurt, and cheese

Choose foods and drinks with less phosphorus

- Look for phosphorus-free or for words with "PHOSPHATE" on ingredient labels.
- Pick fresh meats without added phosphorus.
- Foods Lower in Phosphorus: Fresh fruits and vegetables, Breads, pasta, rice, Rice milk (not enriched), Corn and rice cereals, Light-colored sodas/pop, such as lemon-lime or homemade iced tea

Choose foods with the right amount of potassium

- Blood potassium levels should not be too high or too low.
- Foods Lower in Potassium: Apples, peaches, carrots, green beans, white bread and pasta, cooked rice and wheat cereals, grits, cranberry juice
- Foods Higher in Potassium: Oranges, bananas, potatoes, tomatoes, brown and wild rice, dairy foods, whole-wheat bread and pasta, beans and nuts

DIABETES FRIENDLY DIET

Breakfast

- A cup of Tea/ Coffee/ Buttermilk/ Curd
- A bowl of oats porridge and a cucumber
- A bowl of muesli with milk and a cucumber or tomato
- Wheat flakes with milk and 1 cucumber or tomato
- 2 slices of whole wheat bread + egg white omelette with lots of veggies

Mid-Morning

- A cup of green tea with a handful of roasted channa
- one whole fruit (apple/ pear/ orange/ 2-3 moon slices of papaya/ guava)

Lunch

- 1 bowl of salad + 2 chapatis with 1 big bowl of sabzi + 1 bowl of dal/ sprouts/ curd/ buttermilk/ 2-3 pieces of chicken/ fish
- 1 big bowl of vegetable daliya khichdi with curd
- 1 bowl of salad / 2 cucumbers/ 2 tomatoes + half a bowl of brown rice plus 1 big bowl of sabzi + 1 bowl of dal/ sprouts/ curd/ buttermilk/ 2-3 pieces of chicken/ fish

Evening Snack

- 1 whole fruit (apple/ pear/ orange/ 2-3 moon slides of papaya/ guava)
- 1 fist chana (boiled or roasted)
- buttermilk (without salt or sugar)
- sandwich (avoid butter, cheese and mayonnaise)

Dinner

- 1 bowl of salad/ 2 cucumbers/ 2 tomatoes + 2 chapatis with 1 big bowl sabzi + 1 bowl of dal/ sprouts/ curd/ buttermilk/ 2-3 pieces of chicken/ fish
- 1 big bowl of vegetable daliya khichdi with curd
- 1 bowl of salad/ 2 cucumbers / 2 tomatoes + 1 multigrain chapati or rotla + 1 bowl of dal/ sprouts / curd/ buttermilk /2-3 pieces of chicken/ fish

Bedtime

- 2 walnuts+ a glass of lukewarm water
- 4 almonds with a glass of lukewarm water

WEIGHT LOSS DIET

DAY 1

Breakfast- Oatmeal with Fresh or Frozen (No Sugar Added) Fruit, Tea or Coffee

Mid-Morning Snack- Veggie Salsa Tortilla, 1 Navel Orange or 2 Tangerines

Lunch- 2 Cups Mixed Greens with 1 Cup of Other Veggies, Hearty Italian-Style White Bean Soup

Mid-Afternoon Snack- 6 Ounces of Nonfat Plain or No-Sugar-Added Yogurt, 1 Apple

Dinner- Salad, Baked Potato with 2 Tablespoons Fat-Free

DAY 2

Breakfast- Egg White Omelet, Hash Browns, Bowl of Blueberries, Fresh or Frozen (No Sugar Added), Tea or Hot Cocoa

Mid-Morning Snack- Big Handful of Grapes

Lunch- Salad, Turkey Sandwich

Mid-Afternoon Snack- Pear, Popcorn at air-popped or fat-free microwave

Dinner- Veggie Burger on a Whole-Wheat Bun with Roasted Red Bell Peppers, Steamed Fresh Vegetables

DAY 3

Breakfast- Hot Whole-Grain Cereal with Blueberries, Tea or Coffee

Mid Morning Snack- 1 Cup Diced Watermelon or Other Seasonal Fresh Fruit, 1 Snack Bag of Baby Carrots

Lunch- Vegetarian Chili, 1 Ear of Corn

Mid-Afternoon Snack- Cottage Cheese and Fruit

Dinner- Spinach Salad, Chicken with Cherry Tomatoes, Brown Rice

Dessert- Frozen Yogurt

DAY 4

Breakfast- 1 Cup Fresh Fruit, 1 Cup Nonfat Plain or Nonfat, No-Sugar-Added Yogurt, 1/2 Whole-Grain Bagel, Toasted, Tea or Coffee

Mid Morning Snack- 1 to 2 Cups of Veggie-Rich, Bean-Rich Low-Sodium Soup

Lunch- Tuna Sandwich, Carrot and Pineapple Salad

Mid-Afternoon Snack- Sweet Potato

Dinner- Salad with Honey Mustard Dressing, Honey Mustard Salad Dressing, Curried Quinoa and Tofu

DAY 5

Breakfast- Orange-Vanilla Oatmeal, Tea or Coffee

Mid Morning Snack- Carrots and Hummus

Lunch- Tomato Cream Soup, Butter Beans With Lemon and Scallions

Mid-Afternoon Snack- 1 to 2 Cups of Fresh Fruit

Dinner- Easy Tangy Salmon, Soba Noodles With Spicy Cucumber, 1 to 2 Cups Sautéed Spinach

Dessert- Fruit Smoothie

Breakfast

- 1 cup oatmeal with 1/2 cup milk and 1/2 cup raisins
- 1 cup of orange juice
- 1 cup black coffee
- Homemade Protein Smoothies-
 - Chocolate banana nut shake
 - Vanilla berry shake
 - Chocolate hazelnut shake
 - Caramel apple shake
 - Vanilla blueberry shake
 - Super green shake

Mid-Morning

- 1 apple and 24 almonds
- Glass of water

Lunch

- Sandwich with 2 large slices of whole-grain bread, 4 slices of lean turkey, 2 tomato slices, lettuce, and mustard
- A 10-ounce glass of reduced-fat milk
- Potatoes and Starches-
 - Quinoa
 - Oats
 - Corn
 - Buckwheat
 - Potatoes and sweet potatoes
 - Squash
 - Winter root vegetables
 - Beans and legumes

Evening Snack

- 1 protein bar
- Glass of water

Dinner

- Fresh garden salad with 3 tablespoons salad dressing
- 6-ounce salmon filet
- 1 cup cooked spinach
- 1/2 cup mashed potatoes with butter or margarine
- 1 glass of wine (or milk or 100-percent fruit juice)
- 1 whole wheat dinner roll

Bedtime

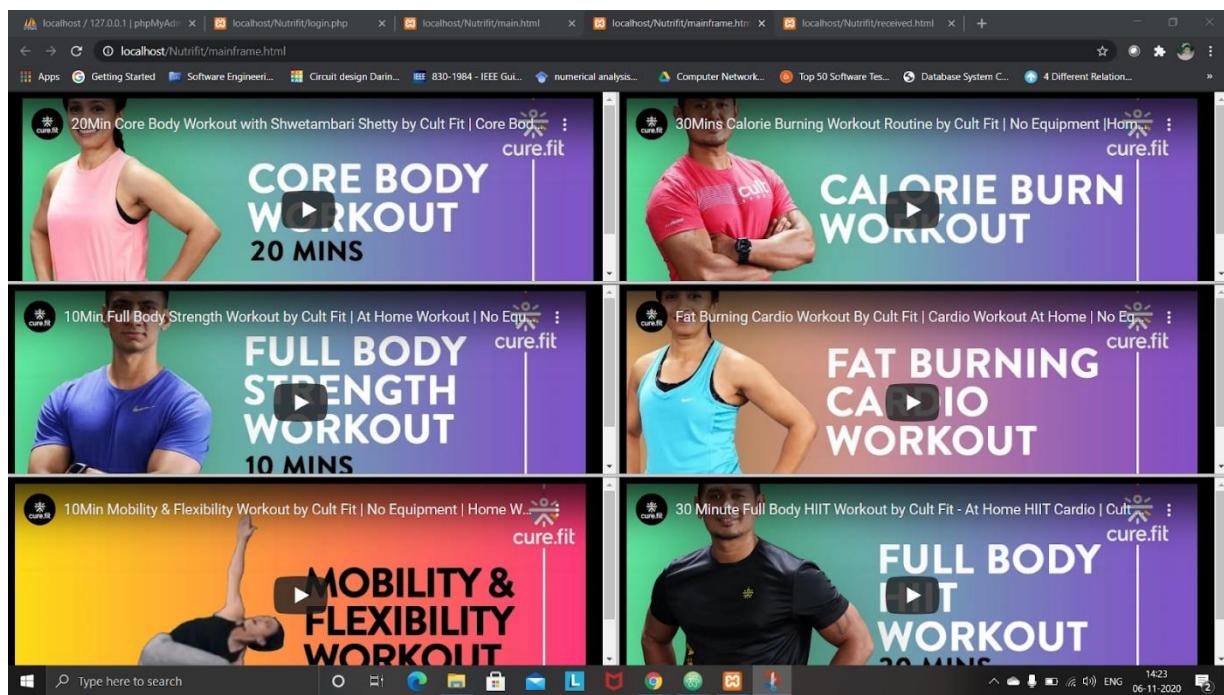
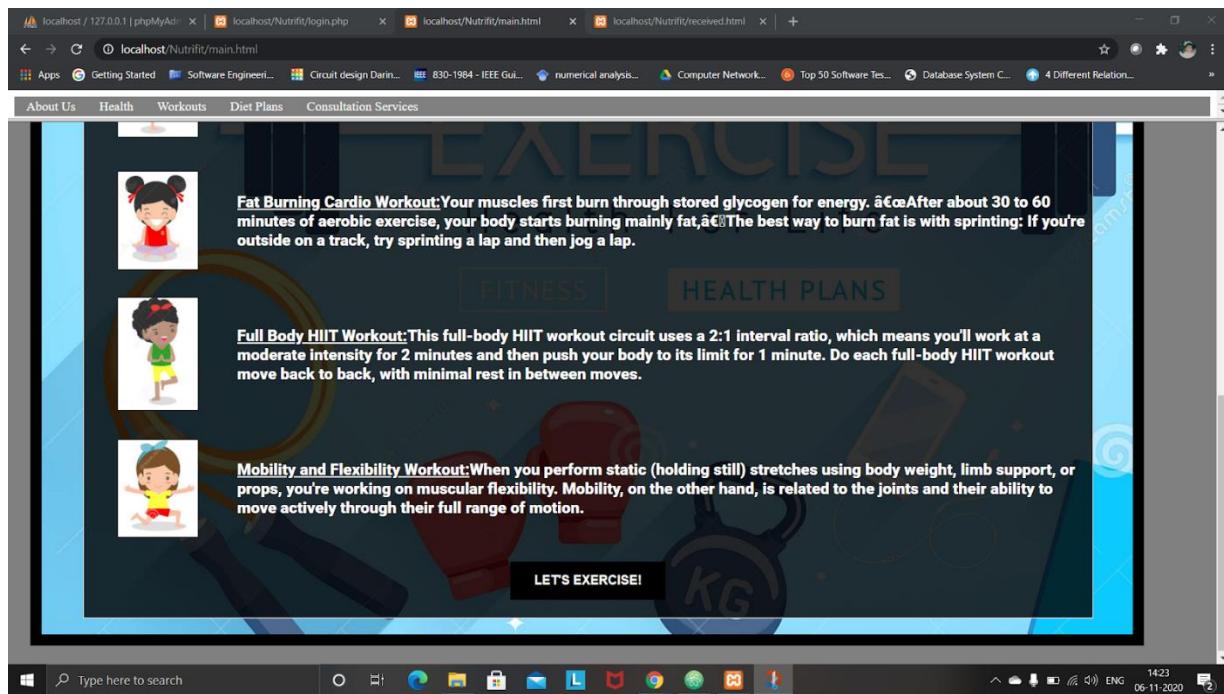
- 1/2 cup plain yogurt with 1/2 cup sliced strawberries
- Glass of water

Workout At Home

Core body Workout: Your core is a complex set of muscles that extend well beyond your abs. These interconnected muscles, stretching from the pelvis and diaphragm to the back, provide strength and stability to both your upper and lower body. Strengthen your core by adding these five must-do exercises to your routine-plank, side plank, vertical leg crunch, reverse crunch.

Calorie burn Workout: If you want to get the most calorie bang for your buck, you might want to take up running. Running burns the most calories per hour. But if running isn't your thing, there are other calorie-burning exercises like HIIT workouts, jumping rope, and swimming. You can do any combination of these exercises according to your preferences and fitness level.

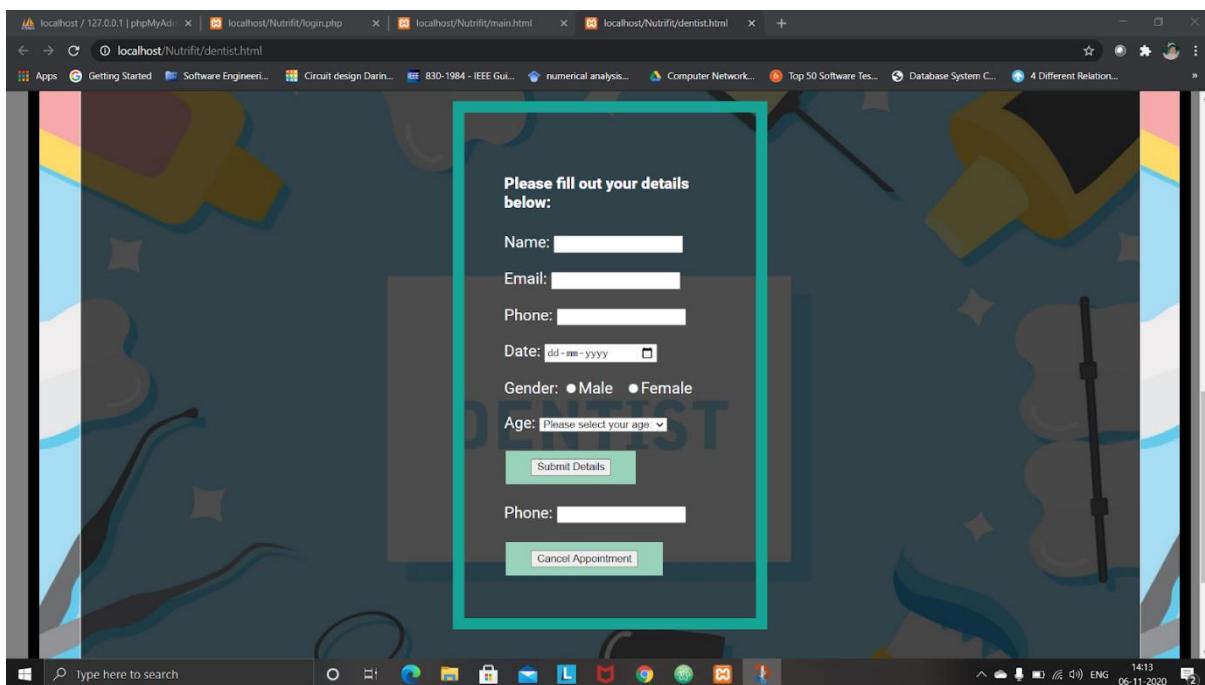
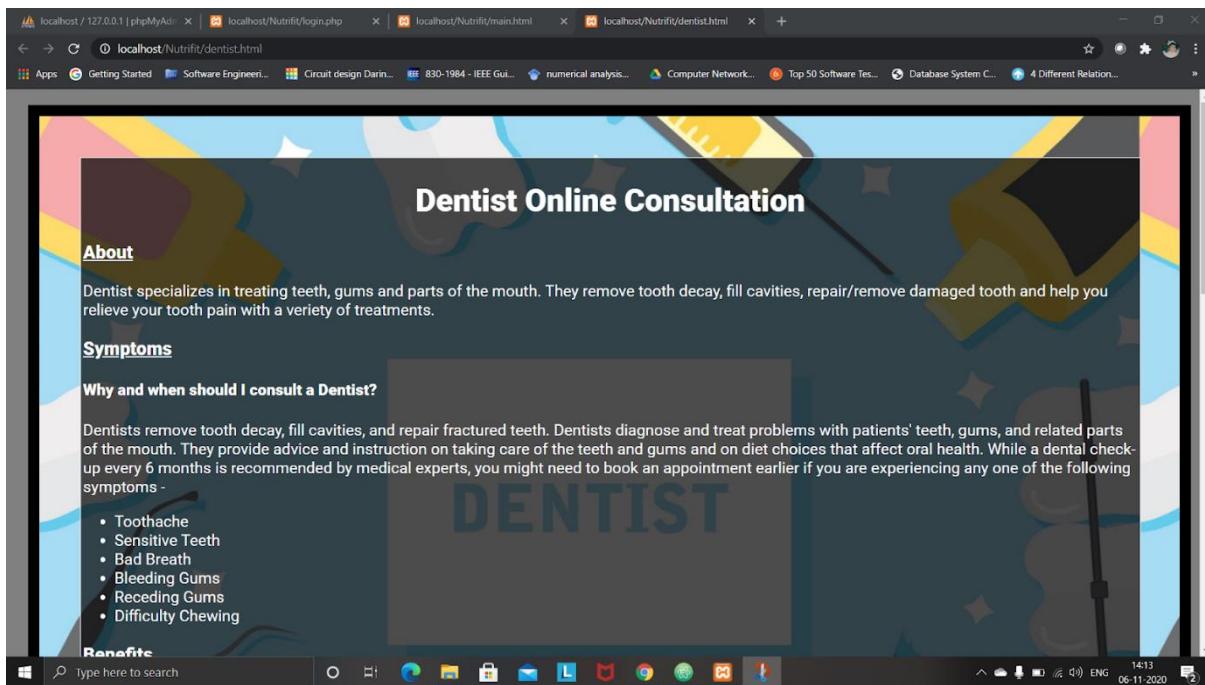
Full body Strength Workout: The total body workout is one that anyone can do at home with just a few sets of weights. You'll target all your muscles, including the thighs, chest, back, shoulders, and arms. The workout is full of tried and true classics, from squats and lunges to pushups and more.

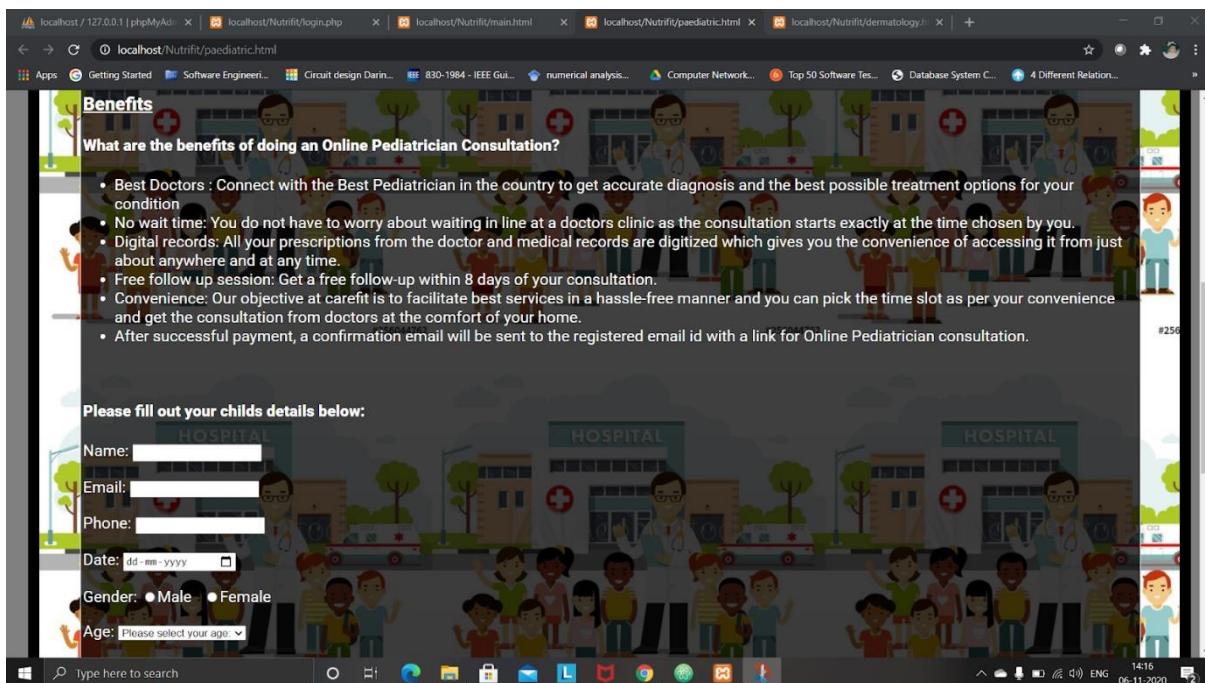
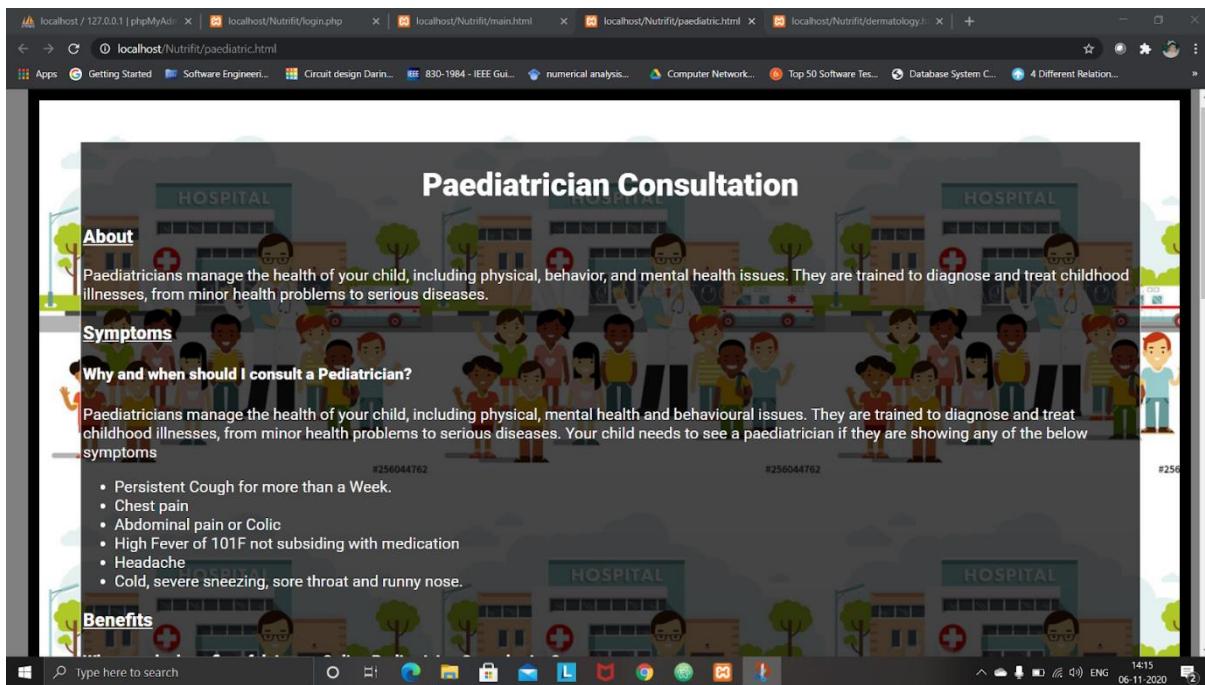


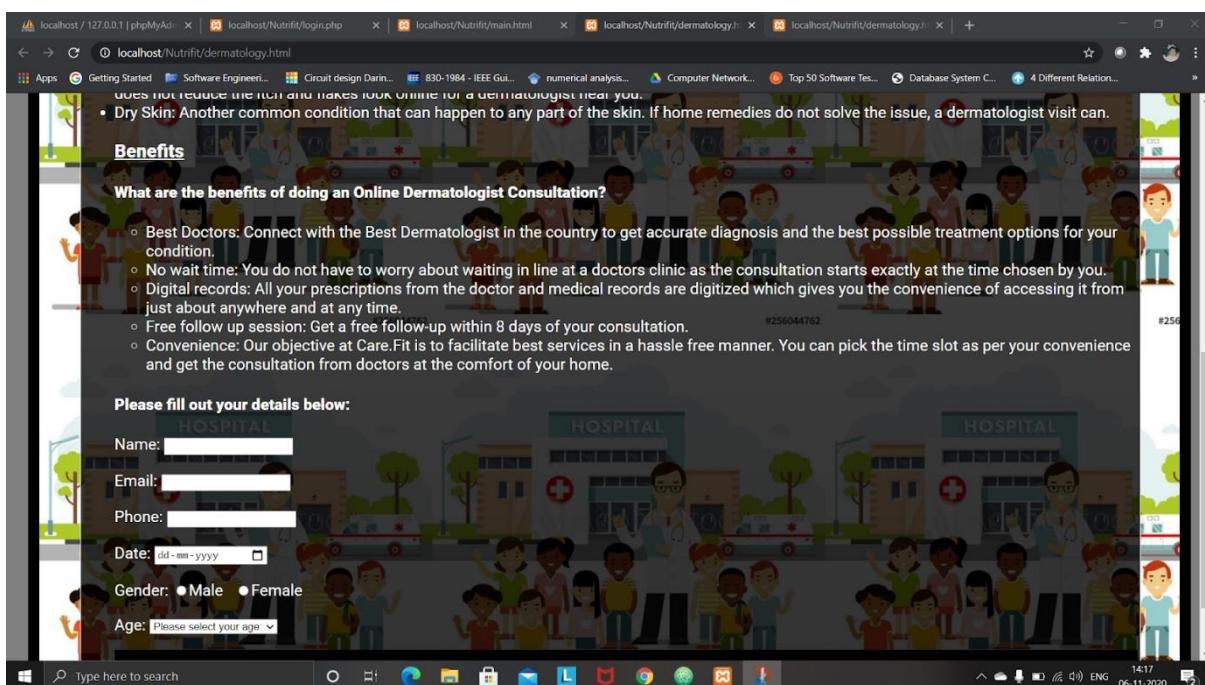
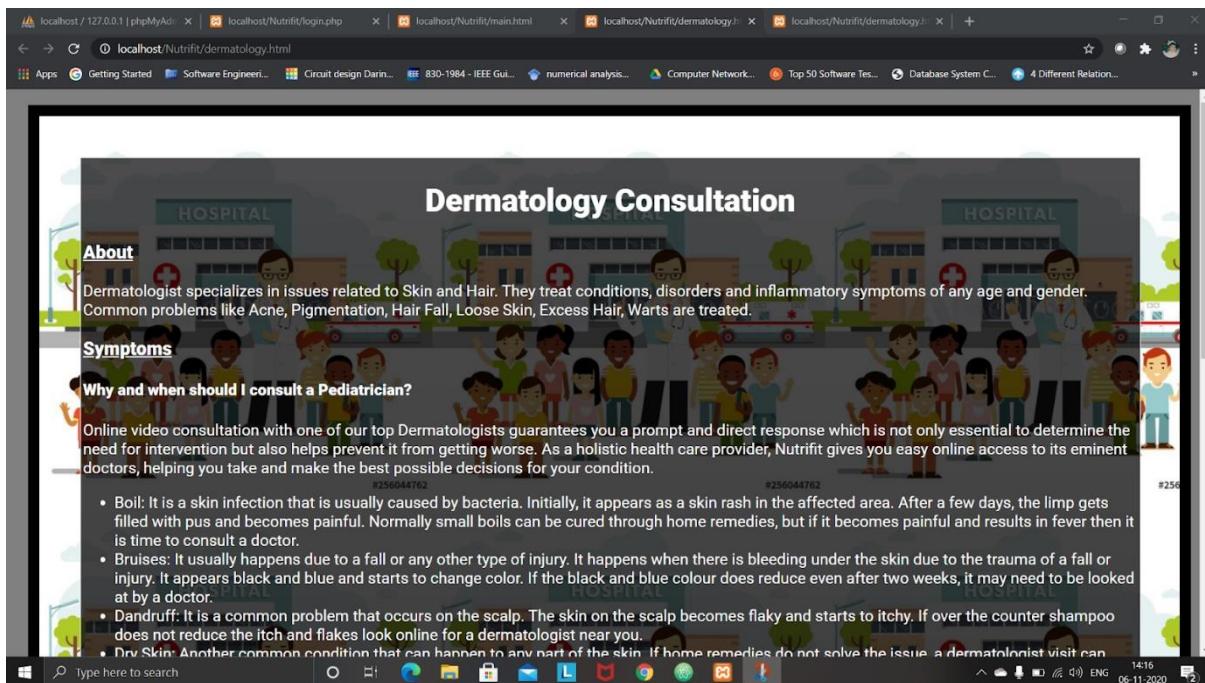
Consultation Services

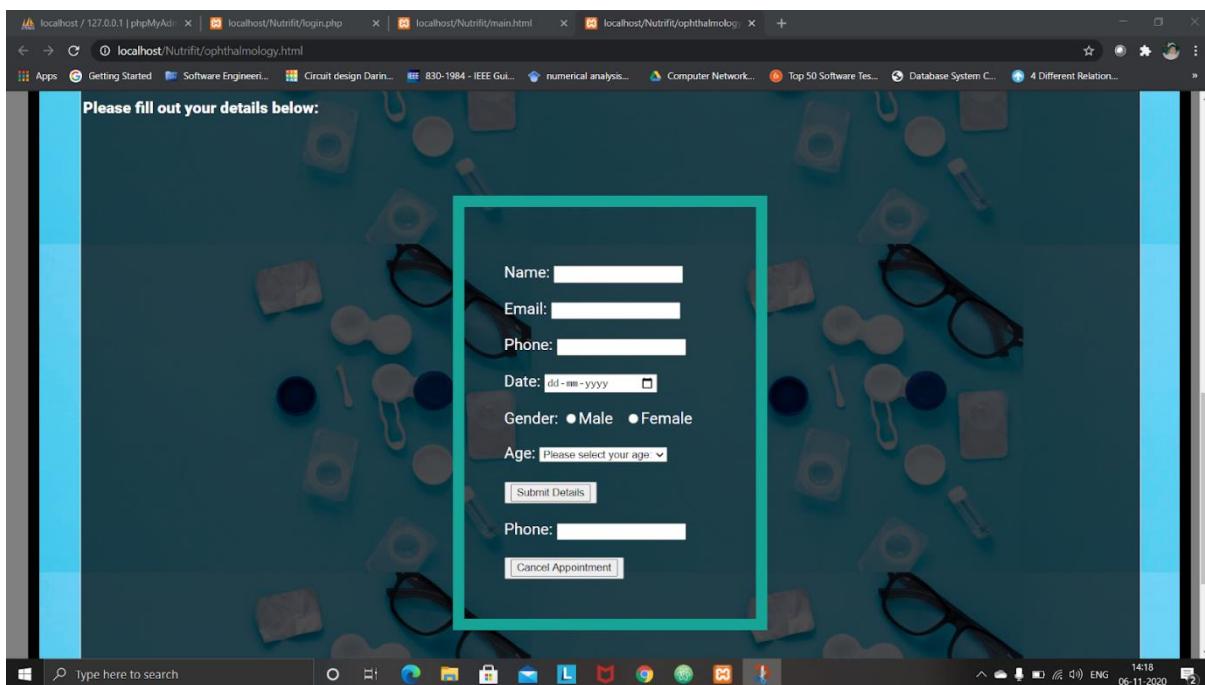
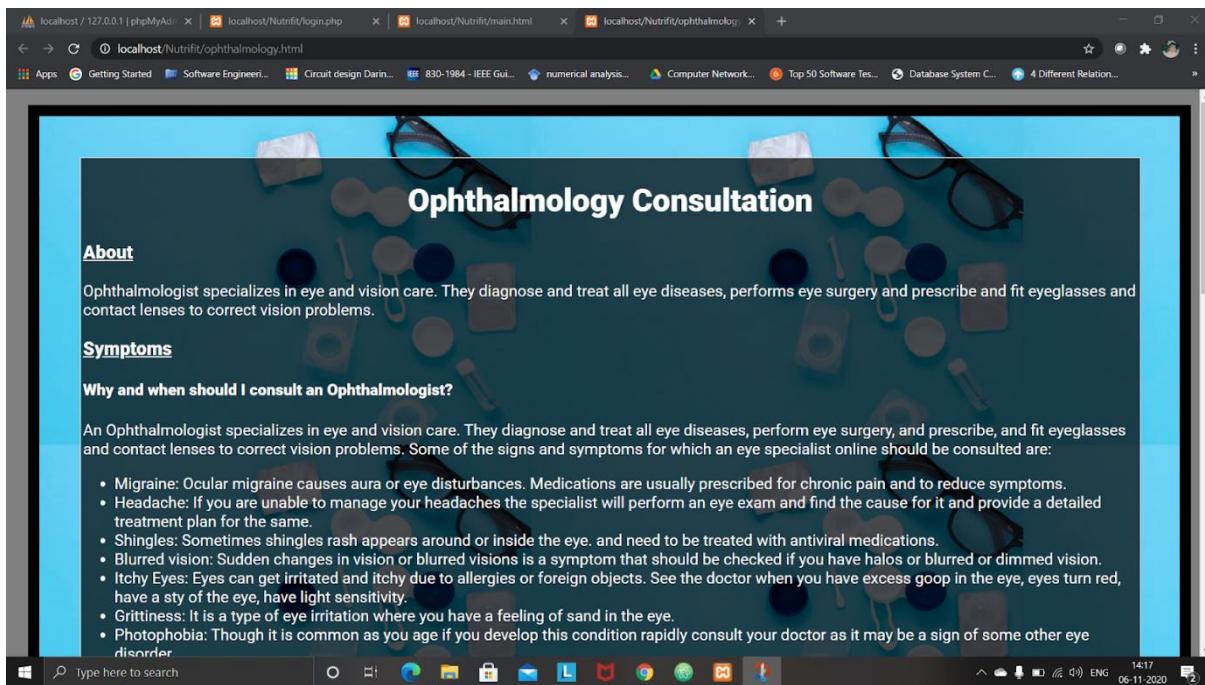
The screenshot shows a web browser window with the Nutrifit website. The main heading is "Nutrifit Specialist Online Consultation". Below it, a sub-headline says "Consult with top doctors through Video/Audio". There are four service cards: "Paediatric" (doctor with a teddy bear), "Dentist" (person eating an apple), "Dermatology" (woman with a mole), and "Ophthalmology" (person with glasses). Each card has a "Book an appointment!" button.

The screenshot shows the same Nutrifit website layout. The main heading is "Nutrifit Specialist Online Consultation". Below it, a sub-headline says "Consult with top doctors through Video/Audio". There are four service cards: "Orthopaedic" (hand surgery), "Psychiatry" (two profiles), "ENT" (ear examination), and "Internal & Family Medicine" (handshake). Each card has a "Book an appointment!" button.









Orthopaedic Consultation

About

Orthopedist focus on the treatment & prevention of skeletal deformities such as disorders of the bones, joints, muscles, ligaments, tendons, nerves and skin. They treat fractures and dislocations, sports injuries, sciatica, low back pain, ruptured disks and scoliosis, knock knees, bow legs, bunions and hammer toes, arthritis, osteoporosis and more.

Symptoms

Why and when should I consult an Orthopedician?

An Orthopedician focuses on the treatment & prevention of skeletal deformities such as disorders of the bones, joints, muscles, ligaments, tendons, nerves, and skin. They treat fractures and dislocations, sports injuries, sciatica, low back pain, ruptured disks and scoliosis, knock knees, bowlegs, bunions and hammer toes, arthritis, osteoporosis and more. Some of the common reasons or symptoms why an individual may want to visit an Orthopedician are:

- If you have been experiencing back pain, shoulder pain or knee pain for a while which increases with movement, it might be a possible sign of tendonitis which causes the tendon to become inflamed and swell up.
- Any pain from repetitive motions like climbing stairs, walking, or cycling you might need to get a joint replacement surgery done.
- Any chronic bone pain that lasts for more than six months and is affecting your daily life is an indication of damaged or painful joints.
- If you have swollen joints you must be suffering from bursitis in which the wrists become bruised and swollen.

Benefits

ORTHOPEDIC MEDICAL CENTER

Benefits

What are the benefits of doing an Online Orthopedic Consultation?

- Best Doctors: Connect with the Best Orthopedicians in the country to get accurate diagnosis and the best possible treatment options for your condition
- No wait time: You do not have to worry about waiting in line at a doctors clinic as the consultation starts exactly at the time chosen by you.
- Digital records: All your prescriptions from the doctor and medical records are digitized which gives you the convenience of accessing it from just about anywhere and at any time.
- Free follow up session: Get a free follow-up within 8 days of your consultation.
- Convenience: Our objective at carefit is to facilitate best services in a hassle-free manner. You can pick the time slot as per your convenience and get the consultation from doctors at the comfort of your home.
- After successful payment, a confirmation email will be sent to the registered email id with a link for Online Orthopedician consultation.

Please fill out your details below:

Name:

Email:

Phone:

Date: dd-mm-yyyy

Gender: Male Female

Age: Please select your age

Psychiatrist Consultation

About

Psychiatrists are medical experts specializing in mental health, and who can prescribe medication when needed.

Symptoms

Why and when should I consult a Psychiatrist?

We often come across several stresses and problems in our daily lives that can upset our mental balance. Sometimes we can handle these mental issues ourselves and sometimes, when the situation is difficult, we require an intervention from a psychiatrist. Working with a psychiatrist can help in dealing with our problems better and sometimes even enhancing our lives.

Here are a few symptoms of mental health declination that suggests that it is time you must consult a Clinical Psychiatrist

- Stress and Anxiety: while stress is a common emotion, sometimes it can get overwhelming and cause more damage to your mental and physical health.
- Feelings of Helplessness or Hopelessness: This is a common symptom of depression and requires immediate attention as if left unattended can trigger one to cause self-harm.
- Unhealthy Habits and Addictions: An addiction to drugs, alcohol or anything that is harming your health.
- Insomnia : Sleep is very important for a healthy functioning of your body, if you have trouble falling asleep, it could be an underlying cause of a mental health issue.
- Low Mood : feeling low sometimes is alright. However, if you have been feeling low constantly, it is something that needs to be treated.
- Forgetfulness: Forgetfulness can be caused due to a cluttered mind. In most cases, it requires help to strengthen our thoughts and focus on what

Benefits

What are the benefits of doing an Online Psychiatrist Consultation?

- Best Doctors: Connect with the Best Psychiatrist in the country to get accurate diagnosis and the best possible treatment options for your condition
- No wait time: You do not have to worry about waiting in line at a doctors clinic as the consultation starts exactly at the time chosen by you.
- Digital records: All your prescriptions from the doctor and medical records are digitized which gives you the convenience of accessing it from just about anywhere and at any time.
- Free follow up session: Get a free follow-up within 8 days of your consultation.
- Convenience: Our objective at carefit is to facilitate best services in a hassle-free manner.

Please fill out your details below:

Name:

Email:

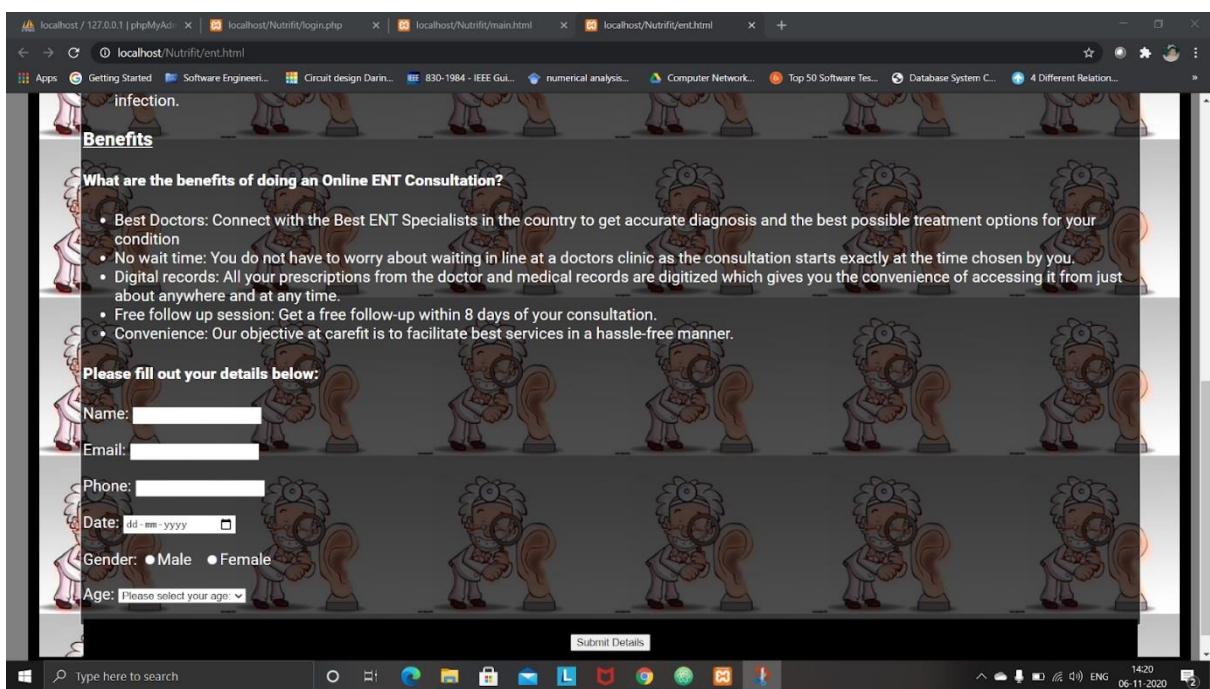
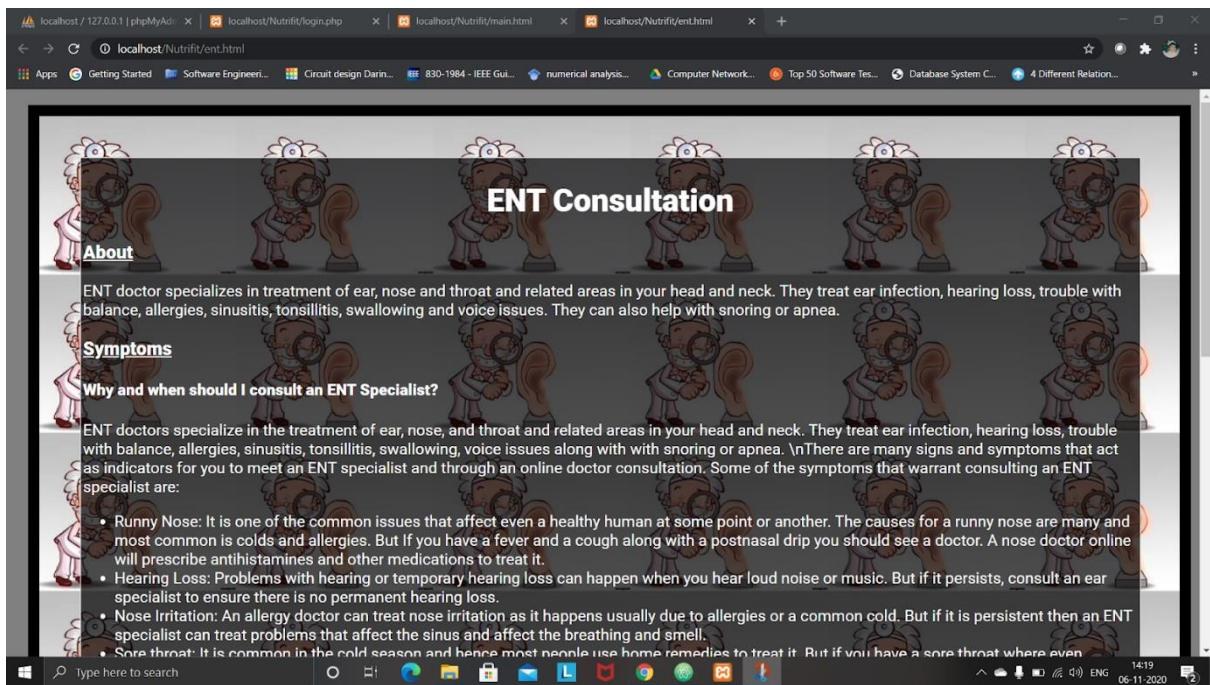
Phone:

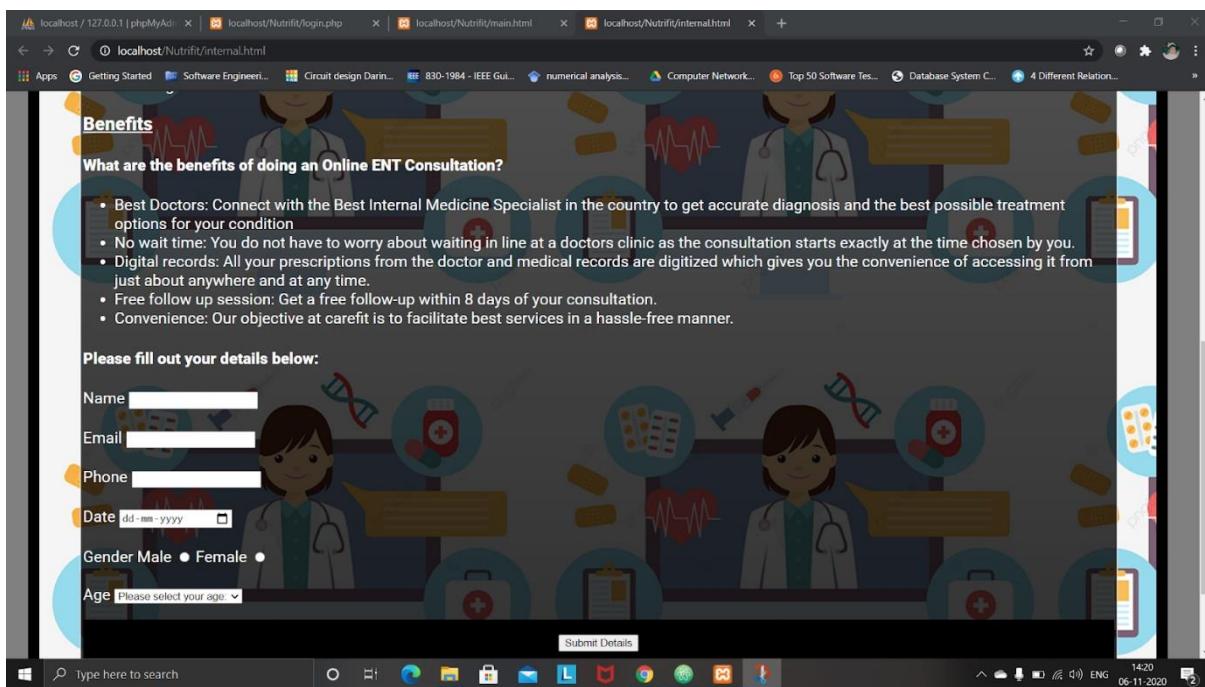
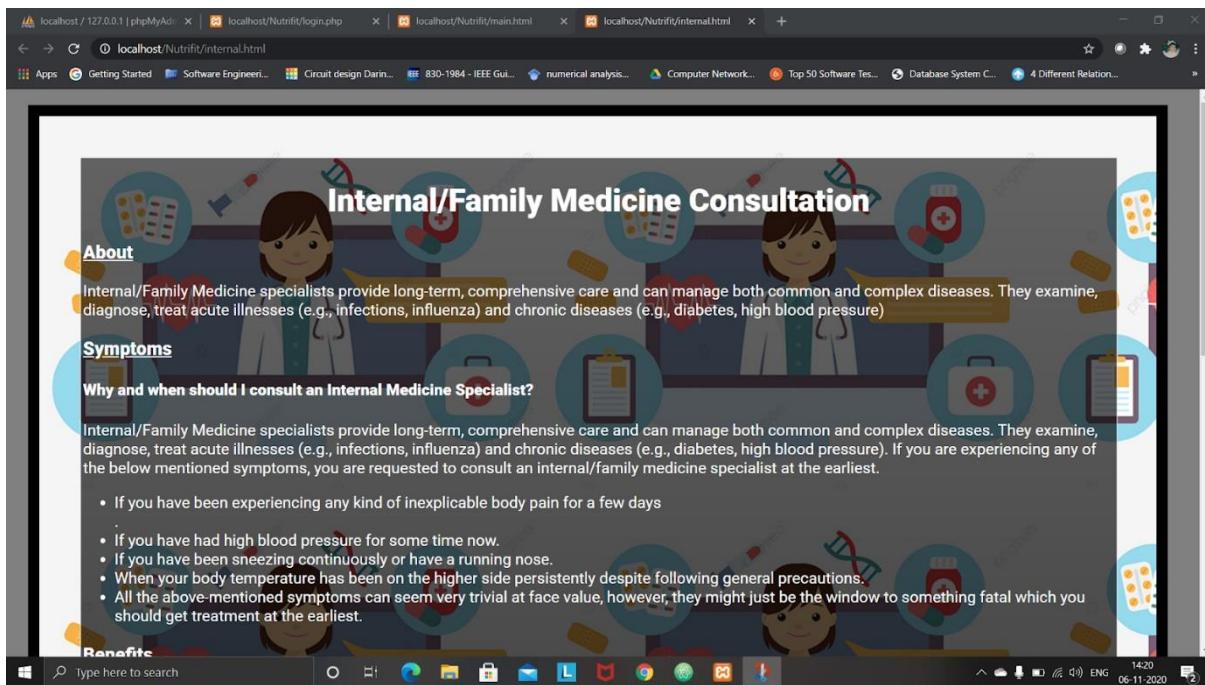
Date: dd-mm-yyyy

Gender: Male Female

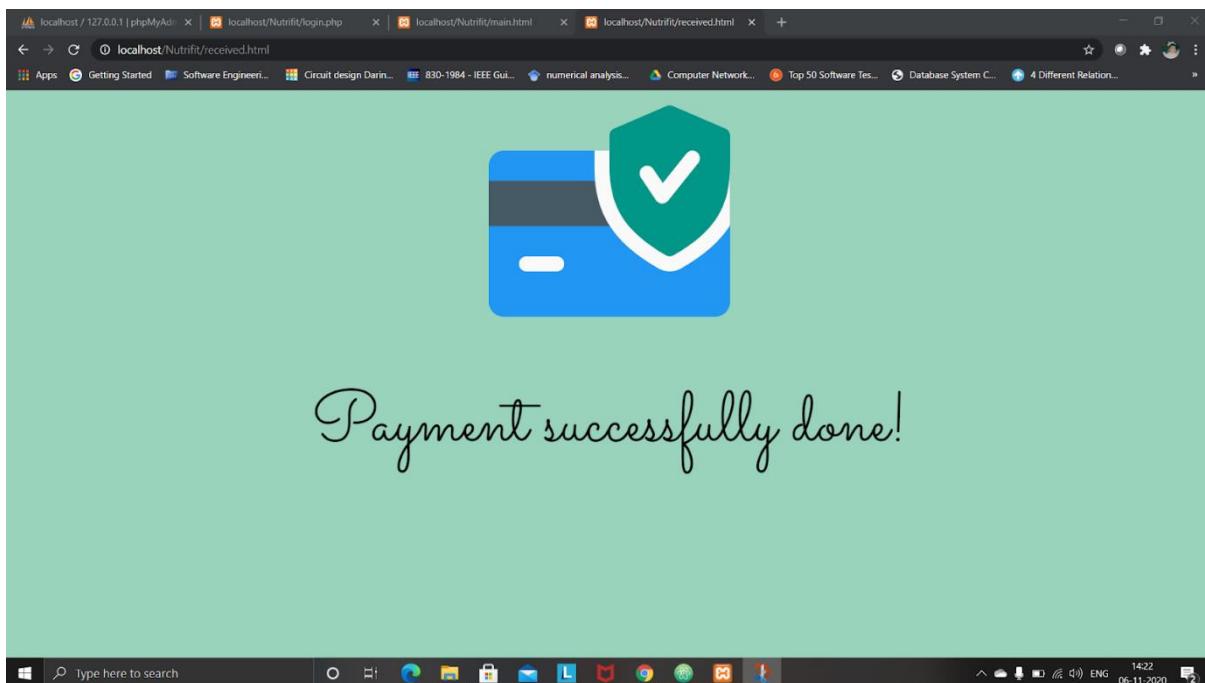
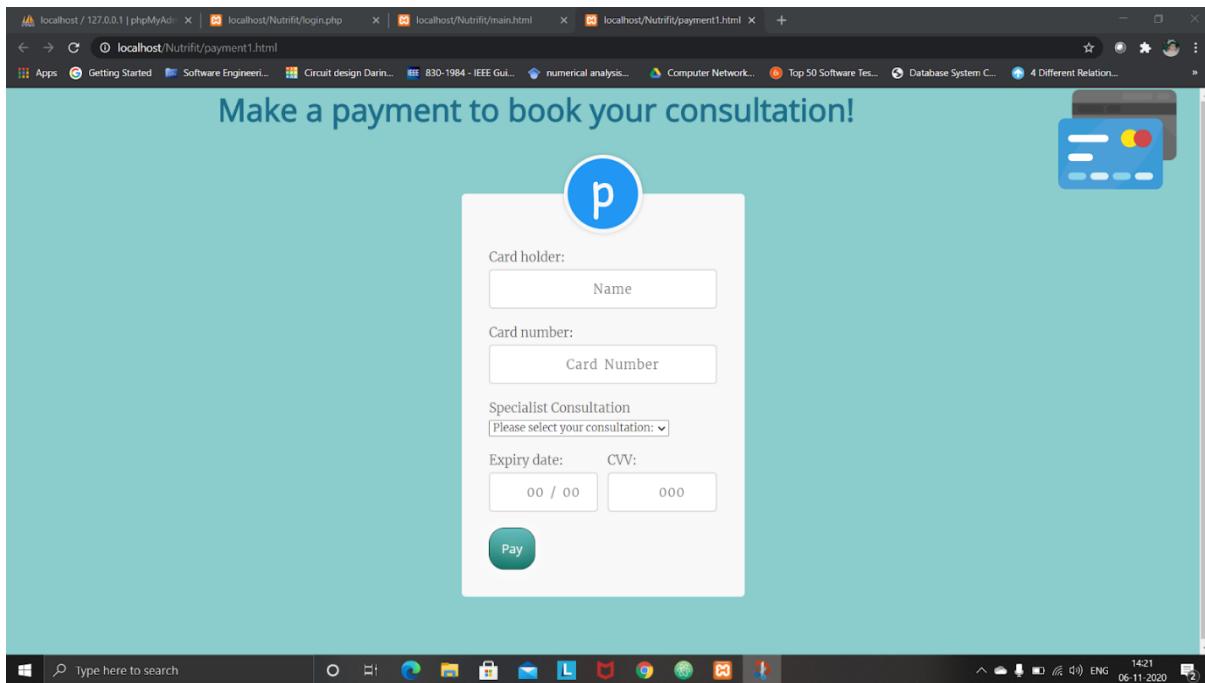
Age: Please select your age.

Submit Details





Payment



Back End

Table: payment

id	name	address	phone
1	Shyam	1235263742388	Dermatology
2	Liyans	1234123412341234	Ophthalmology
3	lilian	77777	Ophthalmology
4	Geeta	65874683	Dentist

Table: payment

id	name	address	phone
1	Shyam	1235263742388	Dermatology
2	Liyans	1234123412341234	Ophthalmology
3	lilian	77777	Ophthalmology
4	Geeta	65874683	Dentist

Showing rows 0 - 0 (1 total). Query took 0.0006 seconds.

```
SELECT * FROM `psychiatry_table`
```

	name	email	phone	date	gender	age
<input type="checkbox"/>	Shelby	shelby65@gmail.com	9879879879	2020-09-18	F	13-25 years

Showing rows 0 - 1 (2 total). Query took 0.0048 seconds.

```
SELECT * FROM `paediatric_table`
```

	name	email	phone	date	gender	age
<input type="checkbox"/>	Jemry	jk123@gmail.com	89789769	2020-11-21	F	4-8 years
<input type="checkbox"/>	Angel	maria123@gmail.com	2147483647	2020-10-29	F	9-12 years

The screenshot shows the phpMyAdmin interface for the orthopaedic_table. The table structure is displayed with columns: name, email, phone, date, gender, and age. One row is present, showing Rohan with details: rohan23@gmail.com, 9897893412, 2020-08-06, M, and 26-50 years.

	name	email	phone	date	gender	age
<input type="checkbox"/>	Rohan	rohan23@gmail.com	9897893412	2020-08-06	M	26-50 years

The screenshot shows the phpMyAdmin interface for the ophthalmology_table. The table structure is displayed with columns: name, email, phone, date, gender, and age. Two rows are present, showing ram and Tom with details: ram@12@gmail.com, 8888, 2020-11-12, M, 13-25 years, and Tom, tom123@gmail.com, 9879879879, 2020-10-17, M, 13-25 years.

	name	email	phone	date	gender	age
<input type="checkbox"/>	ram	ram@12@gmail.com	8888	2020-11-12	M	13-25 years
<input type="checkbox"/>	Tom	tom123@gmail.com	9879879879	2020-10-17	M	13-25 years

internal_table

	name	email	phone	date	gender	age
<input type="checkbox"/>	Prajul	pj56@gmail.com	9879879879	2020-07-24	M	26-50 years

ent_table

	name	email	phone	date	gender	age
<input type="checkbox"/>	Jemly	j95@gmail.com	895678989	2020-11-21	F	26-50 years
<input type="checkbox"/>	Anjali	anj67@gmail.com	9879876756	2020-07-24	F	13-25 years

Showing rows 0 - 0 (1 total). Query took 0.0394 seconds.

`SELECT * FROM `dermatology_table``

	name	email	phone	date	gender	age			
<input type="checkbox"/>	Edit	<input type="checkbox"/> Copy	<input type="checkbox"/> Delete	Alan	alan56@gmail.com	9897893412	2020-10-09	M	26-50 years

Query results operations:

- Print
- Copy to clipboard
- Export
- Display chart
- Create view

Bookmark this SQL query:

Label: Let every user access this bookmark

Console:

```
Press Ctrl+Enter to execute query
>SELECT * FROM `psychiatry_table`
>SELECT * FROM `dentist_table`
>SELECT * FROM `dermatology_table`
```

Showing rows 0 - 0 (1 total). Query took 0.0035 seconds.

`SELECT * FROM `dentist_table``

	name	email	phone	date	gender	age			
<input type="checkbox"/>	Edit	<input type="checkbox"/> Copy	<input type="checkbox"/> Delete	Shiny	shiny12@gmail.com	4444	2020-11-06	F	13-25 years

Query results operations:

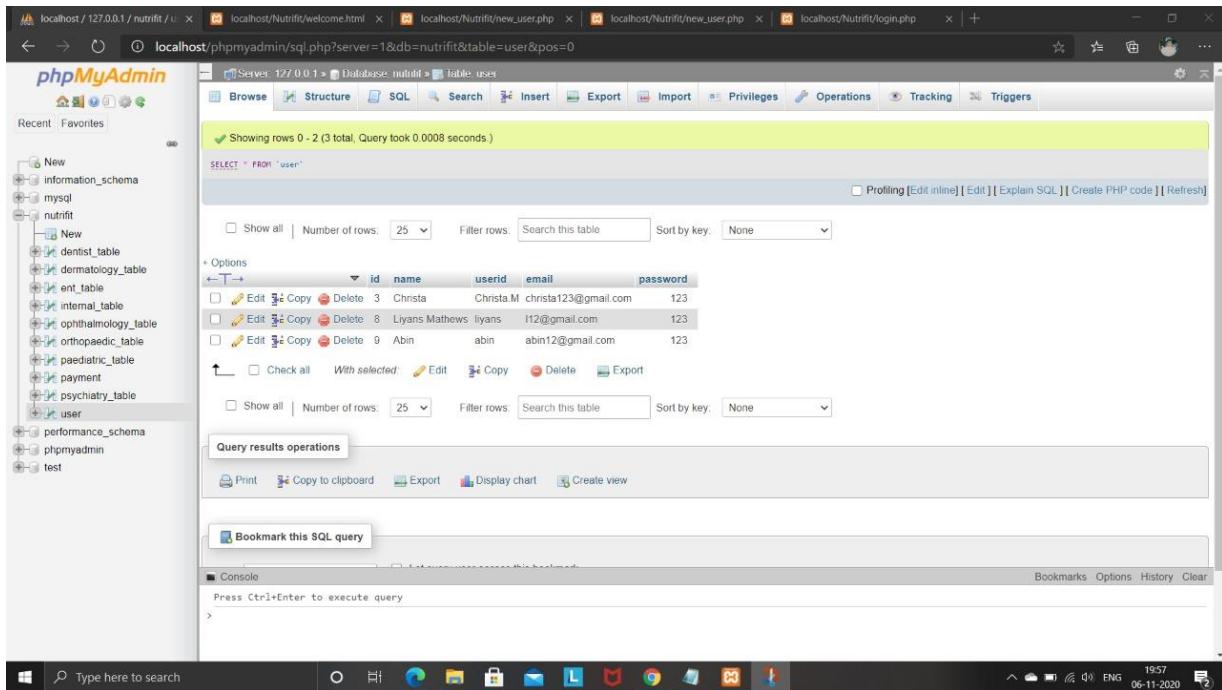
- Print
- Copy to clipboard
- Export
- Display chart
- Create view

Bookmark this SQL query:

Label: Let every user access this bookmark

Console:

```
Press Ctrl+Enter to execute query
>SELECT * FROM `psychiatry_table`
>SELECT * FROM `dentist_table`
>
```



4. DISCUSSIONS

This project uses HTML, CSS and Java Script at the front end and XAMPP with phpmyadmin (mysql) at the back end. Being a web-based project, it provides a platform for online appointment between doctor and patient and also has diet charts and workout routines needed for a healthy lifestyle.

5. CONCLUSION

This project is designed to help people to lead a healthy lifestyle, the different features/modules that were used is of utmost importance for the above mentioned purpose, diet chart helps in easy planning of one's daily diet, it helps in having a fair idea of the disease that one is suffering from the basic detail page, it helps to provides different forms of exercises according to the user's requirements and it provides an easy online appointment and consultation facility.

Thus, the various features help the user to have a fit and healthy way of living.

6. SCOPE OF FUTURE WORK

This website can help a long way in providing quality healthcare at the comfort of one's home. In a world where people prefer to get everything at their doorstep, this website is a great tool when it comes to taking care of your health and ensuring you are fit and fine.

7. BIBLIOGRAPHY

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