Project (I) Proposal on

Life Care Services

Submitted to

Department of Computer Science and Engineering

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in Partial Fulfillment of the

Requirements for the Degree of B.E. in Computer

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ABSTRACT

The responsive web page 'Life Care Services' serves as a comprehensive resource providing mental counselling, health tips, injury management guidelines and important hospital contact information, including emergency numbers, to support individuals in managing their health and well-being. The webpage can be accessed on various devices, including smartphones, tablets, laptops and desktop computers, and other internet connected devices with web browsing capabilities. The webpage will be developed with HTML, CSS, and JavaScript for the front end, PHP for the backend, and XAMPP will be used for the server hosting and database management. The webpage features engaging graphics and offers user interactive features, making it an attractive and user-friendly platform for accessing mental counselling, health tips, injury management guidance and upon login providing hospital contact information and emergency number across all devices. Users are required to provide a username and password for login, with the option to sign up and create new account if they don't already have one, ensuring personalized experience on the webpage. The webpage simplicity and focus on essential health and wellbeing resources, combined with the cost-effective technologies like HTML, CSS, JavaScript, PHP, and XAMPP, enable it to reach and benefit millions of people with limited access to resources, offering vital information and support to the broad audience without requiring significant financial or technical investment.

[Keywords: Comprehensive resource, mental counseling, health tips, injury management, hospital contact information, responsive, HTML, CSS, JavaScript, PHP, XAMPP, cost-effective, personalized experience]

ACKNOWLEDGEMENT

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CHAPTER 1: INTRODUCTION

1.1 Overviews

Life care service is a responsive and user-friendly web-based platform that meet the daily, on demand health and well-being needs of individuals by providing instant access to essential resources and support. Our webpage will offer you immediate access to essential health and well-being resources, including mental counselling, health tips, injury management guidance, hospital contact information, and emergency numbers, providing them with valuable support and information to manage their health and well-being effectively compared to someone who does not have access to these resources. Our webpage aims to offer individuals with easily accessible, personalized and cost-effective resources for managing their health and well-being, minimizing the barriers to access.

1.2 Project Description

Our website "Life Care Services", offers a user friendly and comprehensive platform for managing the health and well-being. The website features a navigation bar that directs users to the Home Page by default. On the Home page, users can find a feedback section to provide the input.

In the "About" section, we can provide detailed information about our team members, offering insights into the people behind Life Care Services.

The "Services" dropdown menu includes information on mental counselling, health tips, and injury management. For logged in users, we offer exclusive access to hospital contact information in Kathmandu, complete with contact information and locations. Additionally, logged in users can access an emergency numbers page, featuring important emergency contacts in Nepal.

To get in touch with us, users can click on the "Contact" option in the navigation bar which leads us to our "Contact us" page. Here a user-friendly form is available for clients to reach out to us once the webpage is hosted.

Conveniently, we offer a "Login" and "Signup" section in the rightmost part of the navigation bar, allowing users to login/Signup as needed to access personalized features and information. After Login, we utilize PHP and XAMPP for server hosting and database management and once the webpage is ready, we are ready to host it in our custom domain using 000webhosting.

1.3 Challenges of the current system

➢ Data Security

➢ User Engagement

➢ Mobile Responsiveness

➢ Quality Content

➢ Hosting and Server Management

1.4 Aims & Objectives

➢ **Provide Comprehensive Health Resources:** To offer a one stop platform for individuals seeking essential health and well-being information, including mental counselling, health tips, and injury management.

➢ **Accessibility and User Friendliness:** Ensure that the website is easily accessible to all devices, such as smartphones, tablets, laptops, and desktops, promoting user-friendliness and convenience.

➢ **Content Quality:** Provide reliable, evidence-based health information to empower users with the knowledge they need to manage their health effectively.

➢ **User Adoption:** Implement strategies to encourage user registration and engagement with the website's personalized features, promoting the use of the valuable resow.

1.5 Motivation

The motivation of the project life care service is to provide a web-based Application that can improve the efficiency and convenience of booking and managing appointments between patients and doctors. Some of the possible motivations are:

➢ To solve the problems that patient face while making an appointment of mental counselling, doctor and hospital such as long waiting time, lack of availability, and difficulty to finding in time.

➢ To enable patients to access quality health care services from anywhere and anytime, with including emergency numbers.

➢ To enhance the communication and relationship between patients and doctors, by providing features such as reminders, notification, feedback and reports.

➢ To saving the time and traditional appointment system for both patients and doctors and saving money by giving simple health tips.

1.6 Application

The application of Life Care Services extends to various areas where individuals, communities and organization can benefit from its resources and support. Here are some of its key applications

➢ **Individual Health and Wellness:** Individuals can use Life Care Service to access mental counseling, health tips, and injury management guidelines, helping them manage their physical and mental wellbeing.

➢ **Education and Awareness**: Educational institutions can utilize platforms to provide students with valuable health tips, and counselling service, promoting overall wellness.

➢ **Data driven health care Initiatives**: Data collected through the platform can be used for public health research and initiatives to improve health care services.

➢ **Emergency Health Resources**: The platform provides access to emergency

contact numbers crucial for immediate assistance during medical emergencies.

1.7 Feasibility Study

Life care service project, considering various aspects such as technical, operational, Economic, legal and scheduling factors. The analysis serves as a critical step in determining whether the project is worth pursuing and identifying potential challenges that need to be addressed.

1.7.1 Economical Feasibility

The cost for hardware and software is feasible, as it requires investment at the start of the system of computer, printer etc. But the Store for which we are developing this project doesn't possess any system. So, at the start they need to invest for this system to work. The current manual system requires regular investment also require more storage space informs of cupboards. So, the software system which we are developing is feasible in economic aspects. The future value of a project also depends upon it quality and factor.

1.7.2 Technical Feasibility

The life care service system requires technical infrastructure for its development, such as database and programming languages such as HTML, CSS, JavaScript are in front and PHP for back end. The platform must also be optimized for various devices such as mobiles, tablet, laptop, desktop. There technical requirements are feasible to fulfill and the required resources are readily available in the market.

1.7.3 Operational Feasibility

The life care service system requires operational procedures for its development and deployment, such as user and restaurant registration, menu management, order management, delivery management, and customer feedback management. The se procedures are feasible to develop and deploy, and a team of skilled individuals can manage them efficiently.

CHAPTER 2: LITERATURE REVIEW

Life Care Services serves as a comprehensive online platform, offering user access to a wide range of health and wellness resources. The webpage is accessible on various devices, these services meet the needs of diverse user base seeking mental counseling, health tips and injury management guidelines. The personalization features of life care services enhance user engagement and satisfaction. Studies suggest that online platforms like Life Care Services can empower users with knowledge, leading to more informed health care decisions and improved self-care practices. The provision of emergency contact number and hospital contact information adds a layer of public safety, especially during health crisis and emergencies. Research has indicated that easy access to mental health service through platform like Life Care Services can reduce stigma and promote early intervention for mental health concerns. User feedback and support mechanism on Life Care Services contribute to its continuous improvement and user satisfaction. Studies on similar platforms emphasize the potential for such service to reduce healthcare disparities, especially in unserved communities, by providing reliable and accessible health information.

2.1 Previous works

Life Care Services is the most popular and well-known example of our website. Life Care Services, a company that specializes in senior living management and offers various options for seniors and their families. This website included wide range of services, including skilled nursing care, assisted living, memory care, and outpatient rehabilitation. However, the website does not provide immediate access to senior care professionals for in-depth consultations.[1]

Lifecare is another popular website which offers services such as Financial Wellness, Breast Feeding Support, Backup care and so on. The services offered are pre-dominantly focused on family care benefits and support for employees impacted by COVID-19. Similar to the previous website, the website does not seem to provide direct long-term care and rehabilitation services.[2]

On the basis of our study related to Life Care Services, many of the website fail to provide long term care and rehabilitation services. To encounter this issue, our website included the service of mental counseling which not only provides the best comprehensive resource for counseling but also allows user to make a real-time voice chat with specialized staff free of cost. Also, there is the feature of hospital contact information and emergency numbers which will be used as a means to get out of the emergency situations.

CHAPTER 3: SYSTEM DESIGN

The comprehensive design of the "Life Care Services" provides user with a secure user-friendly, and informative platform for managing their health and well-being. It emphasizes data security, content quality and accessibility across various devices, making it a valuable resource for individuals seeking health and wellness information and support. The design encompasses several critical components:

- ➢ **UI Design:** The website's UI is designed to be user-friendly, with clear navigation through a well-structured menu. The goal is to ensure users can easily access various sections, including Home, About, Services (with drop down options for mental counseling, Health tips, Injury Management, Hospital Contact Information and Emergency Numbers), Contact us, Login and Signup option.

- ➢ **Database Design:** The database is structured to efficiently store and manage data, including user profiles, feedback, articles, Hospital contact information and emergency numbers. Data security is put into place in order to protect the sensitive information.

- ➢ **Front End Development:** The front end is developed using HTML, CSS, Bootstrap and JavaScript to create responsive and interactive webpages. This allows users to access the platform on various devices while enjoying a seamless browser experience.

- ➢ **Back End Development:** The backend, powered by PHP, is responsible for user authentication, database interactions, and logic for user access. It ensures that only the logged in users can access certain sections such as Hospital Contact Information and Emergency Numbers.

➢ **Security and Compliance:** Strict security measures are in place to protect user data, and the platform complies with data privacy regulations and legal requirements related to health care information.

➢ **User Support and Feedback:** A user support system is integrated, enabling users to contact the administrator using a contact form. There is also a feedback section on the homepage, allowing users to provide input and suggestions.

➢ **Content Management System:** A content management System (CMS) is implemented to efficiently manage articles, including those related to Ayurveda medicine, health habits, and common first aid techniques.

➢ **Backup and Recovery:** Regular data backup and recovery procedures are established to mitigate data loss.

➢ **Personalization:** The system personalizes the user experience by showing Hospital Contact Info and Emergency Number only to logged-in users.

The technologies used are:

➢ **HTML (Hypertext Markup Language)**: HTML is the foundation language for creating the webpages. It defines the structure and content of the webpage using a markup language. Elements such as headings, paragraphs, links and images are coded using HTML tags

➢ **CSS (Cascading Style Sheets):** CSS is used to control the visual presentation and layout of the webpages. It allows designer to style the HTML elements by specifying attributes like colors, fonts, spacing, and positioning, making websites visually appealing and responsive.

- **JavaScript:** JavaScript is a programming language that adds interactively and dynamic behavior to the webpages. It enables features like interactive forms, animations and real time updates. JavaScript is executed by web browsers, enhancing the user experience.

- **Bootstrap:** Bootstrap is a popular front-end framework for web development. It provides the collection of pre-designed CSS and JavaScript components, such as responsive grids, navigation bar, modals and more.

- **PHP (Hypertext Processor):** PHP is a server-side scripting language commonly used for web development. It processes data on the server before sending it to the browser, allowing dynamic content generation, database interaction and user authentication. PHP is particularly useful in making web applications.

- **XAMPP:** XAMPP is an open-source, cross platform web server solution that includes Apache (Web Server), MySQL (database management system), PHP, and Perl. It provides a complete development environment for building and testing websites and web application in the local server before deploying them online.

- **000webhosting:** 000webhosting is a web-based platform and a useful tool for custom domain hosting.

The first step in the system design is the creation of a user-friendly UI interface. This involves designing the layout and navigation of the website. The goal is to make it easy for the users to find the information they need. Clear menus, headers, and a visually appearing crucial design are essential. It ensures that the website is

accessible and user-friendly and accessible on various devices including laptops, tablets, smartphones and desktop computers. Next, database design is a critical component of the system. It involves structuring the database to efficiently manage and store data. In the case of 'Life Care Services' it involves user profiles, feedback, articles, hospital contact information and emergency numbers. Front end development involves creating visual elements on the website using HTML, CSS and JavaScript. This step ensures that the websites are designed to be responsive and interactive allowing users to navigate the site seamlessly. It is essential to provide the user friendly experience. The backend development, driven by, PHP, is responsible for server-side functionalities. This includes user authentication, database interaction, and logic to control user access. It ensures that certain sections, such as Hospital Contact Information and Emergency Numbers are only accessible to logged in users. A Content Management System (CMS) is established to efficiently manage and update articles. This ensures that the content remains fresh and informative. To mitigate for the data loss, regular data backup and recovery procedures are established.
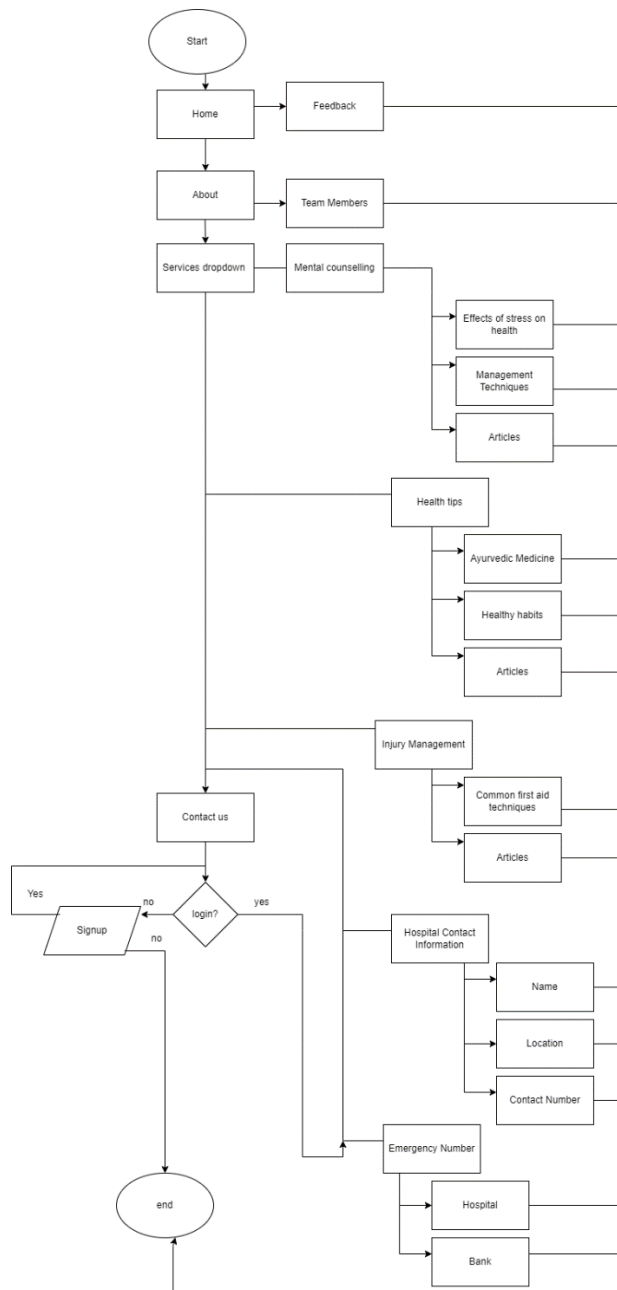
Figure 3.1: Flowchart of Life Care Services

3.2 ER Diagram

The entity relationship diagram of 'Life Care Services' illustrates the key ideas of entities and their relationship with the system. It includes entities such as 'Users', 'Feedback', 'Database' and 'Articles'. Users are connected to the Feedback entity to ensure that the users provide feedback and to articles entity to ensure that they provide articles. The 'Feedback' entity is associated with the user. The ERD serves as a visual tool to understand how data entities interact in "Life Care Services" system, capturing essential connections in simplified form.
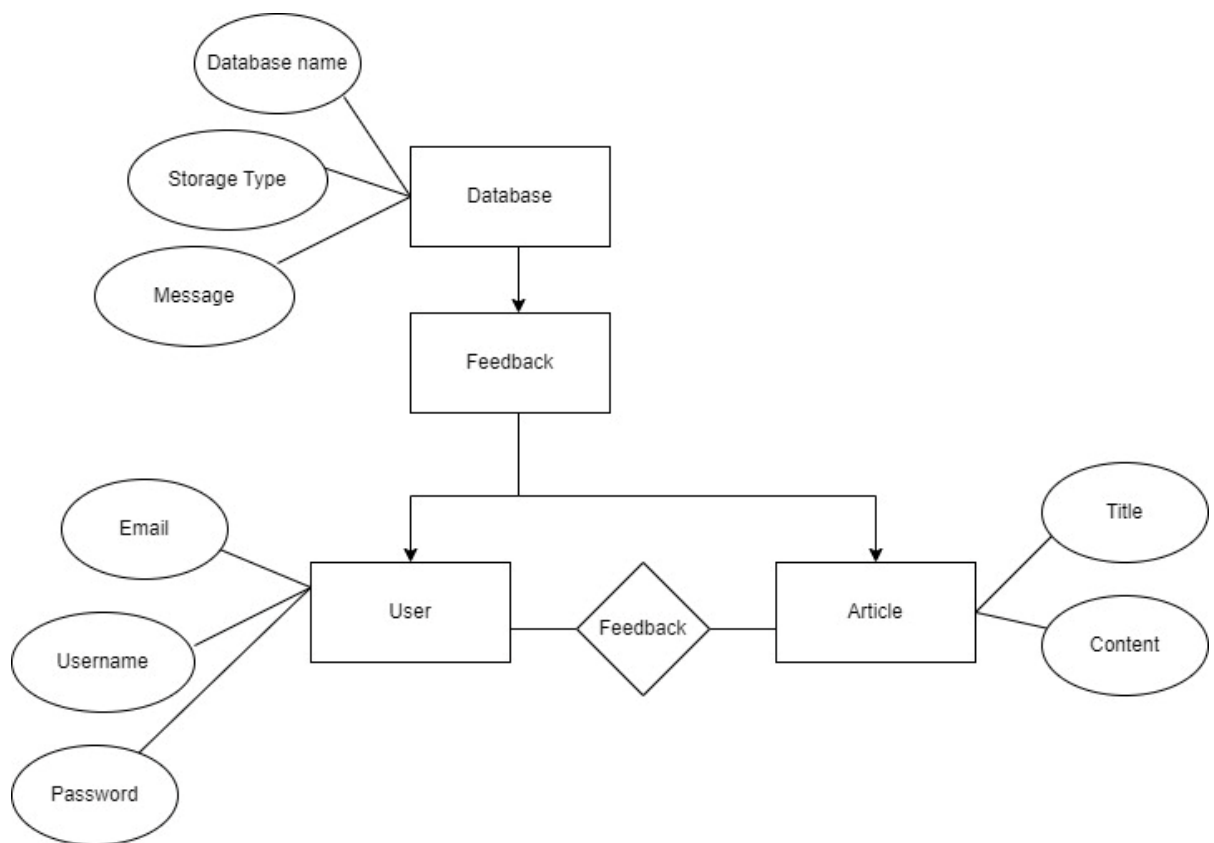
Figure 3.2: ER Diagram

CHAPTER 4: IMPLEMENTATION AND DISCUSSION

The mission of "Life Care Services" is to provide accessible, reliable, and user-friendly resources to support individuals in managing their health and well-being. This includes offering mental counselling, health tips, injury management guidance, and essential contact information for hospitals and emergency services. The platform aims to empower users with valuable health related knowledge and assistance, all while maintaining a simple and engaging user experience.

4.1 Task completed

- Development of the user interface with navigation features.
- Content creation for mental counseling, health tips, and injury management.
- Implementation of user registration and authentication features.
- Successful data storage for user login functionality.

4.2 Tasks   Remaining

- Hosting

- Personalized user access

- Final Testing and Quality

- Assurance.

CHAPTER 5: CONCLUSION

In conclusion, "Life Care Services" represents a significant step towards providing accessible, user-friendly health and well-being resources. With approximately 75% of the project completed, the platform offers mental counseling, health tips, injury management guidance, and essential contact information for hospitals and emergency services. However, the final phases, including hosting on 000webhosting and implementing Cloud flare, remain to ensure broader accessibility and enhanced performance. Once these remaining tasks are accomplished, "Life Care Services" will offer a vital resource for individuals seeking support in managing their health and well-being, combining simplicity with crucial features in a user-friendly environment. The project is poised to make a meaningful impact on the lives of its users.

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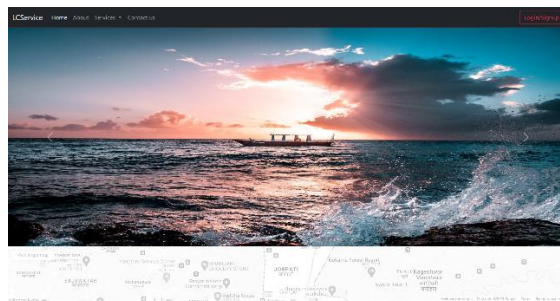
Feedback

Our team will be looking forward to solve the issue as soon as possible

Email

Message

Submit

&;Visit us again.|

WHO ARE WE?

K|

Hi. My name is Nishant Shah.

Name Nishant Shah
Address 44672, Kapan, Buluwater
Email nishantshah@gmail.com
Phone 9881226750

Hi. My name is Shreeram Sah.

Name shreeram shah
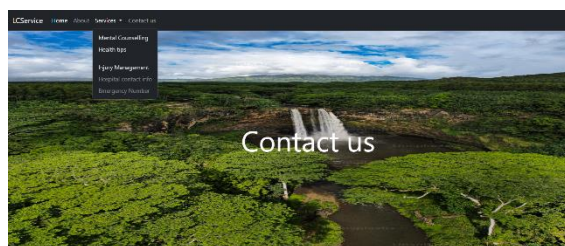Address Mulpani, Pipalbot
Email shreeramsah@gmail.com
Phone 9800881851

Hi, My name is Srijan Gajurel.

Name Srijan Gajurel
Address 44670, Jorpati, Gokaneshwor
Email srijangajurel@gmail.com
Phone 9840031714

Message

Through our injury management program, we've witnessed extraordinary recoveries, empowering individuals to regain their strength and vitality. Our health tips have transformed lives, promoting wellness and resilience. And our mental health helpline has provided a lifeline of support, fostering hope and healing

Our core values

- Integrity
- Radiant
- Beauty
- Trust
- Accountability
- Passion
- Fun

2. Login/Signup

Php Login System   Home   Register   Login   Logout

Please Register Here:

Username
srijangajurel@gmail.com

Password
••••••••

Confirm Password
••••••••

Address 2
Floor

City
Kathmandu

State
Kathmandu

Zip
44600

☑ Check me out

Sign in

Php Login System   Home   Register   Login   Logout

Please Login Here:

Username
srijangajurel@gmail.com

Password
••••••••

☑ Check me out

Submit
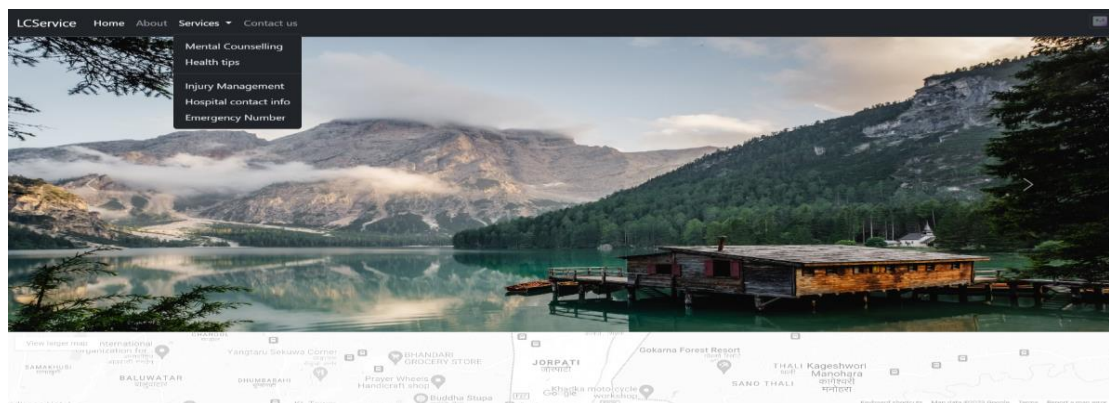
LCService   Home   About   Services ▾   Contact us

Mental Counselling
Health tips
Injury Management
Hospital contact info
Emergency Number

Feedback
Our team will be looking forward to solve the issue as soon as possible

Email

Message

Submit

Thank |

Browse   Structure   SQL   Search   Insert   Export   Import   Privileges   Operations   Tracking   Triggers

Showing rows 0 - 0 (1 total, Query took 0.0003 seconds.)

SELECT * FROM `users`

☐ Profiling [Edit inline] [Edit] [Explain SQL] [Create PHP code] [Refresh]

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Extra options

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Query results operations

Print   Copy to clipboard   Export   Display chart   Create view

Bookmark this SQL query

Label: [   ]   ☐ Let every user access this bookmark

Bookmark this SQL query

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