

Femei: Women Safety and Period Management App

Second-Year Mini Project Report

by

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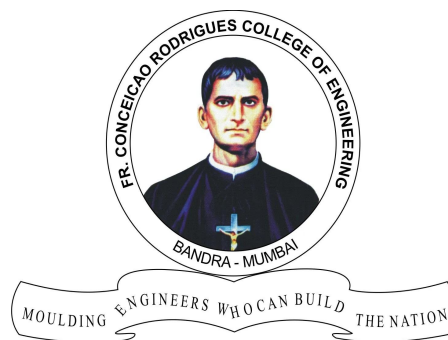
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Fr. Conceicao Rodrigues College Of Engineering

University Of Mumbai 2022-23

Mini Project Report Approval

This project report entitled “*Femei: Women Safety and Period Management App*” by *Lisa Gonsalves, Sanika Patankar, and Eden Evelyn Charles* is approved for the degree of *Bachelor Of Engineering*.

Examiners

1. _____

2. _____

Date:

Place:

Declaration

We declare that this written submission represents our ideas in our own words and where others' ideas or words have been included, we have adequately cited and referenced the sources. We also declare that we have adhered to all principles of academic honesty and integrity and have not misrepresented or fabricated or falsified any idea/data/fact/source in our submission. We understand that any violation of the above will be cause for disciplinary action by the Institute and can also evoke penal action from the sources which have thus not been properly cited or from whom proper permission has not been taken when needed.

Lisa Gonsalves (Roll no. 9607) (sign)-----

Sanika Patankar (Roll no. 9563) (sign)-----

Eden Evelyn Charles (Roll no. 9593) (sign)-----

Date:

ABSTRACT

As mobile applications become progressively intertwined into people's everyday routines, they have the potential to improve our standard of living. Any smartphone user can now check the weather, count their steps, record their voice to text, and an endless number of other technological feats at their convenience. There has been a phenomenal worldwide increase in the development and use of mobile health applications (mHealth apps) that monitor menstruation and fertility as well as apps based on women's safety. In this project, an Android-based smartphone with an integrated feature that alerts and provides location-based information.

ACKNOWLEDGEMENTS

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Chapter 1: Introduction

Femei is a women-centric app for women, by women. Nowadays health issues and safety risks for women have been increasing daily. This proposed project is about their menstrual tracking and their security by using an application to send alert messages, showing safe locations & alerting the authorities. The need for this app is to help women feel organized and safe when it comes to their health and freedom. It aims at reducing the confusion and curiosity about various aspects of a woman's menstrual cycle. Also in case of emergency, we aim at adding a feature where on shaking the phone a call will be connected to your emergency number.

Chapter 2: Literature Survey

2.1. Apps On Women's Safety:

In today's world, women's safety is a significant concern, particularly in India, where robbery, sexual assault, rape, and other forms of domestic abuse are common. So, to protect women from such horrible acts, one must first identify resources like the best safety apps that may be called upon in an emergency to rescue them from any risky circumstance. Today's women may benefit from a plethora of software for women's safety and security available on cell phones. These applications, which women use for added security, allow them to make emergency calls or communicate directly with their relatives and friends.

1. 112 INDIA

The Central Government of India has launched 112 India, an all-in-one women's security app that can be used to issue an SOS alert with only a single tap in any situation. The service is available on both Android and iOS devices in 23 states and Union Territories. To use this app, users must first register, and it is simple to use. Its primary goal is to offer women in trouble a single number to call in an emergency. 112 India is one of the best safety apps available right now.

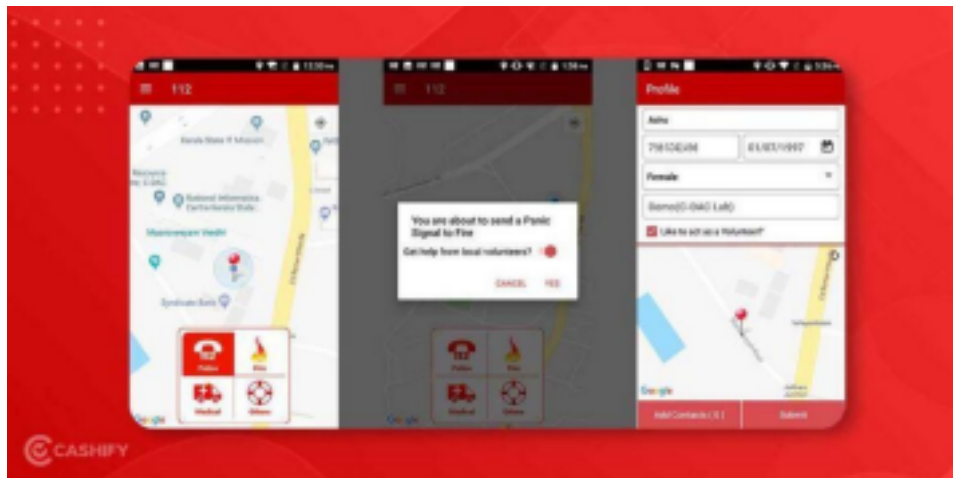


Fig2.1: A glimpse of 112 INDIA

2. bSafe:

Next in the category of the best safety apps is the bSafe. Women's safety and security are ensured through the bSafe app. It prevents crimes such as violence, sexual assaults, and rape and provides proof of situations that have already occurred. Voice activation, live streaming, audio/video recording, false call, and follow me, together with location and tracking, ensure that women are always safe. It's available on both the iOS and Android app stores.

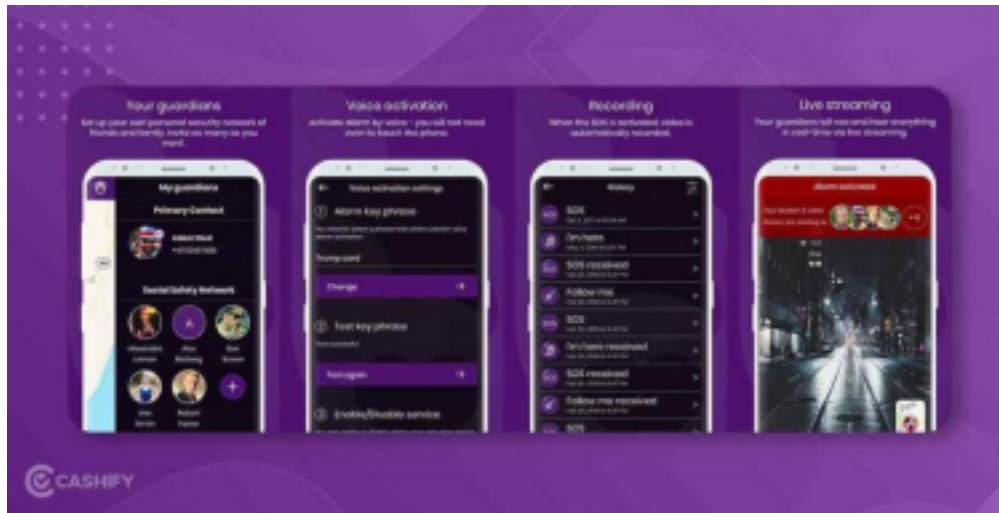


Fig 2.2: A glimpse of bSafe

2.2. Apps On Female Health

Anyone who has experienced a period knows that the whole affair can be tricky, which is why finding the best period tracker apps is a worthy pursuit. Even if your cycle is regular, it probably comes with a host of fun things like mood changes, acne, nipple soreness, and other exciting and delightful symptoms. If you're someone who deals with a reproductive issue like endometriosis, fibroids, or polycystic ovary syndrome (PCOS), understanding your cycle as much as possible has major benefits. And of course, if you're trying to get pregnant or trying to avoid pregnancy at all costs, knowing information like when you ovulate can help you on your journey. In short: if you are a menstruating human, a period app can probably make things a little easier

1. FLO

Flo is one of the more popular period apps available. You can log your period and use it to anticipate things like when your bleeding will typically begin. The app also boasts over 70 symptoms—including bloating, cramping, mood changes, and sleep quality—that you can pinpoint as part of your cycle. Plus, there's a community of other people you can chat with about sexual and reproductive health issues, and there are tons of quizzes, articles, and insights you can browse to learn more about your body.

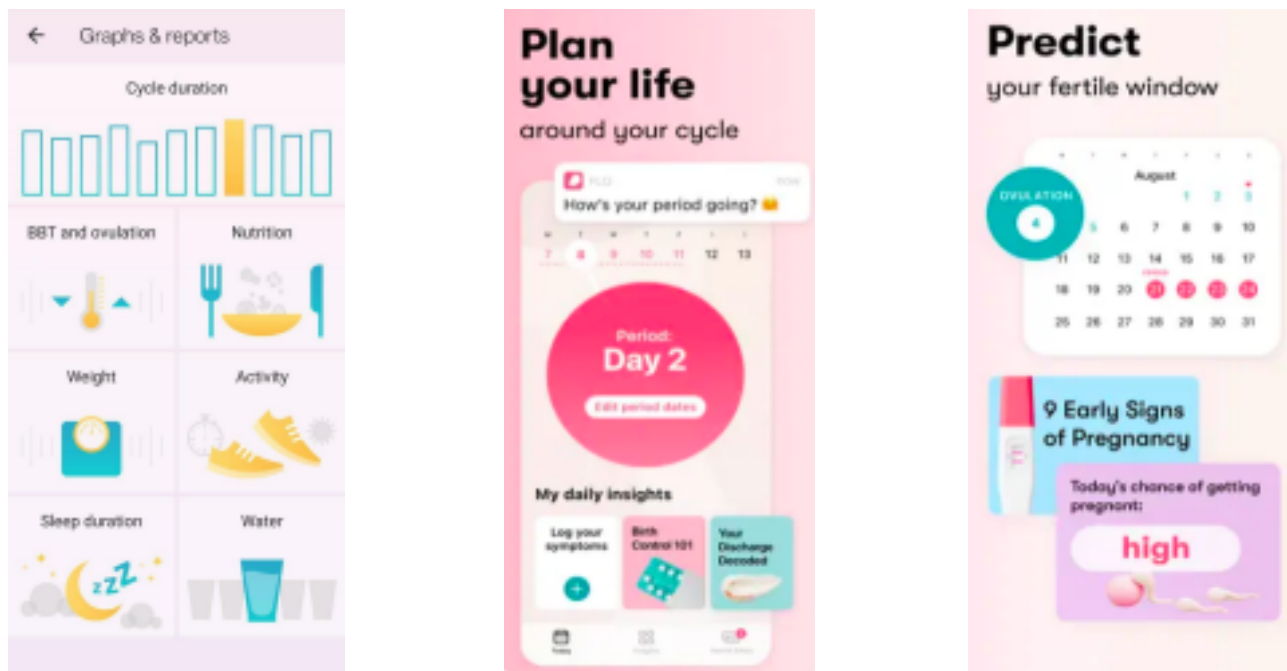


Fig 2.3: A glimpse of FLO

2. GLOW

Glow is a period tracker designed for people who want to track symptoms and ovulation with a focus on fertility, pregnancy, and postpartum. The interface is colorful, and you can track lots of symptoms, including pregnancy-related changes in your body. Like other apps, you can track things like discharge, weight, sleep quality, and basal body temperature. You can also track your postpartum mood, which is incredibly useful.

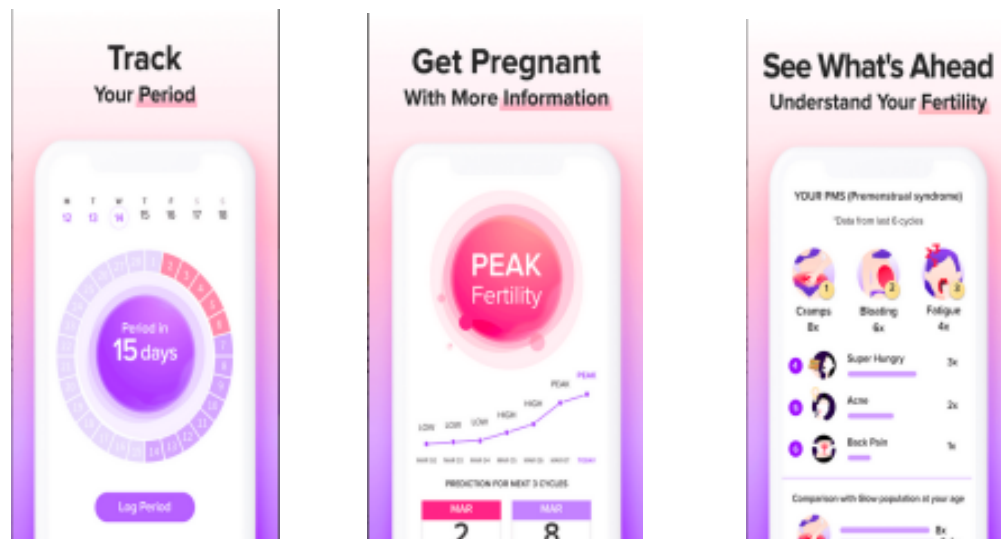


Fig 2.4: A Glimpse of Glow

Chapter 3: Problem Statement

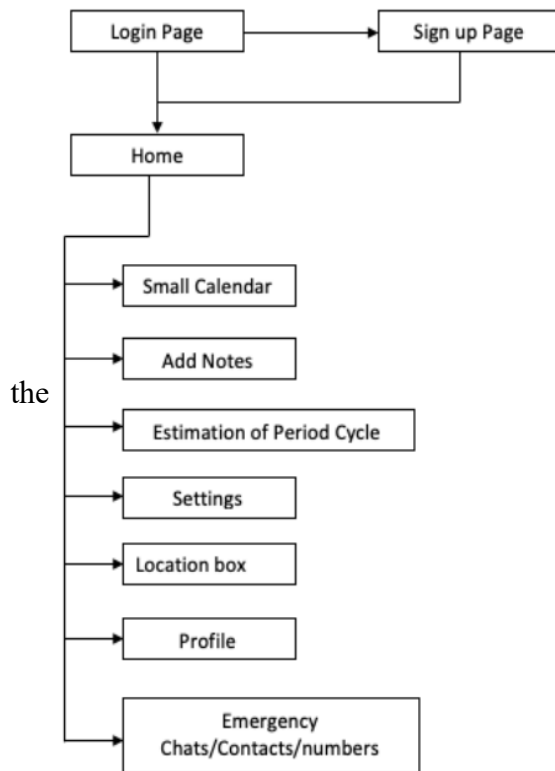
3.1. Need of the project:

The need for this app is to help women feel organized and safe when it comes to their health and freedom. It aims at reducing the confusion and curiosity about various aspects of a woman's menstrual cycle. Also in case of emergency, we aim at adding a feature where on shaking the phone a call will be connected to your emergency number.

3.2. Objective:

1. To develop an interactive app that can help a person track their monthly menstrual cycle and provide predictions on their ovulation dates and next period's start date based on the dates and insights of the current cycle.
2. In case of an emergency the application, on doing a particular gesture, will send a message to the emergency contact to help.

Chapter 4: Proposed Architecture



The project desired to have the flow as given in the diagram. The login page will be the first to display where the user can log into their account and access the features of the application. In case of the individual begin a new user they will have the option to sign up. The signup page will take in the requirements to get the user started. The first page after the login will be the home page which will provide the user with to access features like calendar, notes, etc as shown above.

Chapter 5: Methodology and Technology Used

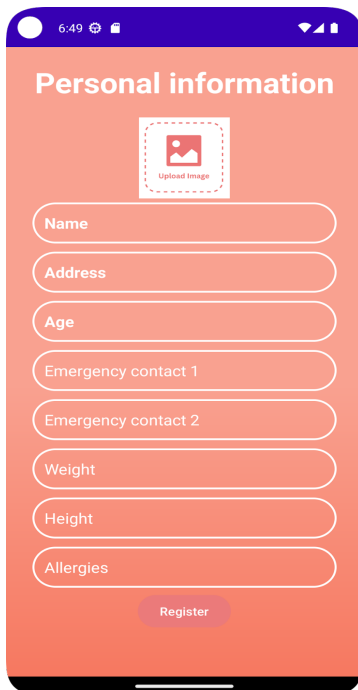
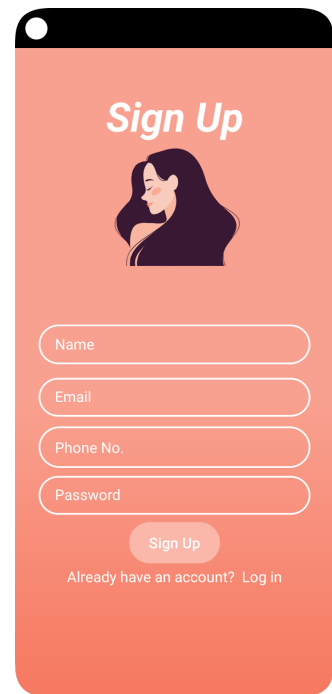
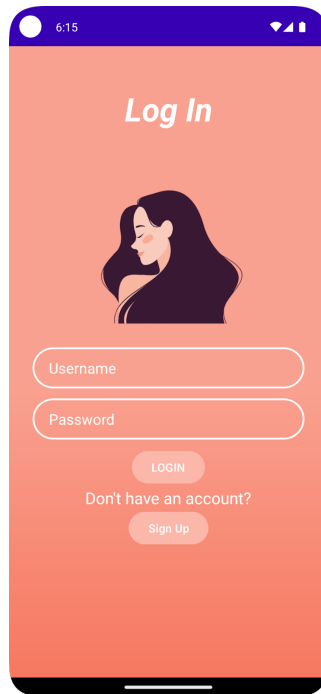
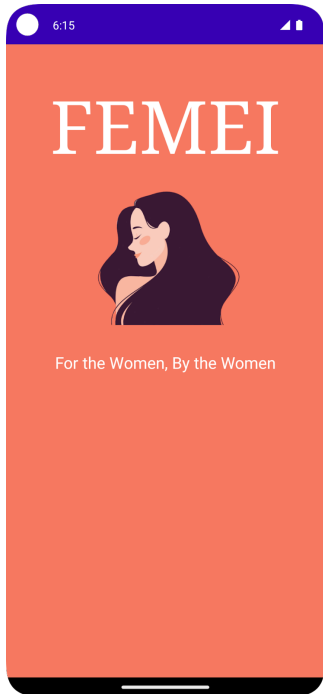
A. Hardware requirements:

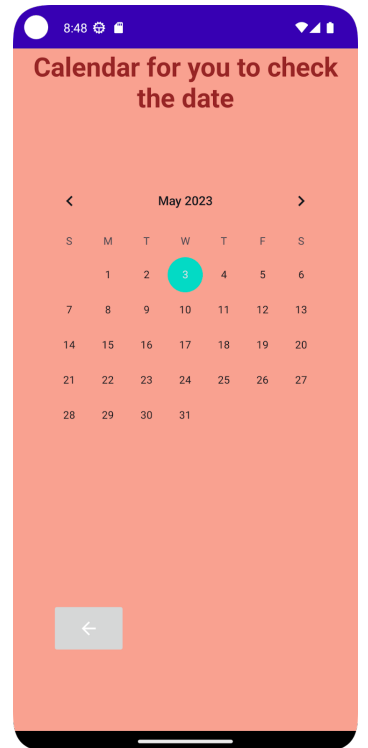
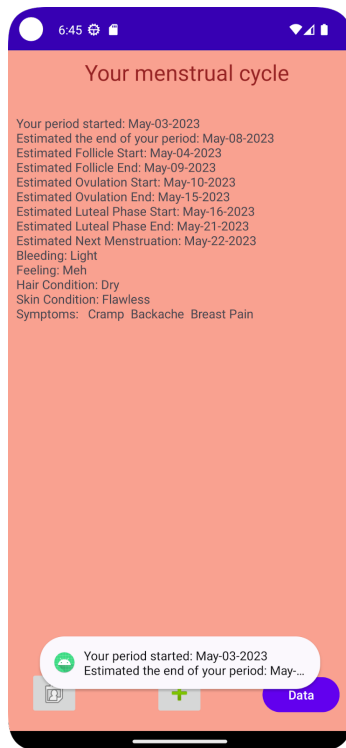
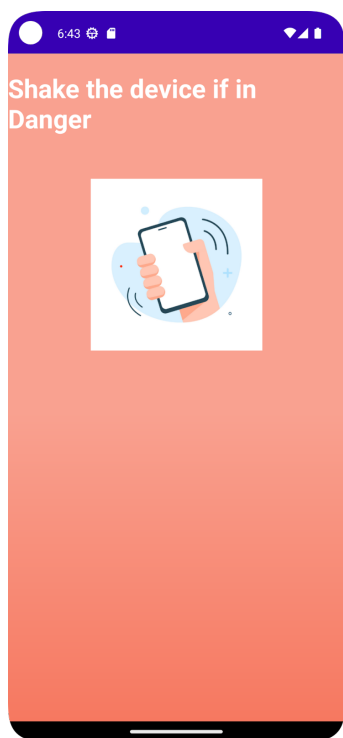
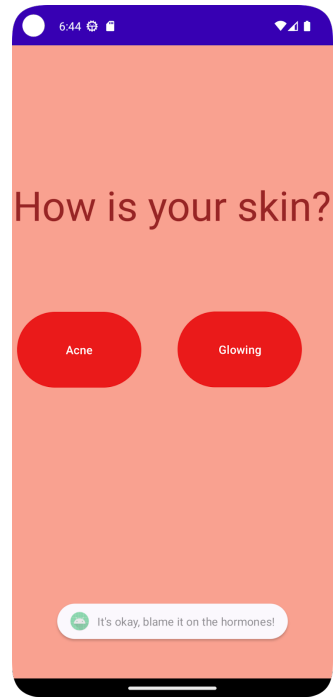
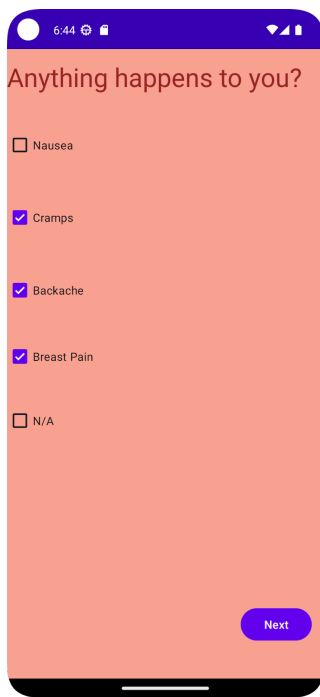
1. Laptop (Processor.Intel Core i7, Memory.Ram.4GB, Storage.Hard Disk.64Gb.SSD)
2. Android Smart Phone (Android 6 or above)

B. Software requirements:

1. Android Studios
2. Java
3. Css

Chapter 6: Implementation and Testing





Chapter 7: Conclusion and Further Work

7.1 Conclusion

This report describes the application, FEMEI, which is designed on an Android platform for the safety and period health of women with the aid of recent improvements in mobile technology. This project is useful for the user when she is in some problem or needs any help and helps the user to keep track of her menstrual cycle and shows her the nearest medical stores in case she is in a problem. For the user, cycle length prediction can be useful to have an idea of when their period might arrive and the possible onset of premenstrual syndrome (PMS). The value of having an accurate record of their menstrual cycles may be very important for some women, for their fertility, pregnancy, and during perimenopause. This mobile application is very much helpful for any woman. Because when a woman is in a dangerous position then she simply touches this I Safety mobile app and alerts their guardians that the woman is in danger. By simply touching the app it sends the call for the first added guardian number and sends the message that she was in danger and sends the location message to all saved guardian contacts. Through this mobile app, we can alert the people at home whether a woman belonging to their house is safe or not.

7.2 Future Enhancement

This project has a lot of scope for enhancement. Various new features can be added to this application to keep making it better day by day. Projects made for the common people keep on evolving and always have scope for enhancement due to the increasing demand of the people.

Chapter 8: References

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