

TEAM JAISHREERAM

Hardik Jain (Team Leader)

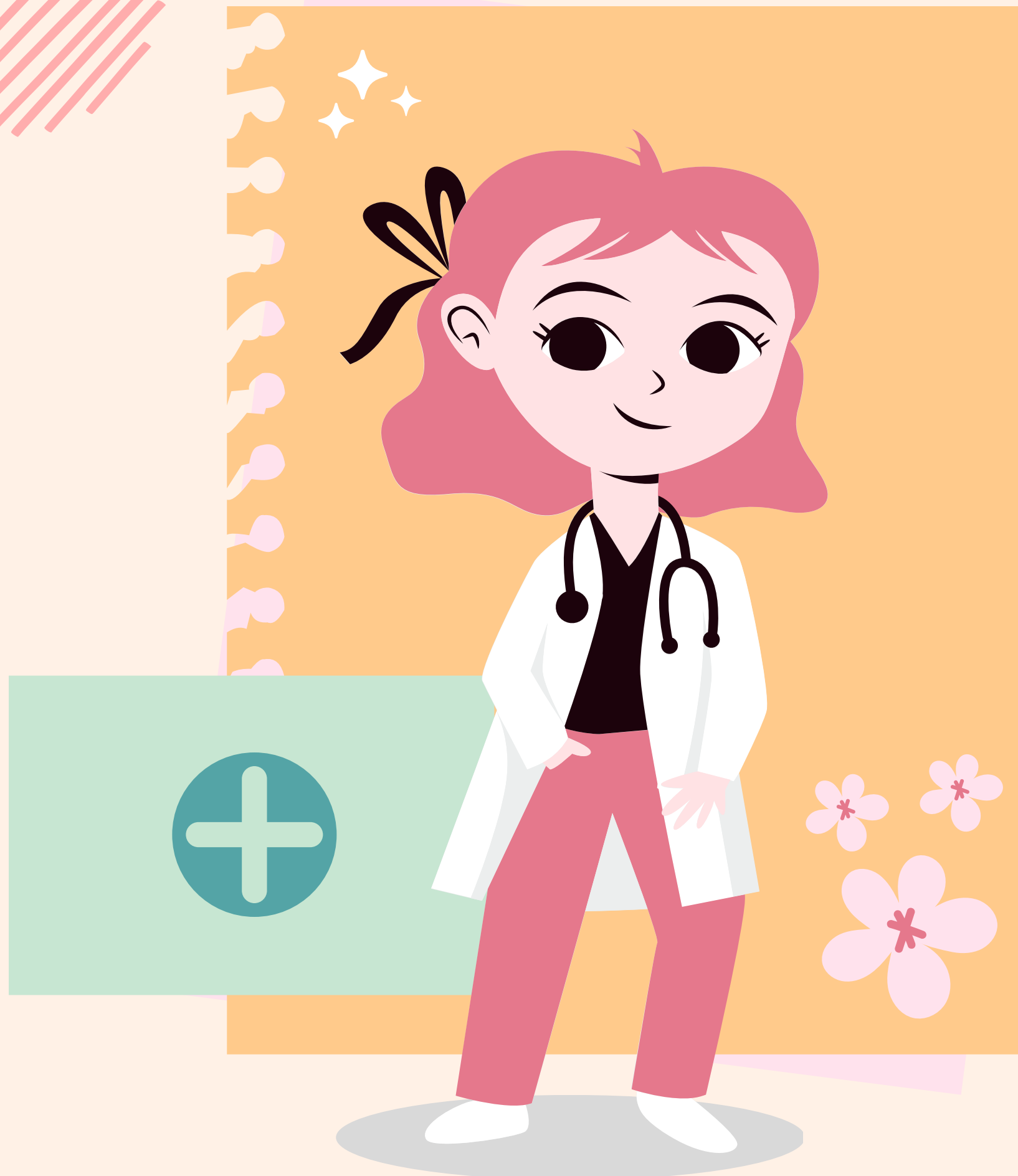
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PROBLEM STATEMENT

There is a need to provide comprehensive and accurate information to women regarding their menstruation cycle, including the duration of the cycle and the estimated time for their next period. Additionally, there is a need to focus on women's health and hygiene during menstruation to minimize potential problems. To support women in family planning, education about ovulation cycles and the best time for conception is also crucial.

DESCRIPTION OF IDEA

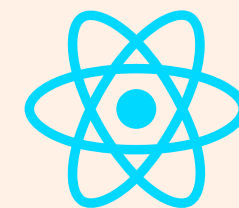
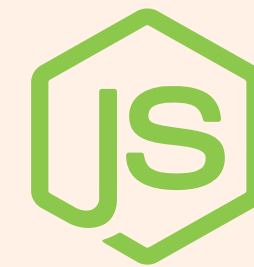
In the current age and time, women's mensuration cycle is a problem that cannot be ignored and is a major issue to work on. As there is more awareness among not only women but also men, we need to have a single solution for this. We want to make sure that girls and women have the right information about their periods and how to take care of themselves during this time. We also want to help them understand when they are most likely to get pregnant if they want to have a baby.

SOLUTION AND PROTOTYPE

Women can use our web app to track their menstrual cycle and estimate when their next period will begin. We have also been focusing on women's health and hygiene in order to prevent issues during women's upcoming periods. Other focus points included pregnancy and the potential peak period for conception. In order to educate the women about the menstrual and ovulation cycles, we have created a separate section.

DESCRIPTION OF TECHNOLOGY

- nodejs
- expressjs
- mongodb
- firebase
- reactjs
- javascript
- tailwindcss



Express

USE CASES AND APPLICABILITY

- periods monitoring
- mensuration cycle quiz
- health care facts
- FAQs
- find a doctor
- exercise recommendations
- health care suggestions

