



HACKX

- TEAM NAME: ELITE CODERS
- UNIQUE ID: U58K9NW4
- THEME – MEDICAL CONNECTION
- INSTITUTION NAME: PANDIT DEENDAYAL ENERGY UNIVERSITY (PDEU), GANDHINAGAR, GUJARAT.
- DEPARTMENT: INFORMATION AND COMMUNICATION TECHNOLOGY

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PROBLEM STATEMENT

People with minor health issues (like cold, cough, burns, or allergies) struggle to find trustworthy, relatable advice without formal medical consultations — leading to anxiety, delays in treatment, and unnecessary expenses.

- **EXISTING GAPS:**
- **Information Overload:** Online data is scattered and often unreliable.
- **No Relatable Experiences:** Medical sites lack personal recovery stories.
- **Privacy Concerns:** Health forums ask for personal details, discouraging sharing.
- **Healthcare Burden:** Minor issues unnecessarily use medical resources.
- **Unstructured Discovery:** No simple way to search experiences by symptoms.
- **NEEDS:**
- **A secure, anonymous, and reliable platform where users can share and discover health experiences for common issues — promoting peer-supported solutions, reduced anxiety, and fewer unnecessary doctor visits.**

PROPOSED SOLUTION

Idea:

An anonymous, community-based platform to share and find real health experiences safely.

Key Features:

- **Share Experience:** Structured form (Disease, Symptoms, Recovery Time, Medications, My Story).
- **Find Experience:** Search by disease/symptom; secure anonymous Q&A option.

Benefits:

- Centralized, reliable user experiences.
- Informed self-care and faster recovery.
- Fewer unnecessary doctor visits.
- Private, supportive community.

Tech Stack:

Frontend – React.js

Backend – Python (Django/Flask)

Database – MySQL / PostgreSQL

OBJECTIVES & EXPECTED OUTCOMES

Objectives:

- Build a secure, anonymous, user-friendly platform for sharing and exploring health experiences.
- Implement tag-based search for easy discovery by disease or symptoms.
- Ensure privacy and data security through anonymous IDs and encryption.
- Promote community health awareness and reduce minor, unnecessary doctor visits.

Expected Outcomes:

- Quick access to real, relatable health insights.
- Strong community support and shared learning.
- Fewer doctor consultations for minor issues.
- Improved self-care confidence and awareness.
- Creation of a valuable health experience database.

IMPLEMENTATION PLAN / METHODOLOGY



DEVELOPMENT STAGES

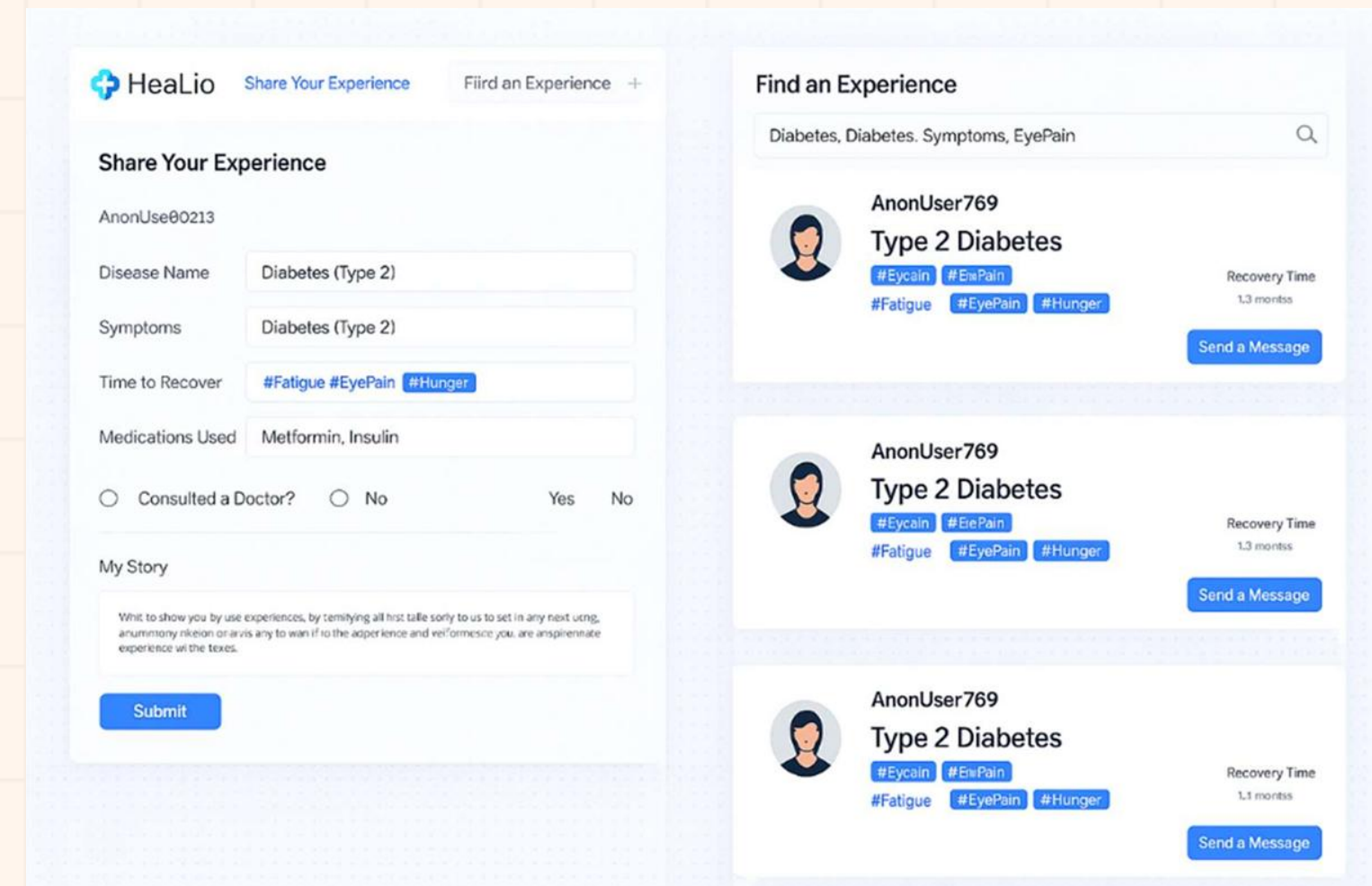
- **UI Design:** Simple, responsive homepage with “Share” & “Find Experience” options (HTML, CSS, JS).
- **Backend & Database:** Python (Flask/Django) with MySQL; secure storage using anonymous IDs & encryption.
- **Workflow:** Frontend ↔ Backend ↔ Database for smooth data exchange.

FEASIBILITY

- **Technical:** Built using common web tools (React, Django, MongoDB/Firebase). Ensures anonymity & encryption.
- **Human:** Small team (3–5 developers) with UX & data skills; guided by healthcare professionals.
- **Financial:** Low-cost setup — domain, hosting, and cloud services only.

SCALABILITY

- **Technical:** Modular, cloud-based design supports more users & data.
- **Functional:** Can add AI-based insights, doctor-verified info, or telemedicine APIs.
- **Geographical:** Expandable across regions, systems, and languages.



The screenshot displays the HeaLio web application interface. On the left, the 'Share Your Experience' form is visible, featuring input fields for 'Disease Name' (Diabetes (Type 2)), 'Symptoms' (Diabetes (Type 2)), 'Time to Recover' (#Fatigue #EyePain #Hunger), and 'Medications Used' (Metformin, Insulin). It also includes a 'Consulted a Doctor?' section with radio buttons for 'Yes' and 'No', and a 'My Story' text area. A 'Submit' button is at the bottom. On the right, the 'Find an Experience' section shows a search bar with the query 'Diabetes, Diabetes. Symptoms, EyePain'. Below the search bar, three identical experience cards are displayed for 'AnonUser769' with 'Type 2 Diabetes'. Each card lists symptoms (#EyePain, #Fatigue, #Hunger), recovery time (1.3 months), and a 'Send a Message' button.



WEBSITE PROTOTYPE



heal.io
Anonymous Community

Community Feed

Share Experience

My Experiences

Saved

Profile

Your Privacy Matters

All posts are anonymous. Your identity remains completely private.

Anonymous User

Safe & Private

Sign Out

Share Your Experience

Help others by sharing your health journey anonymously

Your Privacy is Protected

Your post will be shared anonymously. No personal information will be visible to other users.

Experience Details

Title *

Brief summary of your experience

Category *

Select category

Severity

Mild

Duration

e.g., '3 days', '2 weeks', 'ongoing'

Description *

Describe your experience in detail. What symptoms did you have? When did it start?

What Helped?

heal.io
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All posts are anonymous. Your identity remains completely private.

Anonymous User

Safe & Private

Sign Out

Community Feed

Browse shared health experiences from our anonymous community

Search experiences...

All Categories

All Categories

Respiratory

Digestive

Muscle & Joints

Skin

Mental Health

Sleep

Headaches

Allergies

Nutrition

Fitness

Muscle & Joints

2 weeks

Persistent Lower Back Pain After Long Desk Hours

I've been experiencing lower back pain for about 2 weeks now. It started after I began working from home full-time mornings and after sitting for long periods. It's a dull, constant ache that sometimes radiates down my right leg.

What Helped:

Taking breaks every hour to stretch and walk around helped significantly. I also started using a lumbar support cushion and adjusting the evenings has been making a real difference.

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Digestive

1 month

Dealing with Occasional Acid Reflux

For the past month, I've been having acid reflux symptoms about 2-3 times a week, usually after dinner. It's a burning sensation in my chest that sometimes reaches my throat. It's not severe but definitely uncomfortable and affects my sleep.

What Helped:

Eating smaller meals and avoiding spicy foods in the evening helped a lot. I also elevated the head of my bed slightly and stopped eating 3 hours before bedtime. Ginger tea after meals seems to soothe the symptoms.

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IMPACT ASSESSMENT

Social Impact:

- **Empowerment through shared stories:** Reduces anxiety, misinformation, and isolation by connecting users with real recovery experiences.
- **Community awareness:** Promotes early diagnosis and preventive health habits through discoverable, experience-based insights.

Economic Impact:

- **Low-cost digital support:** Offers peer guidance without adding financial strain.
- **Fewer consultations:** Helps users make informed decisions, reducing unnecessary doctor visits and expenses.

Environmental Impact:

- **Paperless, digital model:** Encourages online sharing and awareness, minimizing paper use and supporting sustainability.



CHALLENGES & MITIGATION STRATEGIES

RELIABILITY OF INFORMATION

- Challenge: Risk of misinformation from user posts.
- Mitigation:
 - Expert moderation by healthcare professionals.
 - Community validation (upvotes/comments).
 - AI-based content screening using NLP.

PRIVACY & ANONYMITY

- Challenge: Users may fear data exposure.
- Mitigation:
 - Anonymous profiles without personal identifiers.
 - End-to-end data encryption.
 - Privacy-by-design (GDPR/HIPAA compliance).

QUALITY & CONSISTENCY OF INPUT

- Challenge: Varying clarity and completeness in shared data.
- Mitigation:
 - Structured input templates for guidance.
 - Tag-based categorization for easy discovery.
 - Short user tips for writing useful health stories.



CONCLUSION

- **People just want trustworthy help for small health issues:** Many individuals struggle to find simple, reliable advice for everyday problems like coughs, colds, or allergies without having to see a doctor.
- **Community based support:** A platform enabling people to share personal recovery stories can provide relatable, experience-based solutions.
- **Privacy protection:** Ensuring user anonymity will encourage open sharing of health experiences without fear of judgment or data misuse.
- **Reduced healthcare burden:** By addressing minor ailments through shared experiences, unnecessary doctor visits and healthcare costs can be minimized.
- **Organized knowledge discovery:** A structured, symptom-based search system will help users quickly find relevant health experiences and remedies.
- **Empowerment and awareness:** Such a platform would empower individuals to make informed health decisions and promote community wellness.



THANK YOU

