PoCoH App

S. E. Information Technology

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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 original 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 this 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.

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CERTIFICATE

This Python Mini-project PoCoH by Neel mistry, Dyanaraj vanniyar, Parth Rambhia, Pratham Muchhala is complete in all respects and was successfully demonstrated on 04/05/22 .

Name : ----------

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Date: 04/05/22

Place: Mumbai

CONTENTS

Chapter 1

Introduction

People seeking to recover from a major epidemic like COVID - 19 were drowning in a flood of erroneous information about what to eat, remedies, and general exercise and workout to get their life back to normal.

The pandemic has been affecting the entire food system and has laid bare its fragility. Border closures, trade restrictions and confinement measures have been preventing farmers from accessing markets, including for buying inputs and selling their produce, and agricultural workers from harvesting crops, thus disrupting domestic and international food supply chains and reducing access to healthy, safe and diverse diets.

The Post Covid Health app is a fitness programme that assists people who have been touched by the pandemic in getting their lives back on track. The suggested system provides services and information such as meals, basic workouts, breathing exercises, and cures. The suggested approach aims to create a network of people who have recovered from pandemics and can assist others in making a quick and safe recovery.

Chapter 2

Literature Review

In ‘Smartphone based Application to Improve the Health Care System’ IEEE paper published in 2016, a cabin booking system was developed where the user books a cabin to seek medical help and the system books an available bed at the hospital. This paper focuses on development of a mobile application(app) to help providing an effective health care system. Using this app people can get numerous benefits like finding hospital information in the city, information about cabin, cabin booking with payment, intelligent suggestion on choosing suitable hospital, finding a doctor, emergency service calling, first aid informatin, alarm system for medication, Body Mass Index(BMI) calculator etc. This application will be a helping hand for people who find it difficult to select hospital, book cabin, contacting doctor for appointment or seeking help in emergency situation[1].

In ‘Mobile Mental Health: A Review of Applications for Depression Assistance’ IEEE paper published in 2019, the importance of mental health was conveyed. The distribution of apps based on different aspects of mental health was shown and the perk of breathing exercises on mental health is implemented in the proposed system. Depression is a mental disorder characterized by persistent sadness, loss of interest, and a set of behavioral changes. The high prevalence of depression imposes a significant burden on the world population, demanding methods capable of monitoring and treating this mental disorder. Currently, a large number of mobile applications have been designed to provide support to depressive people. This paper aims to identify, analyze and characterize the current state of mobile applications focused on depression[2].

Chapter 3

Problem Statement

Many people's minds have been thrown off by COVID-19, leaving them unclear of what they believe and don't believe. People are terrified and unable to pinpoint the proper precautions and post-treatment remedies that they must focus on in order to return to a normal life. People are afraid and unable to identify the necessary safeguards and post-treatment cures in order to resume their usual lives. We are bewildered and in disbelief when we receive various solutions from different sources, which produces stress and has an influence on our mental health. Covid patients require guidance on what to eat, how to exercise, and how to utilize home remedies, among other things.

Chapter 4

4.1. System Design

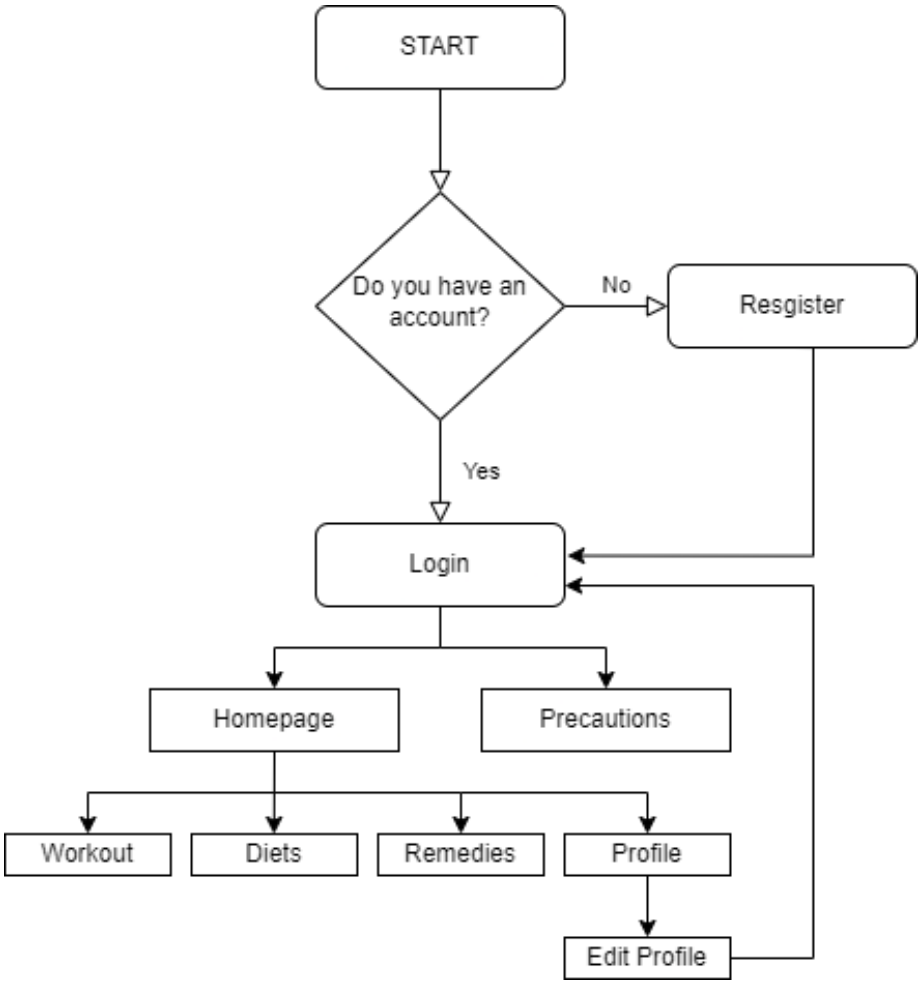

Fig. 4.1 PoCoH System Design

The PoCoH app begins with the home window which has several buttons which work only when logged in.If in case the user does not have an existing account he/she should register and login using their respective username and password. After logging in user enters the home window and can view several windows like workouts,diet,remedies and view their profile .A pop up window appears presenting the precautions of covid 19 and protocols to be followed .In workouts user can find workout videos they are presented in form of tabs with buttons and on being clicked they are redirected to the youtube video.Similar functions are implemented on remedies and diets .User can log out from dashboard and profile and is redirected to login page.

4.2. System Requirements

Hardware:

- Laptop or computer
- 1 GB Internal Storage
- 8 GB RAM

Software:

- Python 3.9 or higher, PyQt5
- VS Code IDE , Qt designer
- Phpmyadmin, XAMPP, MySQL Workbench
- Windows (OS) (any version)

Chapter 5

Results

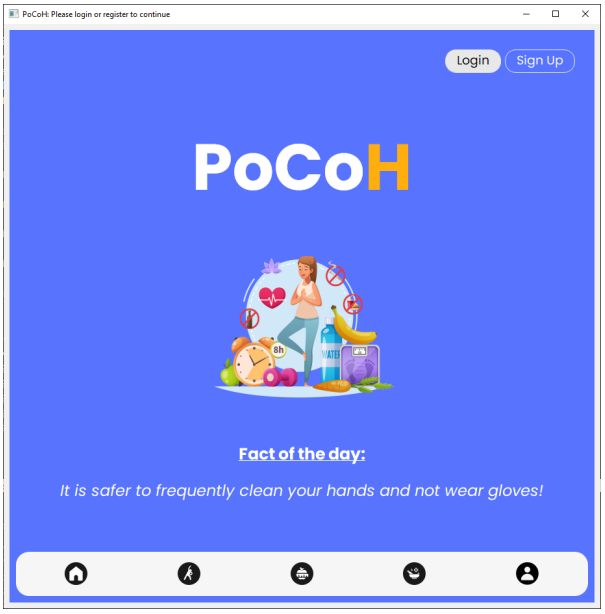

Fig. 5.1 Homepage

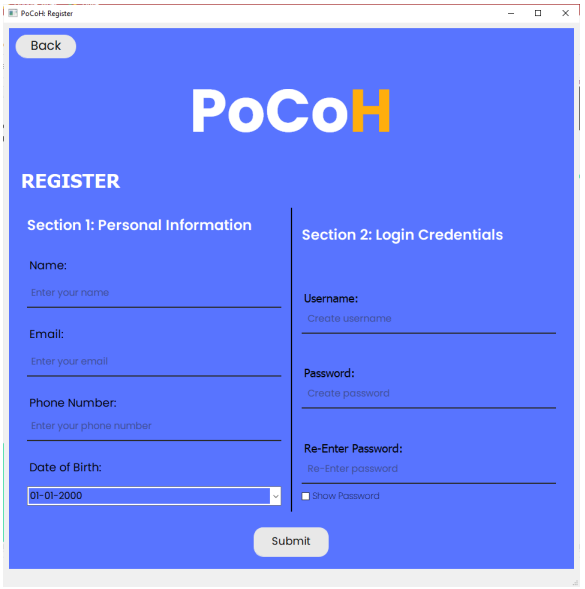

Fig. 5.2 Registration Window

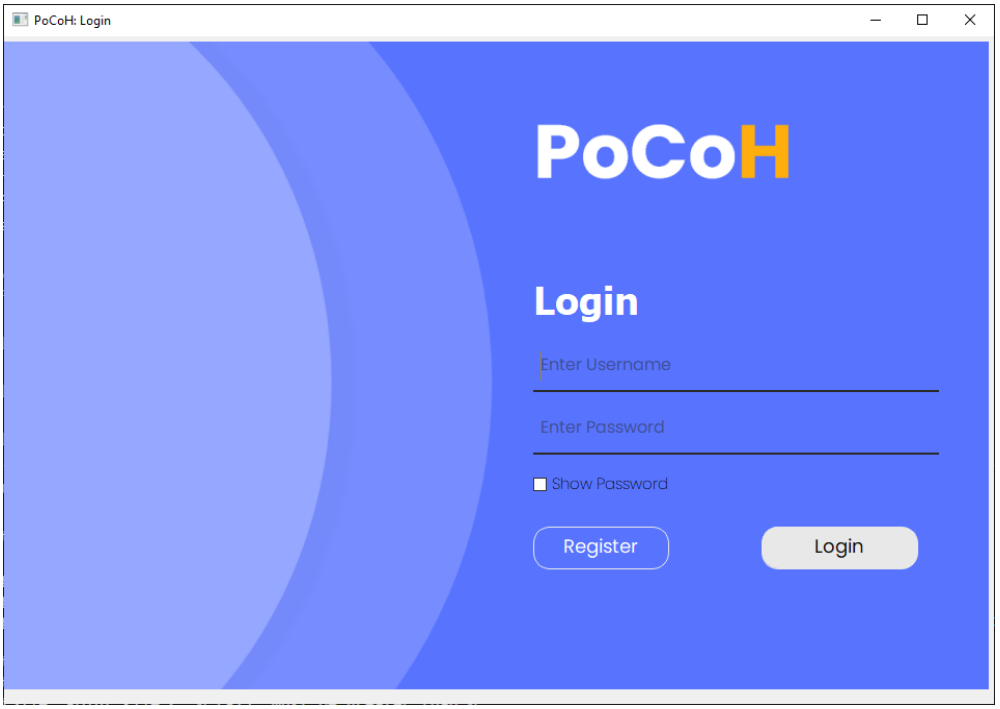

Fig. 5.3 Login Window

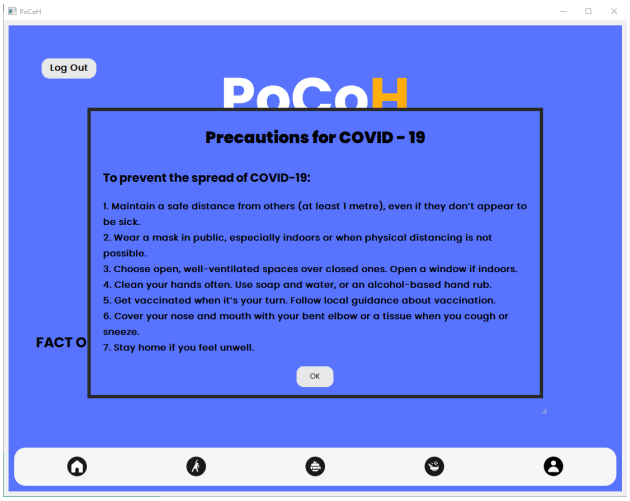

Fig. 5.4 Precautions

Fig. 5.5 Precautions

Fig. 5.6 Exercises

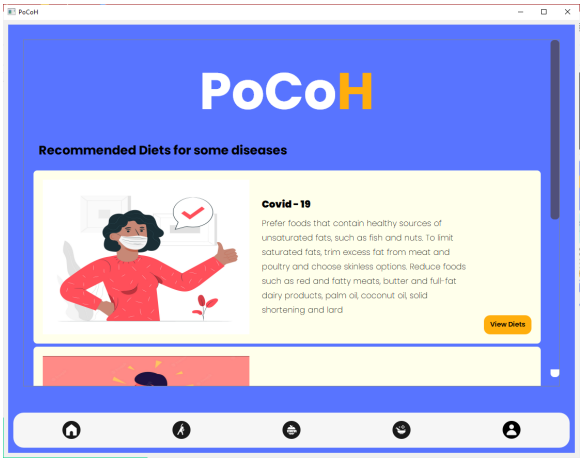

Fig. 5.7 Diets

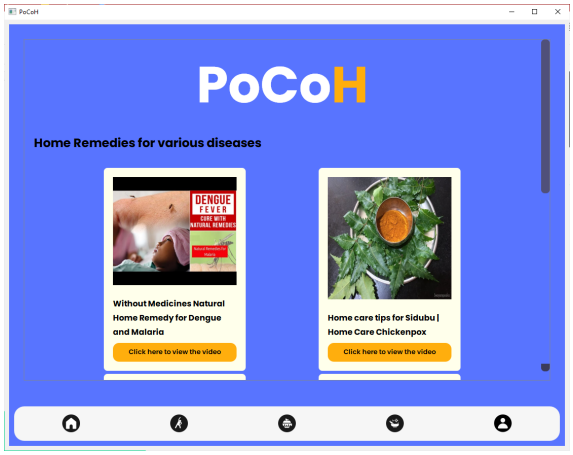

Fig. 5.8 Home Remedies

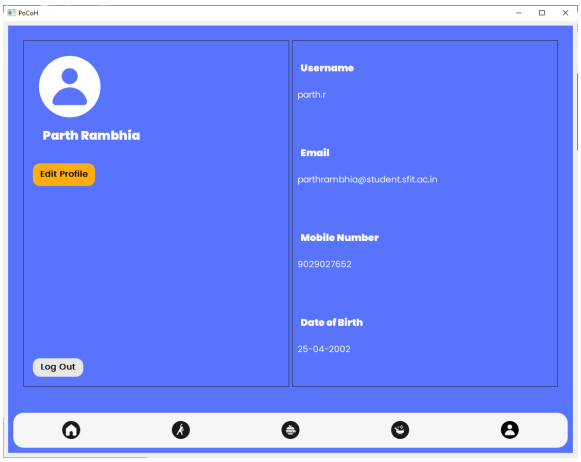

Fig. 5.9 Profile

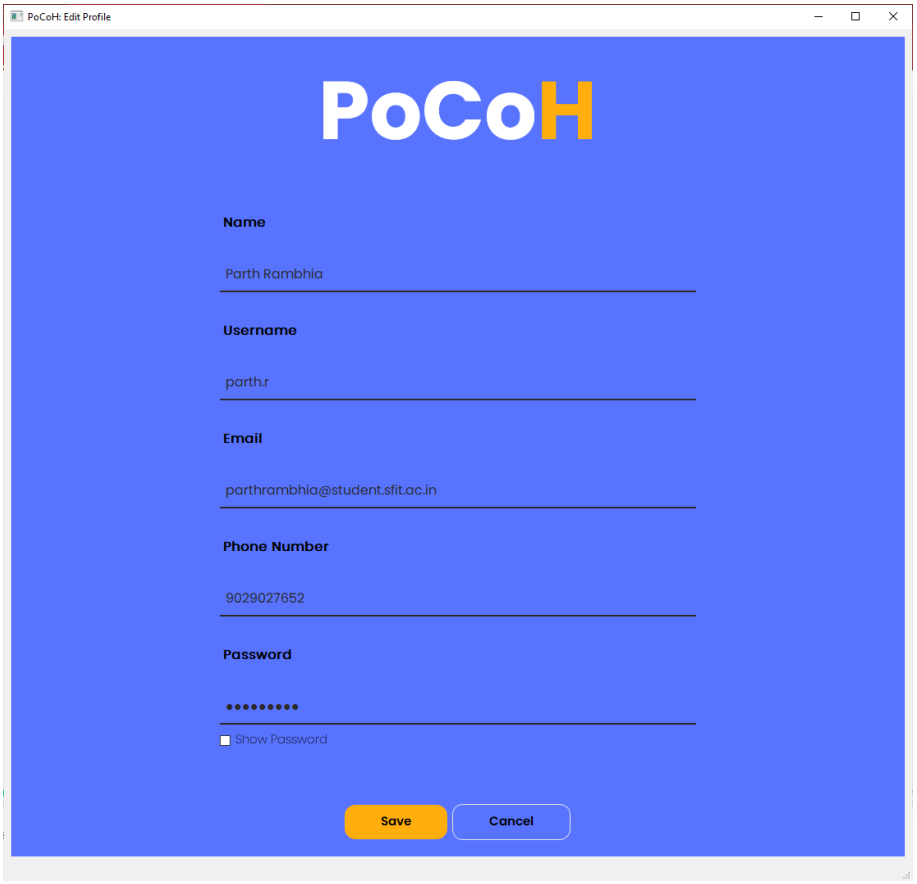

Fig. 5.10 Edit Profile

Conclusion and Future Scope

To build a forum where individuals can come and obtain immediate and reliable answers to all of their questions about preventive and post-covid actions. The app will be the single source of all necessary information for the continuing pandemic, as well as provide appropriate guidance to individuals, earning their trust and soothing their concerns.

The concept of machine learning can be applied to the proposed system to get recommendations based on the data that the user provides. The development and publishing of applications on android & ios operating system and a website to make the proposed system more accessible. The concept of monetization of contents and paid services like 1o1 workout training, personalized diets and weekly appointments with therapists can be implemented.

References

[1] A. Teles et al., "Mobile Mental Health: A Review of Applications for Depression Assistance," *2019 IEEE 32nd International Symposium on Computer-Based Medical Systems (CBMS)*, 2019, pp. 708-713, doi: 10.1109/CBMS.2019.00143.

[2] A. Imteaj and M. K. Hossain, "A smartphone based application to improve the health care system of Bangladesh," *2016 International Conference on Medical Engineering, Health Informatics and Technology (MediTec)*, 2016, pp. 1-6, doi: 10.1109/MEDITEC.2016.7835358.