

# VISION STATEMENT

## INTRODUCTION

- MyPeriodPal is an extremely elegant and easy-to-use application that helps women keep track of periods, cycle, ovulation, and fertile days. Whether you are concerned about conceiving, birth control, contraception, or regularity of period cycles, Period Calendar can help.
- Our tracker is easy to use and offers everything you need: Track irregular periods, weight, temperature, moods, blood flow, symptoms and more.
- Discreet reminders keep the users informed and prepared for upcoming periods, ovulation, and fertile days.
- The calendar would be great at predicting fertility, ovulation and periods.

- The app adapts to your cycle history and accurately predicts the key days that interest the users.

## BACKGROUND(Survey)

- The lack of menstrual cycle and related knowledge among women is still a matter of concern especially when it comes to rural women who have limited access to resources.
- This knowledge gap can arise due to various factors cultural taboos, societal stigmas, and limited access to reliable information.
- The consequences of this knowledge gap can be significant. Women may experience confusion or anxiety about their menstrual cycle, struggle with managing menstrual symptoms, and face challenges in making informed decisions regarding their reproductive health.

- Furthermore, the lack of knowledge can contribute to myths and misconceptions surrounding menstruation, leading to unnecessary stigma and shame.

## OBJECTIVES OF THE PROJECT (Gap analysis )

Current situation	Proposed solution
User Interface and User Experience: Some period tracking applications may have complex or confusing user interfaces, making it challenging for users to navigate and utilize the app effectively.	Optimal and user-friendly interface and navigation.
Stigmatization and Social Taboos: Period tracking apps may inadvertently reinforce these negative attitudes or fail to address the emotional and psychological aspects of menstrual health.	Specifically curated content with which the user can resonate and feel ease with.
Lack of Inclusivity: This can include a lack of inclusivity for transgender or non-binary individuals, insufficient support for different cultural perspectives, or limited language options.	Diverse content and design of the application.
Lack of Personalization Users have diverse menstrual patterns and health conditions, and the apps may not provide customization features to adapt to individual needs.	Personalization done on the basis of questions asked from the user and creating the results on the bases of the answers provided by the user.

## TIMELINE

- 20<sup>TH</sup> MAY 2023: VISION STATEMENT SUBMISSION
- 29<sup>TH</sup> MAY 2023: PROJECT OVERVIEW AND REQUIRED DOCUMENT
- JUNE 2023: SYSTEM DESIGN
- JULY 2023: FINAL RELEASE

## FUTURE SCOPE

Advanced Predictive Analytics: Enhancing the app's predictive capabilities by incorporating machine learning algorithms and data analysis techniques to provide more accurate predictions of menstrual cycles and fertile windows.

Personalized Health Insights: Integrating additional health parameters such as mood, energy levels, sleep patterns, and physical symptoms to offer users personalized insights into their menstrual and overall health.

Community and Support: Establishing an interactive community within the app, allowing users to connect with each other, share experiences, seek advice, and access expert resources related to menstrual health, reproductive wellness, and related topics.

Menopause Support: Expanding the app's focus beyond menstruation to provide support and guidance to women transitioning into menopause, including tracking menopausal symptoms and offering relevant resources.