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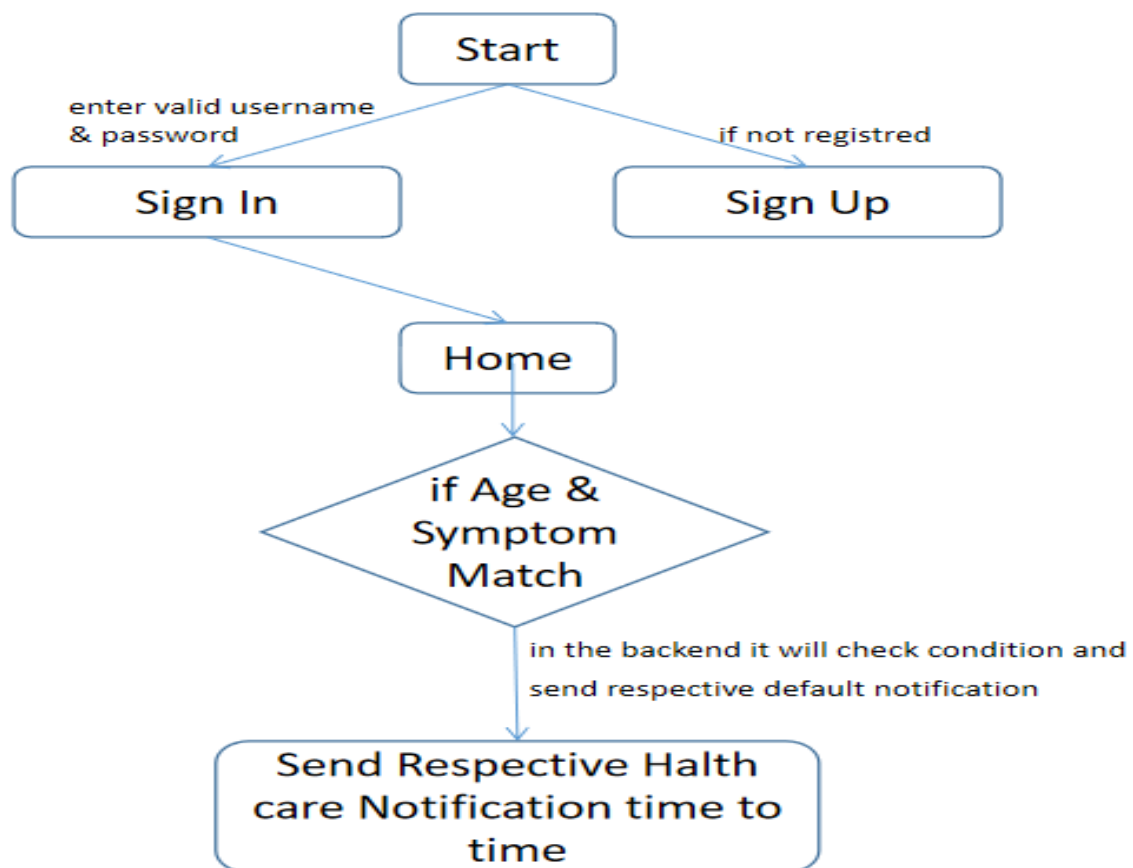
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## Introduction

There are various website and application available for providing a information for for health and also give a reminder for particular activity but here the user gets reminder only when users set it themselves.

I have conclude this task by Creating an Application.Where User will get reminder notification every after one or two hour. It is depend on User's Health and Symptoms. User will Get notification for every Activity related to users health, which will help user to be Hydrated, Healthy and Fit. Below I explain the Idea.



## Methodolgy

**Step 1:** User has to Login, if He is not registered then he has to registered himself by filling valid information.

**Step 2:** after Login User can find lots of option Related to Health Care and consultation.

**Step 3:** In the Backend, we already set the time and Activity for that time period according to age and symptoms.When user fill information. The User's Data will Stored. And Database will Check Age & Symptom. And push Respective Notification to user at given time Daily.

### **For Example:**

PatientName is Sunita who is 65 years old and she has Sugar.

In Condition it will Check

```
If (age<=65 && Symptoms=="Sugar")
```

```
{
```

```
PushNotification("It's time to Wake UP:"); //at morning 5'O clock
```

```
PushNotification("It's time to take warm water with lemon ); //at morning 5.10'O clock
```

```
PushNotification("It's time to do Yoga & Pranayam :-"KaplBharti,Suryanamskar,AAsans..etc");  
//at morning 5.30'O clock  
PushNotification("It's time to take Medicine before breakfast:- "Paracetamol..etc"); //at morning  
7'O clock  
PushNotification("It's time to have Breakfast:-"Paratha ..etc"); //at morning 8'O clock  
PushNotification("It's time to take lunch:- "Chapati,Avoiid Rice..etc"); //at morning 12'O clock  
PushNotification("It'stime to Sleep:"); //at night 10'O clock  
.....and so on  
}
```

### **Future Scope:**

We can develop a IOT based Project, where one Device(it can be Watch or Locket) Detect the HeartBeat of Patient and send Data to Server Contiguously.  
According to HeartBeat of Patient App will provide the proper guidance or Treatment to patient. And also if possibility occur when patient needs Doctor so it will inform us Accordingly