

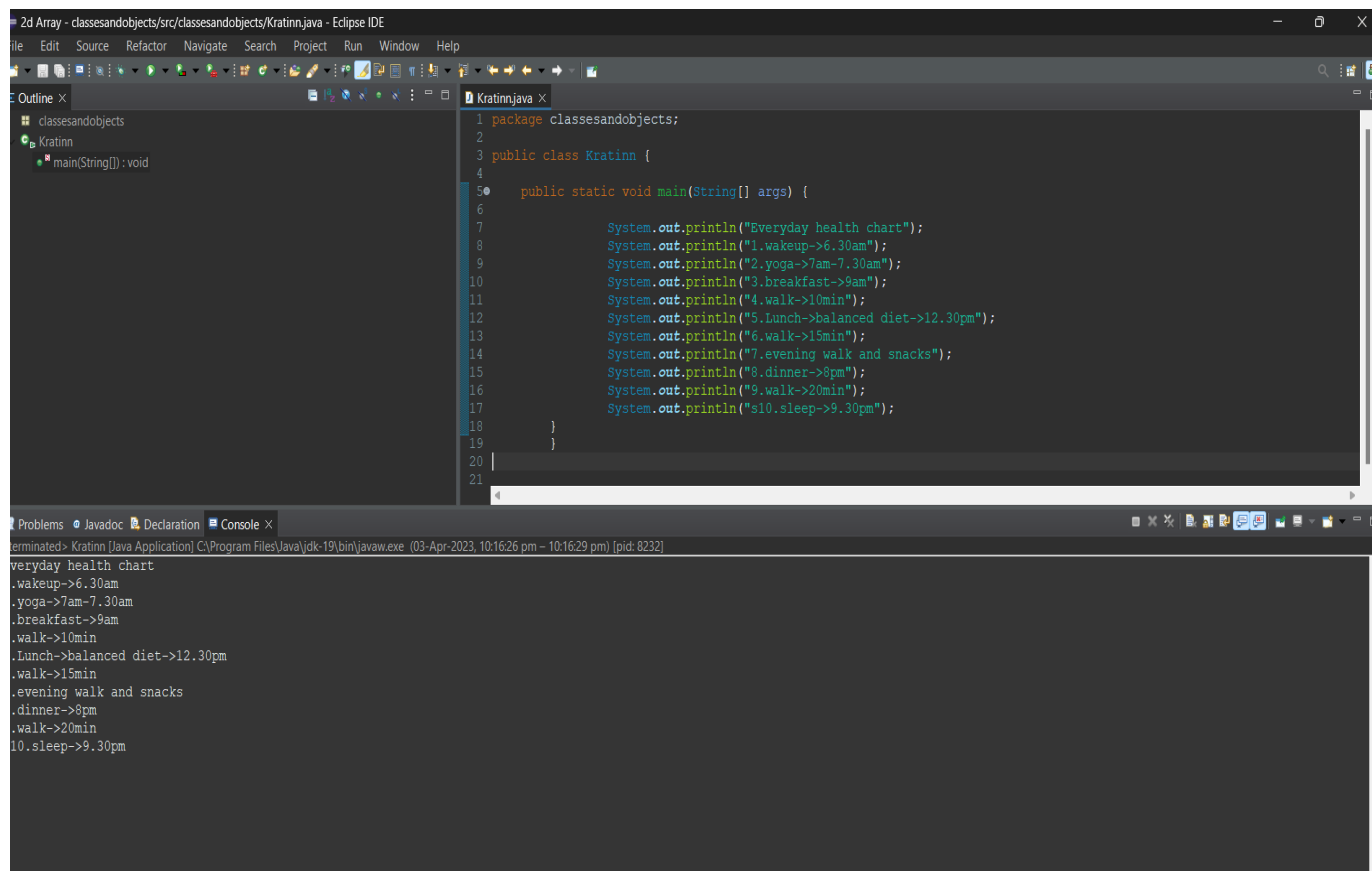
KRATIN ASSIGNMENT SOLUTION

Q. How can you help Sunita Sharma (65+ years old) to live a healthier and better life?

ANS.

Step 1 We can help the elderly people in many ways like we can make an application which will connect the user to the doctor who will prescribe the patient healthy chart which will describes all the activities that must be perform by the user so as to live in a healthy lifestyle.

Step 2 We can connect various elderly people through the application so that they can form a group and can share similar lifestyle. We can also provide an to-do list with alarm which will reminder the user to set time for the respective activity and will check the list so that user cannot get confused. We can add a lot of features so that it can help the people to live healthy
ALSO PROVIDE A 1:1 DOCTOR CONSULTANT FOR BETTER HELP OF EACH INDIVIDUAL AND TRACK THEIR PROGRESS.



```
2d Array - classesandobjects/src/classesandobjects/Kratinn.java - Eclipse IDE
File Edit Source Refactor Navigate Search Project Run Window Help

Outline x
  classesandobjects
    Kratinn
      main(String[]) : void

Kratinn.java x
1 package classesandobjects;
2
3 public class Kratinn {
4
5     public static void main(String[] args) {
6
7         System.out.println("Everyday health chart");
8         System.out.println("1.wakeup->6.30am");
9         System.out.println("2.yoga->7am-7.30am");
10        System.out.println("3.breakfast->9am");
11        System.out.println("4.walk->10min");
12        System.out.println("5.Lunch->balanced diet->12.30pm");
13        System.out.println("6.walk->15min");
14        System.out.println("7.evening walk and snacks");
15        System.out.println("8.dinner->8pm");
16        System.out.println("9.walk->20min");
17        System.out.println("10.sleep->9.30pm");
18    }
19 }
20
21

Problems Javadoc Declaration Console x
terminated> Kratinn [Java Application] C:\Program Files\Java\jdk-19\bin\javaw.exe (03-Apr-2023, 10:16:26 pm - 10:16:29 pm) [pid: 8232]
everyday health chart
.wakeup->6.30am
.yoga->7am-7.30am
.breakfast->9am
.walk->10min
.Lunch->balanced diet->12.30pm
.walk->15min
.evening walk and snacks
.dinner->8pm
.walk->20min
10.sleep->9.30pm
```

Explanation :

The above code is an example of the prescribed list, it is just a prototype of one of the feature that the application will contain. There can be various functionalities which can be added to it. For example, we can add the facility for nearby doctors and map features so that they can get all the important landmarks quickly. We can add biosensors for their health checking and etc.

A BENEFIT OF 1:1 CONSULTANCY WILL PROVIDE A MAJOR IMPACT ON HEALTH OF PEOPLE AND CAN INCREASE THEIR CHANCES TO LIVE HEALTHIER LIFE MORE YEARS.....