

SHE

TOGETHER WE CAN CHANGE THE WORLD!

PRATYA CHANDRAYAN & SADHANA S & TISHA CHAWLA

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DESCRIPTION

Our Project SHE is centered upon the idea of women empowerment. Women are a multitasker and it is essential to have a sound body and mind to persevere this unique power in them. Women are key in maintaining healthy families and access the health system more than men, both for themselves and on behalf of their children. Across her lifespan, a woman's health status not only matters to herself but also to her family ,so it is essential to that they have sound mind and body .

We have created this website to make it all simpler for them. We have looked at it from our own point of you and tried to incorporate as many features as possible.

HOME PAGE

SHE

"Together we can change the world"



PRATYA CHANDRAYAN & SADHANA S & TISHA CHAWLA

HEALTH PAGE

A Health page which includes a BMI and a CALORIE calculator ,a diet plan ,a workout plan for beginners and also some healthy habits to follow. We believe that this column would make it easier for them to find everything at a single place which is easily accessible. Also ,the BMI chart is added for measurement of a person's leanness or corpulence based on their height and weight, and is intended to quantify tissue mass.All these features are added to maintain a healthy lifestyle.

BMI Calculator

Height (in cm)

Weight (in kg)

Check

Calorie Calculator

Insert your data below to calculate your recommended calories intake!

Gender Male Female

Age

Weight Kg

Height Cm

Exercise level /Activity Basal Metabolic F

Calculate

PYSCHIATRY PAGE

An exclusive psychiatric column which proposes the importance of meditation and inspires to make it a daily habit .Meditation produces a deep state of relaxation and a tranquil mind. Adding it to an everyday lifestyle keeps us relaxed thereby increasing the productivity.The psychiatric column includes videos such as proper meditation poses ,soothing vibrations for relaxation of mind and yoga asanas for healthy body and mind.

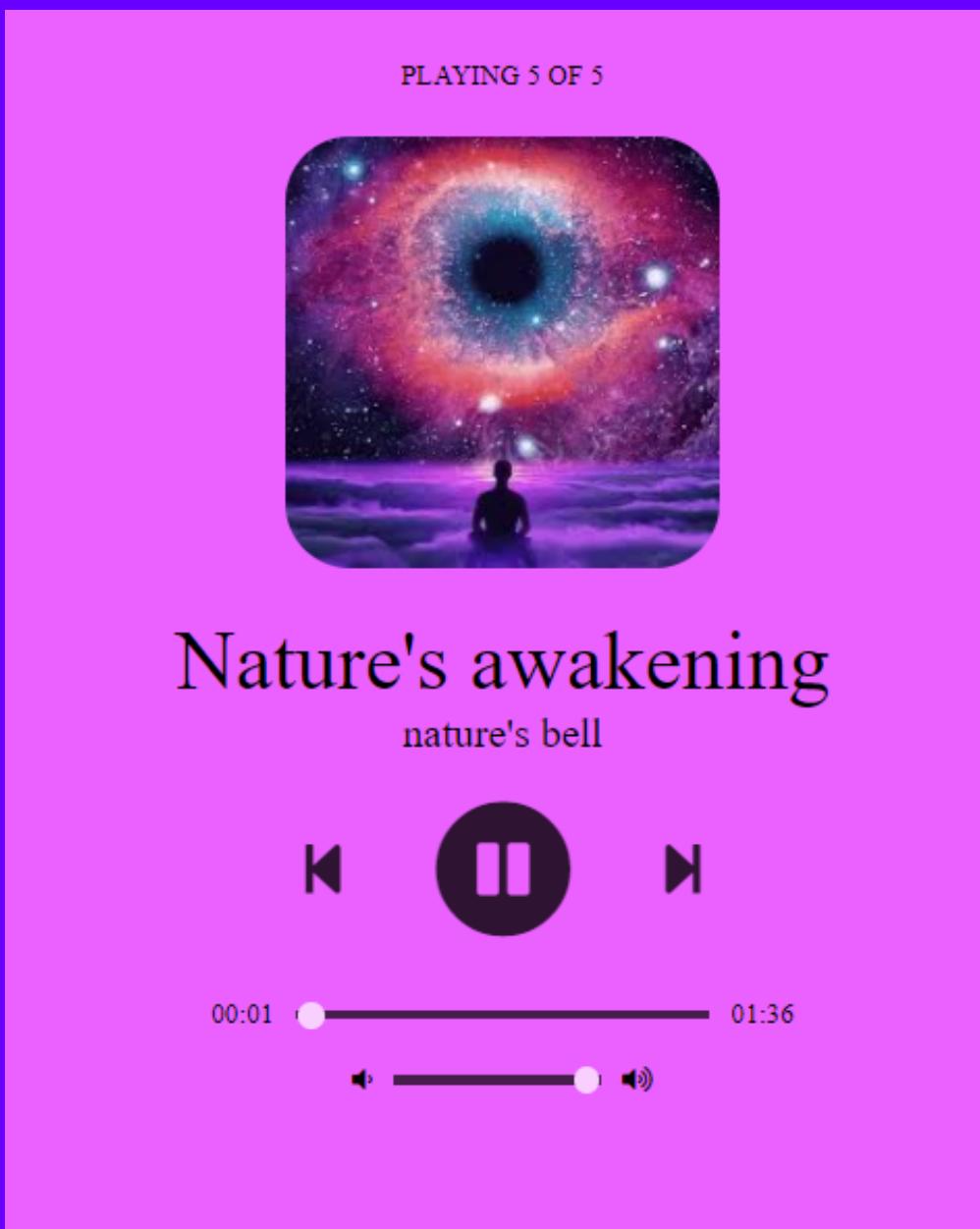
Health Psychiatry Tasks Music Connect

Meditation is a process of lightening up, of trusting the basic goodness of what we have and who we are, and of realizing that any wisdom that exists in what we already have. We can lead our life so as to become more awake to who we are and what we're doing rather than trying to improve, change or get rid of who we are or what we're doing. The key is to wake up, to become more alert, more inquisitive and curious about ourselves.'



MUSIC PAGE

Music page contains a soothing track of music which calms the entire body .It is scientifically proven that music lowers Stress and Improves Health Condition .With such wonderful benefits adding music page becomes vital to make our website accomplished.



TASKS PAGE

The screenshot shows a web-based task management application. At the top, there is a decorative header with overlapping triangles in pink, teal, and light blue. Below this, the main content area has a pink background.

ADD TASK

Add Task

TODO

<input type="checkbox"/> Go to the market	Edit	Delete
<input type="checkbox"/> Buy Utensils	Edit	Delete

COMPLETED TASKS

With so much load at workplace and at home,it is natural to forget the daily tasks and things to deal with, our website SHE has a provision of to-do list which makes it easier to keep track of things to do .The tasks list has two columns, one is for to-do tasks and the other one is for the completed tasks .As one completes her task, she just has to click on the box button and that task automatically comes under the completed tasks giving a sense of relief.

CONNECT PAGE

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Your Personal Health Advisors



Rajit Singhani
9999999999



Sharda Dheeraj
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TECHNOLOGY USED

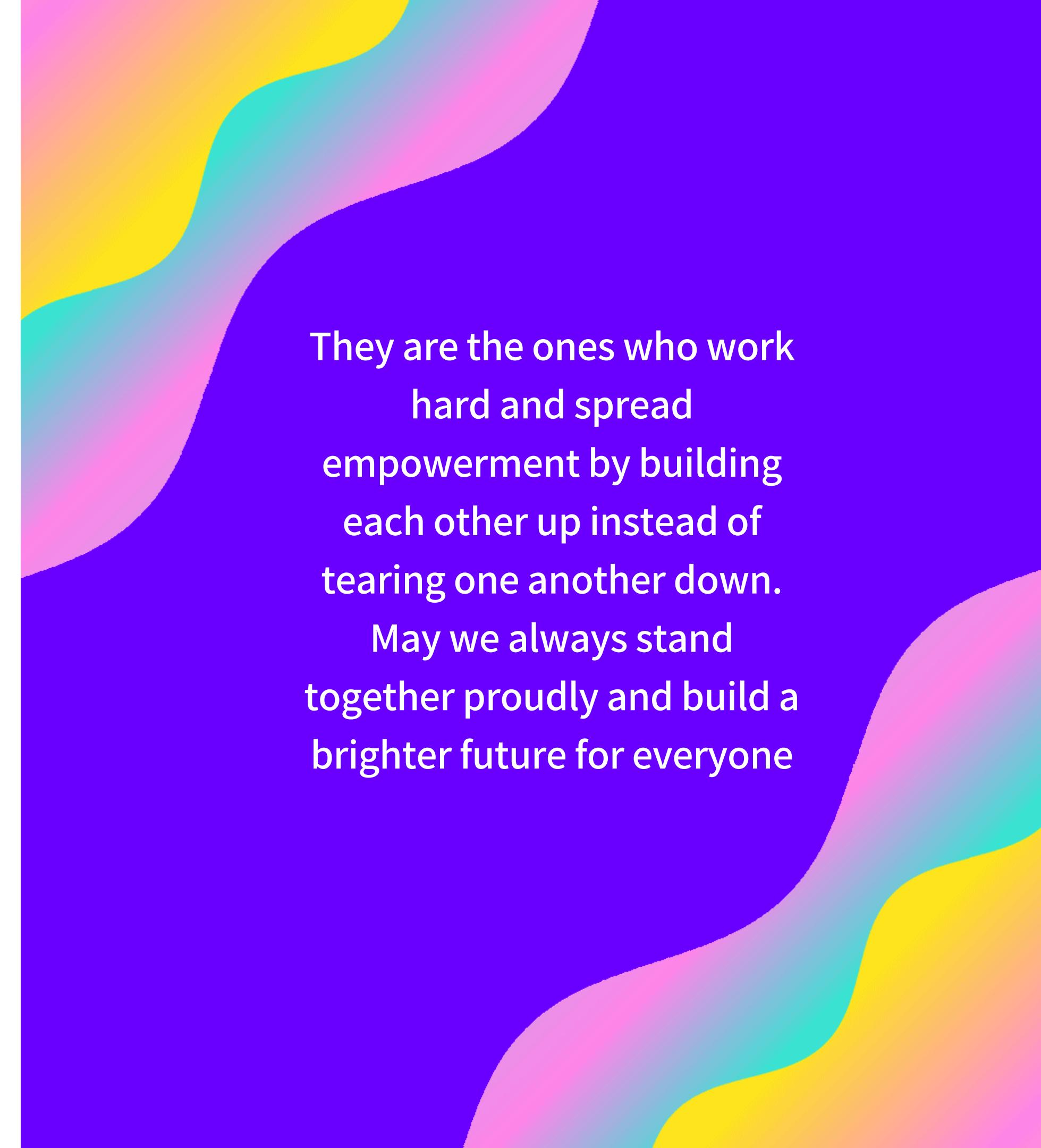


Music can
heal the
wound



that Medicine cannot
touch

The Future of the Strong women



They are the ones who work hard and spread empowerment by building each other up instead of tearing one another down.

May we always stand together proudly and build a brighter future for everyone

TARGET AUDIENCE

Open for Women of all ages without any bound of caste, creed, color, community and nationality .A place where women can feel at ease.

CREATORS



Sadhana



Pratya Chandrayan



Tisha Chawla