

SWASTHYA

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SUMMER APPATHON

OVERVIEW

- **App Name:** Swasthya
- **App Description:** A revolutionary app that aims to achieve “HEALTH FOR ALL” by utilizing capabilities of technology
- **Track:** Youth Individual
- **Category:** Mental health & wellbeing



THEME

In today's fast paced world "Stress" is a term used by each individual on a daily basis. We all have often heard small children, adults and seniors complaining that they are feeling stressed. The word "Swasthya" in Hindi stands for "Health". My app aims to achieve "Health For All" by utilizing the power of technology including Artificial Intelligence. From the day themes were announced the theme "Mental Health and wellbeing" caught my eye. I found out that there isn't any major app developed that aims to address the problem of "Health" and "Wellbeing" till now. Hence I decided to work upon this idea to develop an app that is efficient, feature packed and useful. I feel it immensely happy that I have developed an app with smart features that can address the problem of growing stress in children or adults and can provide emergency healthcare features like informing your near and dear ones when you are unwell.

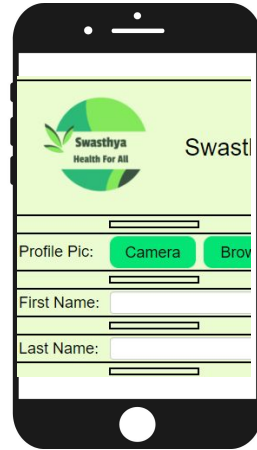


INSTRUCTIONS

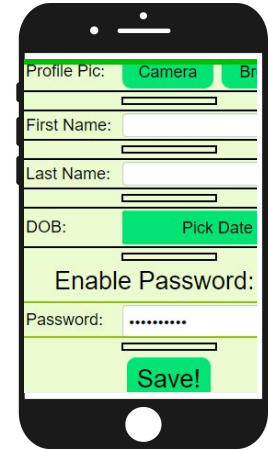
The app comes with a clean user interface with a navigation bar at the bottom. The app also includes text to speech functionality. Minor changes might be there in the interface.



Step 1: The app opens with a clean splash screen



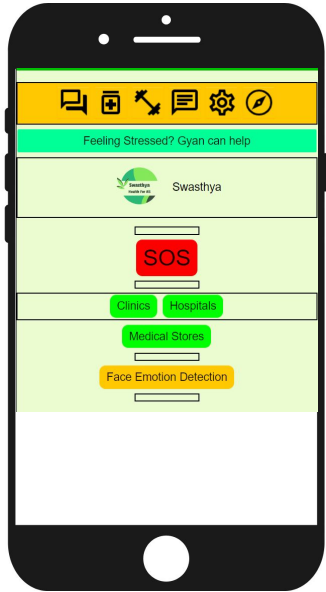
Step 2: On opening the app for the first time the login profile page will open where you have to fill some necessary details.



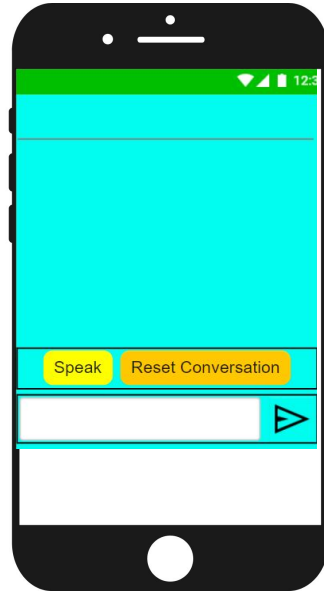
Step 3: You can also enable password lock to secure your data



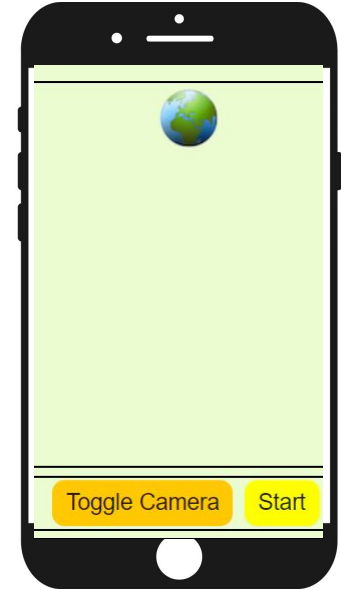
INSTRUCTIONS



Step 4: Then the home screen will open. The elements automatically resize to fit devices.



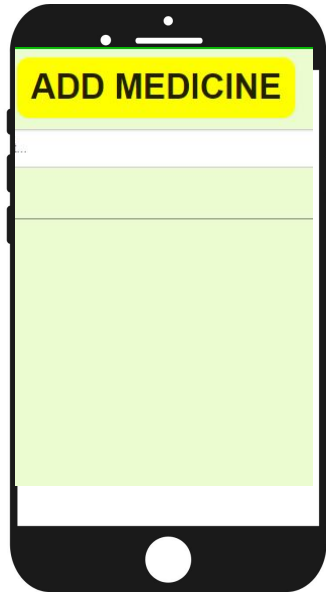
Step 5: On clicking that chat icon in the middle of the home screen GyanAi screen will open. Here you can interact with chat gpt to get answers to your health related questions or free your stress



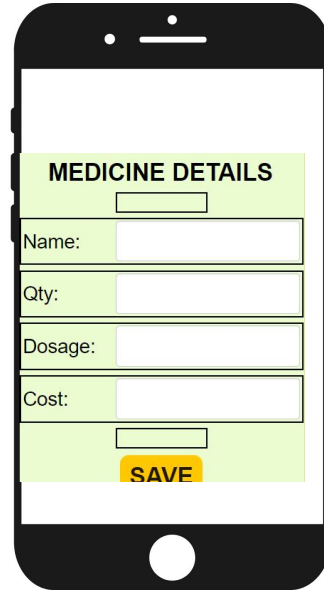
Step 6: You can detect your emotions by utilising the power of computer vision in emotion detection page



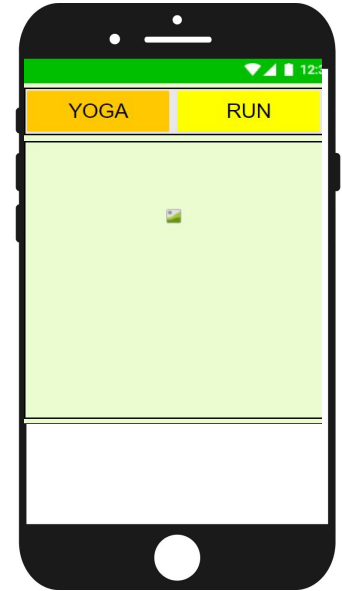
INSTRUCTIONS



Step 7: By clicking on the second icon on the navigation bar Medicine Manager will open. Here you can add and store details of the medicines you consume by scanning the barcode and the specifying the details



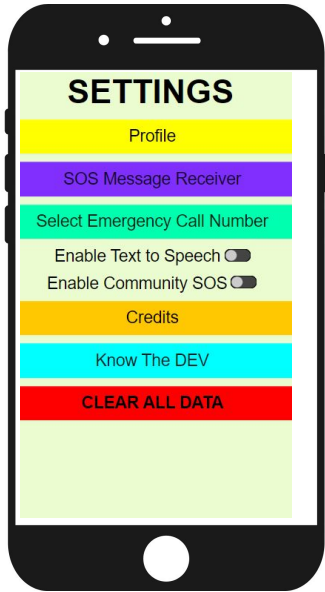
Step 8: This is an example of the medicine details form and this feature will be very handy when you are purchasing medicines



Step 9: Clicking the fourth button on the navigation bar will open the exercise page and when you click on the yoga button you will get the posture, quality and details of a random yoga posture fetched from API. On clicking on the Run button you get a time stamped pedometer to track your workout.



INSTRUCTIONS



Step 10: The settings are organized in a very clean manner. You can select an emergency phone contact and an emergency message contact. You can also turn on community. During an emergency when you press the SOS button. A message with your location is sent to the selected contact, a phone number is dialed and a message is posted on the Swasthya community with your location. Your location when clicked opens in a webviewer and helps you locate the person in emergency. You can enable Text to Speech for chatbot.



LIMITATIONS

In 100 words or less, describe the limitations of your app and what people should carefully consider when using it.

I don't think there is any possible limitations in the app but what people should carefully consider is that they should use the Artificial Intelligence wisely and productively. AI is the technology of the future and it would be a great deal if we use it innovatively in healthcare sector



ACKNOWLEDGEMENTS

Please list the names of anyone who helped you with developing your app, and describe what type of help they provided.

- Bhumika Sharma(Mother): She helped me to realize my potential in creating the app
 - Rohit Gupta(Father): He helped me to realize that I can do it.
 - Sarthika Gupta(Sister): She helped me a lot by giving suggestions.
 - Indu Magotra(grandmother): Gave me a boost of confidence
 - Amayra Grover(Cousin Sister): Kept me motivated throughout the journey
 - Agrim Grover(Cousin Brother): Gave suggestions
- They all may haven't helped me in developing the app but their support matters a lot



APPENDIX

If you have any supplementary information you wish to include, feel free to add it to the Appendix. **This section is entirely optional.**

It is recommended to add materials to the Appendix if you submitted a hardware project (e.g. with schematics, flow diagrams) or if your project included significant programming components outside of the MIT App Inventor platform.

Please be aware that judges reserve the right to exercise their discretion in reviewing materials within the Appendix, and they may not review its entirety if they consider it excessively lengthy.