

“HEALTH AND WELL-BEING” MOBILE APPLICATION USING ANDROID TECHNOLOGY

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Abstract – This is the era of modern user-friendly and conventional mobile applications. People are so busy in their lives that they don't have time to spare on televisions. A mobile application will help on this issue. People are rushing towards development and money making and somewhere forget the need of health and well-being. Lack of healthy lifestyle has become a major concern to people of all age groups. The aim of this paper is to provide different yoga techniques, meditation techniques, problems and remedies of various diseases healthy lifestyle measures etc through a modern mobile application. This application will also have kids section which will include measures to deal with various physical and mental issues of kids. Health and Well-being is an advanced and informative application which will help user in practical life on daily basis. It will assist user to reduce anxiety and stress promotes sleep and manage difficult emotions. User will have easy login via mobile number through OTP and can use it for free on daily basis. This application will include admin login. Only admin will have the right to update or delete any posts. Admin can give authority to others for update, add or delete. It is a multitasking app which is developed by using android technology. Android studio will be used for the same. It will also include Guru Section which will have various philosophies and teachings by our traditional gurus which will inspire us in best ways.

1. INTRODUCTION

“Health and Well being” is a contemporary mobile application for android users. Firstly, when the application will open there will be a splash screen for about 2-3 seconds which shows the loading of the application and the application name. After splash screen, the application will be opened and different categories will be displayed. There are six sections in this main page. The end- user will be able to read the remedies from different categories. The application has two parts, one for the admin login and other one for the end user. The end user can directly read the posts belonging to different categories. But if he has to share the past, then he has to login to the app through the mobile number, after that the OTP will be sent and the mobile number will be verified. After successful registration, the user will be logged in to the application and can comment on the yoga and remedies or can share through different social platforms or applications. The comment that the user will do the on the yoga or remedies

will be shown in the chronological order i.e. from latest to last. The end-user also has the option to sign-out from the application.

1.1 SPLASH SCREEN

As soon as mobile application is opened this is the first screen which will display the name and logo of the application for about three seconds.

1.2 MAIN SCREEN

This will be the main page of the mobile application and will consist of six modules in it. After the splash screen this screen will be displayed. On left corner there will be option by which one can proceed to the login pages.

2. LITERATURE SURVEY

The mobile devices being user-friendly and accessible have made it the most popular amongst humans in the past few years. The testing phase when developing a mobile application is challenging. The main phases of this process include code planning, code designing, code execution and code analysis. The websites are vanishing and mobile phones are emerging. Better health can lead to lower hospital bills, feeling better, and doing more things. Health and Well Being application helps the public to keep themselves up to date about health related problems. The development in the medical field is very important for human life. The admin can login with his credentials i.e. with the email id and password. After then the admin has the option to add data, update data or delete data. In add data category, the admin has the option to select the category to which he/she wanted to upload the data, then the title and then the description of the data which could be of thousand words. Also, one image related to the data can be attached or uploaded. In update or delete category, the admin will be provided with the option to select the category and then can update or delete accordingly. The admin also has the option to logout.

The Application Framework layer provides many higher-level services to applications in the form of Java classes. Application developers are allowed to make use of these services in their applications.

3. TECHNOLOGIES USED

3.1 ANDROID

Android was developed by the Open Handset Alliance, led by Google, and other companies. It is a Linux-based Operating System for mobile devices. The latest stable and most used version is Android 10, released on September 3, 2019. Multi-tasking and Multi-touch are its main features. Android programming is based on Java programming language.

3.2 JAVA

Java is a programming language which is well defined and easy to understand. It is a high level programming language whose syntax is similar to C++. It is an object oriented programming language. It was designed by James Gosling and developed by Sun Microsystems.

3.3 XML

It stands for Extensible Markup Language and plays a major role in front end designing of mobile applications. It is flexible and focuses on data. It uses custom tags to define objects.

3.4 FIREBASE

It is a mobile application development platform which provides real time database. It gives features like Firebase Hosting and Firebase Storage. In 2014, firebase was acquired by Google.

4. MODULES

There are various modules in this mobile application.

4.1 USER LOGIN

This module will give facility to user to login via their mobile number and it will be verified by One Time Password (OTP).

4.2 ADMIN LOGIN

This module is the major one of this project as this allows the admin to login via e-mail id and password. This is secured module. If in case admin forgets his password, he can opt for the option of 'Forgot Password' and then recover his password by the use of his mail.

4.3 ADD POST

This module will be displayed once the user logins. The posts which will be displayed on the feed will be added by the admin by this module only.

4.4 UPDATE/DELETE POST

This module will also be displayed once the user logins. The posts can be updated and deleted via this module by the admin only.

4.5 LOG OUT

This module will help admin to log out after the task is completed. This is for security purpose.

4.6 FORGOT PASSWORD?

This module is helpful if the admin forgets the password.

4.7 YOGA SECTION

This screen contains different techniques of yoga. This category holds all types of yoga i.e. triangle pose, child pose, warrior 2 etc. All the yoga techniques will be displayed in chronological order.

4.8 MEDITATION SECTION

This screen contains different meditation techniques. This category holds meditation techniques like Taoist Meditation, Osho Meditation, and Chakra Meditation etc.

4.9 PROBLEMS AND REMEDIES

This screen will describe about various diseases and its remedies.

4.10 GURU SECTION

This section will include various philosophies and teachings by our traditional gurus which will inspire us in best ways. It will include various motivational quotes. Guru is a Sanskrit term for a "teacher, guide, expert or master" of certain knowledge or field.

4.11 HEALTHY LIFESTYLE

It will include various measures of a healthy lifestyle.

4.12 QUOTATIONS

Daily motivation is also important and this module will help with this.

5. CONCLUSION

Human Health and Well Being is flexible mobile application and is very efficient in day to day life. It is also convenient to use for people of all age groups. Health awareness is major part of practical life and this mobile application will contribute well and will be helpful for users. The main advantage is that it is free of cost and also people can share their favorite post to anyone via Whatsapp, Gmail etc very easily. People can know about the remedies to their health issues.

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