

E-Flow Website

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Abstract - This project focuses on women's health, addressing issues related to periods and overall well-being. The homepage features a period tracker for easy cycle management. The second page offers shopping options for period-related essentials, healthcare products, and pharmacy medicines. The third page provides a knowledge hub where users can search for health concerns, receive relevant information, and get product, video, and article recommendations. Additionally, the platform suggests doctors for specific issues, ensuring users find reliable medical support. This website integrates technology to promote women's health awareness, offering a comprehensive, user-friendly, and personalized approach to self-care and medical guidance.

Keywords: Women care, period tracker, product shopping, educational videos, advice.

I. Introduction

Women's health plays a crucial role in their daily lives, yet many face challenges in tracking their menstrual cycles, understanding health-related concerns, and accessing the right products. To simplify this process, we have developed a user-friendly website dedicated to menstrual health and overall well-being.

Our platform provides an easy-to-use period tracker that helps women log their cycles and predict future periods based on past data. This feature ensures better planning and awareness. Additionally, our website serves as a support system where users can share their health concerns and receive tailored advice along with informative articles and videos to address their specific needs.

Beyond health guidance, we also offer a shopping section with a wide range of period products, ensuring that women have access to suitable options for their comfort and needs.

This initiative is designed to empower women with knowledge, support, and accessibility, making their health journey smoother and more manageable. With this website, we aim to create a supportive and informative space where women can manage their menstrual health more effectively and access the resources they need with ease.

II. Need of the Project

Women often face difficulties in tracking their menstrual cycles, predicting their next period, and understanding changes in their health. Many also struggle to find reliable health advice and suitable period products. These challenges can lead to confusion, discomfort, and a lack of awareness about their own bodies.

To address these issues, our project provides a complete solution through a digital platform that helps women track their periods, predict future cycles, and receive personalized health advice. By allowing users to log their cycle history, they can better prepare for their next period and identify any irregularities.

Additionally, many women hesitate to discuss their health concerns due to a lack of proper guidance. Our website provides a safe space where they can share their problems and receive relevant advice, along with informative articles and videos to enhance their knowledge.

Another important need for this project is accessibility to period products. Many women struggle to find the right products that suit their needs. Our platform offers a variety of options, making it easier for users to choose what works best for them.

III. Working Principle

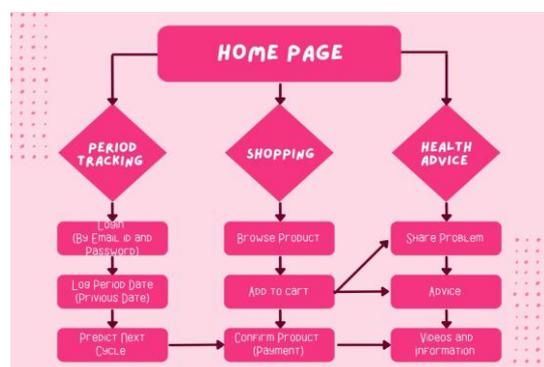


Figure 1: Working of Website

This diagram outlines a women's health website with three main features: Period Tracking (users log in, enter past

period dates, and predict the next cycle), Shopping (browse products, add to cart, and confirm payment), and Health Advice (share health concerns, receive advice, and access informational videos).

1. Period tracking

First section is period tracking. In period tracking users have to enter or create her email id or password. After entering user can log into system to track their period dates. User has to enter their last period dates so that system can predict future dates. system will show future dates in the form of calendar means date will be represent in calendar format three months of future cycle of your period will be visible on screen. Suppose your previous period month is April then system will show next three months which is May, June, July.

2. Shopping

Second section is shopping in shopping section user can browse products and can add them to their carts. According to women need there is variety of products and brand users can buy according to their choice. There are multiple options for user to select.

User can easily select their product and can securely purchase and buy the product. The payment options are available means it accept phone pay, Google pay as well as cash on delivery .and we ensure that payment is secure and successful.

3. Health advice

Third section is health advice. In health advice user can share their problems related to their health and consult them.

In health advice you can share your problem and system will give you advice based on your problem. And suggest what do in such problem and also provide a detail YouTube video or articles on your problem.

IV. Advantages

- Comprehensive health management: Users can track, shop, and learn in one place.
- Convenient and accessible: Available anytime supporting Users at home or on the go.
- Personalized user experience: Cycle tracking and reminders tailored to individual needs.
- Educational values: Provides knowledge on menstrual health, Pcod, and wellness.
- Sustainability focus: Offers eco-friendly product options for sustainable choice.

V. Disadvantage

- Privacy concerns: User data privacy is essential; a breach could impact trust.
- Technical limitations: App accuracy may depend on consistent data input by Users.
- Internet dependency: Requires an internet connection for full Functionality.
- Accessibility challenges: May be less accessible for users unfamiliar with technology.

VI. Results and Discussion

- Our website successfully tracks the period date and predicts future period dates.
- Ensure secure payment of product and variety and options for product.
- Give advice based on health related problem with detail information and as well as videos and articles.

VII. Conclusion

Our project provides a simple and effective solution for women to track their menstrual cycles, predict future periods, get health-related advice, and shop for essential period products. By combining these features in one platform, we aim to make period management more convenient and accessible.

Overall, this project is a step toward making menstrual health easier to manage. By continuously improving the platform based on user feedback, we can create an even more supportive and reliable space for women to take control of their health with confidence.

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APPENDIX – I



Figure 1: Home Page



Figure 2: Educational Resources

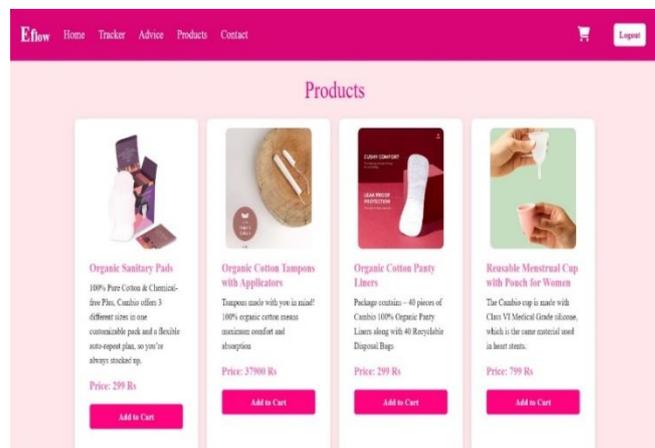
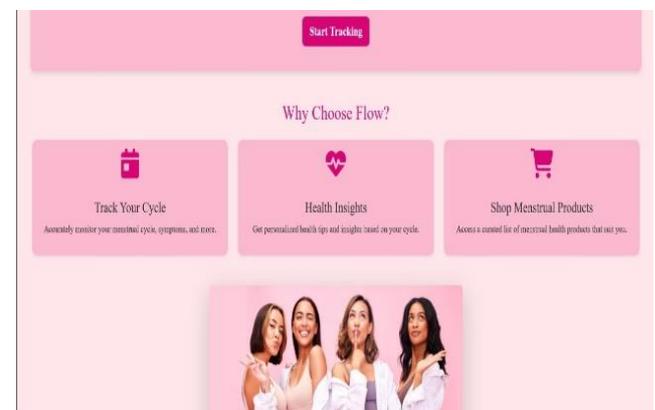


Figure 3: Shopping

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