Empower Her Wellness

Unnati Khane[1], Riddhi Patil[2], Prachi Pingale[3], Prof. Prachi Sorte[4]

[1,2,3,4] Dept. Information Technology Pillai Hoc college of Engineering and technology (Mumbai University) Rasayani, India

Abstract:- *Empower Her Wellness is a comprehensive mobile application designed to address the unique health challenges faced by women in India. The app integrates essential health features, focusing on menstruation, pregnancy, mental health, and PCOD, offering valuable information, interactive tools, and resources. With no login required, the app ensures easy access and privacy. The system is built using Android Studio with Java and kotlin language. The app's core objective is to bridge the gap in women's health awareness, providing culturally relevant, accurate, and accessible health information. Through its user-friendly design and educational content, Empower Her Wellness aims to foster a holistic health approach for women, promoting wellness and empowerment.*

Keywords: Women's health, menstrual tracking, pregnancy care, mental health, medical history, privacy, wellness, empowerment.

I. INTRODUCTION

Women's health is a broad and deeply personal subject, often influenced by cultural stigmas, limited access to reliable information, and societal norms. In India, issues related to menstruation, pregnancy, and conditions like PCOD (Polycystic Ovarian Disease) remain shrouded in silence, leaving many women without the knowledge and support they need to make informed decisions about their health.

Empower Her Wellness is an Android-based application developed using Android Studio with Java and Kotlin, designed to bridge this knowledge gap and provide a comprehensive, user-friendly digital platform for women's health. More than just a health tracker, it is a personalized digital companion that empowers women to take charge of their well-being by providing essential information, practical tools, and emotional support.

The app covers four major aspects: menstrual health, pregnancy, mental well-being, and PCOD management, ensuring that women have access to accurate, accessible, and culturally sensitive health resources at their fingertips. It also addresses the often-overlooked aspects of mental health by offering resources to help women manage stress, anxiety, and depression. By integrating these features, the app not only educates but also equips women with the tools to navigate the complex challenges they face daily.

II. BACKGROUND

A. Real-Time Feedback

Real-time feedback plays a crucial role in enhancing user engagement by providing instant health guidance and personalized support. When users log symptoms such as stress, anxiety, or mood swings, the app immediately suggests practical solutions like guided exercises, relaxation techniques, or soothing nature sounds to help them regain emotional balance. Additionally, the app provides stress- busting resources such as motivational quotes, uplifting songs, and calming exercises designed to promote relaxation and mindfulness. By integrating multiple stress-relief options, including music therapy and nature-inspired sounds, the app ensures a holistic approach to mental well-being. Similarly, for menstrual health tracking, if a user records an irregular cycle or experiences severe cramps, the app promptly offers health insights, cycle-based tips and when necessary, a recommendation to consult a healthcare professional. By delivering instant responses tailored to individual needs, real-time feedback encourages users to take timely action, build healthier routines, and make informed decisions about their well-being, ultimately fostering a more proactive approach to women's health.
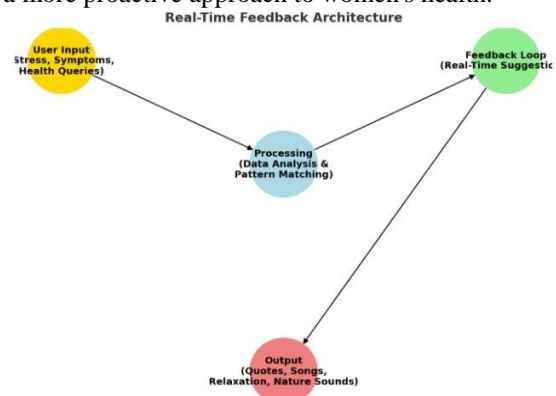

Figure 1. Real-Time Feedback Architecture

III. LITRATURE REVIEW

Britto, K. A., Mathew, R., & Ramesh, M. (2024). Predicting Depression in Menopausal Women Using Machine Learning Techniques. International Journal of Healthcare Informatics, 18(1), 45-53.
This study introduces a machine learning model designed to detect depression in menopausal women with 97% accuracy. The model analyzes large datasets including behavioral, physiological, and response patterns to identify early signs of mental health issues. It highlights the importance of early intervention and supports the inclusion of mental health screening in the *Empower Her Wellness* app to enhance user well-being.

Jayakumar, N., & Reshma, N. (2024). Predictive Analytics in Mental Health: A Review of AI-Driven Interventions. Journal of Artificial Intelligence in Healthcare,12(2),98-107.
This review emphasizes the role of artificial intelligence in mental healthcare, particularly its ability to analyze historical and real-time behavioral data to predict the onset of disorders. The paper advocates for the integration of predictive mental health tools in digital platforms to enable proactive care, reinforcing the necessity of such features in *Empower Her Wellness*.

Smith, J., Kumar, R., & Patel, S. (2023). Enhancing Reproductive Health with Menstrual Tracking Applications. Journal of Mobile Health Technologies, 10(4),150-158.
The authors conducted a review on menstrual tracking apps and their impact on women's reproductive health. They found these apps increase awareness and assist in diagnosing irregularities and gynecological issues. Their findings validate the inclusion of menstrual tracking in *Empower Her Wellness*, providing personalized alerts and cycle insights.

Sharma, R., Thomas, A., & Mehta, D. (2022). The Role of Mobile Applications in Maternal Health: A Digital Transformation. Journal of Pregnancy and Child Health Informatics,7(3),210-219.
This paper evaluates the impact of digital solutions on pregnancy care, concluding that mobile apps significantly improve maternal health through reminders, trimester-based care, and educational content. It supports the integration of pregnancy-focused features in the *Empower Her Wellness* app, empowering expectant mothers with timely guidance.

Wang, L., Zhao, Y., & Lin, J. (2021). AI-Based Nutrition Monitoring and Meal Recommendation Systems: An Emerging Health Tool. Journal of Digital Health Innovation,5(2),84-92.
This research explores the use of AI in diet tracking and personalized nutrition advice. It demonstrates how intelligent systems can help users maintain balanced diets based on health conditions and preferences. The study backs the inclusion of personalized meal plans in *Empower Her Wellness*, especially for users managing PCOD and pregnancy nutrition.

IV. PROBLEM STATEMENT

Women's health is deeply personal, yet many existing healthcare solutions fail to address the unique challenges women face daily. From tracking menstrual cycles to managing pregnancy, mental health, and overall well-being, women often have to navigate multiple apps, medical consultations, and scattered information sources. Traditional healthcare methods require physical visits, paper-based records, and generalized advice that may not always cater to individual needs. Even with digital solutions, most apps focus on just one aspect period tracking, pregnancy support, or mental health leaving women to switch between different platforms to manage their well-being. Moreover, many of these apps require users to create an account or share sensitive health data, raising privacy concerns and making accessibility a challenge, especially for those who prefer anonymity. There is a growing need for a holistic, private, and intelligent health companion that understands and supports women through every stage of life.

V. EXISTING SYSTEM

Traditional healthcare approaches require women to rely on physical consultations, paper-based tracking, or generalized health resources, which often lack personalization. Many mobile health apps have tried to fill this gap, but they usually focus on just one aspect of women's health. Some apps are great for tracking periods, while others help with pregnancy or mental health support. Instead of switching between different platforms, women deserve a single, holistic solution that supports their well-being in every stage

of life. Another common issue with these apps is the requirement to sign up before even exploring the features. Not everyone is comfortable sharing personal health details online, especially when it comes to sensitive topics like mental health or reproductive health. There are several existing mobile health applications for women, such as those dedicated to menstruation tracking, mental health support, or pregnancy care. However, these apps usually address only one health issue rather than providing a comprehensive, all-in-one solution.

VI. IMPLEMENTED SYSTEM

The Empower Her Wellness application is designed to be a comprehensive, all-in-one digital health companion that supports women through different stages of life without requiring a login. It is built using Android Studio with Java and Kotlin for backend development and XML for designing the user interface. The app is thoughtfully structured into four key sections, each tailored to meet the unique health needs of women:

Pregnancy– Pregnancy is a life-changing journey that comes with both excitement and challenges. Every trimester brings different experiences, and understanding these changes can help expectant mothers feel more prepared and confident. Empower Her Wellness provides trimester-specific guidance, ensuring that users receive the right advice at the right time. The app offers safe and tailored exercises for each trimester. Additionally, the app includes a Do's and Don'ts section that provides essential guidance on lifestyle choices, dietary habits, and precautions to be taken during pregnancy. To further assist users, an interactive feature allows them to type in specific activities or food items to check whether they are safe during pregnancy. This ensures that expectant mothers can make informed decisions and confidently navigate their pregnancy journey with reliable, expert-backed information.

Mental Health – Mental well-being is just as important as physical health, yet it often goes unnoticed in daily life. Empower Her Wellness provides a holistic approach to mental health, helping users manage stress, anxiety, and emotional well-being through multiple interactive features. To promote relaxation and mindfulness, it offers guided exercises, stress management techniques tailored to individual needs. Users can access a dedicated Quotes & Songs section for motivational affirmations and soothing music, designed to uplift their spirits during difficult moments. The Relaxation section provides a combination of light exercises and calming nature sounds to help users unwind and improve their overall well-being. Additionally, the app offers informative content on various health symptoms.

Menstruation – Understanding one's menstrual cycle is essential for overall health, yet many women struggle with tracking their periods or recognizing patterns in their cycle. Empower Her Wellness simplifies this process by providing an interactive and user-friendly menstrual tracking system that not only predicts upcoming periods but also offers personalized recommendations based on user inputs. The app features a Menstrual Cycle Quiz, where users can enter key details. Based on their responses, the app provides tailored recommendations on maintaining cycle health, managing symptoms, and understanding hormonal changes. For ongoing cycle tracking, users simply input the start date of their last period, and the app automatically predicts their next period date, ovulation window, and fertile days. This ensures that users can stay prepared, manage symptoms proactively, and make informed decisions about their reproductive health.

PCOD – Polycystic Ovary Disease (PCOD) is a common hormonal condition that affects many women, yet it often goes undiagnosed due to a lack of awareness and proper guidance. Empower Her Wellness helps users take control of their health by offering a personalized PCOD assessment and management system. Users can enter key details such as symptoms they experience, weight, height, and diet preferences, allowing the app to analyze their responses and determine whether they may have PCOD. Based on this assessment, the system provides personalized meal plans and workout routines specifically designed to help manage PCOD symptoms. To make lifestyle changes easier, the app also includes video guides for healthy meals and tailored workout sessions, ensuring that users have access to practical and easy-to-follow recommendations.
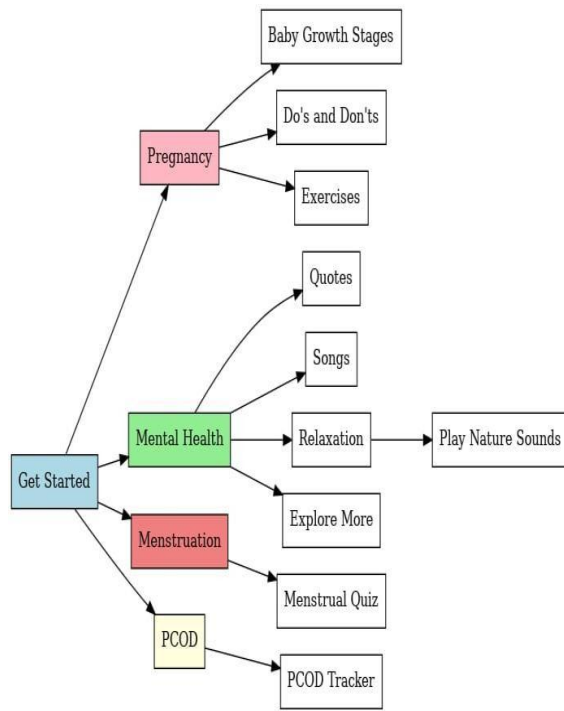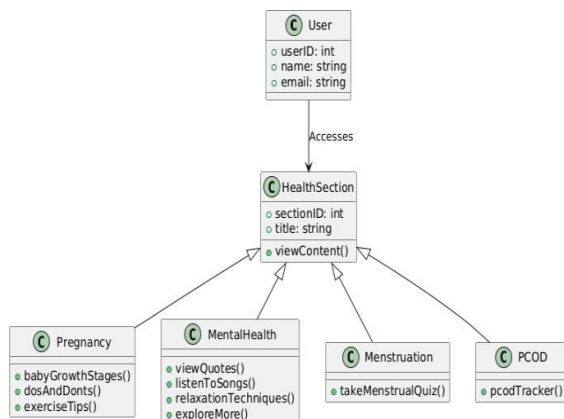
Figure 2. Implemented System Flow chart

Figure 3. Class diagram

VII. METHODOLOGY

The development of the *Empower Her Wellness* app follows a thoughtful and structured approach to ensure it genuinely addresses the health challenges faced by women in India. Every feature and functionality is designed with real user needs in mind, making the app a reliable and accessible health companion.The first step in the process is extensive research and data collection. This involves gathering insights from health reports, medical studies, expert consultations, and real-life user experiences to understand the most pressing concerns related to menstruation, pregnancy, mental health, PCOD, and nutrition.

By building the app on verified and relevant medical information, we ensure that users receive trustworthy health advice and guidance rather than generic or misleading information.Once the foundation is set, the next phase focuses on app design and development. Here, the goal is to create a user-friendly interface with a simple, intuitive navigation system so that women from all backgrounds can easily access the app's features. Each health category is structured into dedicated modules, integrating essential tools such as symptom tracking, stress relief content (including motivational quotes and guided relaxation videos), and personalized health recommendations. The final stage involves content and resource integration, where only verified health information from trusted medical sources and official guidelines is included in the app. This ensures that the advice givenwhether for period health, pregnancy care, PCOD management, or mental well-being is accurate and safe.
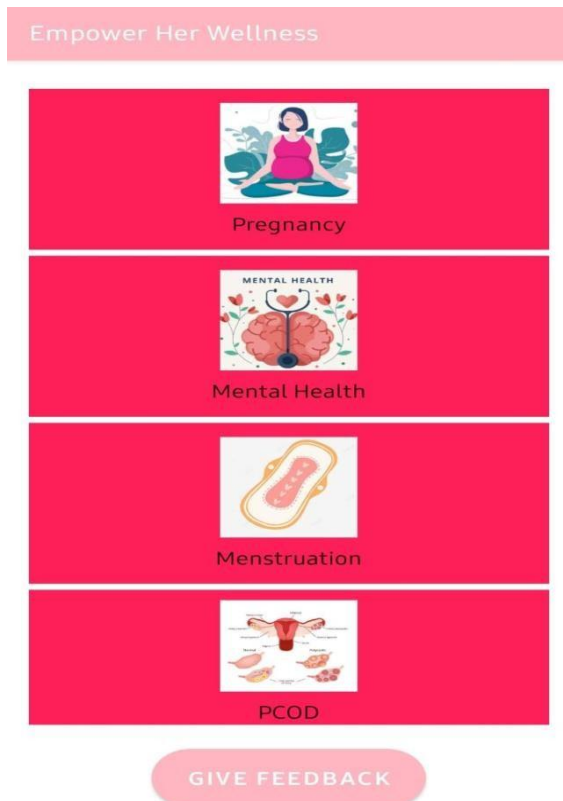
VIII. RESULTS.
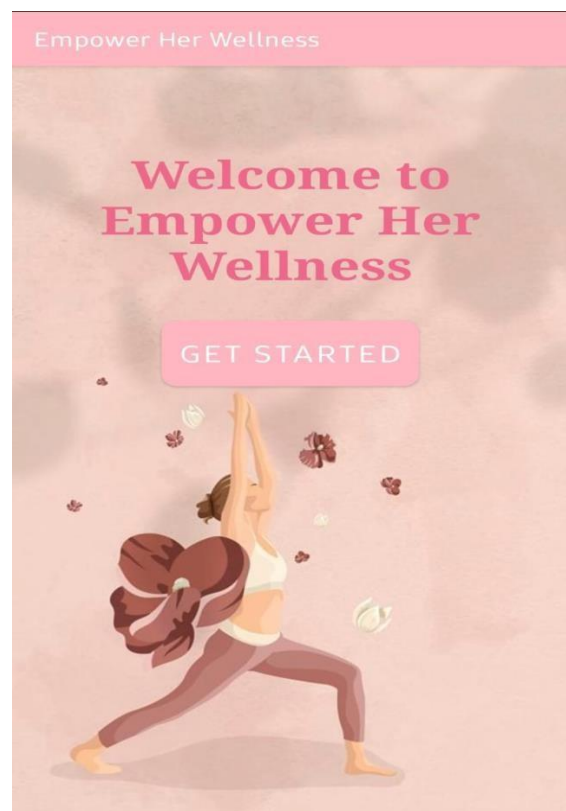
Figure 4. Welcome Screen
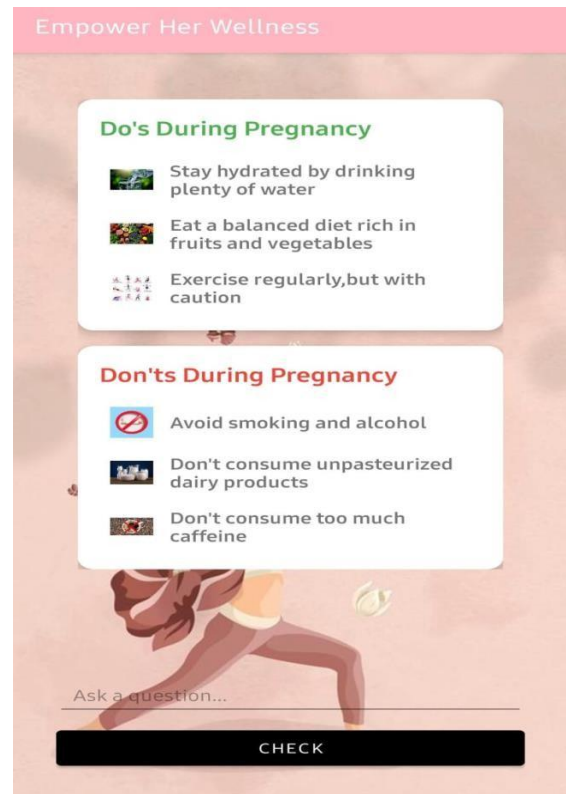
Figure 5. Main Sections Page
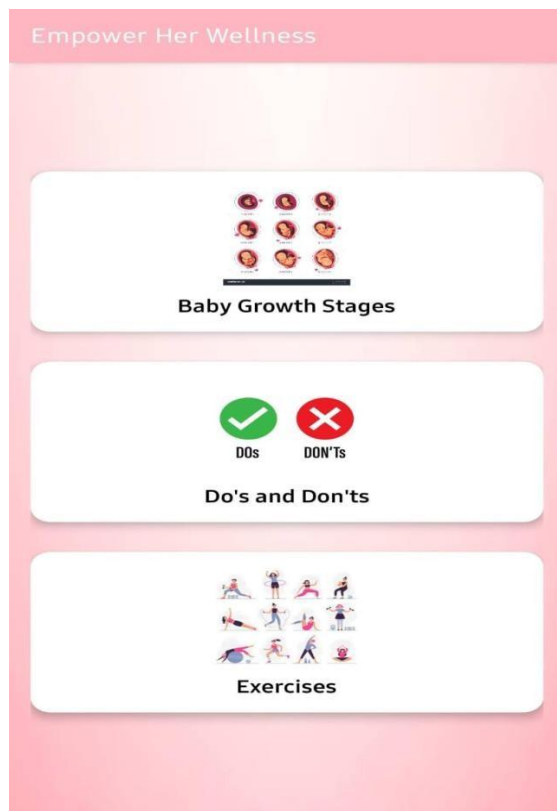

Figure 7. Do's and Don'ts Page

Figure 6. Pregnancy Section Modules Page
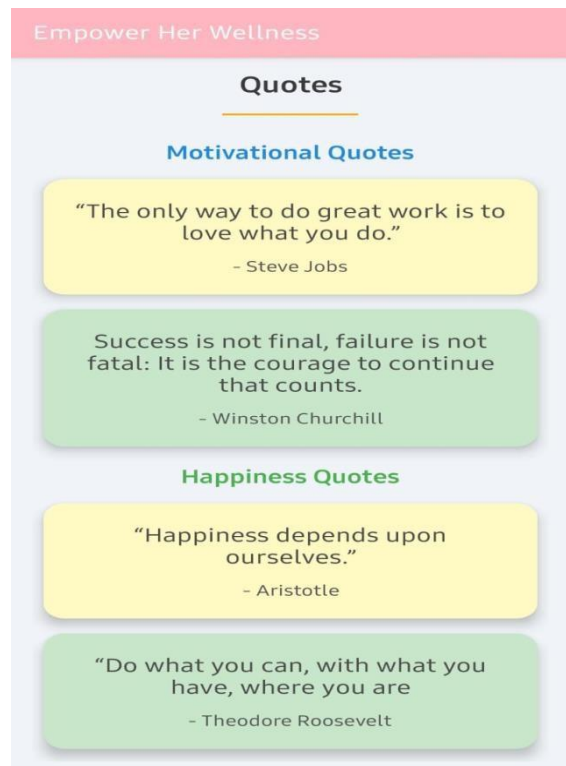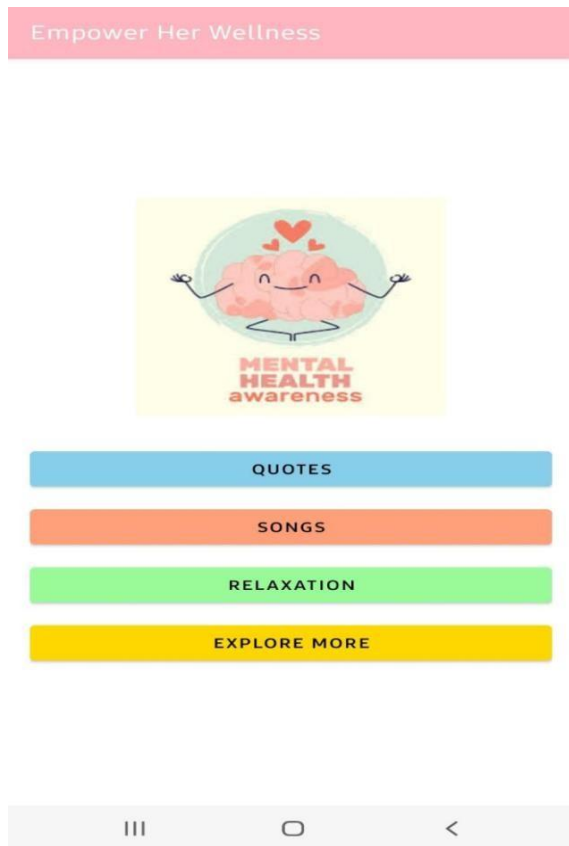

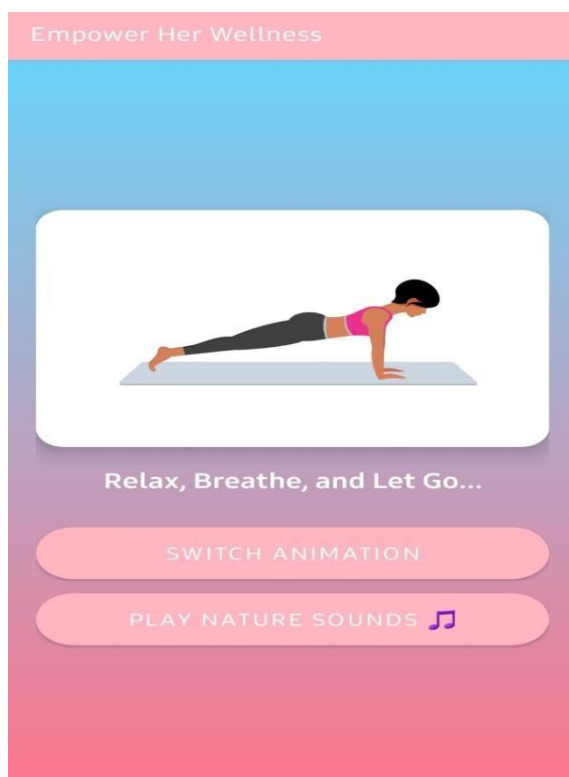Figure 8. Quotes Page

Figure 9. Mental Health Section Modules Page

Figure 11. Menstrual Cycle Quiz Page
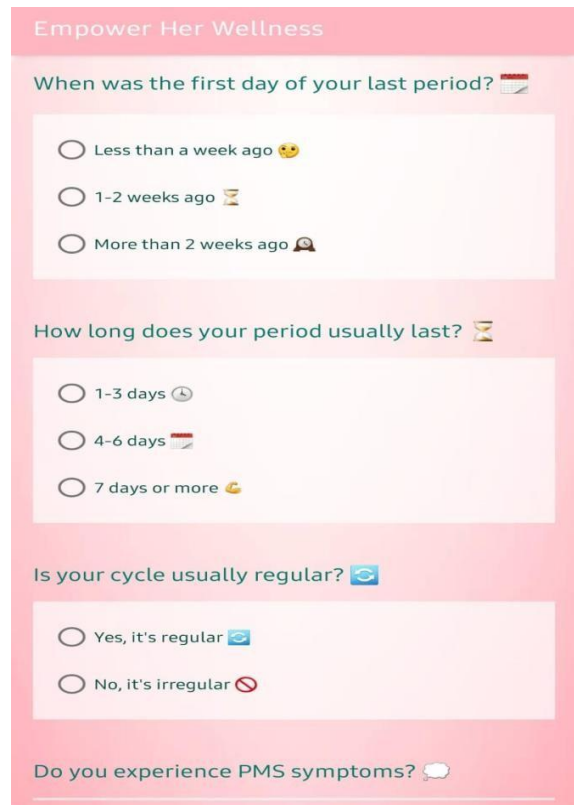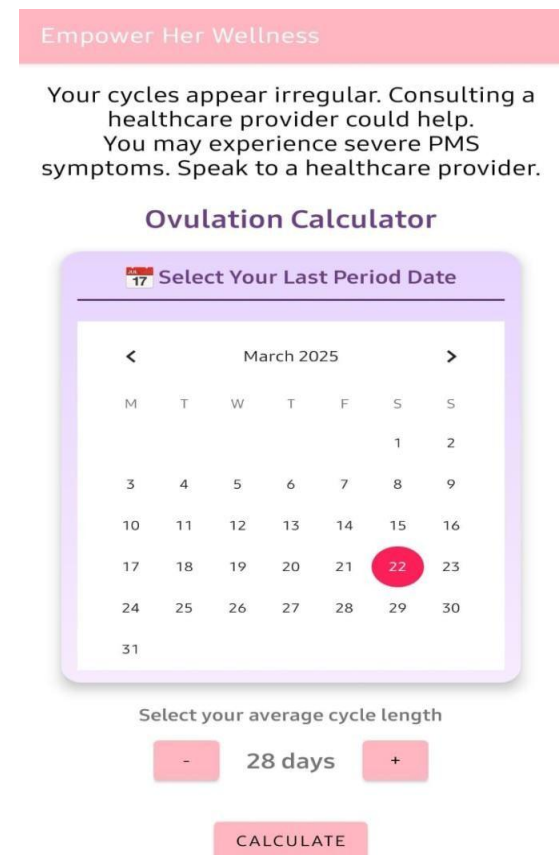

Figure 10. Relaxation Page

Figure 12. Menstrual Result Page

Figure 13. PCOD Health Tracker Page

Figure 15. Feedback Form Page

Figure 14. PCOD Result Page

Figure 16. Feedback Submit Page

IX. CONCLUSION

The Empower Her Wellness application aims to bridge the healthcare gap for women in India by

offering an all- inclusive, this platform focused on menstruation, mental health, pregnancy, and PCOD.

Unlike existing apps, it combines multiple features in a single interface while ensuring user privacy and accessibility. The literature review highlights the increasing role of AI and mobile health applications in women's healthcare and validates the need for a comprehensive solution like Empower Her Wellness.

Future enhancements, such as AI chat bots, wearable integration, and telemedicine services, will further improve the app's usability and effectiveness in empowering women

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