



FINAL YEAR PROJECT REPORT

SEHAT – A MULTIPURPOSE HUB FOR YOUR HEALTH AND WELLNESS NEEDS

**In fulfillment of the requirement
For degree of
BS (COMPUTER SCIENCES)**

By

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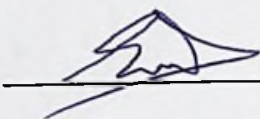
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DECLARATION

We hereby declare that this project report is based on our original work except for citations and quotations which have been duly acknowledged. We also declare that it has not been previously and concurrently submitted for any other degree or award at Bahria University or other institutions.

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SEHAT – A MULTIPURPOSE HUB FOR YOUR HEALTH AND WELLNESS NEEDS

ABSTRACT

In today's fast-paced world, people often neglect key aspects of their health due to fragmented health monitoring tools and lack of time for routine checkups. There is a growing need for a unified, intelligent solution that empowers users to manage their overall well-being in one place. Mobile health (mHealth) applications now provide citizens easier and more precise ways to observe different aspects of their personal health. The current mobile health apps concentrate on one specific domain while overlooking others which leads to divided health data among users. This project delivers SEHAT – A Multipurpose Hub for Health and Wellness Needs as a single mobile application platform that contains three essential health monitoring features: Sleep Tracker, Nutrition Tracker, and Disease Prediction. The system implements a frontend built with Flutter and a backend with Django to achieve responsive performance along with a scalable structure. The application uses artificial intelligence to improve two main features: it recognizes meals by processing images and predicts diseases such as diabetes along with hypertension and diabetic retinopathy. These AI models receive training from and perform evaluations on information obtained from public databases. SEHAT unites diverse health services through its unified platform to deliver an improved system for comprehensive whole-person health care management.

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