Effect of Covid Work from Home on the Health of Students and Employees based on Active Step Count and Various Parameters

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Abstract*: The COVID-19 pandemic has had a profound effect on students and employees mental and physical health, leading to increased rates of anxiety, depression, and post-traumatic stress and this effect has not ended. Physical activity has decreased, while screen time has risen, resulting in a decline in overall physical and mental well-being. This project aims to assess the ongoing impact of the pandemic on individuals' health and lifestyle by analyzing data collected through surveys. Using variables such as BMI, daily screen time, and daily step count, we have developed a model that accurately estimates the adverse effects on individuals' health. Leveraging data science, Python programming, machine learning, and web frameworks like Flask, our goal is to help individual students and employees make informed choices about their lifestyle and prioritize their health as the impact of pandamic is still the same*

Keywords: Step Count, covid, Data science, Python

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