INFORMATICS
INSTITUTE OF
TECHNOLOGY

UNIVERSITY OF
WESTMINSTER⌗

BSc (Hons) in Business Information Systems
6BUIS020C – Final Project Report

"Smart Drinking"

A dissertation by
M D N H Jayalal
20200215 | w1809406

Supervised by
Mr. Havindra Gunawardana

This report is submitted in partial fulfilment of the
requirements for the
BSc (Hons) in Business Information Systems
at the University of Westminster.

School of Business
University of Westminster

Date of Submission: 05/10/2023

Abstract

The need for an application to help reduce or stop alcohol consumption is obvious because of a considerable percentage of society is suffering due to alcohol-related problems. Demand for alcohol and alcohol sales are increasing day by day. Excessive alcohol consumption means exceeding the acceptable drinking limit. Acceptable limit recommendation varies depending on the country but there is a globally accepted limit for a week. If anyone exceeds it no matter which country they live it's considered as excessive alcohol consumption. Green zone(minimum risk) alcohol amount per week is 14 units or below for both males and females. The main problem for alcohol consumers is they don't have knowledge about alcohol safe levels. Therefore they drink excessively without knowing that they exceeded the safe level.

The "Smart Drinking" application was created to track individuals' alcohol consumption on their own and get support from their loved ones if necessary. The application supports consumers to track their alcohol units and get to know whether they are in the green zone or not. Users can get a clear idea about their alcohol usage and possibly get guidance from the app to reduce it if needed. The application provides a feature for excessive users to share their current location among their supporters, navigate them to home or added place and redirect to Uber or Pickme through the app when they are not in a situation to head back home alone. Alcohol consumers and supporters both can access the feed to share their stories through pictures and captions. Others also can enroll with posts by liking and commenting. Users have the ability to create communities by categorizing based on demographics, Dependency level, etc.

All the features and functionalities created for the "Smart Drinking" application were done by analysis and findings. The findings of the evaluation pointed to the necessity of a platform where people can get knowledge about alcohol, alcohol consumption limits and day-to-day tips and tricks. Consumers can track whether they are in the alcohol green zone daily. Users can share experiences and thoughts with others. Mobile applications are the best to experience the "Smart Drinking" application. The application supports consumers to motivate them to reduce or stop alcohol consumption.

The application features and functionalities use the latest technologies from the market and guarantee to give a better service for users. All functionalities were tested with the appropriate methods.