

A Major Project Report
On
“Healthista - Your Mental Health Comes First”

Submitted in partial fulfillment of the
Academic Requirement for the Award of
Degree of

BACHELOR OF TECHNOLOGY
In

Computer Science & Engineering (AI&ML)
Submitted By

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(Approved by AICTE, Affiliated to JNTU, Hyderabad)
Kandlakoya, Medchal Road, R.R. Dist., Hyderabad.

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CERTIFICATE

This is to certify that a Major Project entitled with: “Healthista - Your Mental Health Comes First”
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In partial fulfillment of the requirement for award of the degree of B.Tech in CSE(AI & ML) to the JNTUH, Hyderabad is a record of a bonafide work carried out under our guidance and supervision.

The results in this project have been verified and are found to be satisfactory. The results embodied in this Work have not been submitted to have any other University for award of any other degree or diploma.

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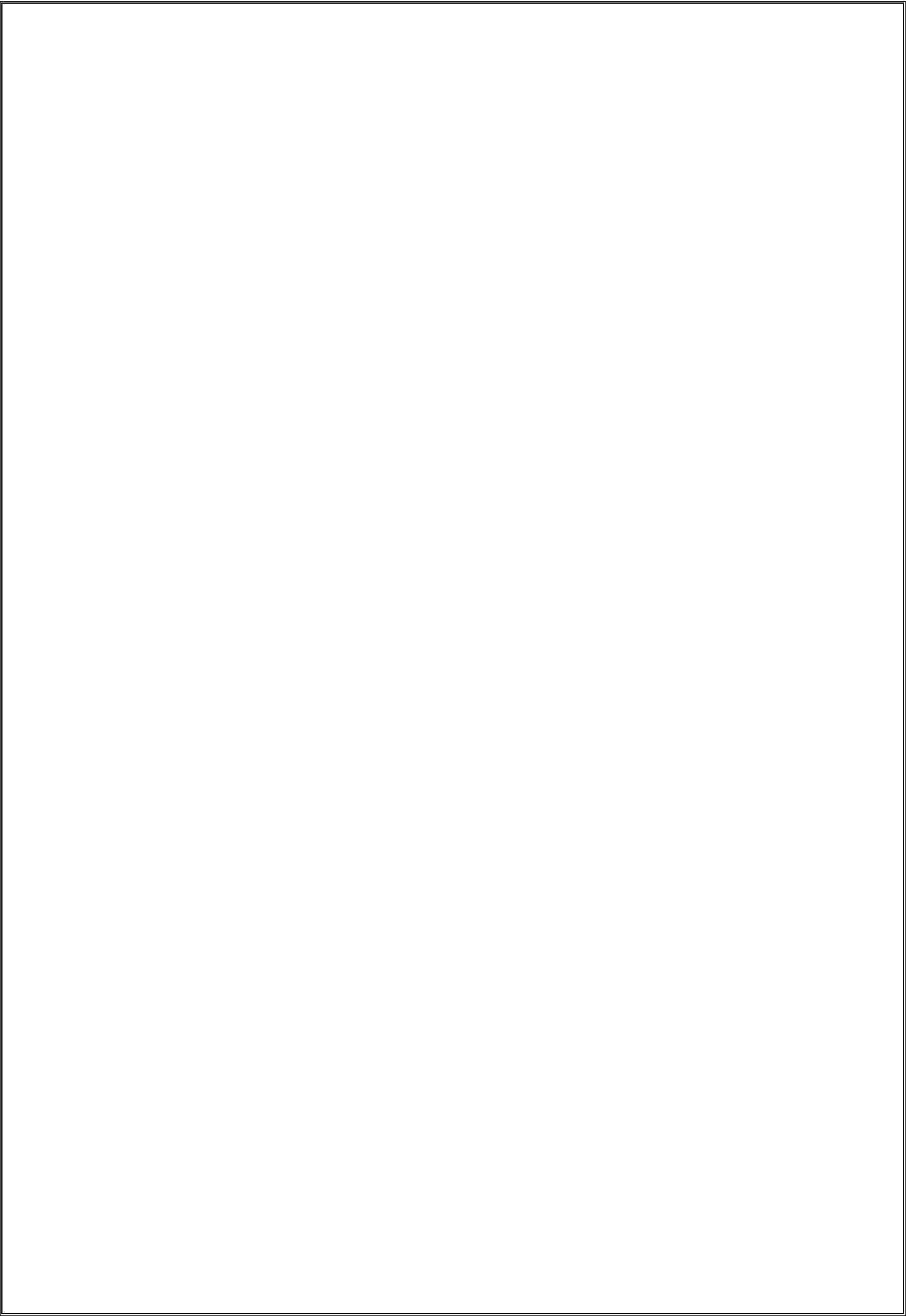
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ABSTRACT

Mental health disorders affect approximately 792 million people globally, representing slightly more than one in ten individuals (10.7%), according to estimates from Our World in Data. Despite the prevalence of these issues, many individuals seldom disclose their struggles and often lack adequate support. Stress, depression, and anxiety are common challenges, underscoring the need for effective and comprehensive relief strategies. Our platform addresses the root causes of mental health issues by offering holistic solutions that encompass physical, emotional, social, and environmental factors, as well as addressing inequalities affecting mental well-being. Recognizing that mental health is integral to overall health, we are committed to providing education and stress relief support to all. We aim to improve mental health services and reduce the stigma associated with mental illness, enhancing the quality of life for individuals and communities. Our approach involves addressing the multifaceted nature of mental health issues and offering solutions that consider various aspects of an individual's life. Our objectives include providing access to resources and information on mental health, offering self-help tools, and facilitating access to professional help. By breaking down barriers and promoting awareness, we strive to make mental health support accessible to all. Our platform serves as a comprehensive resource for individuals seeking to understand and improve their mental health, empowering users to take control of their well-being. We aim to foster a more inclusive and supportive environment for those affected by mental health disorders. Through holistic solutions and greater understanding, we seek to create a society where individuals can thrive both mentally and physically, contributing to global efforts to improve mental health services and reduce stigma.

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1. INTRODUCTION

1.1 About Project

According to Our World in Data, an estimated 792 million people lived with a mental health disorder, representing slightly more than one in ten people globally (10.7%). Individuals suffering from mental health issues often do not disclose their problems and need relief from stress, depression, and anxiety. To address this critical need, we created "HEALTHISTA," a web Application dedicated to mental care.

HEALTHISTA offers a variety of stress relief therapies, including spiritual, audio, yoga, laughing, and reading therapies, among many others. Our platform aims to provide comprehensive support for mental well-being by addressing the diverse needs of individuals. We recognize that mental health is a fundamental component of overall health, and improving mental health services can significantly enhance the quality of life for individuals and communities.

By offering accessible and varied therapeutic options, HEALTHISTA strives to reduce the stigma associated with mental health disorders and make effective relief strategies available to everyone. Through education, awareness, and practical support, our goal is to foster a more inclusive and supportive environment where individuals can achieve better mental health and overall well-being.

1.2 Existing System

The existing mental health care systems offer a variety of services through public, private, community, and digital platforms. However, challenges such as stigma, accessibility, and resource limitations hinder their effectiveness. Despite availability, these services can be limited by factors such as long wait times, lack of specialized care.

public health systems that provide mental health services through hospitals, clinics, and community health centers but on a limited scale.

Private sector mental health care includes services provided by psychiatrists, psychologists, and licensed therapists. These services often offer more immediate access and specialized care but can be costly and are often not covered by insurance.

Numerous **community-based and nonprofit organizations** offer support groups, counseling, and educational programs to help individuals manage mental health issues. These services can be more accessible and less stigmatized but may lack the resources for comprehensive care.

Challenges in Existing Systems:

- **Stigma:** Despite increased awareness, stigma around mental health issues remains a significant barrier to individuals seeking help.
- **Accessibility:** Long wait times, geographical barriers, and high costs limit access to quality mental health care for many individuals.
- **Integrated Care:** There is often a lack of integration between physical and mental health care, leading to fragmented services and less effective treatment outcomes
- **Resource Allocation:** Limited funding and resources in public and nonprofit sectors restrict the availability and quality of mental health services.

1.3 Proposed System

HEALTHISTA is a dedicated mental health care platform designed to address the pressing need for accessible and effective mental health support. Recognizing the gaps in existing systems. Our Web Application aims to provide holistic, multifaceted solutions that cater to the diverse needs of individuals experiencing mental health challenges. By offering a range of therapies and resources. We seek to improve overall mental well-being, reduce stigma, and enhance the quality of life for its users.

HEALTHISTA represents a comprehensive, user-centric approach to mental health care, addressing the limitations of existing systems by offering accessible, diverse, and effective solutions. By integrating education, self-help tools, professional support, and community engagement

Core Features of HEALTHISTA:

1. **Spiritual Therapy:** Techniques such as meditation, prayer, and mindfulness exercises to foster inner peace and mental clarity.
2. **Audio Therapy:** Soothing sounds, music therapy, and guided audio sessions to alleviate stress and promote relaxation.
3. **Yoga Therapy:** Integrative yoga sessions focusing on physical postures, breathing exercises, and meditation to enhance mental and physical well-being.
4. **Laughing Therapy:** Programs designed to use laughter as a tool to reduce stress, improve mood, and foster a sense of community.
5. **Reading Therapy:** Curated reading materials, including self-help books, inspirational stories, and mental health literature to provide comfort and guidance.
6. **Chatbot Feature:** An AI-powered chatbot providing round-the-clock assistance, answering questions, offering advice, and directing users to appropriate resources.
7. **Workshops and Webinars:** Interactive sessions led by mental health professionals to provide deeper insights into managing stress, anxiety, and depression disorders.

Advantages Of Proposed System:

- **24/7 Availability:** Users can access resources, tools, and support at any time, from any where. The **chatbot** can Immediate response to users in crisis, offering calming techniques and connecting them with professional help if necessary.
- **User-Friendly Interface:** Intuitive design ensures that users can easily navigate the platform and find the help they need.
- **Cost-Effective Solutions:** Many resources and tools are available for free or at a low cost, making mental health support accessible to a wider audience.
- **Anonymity and Privacy:** Features that allow users to seek help anonymously, reducing the fear of judgment and stigma.

1.4.Literature Survey

A STUDY ON STRESS MANAGEMENT IN EDUCATION SECTOR

- Dr. V. Antony Joe Raja

Stress is the “wear and tear” our minds and bodies experience as we attempt to cope with our continually changing environment & Most of the stress we experience itself-generated. Academic pressure has risen in recent years, tests and assignments have taken place and a lot of other things student has to do. The architecture, but also the teachers and parents have placed a lot of pressure on the students to obtain good grades. These expectations make the students work intensely and generate more tension.

There are different ways and means in which students can adopt stress relief, such as absorption in A regular exercise form, this small change will go a long way and ensures a sustainable happiness climate. Meditation and breathing should also be performed be integrated during exams to alleviate stress and prevent panicking for students.

Development of Literature Academic Anxiety From 2002-2021: A Bibliometric Analysis Approach

- Septian Cahya Azhari¹, Ceceng Saepulmilah^{2*}, Tasya Meita³

The mental health of students is an important factor for them to be able to carry out optimal learning.

Not a few students who experience psychological disorders that can affect students' social, cognitive and affective activities. Anxiety can also be defined as fear, tension, or anxiety characterized by fear or uncertainty about something whose cause is unknown to the individual himself. Academic anxiety is anxiety that occurs in the education/school environment

including teachers in certain subjects and this causes students to feel uncomfortable or mentally depressed because they perceive a subject as negative.

Feelings of anxiety/anxiety can be accompanied by a variety of psychological symptoms such as fast heart rate, increased breathing, and nervous tension. Anxiety is similar to fear in the sense that it involves a high level of arousal. Arousal is a state of alertness / alertness and readiness to act (VandenBos, 2007). This feeling of anxiety cannot be found a solution if it is not searched for what causes it. Students feel anxious sometimes when faced with problems related to their academic grades.

Depression among the College Students

- An Empirical Study Tapas Karmakar¹ and Santosh Kumar Behera^{2*}

The most common psychological problems of college students are depression. Today depression is the serious issue in the world. Every nation invest a lot of money to solve psychological problems, depression is one of them. Research survey on college student's reports there will be 10 to 20 % of student population suffering from psychological problems (Stress, Anxiety & Depression).

It is found that there is no significance difference exists among parent's jobs of the college students with regard to depression. Here the son of Farmer College students are more depressed than their counterpart. However, Depression is a serious health problem that can affect people of all ages, including children and adolescents. It affects the education of the students. Teacher and parent play an important role for reducing depression among the students.

Stress : Facts and Theories through Literature Review

- Amir Mohammad Shahsavarani ^{1*}, Esfandiar Azad Marz Abadi ¹, Maryam Hakimi Kalkhoran ²

Stress is a widespread phenomenon all around during all human lifespan. All people have experienced it throughout their history and throughout human history. Stress is one the special characteristics of life and its presence has been much highlighted so that in fine arts and literature of all eras it has been addressed (1). The reason of the widen presence and inclusiveness of stress in human communities is the complexity of human social, personal, and ecological environment, multiple and simultaneously interactions of human with surrounding issues, and diversity in stress expression.

The present study was classified as a systematic review in which the effort is to gather, recognize, evaluate, choose and combine all noteworthy evidence related to the study question. Having a sound understanding about systematic reviews and their application in all branches of science especially in health sector, is increasingly mandatory. The main aim of the present systematic review was to provide a detailed summary of literature related to stress. All systematic reviews have a regulated and objective approach to integrate results which is firstly aimed to minimizing

the biases. Some systematic reviews make statistical analyses, whereas other use qualitative methods based on standard collection, analysis, and reporting of the evidence.

The current study systematically reviewed theoretical literature of stress. Eleven major definitions of stress, three methods of stress classification, three main explanation models of stress, occupational stress, job burnout, biological and neuropsychological bases of stress, related constructs (anxiety, homeostasis, & allostasis), religious and spiritual approaches to stress, stress outcomes, and mutual relations between stress and culture were discussed. The study reviews the bases of stress as a multimodal construct in a BioPsychoSocioSpiritual manner to consolidate a theoretical integration for future studies about stress.

2.Requirement Specifications

2.1 Requirement Analysis

The project involved analyzing the design of few applications so as to make the application more users friendly. To do so, it was really important to keep the navigations from one screen to the other well ordered and at the same time reducing the amount of typing the user needs to do. In order to make the application more accessible, the browser.

2.1.1 Hardware Requirement

- For developing the application the following are the Hardware Requirements:
 - **Devices:** Desktop computers, laptops, tablets, and smartphones.
 - **Processor:** Any modern multi-core processor
 - **RAM:** Minimum 4GB for smooth user experience.
 - **Storage:** Sufficient storage space to install web browsers and necessary plugins.
 - **Internet Connection:** Stable internet connection

2.1.2 SOFTWARE REQUIREMENTS:

For developing the application the following are the Software Requirements:

- **Operating System:** Linux (Ubuntu) or Windows Server.
- **Programming Languages:** HTML,CSS,Java Script.
- **API:** RESTful or RapidAPI to facilitate communication.
- **Web Browsers:** Latest versions of Chrome, Firefox, Safari, Edge.

2.2 Specification Principles

◆ User-Centric Design:

- Focus on providing a seamless and intuitive user experience.
- Ensure the platform is accessible to users with different levels of technical expertise.

◆ Security and Privacy:

- Comply with data protection regulations.

◆ Accessibility and Inclusivity:

- Ensure the platform is accessible to users.
- Provide multilingual support to cater to a global audience.

2.2.1 Software Description

- Front-End Technologies:

■ HTML (HyperText Markup Language):

- **Purpose:** Structuring the content on the web pages.
- **Features:** Semantic elements like <header>, <nav>, <article>, <section>, and <footer> to improve accessibility and SEO.

■ CSS (Cascading Style Sheets):

- **Purpose:** Styling the web pages to make them visually appealing.
- **Features:** Responsive design techniques using Flexbox, Grid, and Media Queries to ensure the platform works on various devices and screen sizes.

■ JavaScript:

- **Purpose:** Adding interactivity and dynamic features to the web pages.

■ ChatBot Feature:

- We have used JavaScript code is a simple implementation of a chatbot using an external API for generating bot responses.
- It retrieves the user's input from the input field.
- It logs the created user message for debugging.
- The user's message is sent to an external API using a POST request with appropriate headers and body content.
- It sends a POST request to the API endpoint using the fetch API.
- It processes the API response and creates a bot message with the response text.

3. System Design

3.1 System Architecture

The system architecture for HEALTHISTA, a comprehensive mental health care platform, is designed to ensure scalability, security, and user-friendliness. The architecture is divided into several layers, each serving a specific function to provide a seamless and effective user experience.

Architecture Components:

- **HTML:** Structures the content of the web pages, ensuring semantic elements for better accessibility and SEO.
- **CSS:** Styles the web pages to create an appealing and responsive design, making use of Flexbox, Grid, and media queries.
- **JavaScript:** Adds interactivity and dynamic content loading.

Chatbot Engine:

- **AI Integration:** Uses external AI services (OpenAI) to handle natural language processing and generate intelligent responses to user queries.
- **Session Management:** Keeps track of user sessions to provide context-aware responses and personalized interactions.

3.2 UML DIAGRAMS

UML stands for Unified Modeling Language. UML is a standardized general-purpose modeling language in the field of object-oriented software engineering. The standard is managed, and was created by, the Object Management Group.

The goal is for UML to become a common language for creating models of object oriented computer software. In its current form UML is comprised of two major components: a Meta-model and a notation. In the future, some form of method or process may also be added to; or associated with, UML.

The Unified Modeling Language is a standard language for specifying, Visualization, Constructing and documenting the artifacts of software system, as well as for business modeling and other non-software systems.

The UML represents a collection of best engineering practices that have proven successful in the modeling of large and complex systems.

The UML is a very important part of developing objects oriented software and the software development process. The UML uses mostly graphical notations to express the design of software projects.

GOALS:

The Primary goals in the design of the UML are as follows:

Provide users a ready-to-use, expressive visual modeling Language so that they can develop and exchange meaningful models.

Provide extendibility and specialization mechanisms to extend the core concepts.

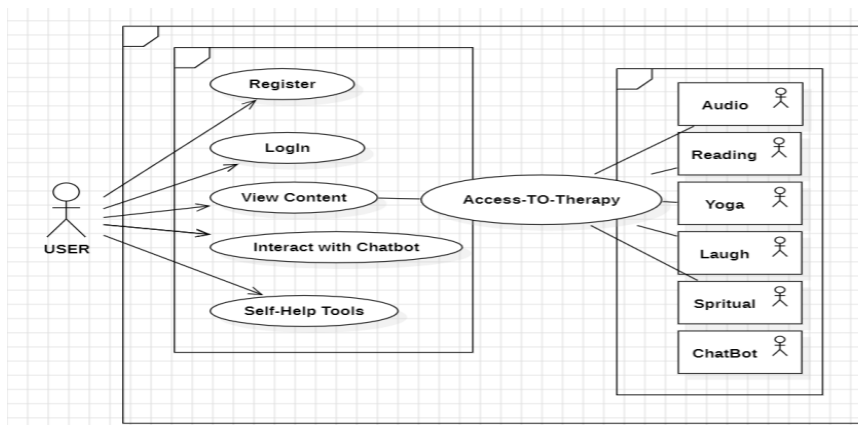
Be independent of particular programming languages and development process.

Provide a formal basis for understanding the modeling language.

Support higher level development concepts such as collaborations, frameworks, patterns and components and Integrate best practices.

3.2.1 USE CASE DIAGRAM:

A use case diagram in the Unified Modeling Language (UML) is a type of behavioral diagram defined by and created from a Use-case analysis. Its purpose is to present a graphical overview of the functionality provided by a system in Terms of actors, their goals (represented as use cases), and any dependencies between those use cases. The main purpose of a use case diagram is to show what system functions are performed for which actor. Roles of the actors in the system can be depicted.



4.Implementation

4.1 Project Module:

● Content Management

➤ View Content (USER)

- **Description:** This module allows users to access various types of stress relief therapy content.
- **Functionality:**
 - Users can browse through different categories such as spiritual, audio, yoga, laughing, and reading therapy.
 - Content is displayed in a user-friendly manner.
- **Importance:** Provides users with access to diverse mental health resources, catering to different preferences and needs

➤ Interact with Chatbot (USER)

- **Description:** This module provides users with an interactive chatbot for guidance and support.
- **Functionality:**
 - Users can ask questions and seek advice from the chatbot.
 - The chatbot uses natural language processing to understand user queries and provide appropriate responses.
- **Importance:** Offers immediate, automated support to users, enhancing user experience and engagement.

➤ Access Self-Help Tools (USER)

- **Description:** This module provides users with various tools and resources to improve their mental health.
- **Functionality:**
 - Users can access self-help exercises, journals, and other resources.
 - Tools are designed to help users manage stress, anxiety, and depression.
- **Importance:** Empowers users to take control of their mental well-being with practical, self-guided resources.

➤ Manage Content (ADMIN)

- **Description:** This module is used by admins to manage and update the content available on the platform.
- **Functionality:**
 - Admins can add, edit, or remove therapy content.
 - Content updates are reflected in real-time for users.
- **Importance:** Ensures the platform remains current and relevant with updated and new content.

4.2 Source Code:

INDEX.HTML

```
<!DOCTYPE html>
<html lang="en">

<head>
  <meta charset="UTF-8" />
  <meta http-equiv="X-UA-Compatible" content="IE=edge" />
  <meta name="viewport" content="width=device-width, initial-scale=1.0" />
  <title>Healthista</title>
  <!-- <link rel="icon" href="/images/favicon-enhanced.png"> -->
  <link rel="stylesheet" href="/CSS/style.css" />
  <!-- <link rel="manifest" href="manifest.json"> -->
  <link rel="apple-touch-icon" href="/images/favicon-enhanced.png" />
  <link rel="shortcut icon" href="images/logo.png" type="image/x-icon">
  <meta name="theme-color" content="#000000" />
  <link rel="stylesheet" text="text/CSS"
    href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/6.1.1/css/all.min.css">
  <link rel="stylesheet" type="text/css"
    href="https://cdnjs.cloudflare.com/ajax/libs/OwlCarousel2/2.3.4/assets/owl.carousel.min.css">
  <link rel="stylesheet" text="text/CSS"
    href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/6.1.1/css/all.min.css">
  <link href="https://unpkg.com/aos@2.3.1/dist/aos.css" rel="stylesheet">
</head>
<style>
  html {
    scroll-behavior: smooth;

  }

  .hidden {
```

```

    visibility: hidden;
}

.back-top-wrap {
    position: fixed;
    bottom: 5rem;
    right: 1rem;
    background-color: #80F7D1;
    padding: 1rem 1.2rem;
    border-radius: 50%;
    cursor: pointer;
    transition: .3s ease-in-out;
    z-index: 100;
}

.back-top-wrap:hover {
    background-color: #00a2ff;
    color: #80F7D1;
}

.back-top-wrap:hover .fas.fa-arrow-up {
    color: white;
}

.fas.fa-arrow-up {
    color: #00488F;
    transition: 0.3s ease-in-out;
}
</style>

<body onload="myFunction()">
  <div class="loading-wrapper">
    
  </div>

  <!-- Back to top button -->
  <div id="back-top-div" class="back-top-wrap">
    <i class="fas fa-arrow-up"></i>
  </div>
  <header>
    <nav class="nav" id="nav">
      <div>
        <a class="navbar-brand" href="#!"> </a>
      </div>

```

```

<div class="nav-links" id="navLinks">
  <ul class="links" id="navmenu">
    <li><a href="#">HOME</a></li>
    <li><a href="#about">ABOUT</a></li>
    <li><a href="#services">SERVICES </a></li>
    <li><a href="/therapy/contact.html">CONTACT US </a></li>
  </ul>
</div>
<div class="hamburger" id="ham">
  <i class="cancel fa-solid fa-xmark"></i>

  <svg class="burger" stroke="currentColor" fill="currentColor" stroke-width="0"
viewBox="0 0 1024 1024" height="1em" width="1em"
  xmlns="http://www.w3.org/2000/svg">
    <path
      d="M904 160H120c-4.4 0-8 3.6-8 8v64c0 4.4 3.6 8 8 8h784c4.4 0 8 3.6 8 8v-64c0-
4.4-3.6-8-8-8zm0 624H120c-4.4 0-8 3.6-8 8v64c0 4.4 3.6 8 8 8h784c4.4 0 8 3.6 8 8v-64c0-4.4-
3.6-8-8-8zm0-312H120c-4.4 0-8 3.6-8 8v64c0 4.4 3.6 8 8 8h784c4.4 0 8 3.6 8 8v-64c0-4.4-3.6-
8-8-8z">
    </path>
  </svg>
</div>
</nav>
<div class="menu" id="menu">
  <ul class="menu-link">
    <li><a href="#">HOME</a></li>
    <li><a href="#about">ABOUT</a></li>
    <li><a href="#services">SERVICES </a></li>
    <li><a href="/therapy/contact.html">CONTACT US </a></li>
  </ul>
</div>
<div class="content">
  <!--<h1>Welcome to Healthista</h1-->
  <div class="container">
    <h3><span class="auto-type" style="font-size: 40px;font-family:'Lucida Sans', 'Lucida
Sans Regular', 'Lucida Grande', 'Lucida Sans Unicode', Geneva, Verdana, sans-
serif;"></a></span></h3>
  </div>
  <script src="https://cdn.jsdelivr.net/npm/typed.js@2.0.12"></script>
  <script>
    var typed = new Typed(".auto-type", {
      strings: ["One-step solution to get relief from stress."],
      typeSpeed: 50,
      backspeed: 50,
      loop: true
    });
  </script>

```

```

    })
  </script>
  <!-- <a href="#services" class="rainbow-button" alt="Explore"></a> -->
</div>

</header>

<!-- About Section -->
<section id="about" class="about">
  <h1 data-aos="flip-right">About Us</h1>
  <div class="max-width">
    <div data-aos="zoom-in" class="photo"></div>
    <div class="about-content">
      <p data-aos="fade-left" class="text-1"> We have created a user-friendly website that
promotes mental health care and provides resources and support for individuals facing mental
health challenges ,
        with the aim
        to provide a<span>one step solution</span> to get relief from stress, anxiety,
depression. </p>
      <p data-aos="fade-left" class="text-3">We hope that everyone can live a <span>stress
free life </span>with the
        help of<span> Healthista.</span></p>
    </div>
  </div>
  <h3><span style="color: rgb(91, 134, 150);">MEET OUR MEMBERS</span></h3>

  <div class="box">

    <div class="card">
      
      <h5>A Usha</h5>
      <br>
      <h5>A Sanjana</h5>
      <div class="pra">
        <p>Core-Members(D1 & D2)</p>
        <!--<p>Leader</p>-->
        <!--<a href="#"><button>Let's Connect</button></a>-->
      </div>
    </div>
    <div class="card">
      
      <h5> *Code Crafters* </h5>
      <div class="pra">
        <p>InnovativeTheHealingProcess !</p>

```



```
        <a href="https://www.linkedin.com/in/yashwanth-devagudi-v-v-
a1a740295?utm_source=share&utm_campaign=share_via&utm_content=profile&utm_medium=
android_app"><button>Let's Connect</button></a>
```

```
    </div>
```

```
</div>
```

```
<div class="card">
```

```
    
```

```
    <h5>D Akshita</h5>
```

```
    <br>
```

```
    <h5>D Yashwanth</h5>
```

```
    <div class="pra">
```

```
        <p>Core-Members(E2 & E3)</p>
```

```
        <!--<p>Leader</p>-->
```

```
    <!--<a href="#"><button>Let's Connect</button></a>-->
```

```
    </div>
```

```
</div>
```

```
</div>
```

```
</div>
```

```
</div>
```

```
</section>
```

```
<!-- SERVICES SECTION -->
```

```
<section id="services">
```

```
    <h1>Our Services</h1>
```

```
    <div data-aos="zoom-in" data-aos-duration="800" class="container">
```

```
        <div class="responsive audio">
```

```
            <div class="round-image">
```

```
                
```

```
            </div>
```

```
        <div class="description">
```

```
            <h2>Audio Therapy</h2>
```

```
            <p>
```

```
                Listening to music & other audio files often enlightens our mood.
```

```
            </p>
```

```
            <a href="/therapy/auido.html">
```

```
                Let's Explore
```

```
            </a>
```

```
        </div>
```

```
    </div>
```

```
    <div data-aos="zoom-in" data-aos-duration="800" class="responsive reading">
```

```
        <div class="round-image">
```

```
            
```

```

</div>
<div class="description">
  <h2>Reading Therapy</h2>
  <p>
    Motivational quotes and books can help us to divert and change our mood.
  </p>
  <a href="./therapy/read.html">
    Let's Explore
  </a>
</div>
</div>
<div data-aos="zoom-in" data-aos-duration="800" class="responsive yoga">
  <div class="round-image">
    
  </div>
  <div class="description">
    <h2>Yoga Therapy</h2>
    <p>
      Yoga and exercise plays a very important role in our lives.
    </p>
    <a href="./therapy/yoga.html">
      Let's Explore
    </a>
  </div>
</div>
<div data-aos="zoom-in" data-aos-duration="800" class="responsive laugh">
  <div class="round-image">
    
  </div>
  <div class="description">
    <h2>Laughing Therapy</h2>
    <p>
      Laughing is the only medicine which refreshes our mind.
    </p>
    <a href="./therapy/laugh.html">
      Let's Explore
    </a>
  </div>
</div>
</div>

<div data-aos="zoom-in" data-aos-duration="800" class="responsive doctor">
  <div class="round-image">
    
  </div>

```

```

<div class="description">
  <h2>Consult A Doctor</h2>
  <p>
    If you're facing too much problem, you should consult a doctor.
  </p>
  <a href="/therapy/doctor.html">
    Let's Explore
  </a>
</div>
</div>
<div class="responsive spiritual">
  <div class="round-image">
    
  </div>
  <div class="description">
    <h2>Spiritual Therapy</h2>
    <p>
      Helps you to become more mindful in your thinking
    </p>
    <a href="/therapy/spiritual.html">
      Let's Explore
    </a>
  </div>
</div>
<div class="responsive spiritual">
  <div class="round-image">
    
  </div>
  <div class="description">
    <h2>Chat-Bot</h2>
    <p>
      MAY I HELP YOU?
    </p>
    <a href="/chat-bot/index.html">
      Let's Explore
    </a>
  </div>
</div>
</div>
</section>

<!-- Testimonials Section -->

<!-- Faq section -->
<section class="faq">

```

```

<div class="faq_heading">
  <h1>Frequently Asked Questions</h1>
</div>
<div class="accordion">
  <div class="accordion__item">
    <button class="accordion__btn">

      <span class="accordion__caption"><i class="far fa-lightbulb"></i>Who are we and
what do we do?</span>
      <span class="accordion__icon"><i class="fa fa-plus"></i></span>
    </button>

    <div class="accordion__content">
      <p>We have created a user-friendly website that promotes mental health care and
provides resources and support for individuals facing mental health challenges ,
      with the aim
      to provide a one step solution to get relief from stress, anxiety, depression. We hope
that everyone can live a
      stress free life with the help of Healthista.</p>
    </div>
  </div>

  <div class="accordion__item">
    <button class="accordion__btn">

      <span class="accordion__caption"><i class="far fa-lightbulb"></i>What are the
services we offer?</span>
      <span class="accordion__icon"><i class="fa fa-plus"></i></span>
    </button>

    <div class="accordion__content">
      <p>We offer multiple services like:
      <br>
      1. Audio Therapy
      <br>
      2. Reading Therapy
      <br>
      3. Yoga Therapy
      <br>
      4. Laughing Therapy
      <br>
      5. Spritual Therapy
      <br>
      6. Doctor Consultation
    </p>
  </div>
  </div>

```

```

    </div>
</div>

<div class="accordion__item">
  <button class="accordion__btn">

    <span class="accordion__caption"><i class="far fa-lightbulb"></i>How can you
Contact Us?</span>
    <span class="accordion__icon"><i class="fa fa-plus"></i></span>
  </button>
  <span class="accordion__icon"><i class="fa fa-plus"></i></span>
</button>

  <div class="accordion__content">
    <p>Yoga therapy uses yoga postures, breathing exercises, meditation, and guided
imagery to improve mental and
    physical health.</p>
  </div>
</div>

<div class="accordion__item">
  <button class="accordion__btn">

    <span class="accordion__caption"><i class="far fa-lightbulb"></i>What is Laughing
Therapy?</span>
    <span class="accordion__icon"><i class="fa fa-plus"></i></span>
  </button>

  <div class="accordion__content">
    <p>Laughing therapy uses humor to help relieve pain and stress and improve a
person's sense of well-being
    through jokes and playful exercises that encourage hearty, continuous, and lively
laughter.</p>
  </div>
</div>

<div class="accordion__item">
  <button class="accordion__btn">

    <span class="accordion__caption"><i class="far fa-lightbulb"></i>What is Talking
Therapy?</span>
    <span class="accordion__icon"><i class="fa fa-plus"></i></span>
  </button>

  <div class="accordion__content">

```

<p>Talking therapy involves talking to someone to help deal with negative feelings or other mental health problems. It helps shy individuals open up their problems to others so that they can help them overcome

them.</p>

</div>

</div>

<div class="accordion__item">

<button class="accordion__btn">

<i class="far fa-lightbulb"></i>What is Child Therapy?

<i class="fa fa-plus"></i>

</button>

<div class="accordion__content">

</div>

<!--ADDRESS COLUMN-->

<div class="footer-side-col">

<div class="col">

<h3>Contact Us</h3>

<p class="email-id">rtsr@gmail.com</p>

</div>

<!--HOME COLUMN-->

<div class="col">

<h3>HOME</h3>

About Us

Code Of Conduct

Contribute

</div>

<!--OUR SERVICES COLUMN-->

<div class="col">

<h3>

SERVICES

<div class="underline"></div>

```

</h3>
<ul>
  <li>
    <a href="http://127.0.0.1:5501/therapy/spritiual.html#">Spiritual therapy</a>
  </li>
  <li>
    <a href="http://127.0.0.1:5501/therapy/yoga.html#">Yoga Therapy</a>
  </li>
  <li>
    <a href="http://127.0.0.1:5501/therapy/laugh.html#">Laughter therapy</a>
  </li>
  <li>
    <a href="http://127.0.0.1:5501/therapy/read.html">Read therapy</a>
  </li>
  <li>
    <a href="http://127.0.0.1:5501/therapy/auido.html">Audio therapy</a>
  </li>
  <li><a href="">Chatbot</a></li>
</ul>
</div>
<CONTACTS COLUMN>
  <div class="col">
    <h3>
      CONTACTS
      <div class="underline"><span></span></div>
    </h3>
    <div class="social-menu">
      <ul>
        <a href="#" target="_blank">
          <li id="social-twitter"><i class="fab fa-2x fa-twitter"></i></li>
        </a>
        <a href="https://github.com/CdCrftsr">
          <li id="social-github"><i class="fab fa-2x fa-github"></i></li>
        </a>
        <a href="https://www.linkedin.com/in/yashwanth-devagudi-v-v-a1a740295?utm_source=share&utm_campaign=share_via&utm_content=profile&utm_medium=android_app">
          <li id="social-linkedin"><i class="fab fa-2x fa-linkedin-in"></i></li>
        </a>
      </ul>
    </div>
  </div>
</div>
</div>
</div>

```

```

</footer>

<script src="https://ajax.googleapis.com/ajax/libs/jquery/3.6.0/jquery.min.js"></script>
<script>

let preloader = document.querySelector(".loading-wrapper");
function myFunction() {
  preloader.style.display = 'none';
  document.body.style.overflow = 'auto';
}
let navbar = document.querySelector("#nav");
let navmenu = document.querySelector("#navmenu");

window.onscroll = function () {
  if (window.pageYOffset >= navmenu.offsetTop) {
    navbar.classList.add("sticky");
  } else {
    navbar.classList.remove("sticky");
  }
};

window.onscroll = () => {
  if (window.scrollY > 100) {
    navbar.classList.add('nav-active');
  } else {
    navbar.classList.remove('nav-active');
  }
};
</script>
<script>
  if ('serviceWorker' in navigator) {
    window.addEventListener('load', () => {
      navigator.serviceWorker.register('./serviceworker.js')
        .then((reg) => console.log('Success', reg.scope))
        .catch((err) => console.log('Error', err))
    })
  }
</script>
<script src="/therapy/contact.html"></script>
<script src="/js/index.js"></script>
<script src="/js/script.js"></script>
<script
src="https://cdnjs.cloudflare.com/ajax/libs/popper.js/1.12.9/umd/popper.min.js"></script>
<script src="https://unpkg.com/aos@2.3.1/dist/aos.js"></script>
<script>

```



```
AOS.init();
</script>
</body>

</html>
<!DOCTYPE html>
```

CHAT-BOT.HTML

```
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>Chatbot</title>
  <style>

    body {
      font-family: Arial, sans-serif;
      display: flex;
      justify-content: center;
      align-items: center;
      height: 100vh;
      background-color: skyblue;
      margin: 0;
    }
    .chat-container {
      display: flex;
      flex-direction: column;
      width: 750px;
      height: 70vh;
      border: 1px solid #ccc;
      border-radius: 10px;
      overflow: hidden;
      box-shadow: 0 4px 6px rgba(0, 0, 0, 0.1);
      background-color: white;
      margin: 5rem 24rem;
    }
    .chat-header {
      padding: 10px;
      background-color: #007bff;
      color: white;
      text-align: center;
      font-size: 18px;
      font-weight: bold;
    }
  </style>
</head>
<body>
  <div class="chat-container">
    <div class="chat-header">
      Chatbot
    </div>
  </div>
</body>
</html>
```

```

.chat-window {
  flex: 1;
  padding: 10px;
  overflow-y: auto;
  display: flex;
  flex-direction: column;
}
.input-container {
  display: flex;
  border-top: 1px solid #ccc;
  padding: 10px;
  background-color: #fafafa;
}
.input-container input {
  flex: 1;
  padding: 10px;
  border: none;
  border-radius: 5px;

  border-radius: 50%;
  animation: loading 1s infinite alternate;
}
.loading span:nth-child(2) {
  animation-delay: 0.2s;
}
.loading span:nth-child(3) {
  animation-delay: 0.4s;
}
@keyframes loading {
  0% {
    transform: scale(1);
  }
  100% {
    transform: scale(1.5);
  }
}

/* Navbar Styles */
header {
  width: 100%;
  position: fixed;
  top: 0;
  background-color: #007bff;
  box-shadow: 0 2px 4px rgba(0, 0, 0, 0.1);
  z-index: 1000;
}

```

```
}  
  
.nav {  
  display: flex;  
  justify-content: space-between;  
  align-items: center;  
  padding: 10px 20px;  
}
```

```
/* Responsive Design */  
@media (max-width: 768px) {  
  .nav-links ul {  
    flex-direction: column;  
    background-color: #007bff;  
    position: fixed;  
    top: 60px;  
    right: -100%;  
    width: 100%;  
    height: calc(100% - 60px);  
    transition: right 0.3s ease;  
  }  
  
  .nav-links ul li {  
    margin: 20px 0;  
    text-align: center;  
  }  
  
  .nav-links ul.active {  
    right: 0;  
  }  
  
  .hamburger {  
    display: block;  
  }  
  
  .hamburger .burger {  
    display: block;  
  }  
  
  .hamburger .cancel {  
    display: none;  
  }  
  
  .hamburger.active .burger {
```

```

        display: none;
    }

    .hamburger.active .cancel {
        display: block;
    }
}

</style>
</head>
<body>
    <!-- <div class="loading-wrapper">
        
    </div> -->

    <!-- Back to top button -->
    <div id="back-top-div" class="back-top-wrap">
        <i class="fas fa-arrow-up"></i>
    </div>
    <header>
        <nav class="nav" id="nav">

            </svg>
        </div>
    </nav>
    <div class="chat-container">
        <div class="chat-header">ChatBot</div>
        <div class="chat-window" id="chat-window"></div>
        <div class="input-container">
            <input type="text" id="user-input" placeholder="Type your message here">
            <button id="send-btn">Send</button>
        </div>
    </div>

    <script>
        // Function to create a new user message
        function createUserMessage(message) {
            var messageElement = document.createElement('div');
            messageElement.classList.add('message', 'user-message');
            messageElement.textContent = message;

            body: JSON.stringify({
                messages: [
                    {

```

```

        role: 'user',
        content: userInput
      }
    ]
  })
};

try {
  const response = await fetch('https://open-ai21.p.rapidapi.com/conversationpalm2',
options);
  const result = await response.json();
  // Extract the bot message
  const botMessage = result.BOT || "Error: no response"; // Extract the bot's message
  chatWindow.removeChild/loadingMessage); // Remove the loading message
  chatWindow.appendChild(createBotMessage(botMessage));
  chatWindow.scrollTop = chatWindow.scrollHeight; // Scroll to the bottom
} catch (err) {
  console.log(err);
  chatWindow.removeChild/loadingMessage); // Remove the loading message in case
of error
  chatWindow.appendChild(createBotMessage("Error: Unable to fetch response."));
}
}

// Event listener for send button
document.getElementById('send-btn').addEventListener('click', handleUserInput);

// Event listener for Enter key press
document.getElementById('user-input').addEventListener('keypress', function (event) {
  if (event.key === 'Enter') {
    handleUserInput();
  }
});
});
</script>
</body>
</html>

```

SCRIPTS.JS

```

// Function to create a new user message
function createUserMessage(message) {
  var messageElement = document.createElement('div');
  messageElement.classList.add('message', 'user-message');
  messageElement.textContent = message;

```

```

    return messageElement;
}

// // Function to create a new bot message
function createBotMessage(message) {
    var messageElement = document.createElement('div');
    messageElement.classList.add('message', 'bot-message');
    messageElement.textContent = message;
    return messageElement;
}

// Function to handle user input
async function handleUserInput() {
    var userInput = document.getElementById('user-input').value;
    console.log(createUserMessage(userInput))

    const options = {
        method: 'POST',
        headers: {
            'x-rapidapi-key': '74e08c8d1dms hc3c3b3d2a461171p1baf7fjsnd8f3e40e57e1',
            'x-rapidapi-host': 'open-ai21.p.rapidapi.com',
            'Content-Type': 'application/json'
        },
        body: JSON.stringify({
            messages: [
                {
                    role: 'user',
                    content: userInput
                }
            ]
        })
    };
    try {
        const response = await fetch('https://open-ai21.p.rapidapi.com/conversationpalm2', options);
        const result = await response.text()
        console.log(result)
        createBotMessage(result)
    } catch (err) {
        console.log(err);
    }
}

// Function to create a new user message
function createUserMessage(message) {
    var messageElement = document.createElement('div');
    messageElement.classList.add('message', 'user-message');

```

```

    messageElement.textContent = message;
    return messageElement;
}

// // Function to create a new bot message
function createBotMessage(message) {
    var messageElement = document.createElement('div');
    messageElement.classList.add('message', 'bot-message');
    messageElement.textContent = message;
    return messageElement;
}

// Function to handle user input
async function handleUserInput() {
    var userInput = document.getElementById('user-input').value;
    console.log(createUserMessage(userInput))

    const options = {
        method: 'POST',
        headers: {
            'x-rapidapi-key': '74e08c8d1dmshc3c3b3d2a461171p1baf7fjsnd8f3e40e57e1',
            'x-rapidapi-host': 'open-ai21.p.rapidapi.com',
            'Content-Type': 'application/json'
        },
        body: JSON.stringify({
            messages: [
                {
                    role: 'user',
                    content: userInput
                }
            ]
        })
    };
    try {
        const response = await fetch('https://open-ai21.p.rapidapi.com/conversationpalm2', options);
        const result = await response.text()
        console.log(result)
        createBotMessage(result)
    } catch (err) {
        console.log(err);
    }
}

```

5.TESTING

The purpose of testing is to discover errors. Testing is the process of trying to discover every conceivable fault or weakness in a work product. It provides a way to check the functionality of components, sub assemblies, assemblies and/or a finished product It is the process of exercising software with the intent of ensuring that the Software system meets its requirements and user expectations and does not fail in an unacceptable manner. There are various types of test. Each test type addresses a specific testing requirement.

5.1 Testing Methods

Unit Testing

- **Description:** Tests individual components of the platform to ensure each part functions correctly in isolation.
- **Components Tested:**
 - User registration and login modules
 - Content management features
 - Chatbot interaction
 - Self-help tools access

Expected Results: Each component should perform as expected without errors, returning the correct responses and handling edge cases.

Integration Testing

- **Description:** Ensures that different components of the system work together as expected.
- **Integrations Tested:**
 - User authentication with database
 - Chatbot API integration
 - Content update and retrieval processes

Expected Results: The integrated components should function seamlessly together, ensuring data flows correctly between them without any integration issues.

Usability Testing

- **Description:** Evaluates the platform's user-friendliness and ease of use.
- **Tests Conducted:**
 - User interface assessment
 - Navigation and accessibility testing
 - User feedback and usability studies

- **Expected Results:** The platform should be intuitive and easy to navigate, providing a positive user experience for all users.

System Testing

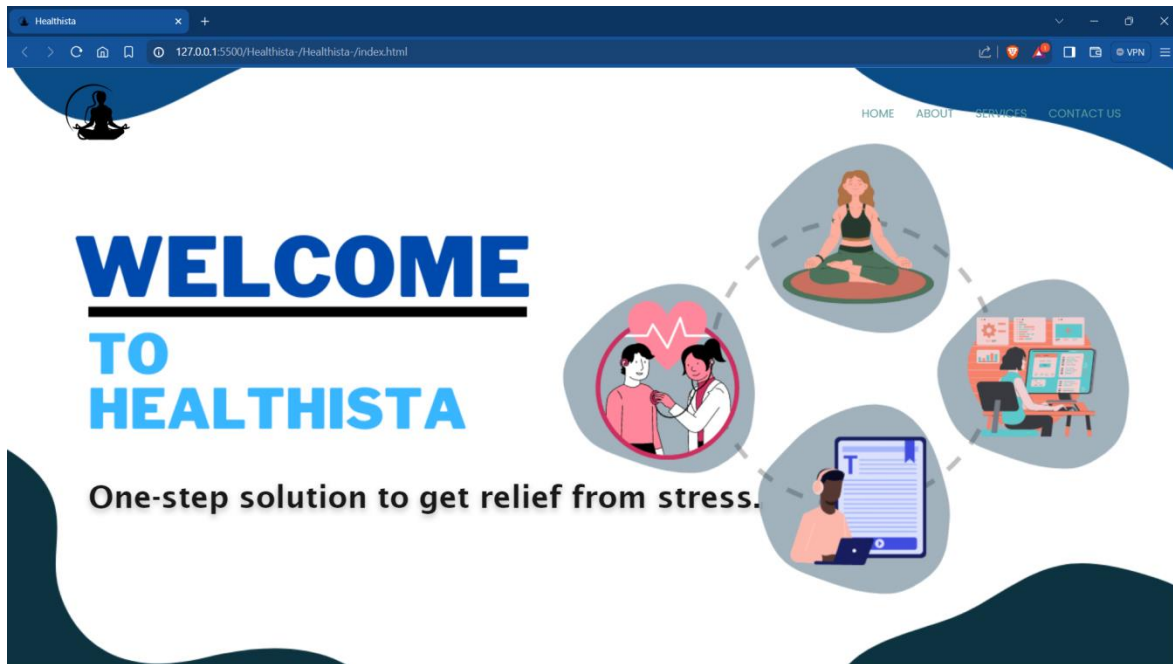
- **Description:** Tests the complete system as a whole to ensure it meets the specified requirements.
- **Tools:** Selenium
- **Areas Tested:**
 - Overall user experience
 - Navigation through different therapy content
 - Chatbot usability and accuracy
 - End-to-end user scenarios
- **Expected Results:** The entire system should operate smoothly without any interruptions, providing a consistent and reliable user experience.

Testing is a crucial phase in the development lifecycle of the HEALTHISTA platform, ensuring that the system operates correctly, efficiently, and securely

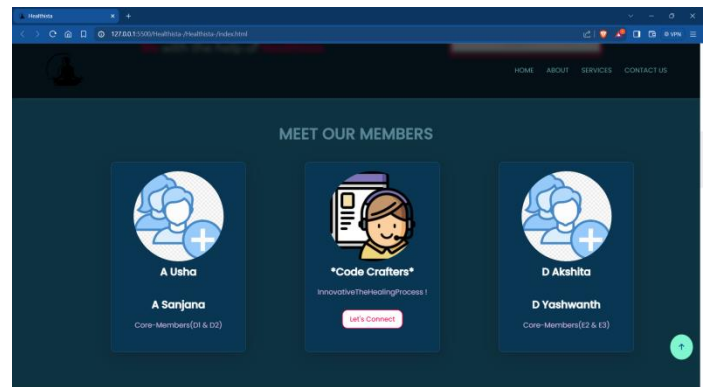
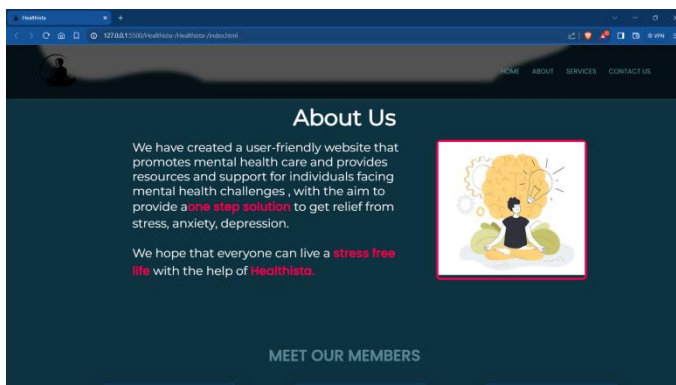
6.RESULT

The HEALTHISTA Web Application is a comprehensive mental health support system that combines various modules to provide a holistic approach to mental well-being.

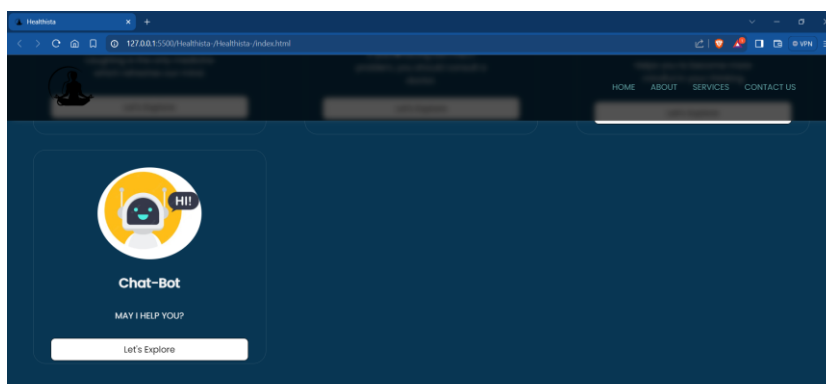
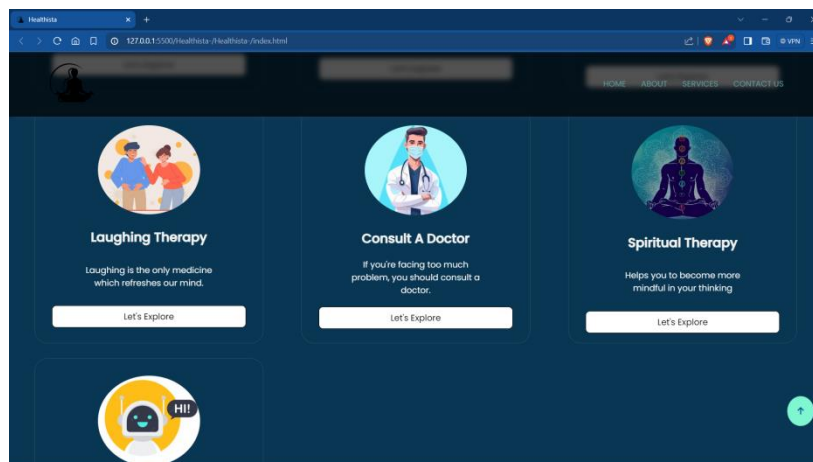
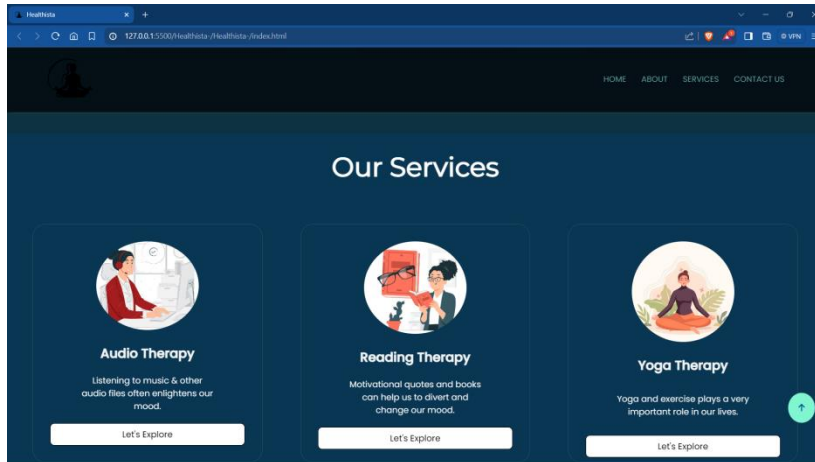
Home Page



About Us

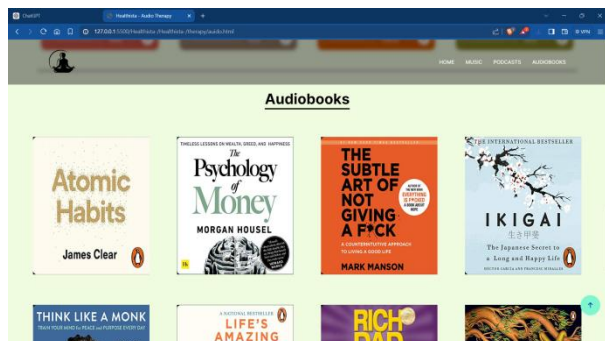
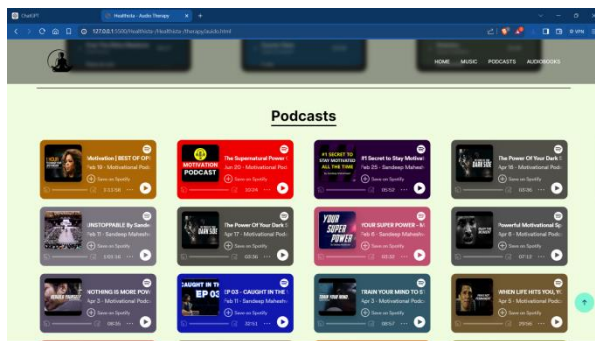
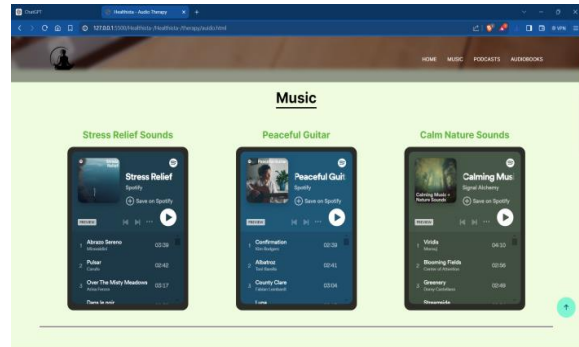
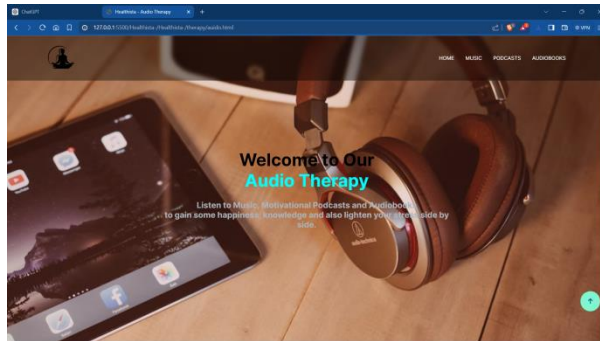


Provided Therapeutic Services

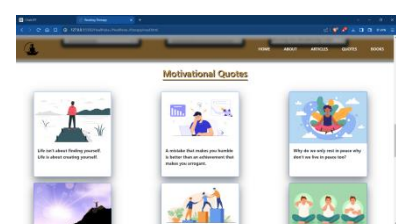
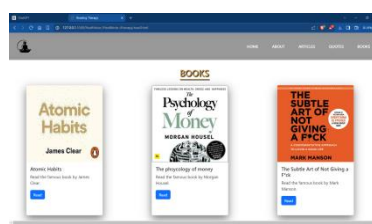
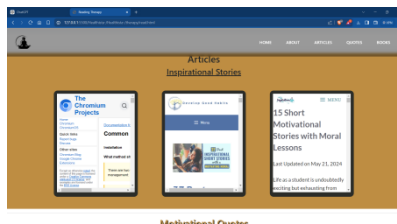
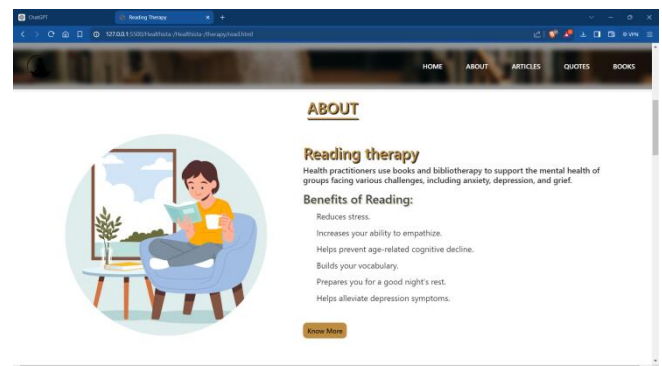
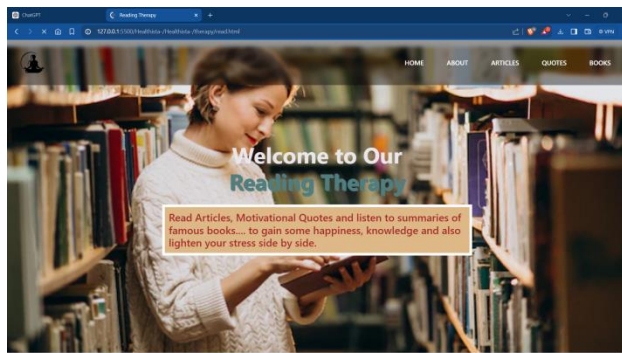


Frequently Asked Questions

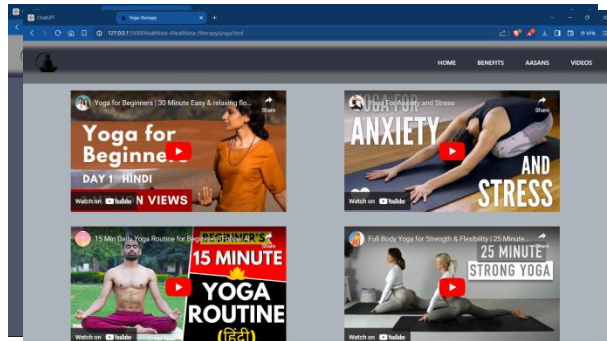
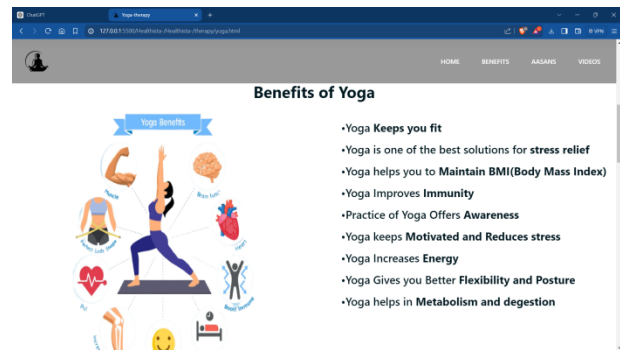
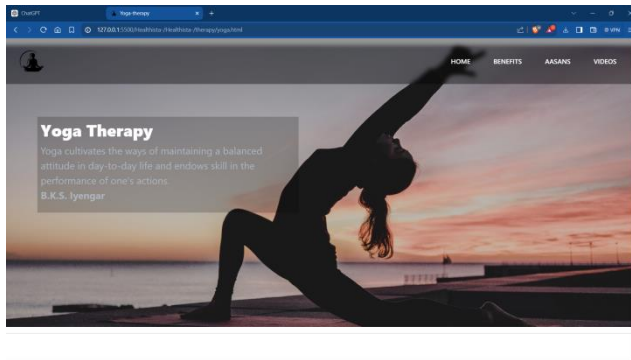
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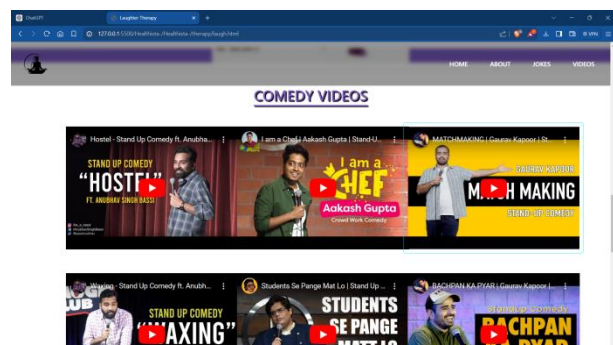
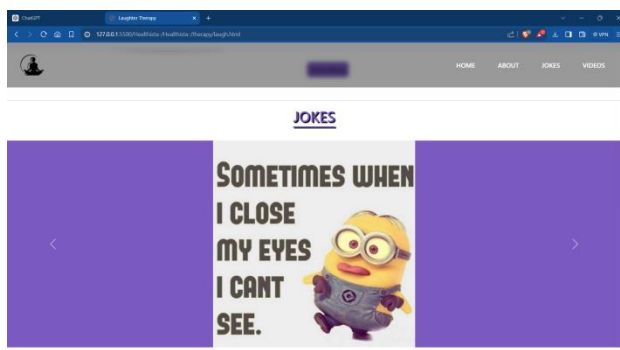
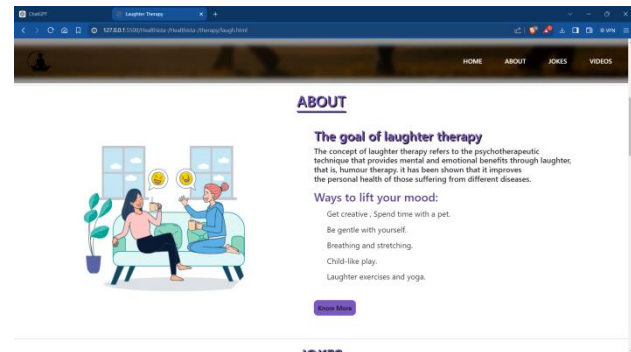
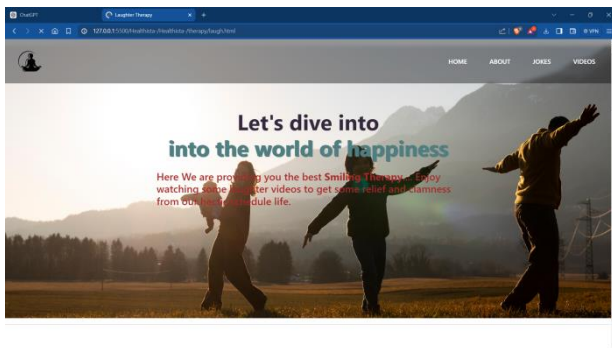
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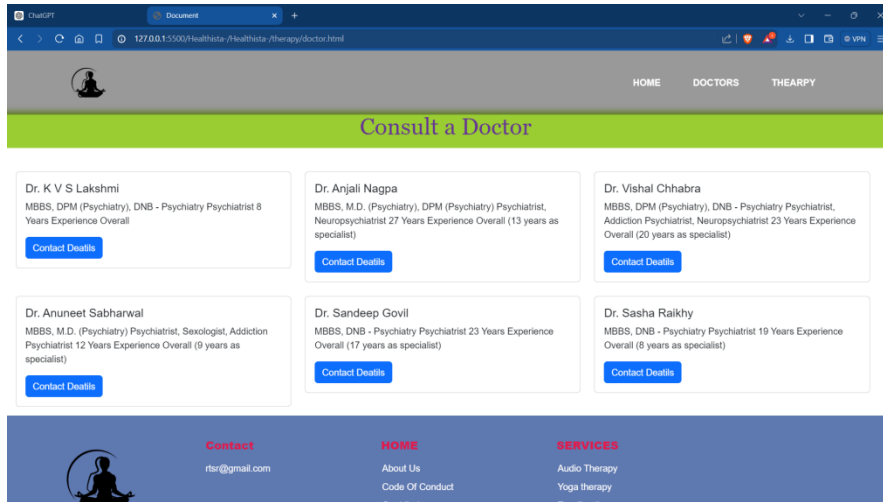
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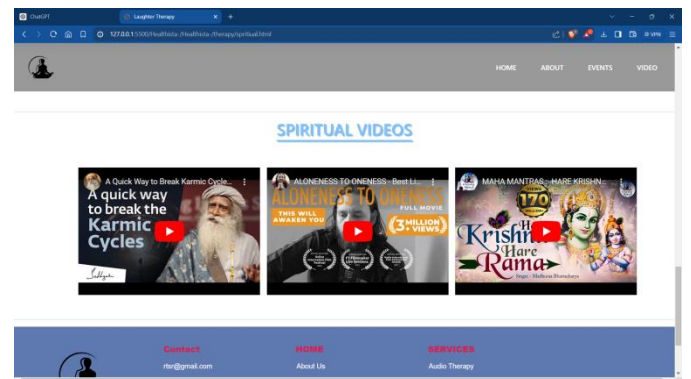
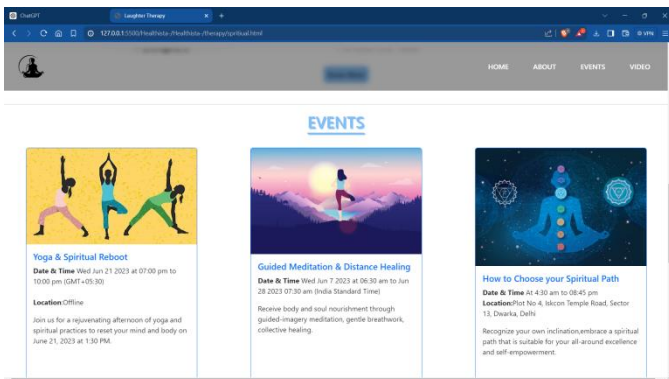
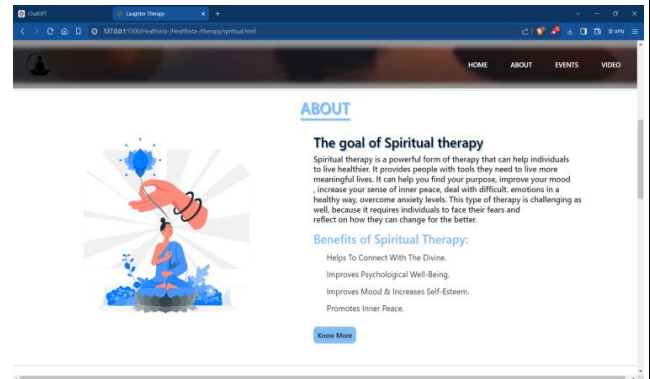
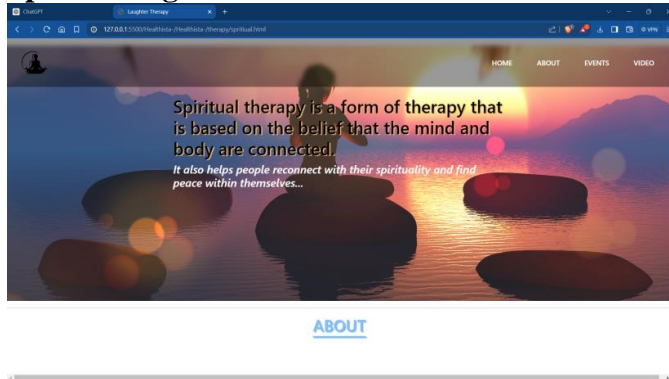
Laugh Page



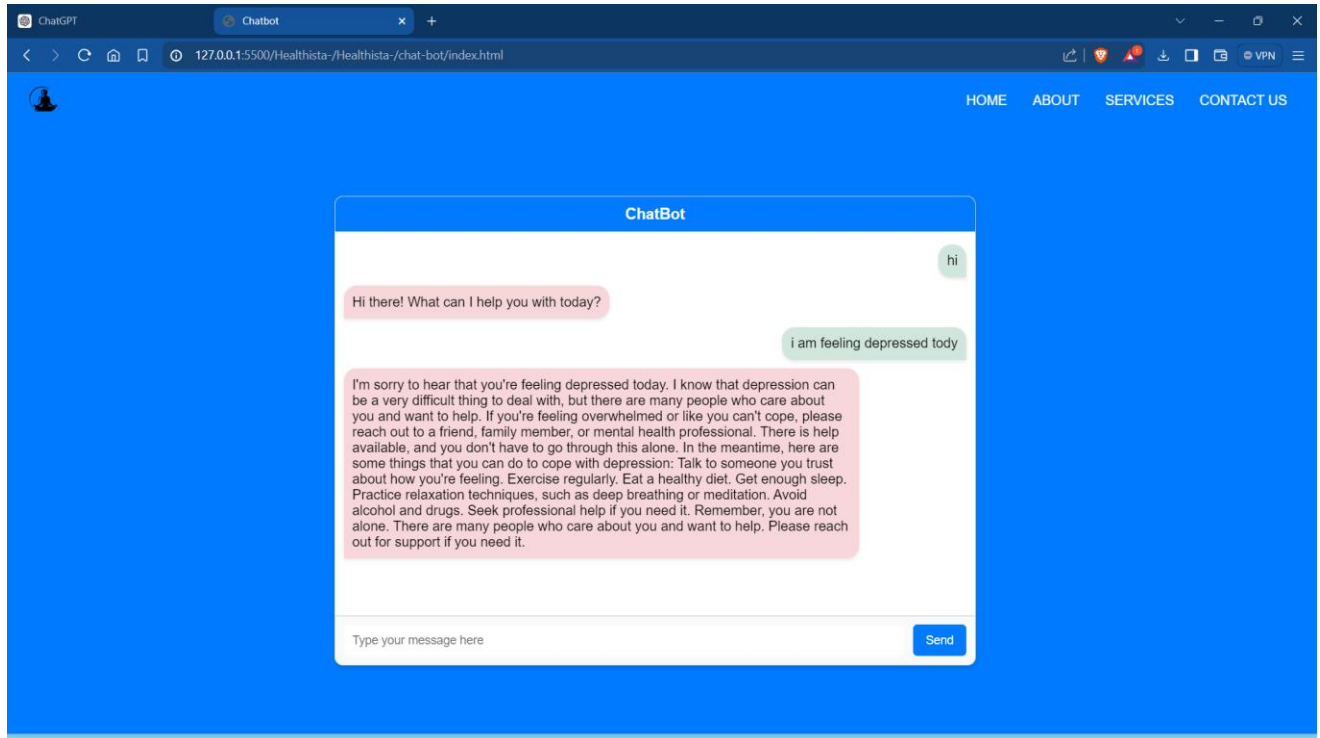
Consult Doctor Page



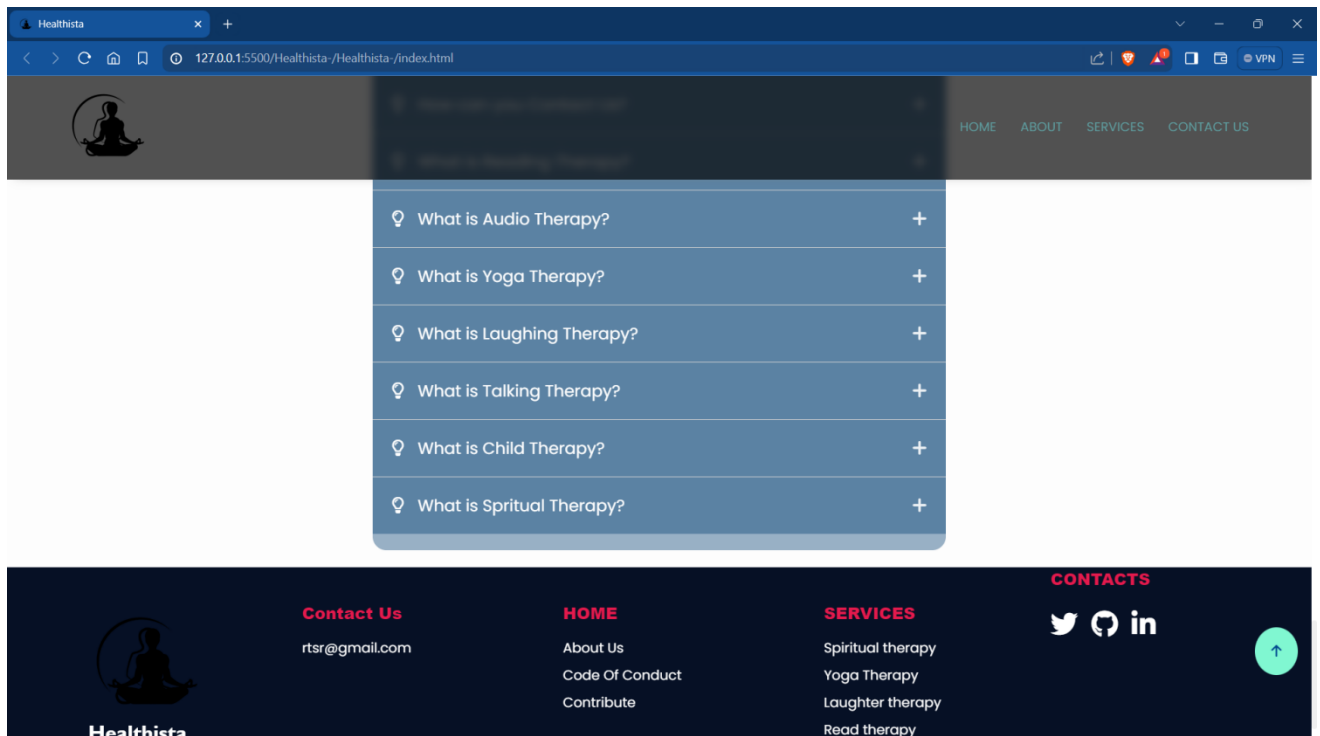
Spiritual Page



Chat-Bot Page



FAQ'S



7.CONCLUSION

The HEALTHISTA project represents a significant advancement in addressing global mental health challenges through innovative technology and comprehensive support mechanisms. By focusing on holistic solutions and leveraging advanced technologies like AI-powered chatbots, the platform aims to improve mental well-being worldwide.

Throughout the development phase of HEALTHISTA WEB APPLICATION , several key achievements highlight the project's:

Comprehensive Mental Health Support: HEALTHISTA offers a wide range of stress relief therapies and self-help tools that cater to diverse user needs, promoting holistic mental health care.

Integration of AI: By integrating AI-driven chatbots, HEALTHISTA provides personalized support and real-time guidance to users, enhancing engagement and effectiveness.

Robust Testing and Quality Assurance: Rigorous testing methodologies, including functional, non-functional, and automated tests, have validated the platform's reliability, security, and performance.

Scalable Architecture: The scalable architecture of HEALTHISTA ensures it can accommodate growing user demands and future expansions without compromising performance.

Future Scope, HEALTHISTA aims to continue evolving and expanding its impact:

Enhanced Personalization: Implementing machine learning algorithms to personalize user experiences and recommendations based on individual preferences and needs.

Community Engagement: Establishing partnerships with mental health professionals, organizations, and community groups to foster a supportive ecosystem for mental health awareness and education.

Chatbot with Sentiment Analysis:To further enhance the effectiveness and responsiveness of the HEALTHISTA platform, we propose integrating sentiment analysis into the chatbot functionality. This advanced feature will enable the chatbot to analyze the emotional tone and sentiment of user messages in real-time. By leveraging natural language processing (NLP) techniques, the chatbot can Detect and interpret the emotional state conveyed in user messages, including stress, anxiety, sadness, or positivity.Track changes in sentiment over time to gauge the effectiveness of interventions and adjust support strategies accordingly.

Continuous Improvement: Incorporating user feedback and emerging research to continually enhance content quality, features, and usability of the platform.

In conclusion, HEALTHISTA is not just a platform but a commitment to improving the mental well-being of individuals and communities globally. By providing accessible, effective, and empathetic support, we strive to empower users on their journey towards better mental health.

