VISVESVARAYA TECHNOLOGICAL UNIVERSITY
BELGAUM-590 014

A Mini-Project Report
on
"Brain Sprint: A Comprehensive Placement Preparation Platform with Integrated Meditation Videos"

Submitted in partial fulfillment of the requirement for the award of the degree of

BACHELOR OF ENGINEERING
in
COMPUTER SCIENCE AND ENGINEERING

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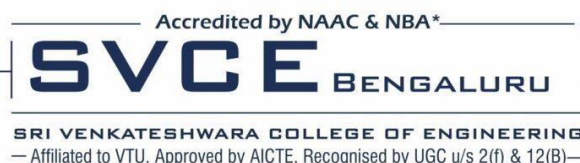Sri Venkateshwara College of Engineering, Bangalore-562 157

DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING
SRI VENKATESHWARA COLLEGE OF ENGINEERING
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2023-2024

CERTIFICATE

This is to certify that the Mini-Project entitled **"Brain Sprint: A Comprehensive Placement Preparation Platform with Integrated Meditation Videos"** carried out by **Ms. AADHYA A - 1VE21CS001, Ms. C DISHA – 1VE21CS033, Mr. BHARGAV B S – 1VE21CS029** of VI Semester students of Sri Venkateshwara College of Engineering, in partial fulfillment for the award of Bachelor of Engineering in Computer Science and Engineering of **Visvesvaraya Technological University, Belgaum** during the academic year 2023-2024. The Mini-Project report has been approved as it satisfies the academic requirements in respect of Mini Project (21CSMP67) work prescribed for the said Degree.

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I. ABSTRACT

The placement preparation process can be highly stressful for students, often leading to decreased performance and well-being. To address this issue, we propose Brain Sprint, a web application that provides comprehensive placement preparation resources alongside integrated meditation videos. The application includes sections for quantitative aptitude, verbal ability, logical reasoning, and coding, each offering timed practice questions. This report discusses the motivation, objectives, challenges, literature survey, requirements analysis, architecture and design, implementation, experimental results, outputs, applications, and concludes with the overall effectiveness of the application.

II. ACKNOWLEDGEMENT

Any achievement, be it scholastic or otherwise does not depend solely on the individual efforts but on the guidance, encouragement and cooperation of intellectuals, elders and friends. We would like to take this opportunity to thank them all.

First and foremost, we would like to express our gratitude to **Dr. Nageswara Guptha M,** Principal, SVCE, Bangalore who has always been a great source of inspiration.

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Chapter - 1

INTRODUCTION

The journey towards securing a successful placement is a significant challenge for students, requiring excellence in various subjects such as quantitative aptitude, verbal ability, logical reasoning, and coding. The intense pressure to perform well often leads to high levels of stress and anxiety, negatively impacting students' performance and overall well-being. Traditional placement preparation platforms tend to focus solely on academic preparation, overlooking the psychological needs of students. Recognizing the necessity of a balanced approach, the Brain Sprint project aims to address both the academic and mental health aspects of placement preparation by integrating meditation videos with comprehensive study resources.

The primary objective of the Brain Sprint project is to develop a user-friendly web application that offers extensive placement preparation resources alongside tools to manage stress and enhance mental well-being. The application provides sections dedicated to quantitative aptitude, verbal ability, logical reasoning, and coding, each offering timed practice tests to simulate real exam conditions and help students build crucial time management skills. By integrating meditation videos, the platform aims to assist students in managing stress and improving concentration, thereby enhancing their overall preparation experience.

In addition to providing academic resources and stress management tools, the Brain Sprint project seeks to implement a robust performance tracking system that allows students to monitor their progress and receive personalized feedback on their strengths and areas for improvement. The application is designed to be scalable, secure, and accessible from various devices, ensuring a smooth and uninterrupted user experience. Through this holistic approach, Brain Sprint aims to promote both academic success and mental well-being, ultimately helping students achieve their placement goals more effectively.

Chapter - 2

OVERVIEW OF THE PROJECT

1.1 Background for Doing the Project

The competitive nature of campus placements demands that students be well-prepared across various subjects such as quantitative aptitude, verbal ability, logical reasoning, and coding. However, the pressure to excel can lead to high levels of stress and anxiety, negatively impacting students' performance and overall well-being. Traditional placement preparation platforms often focus solely on the academic aspects, neglecting the psychological needs of students. Recognizing the importance of a balanced approach, this project aims to address both academic and mental health aspects by integrating meditation videos with placement preparation resources. This integration is intended to provide students with tools not only to improve their academic skills but also to manage stress and enhance their overall preparation experience.

1.2 Objectives

The primary objective of this project is to develop a comprehensive web application named Brain Sprint that facilitates effective placement preparation while also addressing students' mental well-being. Specifically, the project aims to create a user-friendly platform offering extensive resources for placement preparation, including sections dedicated to quantitative aptitude, verbal ability, logical reasoning, and coding. It also seeks to offer timed practice tests to simulate real exam conditions, helping students gauge their readiness and build time management skills. Moreover, the integration of meditation videos is intended to assist students in managing stress and improving concentration. Another key objective is to implement a performance tracking system that allows students to monitor their progress and identify areas for improvement. Finally, the project aims to ensure that the application is scalable, secure, and accessible across various devices, providing a smooth and uninterrupted user experience.

1.3 Scope of the Project

The Brain Sprint project includes several key components and functionalities. The application will feature user authentication and profile management, allowing users to

create accounts, log in securely, and manage their profiles, ensuring personalized access and progress tracking. It will offer timed practice tests in quantitative aptitude, verbal ability, logical reasoning, and coding, with timers to simulate real exam conditions, helping students develop time management skills. The platform will also integrate a library of meditation videos to help students manage stress and improve focus before or after practice tests. Additionally, it will include a performance tracking and feedback system, providing detailed insights into students' strengths and areas for improvement. The application is designed for scalability and security, ensuring it can handle multiple users concurrently and protect user data. Accessible from PCs, tablets, and smartphones, Brain Sprint allows students to prepare for placements anytime, anywhere. The user interface will be intuitive and easy to navigate, catering to students with varying levels of technical proficiency. Overall, Brain Sprint aims to enhance academic readiness and support mental well-being, improving students' placement preparation and performance.

1.4 Characteristics of Brain Sprint

1. **Structured Sections**:
   - **Quantitative Aptitude**: 30 minutes to solve 15 questions.
   - **Verbal Ability**: 30 minutes to solve 15 questions.
   - **Logical Reasoning**: 30 minutes to solve 15 questions.
   - **Coding**: 30 minutes to solve 15 questions.
2. **Supportive Features**:
   - **Meditation Videos**: Designed to relieve stress and increase concentration while practicing.
3. **User-Friendly Interface**: Intuitive and easy to navigate, catering to the needs of users preparing for exams and interviews.
4. **Timed Practice Sessions**: Helps users manage time effectively and simulate real exam conditions.

1.5 Benefits

1. **Comprehensive Preparation**: Covers multiple areas essential for placements, ensuring well-rounded preparation.
2. **Stress Management**: Incorporation of meditation videos aids in mental well-being and enhances focus.

3. **Time Management**: Timed sections help users practice under pressure, improving their time management skills.
4. **Convenience**: Online accessibility allows users to practice anytime and anywhere.

1.6 Advantages

1. **Holistic Approach**: Combines technical and non-technical preparation (coding and aptitude) with mental wellness (meditation).
2. **Realistic Practice**: Mimics actual exam conditions with timed sessions, better preparing users for the real test.
3. **User Engagement**: Interactive and diverse content keeps users engaged and motivated.
4. **Stress Relief**: Meditation videos provide a unique advantage by addressing the often-overlooked aspect of exam stress.

1.7 Disadvantages

1. **Limited Interaction**: Lack of personalized feedback or interaction with mentors could be a drawback for some users.
2. **Requires Self-Motivation**: Users need to be self-disciplined to make the most of the platform, which might be challenging for some.
3. **Internet Dependency**: Users must have a stable internet connection to access the platform.
4. **Standardization**: The practice questions may not cater to the specific needs of every user or align perfectly with every exam pattern.

By focusing on these aspects, Brain Sprint aims to provide a comprehensive and supportive environment for exam and interview preparation, balancing technical skill development with mental well-being.

Chapter - 3

LITERATURE SURVEY

The literature survey provides an in-depth review of existing research and studies relevant to the development of Brain Sprint, focusing on stress management techniques, the effectiveness of digital tools in education, and the impact of mindfulness practices on cognitive functions and academic performance. This survey aims to identify gaps in the current knowledge, inform the design and implementation of Brain Sprint, and provide a strong foundation for the methodologies employed in the project.

3.1 Literature Review

Davidson et al. (2020) conducted a systematic review and meta-analysis to evaluate the effectiveness of Mindfulness-Based Stress Reduction (MBSR) as a stress management intervention for healthy individuals. Their research analyzed multiple studies to determine the impact of MBSR on stress reduction, concluding that MBSR significantly improves stress management outcomes. The methodology involved a comprehensive review of existing literature and statistical analysis of aggregated data to draw conclusions about the effectiveness of MBSR.

Park, Park, and Jeon (2019) examined the effectiveness of mobile health applications in promoting health behavior changes through a systematic review of randomized controlled trials. Their study focused on identifying how mobile health apps influence users' health behaviors and the sustainability of these changes. The authors employed a systematic review methodology, collating data from various randomized controlled trials to assess the overall impact of mobile health applications on health behavior.

Jain, Sharma, and Gupta (2021) provided a comprehensive review of mobile applications designed for stress management. They evaluated the features, usability, and effectiveness of various stress management apps available on the market. Their methodology included a detailed analysis of app functionalities, user reviews, and scientific evidence supporting the use of these apps for stress relief. The review highlighted the potential benefits and limitations of using mobile apps for managing stress.

Subramanian et al. (2020) investigated the impact of mindfulness meditation on cognitive function in students preparing for competitive exams. Their study assessed how regular mindfulness practice could enhance cognitive abilities such as attention, memory, and problem-solving skills. The methodology involved experimental research with a control group and an intervention group practicing mindfulness meditation, followed by cognitive function tests to measure the effects.

Lee, Kim, and Lee (2021) explored the effects of a web-based mindfulness program on stress and mental health among university students. Their study aimed to determine the feasibility and effectiveness of delivering mindfulness interventions through an online platform. The methodology included the development and implementation of a web-based mindfulness program, followed by pre- and post-intervention assessments to evaluate changes in stress levels and mental health outcomes.

Silva, Anderson, and Silva (2021) evaluated the efficacy of online cognitive-behavioral interventions (CBIs) for stress management among college students. Their research focused on how online CBIs could help students cope with academic stress and improve their mental well-being. The methodology involved a randomized controlled trial where participants were assigned to either an online CBI group or a control group, with stress and mental health assessments conducted before and after the intervention.

Kim, Park, and Choi (2021) assessed the effectiveness of digital tools in enhancing learning and reducing anxiety in educational environments. Their study examined various digital tools and applications used by students and their impact on learning outcomes and anxiety levels. The methodology included surveys, interviews, and experimental studies to gather data on the usage and effectiveness of digital tools in educational settings.

Harris, Adams, and Boyd (2021) conducted a meta-analysis to investigate the role of meditation in academic performance and mental health among university students. Their research synthesized findings from multiple studies to determine the overall effect of meditation practices on students' academic success and mental health. The methodology involved a meta-analytical approach, aggregating data from various studies to provide a comprehensive overview of meditation's benefits in academic contexts.

Benson et al. (2023) evaluated popular meditation and mindfulness apps, focusing on their features and user reviews. Their study aimed to identify the most effective apps based on user feedback and scientific evidence supporting their use. The methodology included a detailed analysis of app features, user ratings, and reviews, along with a review of existing literature on the effectiveness of these apps for mindfulness and stress management.

Patel (2024) conducted a comprehensive study on the benefits of mindfulness meditation in improving cognitive functions and academic performance. The research focused on how mindfulness practices could enhance students' cognitive abilities and academic outcomes. The methodology included experimental research with mindfulness meditation interventions and assessments of cognitive function and academic performance before and after the intervention.

Chapter - 4

METHODOLOGY
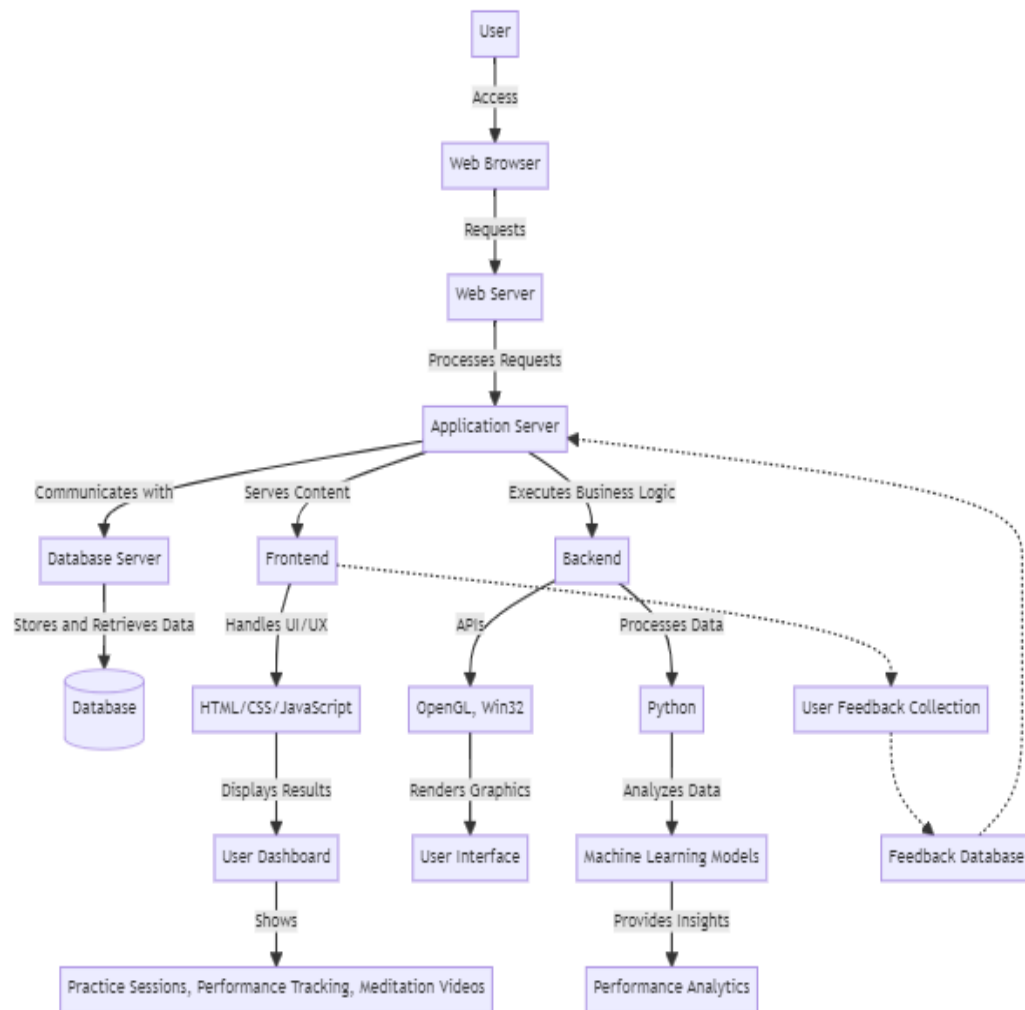
Fig 4.1 Architecture

4.1 Overview

The Brain Sprint project follows a systematic methodology to ensure the development of a robust, user-friendly, and effective placement preparation platform. The methodology encompasses the following phases: requirements analysis, system design, implementation, testing, deployment, and maintenance.

4.2 Requirements Analysis

1. User Requirements Gathering: Conduct surveys and interviews with potential users to understand their needs and preferences.
2. Technical Requirements: Define the technical specifications, including software, hardware, and network requirements.

3. Functional Requirements: Identify the key functionalities such as user authentication, timed practice tests, meditation video integration, performance tracking, and feedback system.

4.3 System Design

1. Architectural Design: Develop the overall system architecture, including the client-server model, database design, and network infrastructure.
2. User Interface Design: Create wireframes and prototypes for the user interface, ensuring it is intuitive and easy to navigate.
3. Database Design: Design the database schema to efficiently store and manage user data, test results, and feedback.

4.4 Implementation

1. Frontend Development: Use HTML, CSS, and JavaScript to build the user interface. Ensure responsiveness for various devices (PCs, tablets, smartphones).
2. Backend Development: Implement server-side logic using Python, including user authentication, test management, and performance tracking. Utilize APIs for rendering graphics (OpenGL, Win32).
3. Database Integration: Connect the application to the database (MySQL) and implement data management functionalities.

4.5 Testing

1. Unit Testing: Test individual components and functions to ensure they work correctly.
2. Integration Testing: Test the interaction between different components to ensure they work together seamlessly.
3. User Acceptance Testing: Conduct testing sessions with real users to gather feedback and identify any issues or improvements.

4.6 Deployment

1. Server Setup: Configure the web server and database server for hosting the application.
2. Application Deployment: Deploy the application on the server and configure it for public access.
3. Monitoring and Maintenance: Set up monitoring tools to track the application's performance and ensure regular maintenance and updates.

4.7 Performance Analysis and Feedback

1. Data Collection: Collect data on user performance, usage patterns, and feedback.
2. Analysis: Analyze the collected data to identify trends, strengths, and areas for improvement.
3. Continuous Improvement: Use the analysis results to make informed decisions on future updates and enhancements to the platform.

4.8 Scalability and Security

1. Load Testing: Test the application's ability to handle multiple users concurrently.
2. Security Measures: Implement security protocols to protect user data and ensure privacy. This includes encryption, secure authentication, and regular security audits.

4.9 Accessibility

1. Cross-Platform Compatibility: Ensure the application is accessible from various devices, including PCs, tablets, and smartphones.
2. User Interface Accessibility: Design the user interface to be accessible to students with varying levels of technical proficiency, including consideration for users with disabilities.

This methodology ensures that Brain Sprint is developed systematically, with a focus on meeting user needs, ensuring technical robustness, and providing a secure, scalable, and user-friendly platform.

Chapter – 5

IMPLEMENTATION

Exercise Menu:

index.php

```php
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Exercise</title>
    <style>
        body {
            font-family: Arial, sans-serif;
            background-color: #f4f4f4;
            margin: 0;
            padding: 0;
        }
        .container {
            text-align: center;
            margin-top: 50px;
        }
        h1 {
            color: #333;
        }
        .options {
            display: flex;
            justify-content: center;
            flex-wrap: wrap;
            margin-top: 20px;
        }
        .option {
            background-color: #4CAF50;
            color: white;
            padding: 20px;
            margin: 10px;
            text-decoration: none;
            border-radius: 10px;
            transition: background-color 0.3s;
        }
        .option:hover {
            background-color: #45a049;
        }
    </style>
</head>
<body>
    <div class="container">
```

```html
<br><h1>Welcome to the Exercise Menu. Please select one of the following
options:</h1><br>
    <div class="options">
      <a href="quantitude.php" class="option">Quantitative Aptitude</a>
      <a href="verbal.php" class="option">Verbal Ability</a>
      <a href="logical.php" class="option">Logical Reasoning</a>
      <a href="coding.php" class="option">Programming</a>
    </div>
  </div><br><br><br><br>
    <section align="center">


        <img src=https://institute.careerguide.com/wp-
content/uploads/2020/10/3f7d8dedfca501015a14b977312b3df0.gif>


        </section>
</body>
</html>
```

quantitude.php

```php
<?php
session_start();
// Define the questions and options
$questions = [
  1 => [
    "question" => "If x + y = 10 and x - y = 2, what is the value of x?",
    "options" => ["A. 4", "B. 6", "C. 8", "D. 5"],
    "answer" => "B"
  ],
  2 => [
    "question" => "A car travels at a speed of 60 miles per hour. How long will it
take to travel 180 miles?",
    "options" => ["A. 2 hours", "B. 2.5 hours", "C. 3 hours", "D. 3.5 hours"],
    "answer" => "C"
  ],
  3 => [
    "question" => "If 3x - 2 = 7, what is the value of x?",
    "options" => ["A. 1", "B. 2", "C. 3", "D. 4"],
    "answer" => "D"
  ],
  4 => [
     "question" => "The average of five consecutive numbers is 15. What is the
smallest number?",
    "options" => ["A. 13", "B. 14", "C. 15", "D. 16"],
    "answer" => "A"
  ],
  5 => [
    "question" => "What is the sum of the first 10 positive integers?",
    "options" => ["A. 45", "B. 50", "C. 55", "D. 60"],
    "answer" => "C"
```

```
                    ],
                    6 => [
                        "question" => "If a rectangle has a length of 10 and a width of 5, what is its
area?",
                        "options" => ["A. 50", "B. 30", "C. 20", "D. 10"],
                        "answer" => "A"
                    ],
                    7 => [
                        "question" => "What is the next number in the series: 2, 6, 12, 20, 30, ...?",
                        "options" => ["A. 42", "B. 44", "C. 48", "D. 54"],
                        "answer" => "A"
                    ],
                    8 => [
                        "question" => "Solve for x: 2x + 3 = 11",
                        "options" => ["A. 3", "B. 4", "C. 5", "D. 6"],
                        "answer" => "B"
                    ],
                    9 => [
                        "question" => "What is 15% of 200?",
                        "options" => ["A. 25", "B. 30", "C. 35", "D. 40"],
                        "answer" => "B"
                    ],
                    10 => [
                        "question" => "What is the value of (5^2) - (3^2)?",
                        "options" => ["A. 4", "B. 8", "C. 16", "D. 19"],
                        "answer" => "C"
                    ],
                    11 => [
                        "question" => "If x^2 = 49, what is x?",
                        "options" => ["A. 5", "B. 6", "C. 7", "D. 8"],
                        "answer" => "C"
                    ],
                    12 => [
                        "question" => "The perimeter of a square is 16. What is the length of one
side?",
                        "options" => ["A. 2", "B. 3", "C. 4", "D. 5"],
                        "answer" => "C"
                    ],
                    13 => [
                        "question" => "What is the cube root of 27?",
                        "options" => ["A. 2", "B. 3", "C. 4", "D. 5"],
                        "answer" => "B"
                    ],
                    14 => [
                        "question" => "If a train travels 240 miles in 4 hours, what is its average
speed?",
                        "options" => ["A. 50 mph", "B. 55 mph", "C. 60 mph", "D. 65 mph"],
                        "answer" => "C"
                    ],
                    15 => [
                        "question" => "What is the value of 7! (7 factorial)?",
                        "options" => ["A. 5040", "B. 4030", "C. 3020", "D. 2010"],
                        "answer" => "A"
```

```php
      ],
      16 => [
        "question" => "What is the hypotenuse of a right triangle with legs of 3 and
4?",
        "options" => ["A. 5", "B. 6", "C. 7", "D. 8"],
        "answer" => "A"
      ],
      17 => [
        "question" => "If 4x = 20, what is x?",
        "options" => ["A. 3", "B. 4", "C. 5", "D. 6"],
        "answer" => "C"
      ],
      18 => [
        "question" => "What is the decimal equivalent of 1/8?",
        "options" => ["A. 0.125", "B. 0.250", "C. 0.375", "D. 0.500"],
        "answer" => "A"
      ],
      19 => [
        "question" => "What is the value of (2^4) * (2^3)?",
        "options" => ["A. 32", "B. 64", "C. 128", "D. 256"],
        "answer" => "A"
      ],
      20 => [
        "question" => "If x + 2y = 10 and y = 2, what is the value of x?",
        "options" => ["A. 2", "B. 4", "C. 6", "D. 8"],
        "answer" => "B"
      ]
    ];

    $current_question       =       isset($_SESSION['current_question'])       ?
$_SESSION['current_question'] : 1;
    $score = isset($_SESSION['score']) ? $_SESSION['score'] : 0;

    if ($_SERVER['REQUEST_METHOD'] == 'POST') {
      $selected_option = $_POST['option'];
      if ($selected_option == $questions[$current_question]['answer']) {
        $score++;
        $_SESSION['score'] = $score;
      }
      $current_question++;
      $_SESSION['current_question'] = $current_question;
    }

    // Set the time limit in seconds (30 minutes = 30 * 60 seconds)
    $time_limit = 30 * 60;
    $end_time = isset($_SESSION['quiz_end_time']) ? $_SESSION['quiz_end_time'] :
time() + $time_limit;
    $_SESSION['quiz_end_time'] = $end_time;

    // Calculate time left
    $time_left = $end_time - time();
    if ($time_left < 0) {
      $time_left = 0;
```

```
        }

    ?>

    <!DOCTYPE html>
    <html lang="en">
    <head>
      <meta charset="UTF-8">
      <meta name="viewport" content="width=device-width, initial-scale=1.0">
      <title>Quantitude Exercise</title>
      <style>
        body {
          font-family: Arial, sans-serif;
          background-color: #f4f4f4;
          margin: 0;
          padding: 0;
        }
        .container {
          width: 50%;
          margin: 50px auto;
          padding: 20px;
          background-color: #fff;
          box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
          border-radius: 8px;
        }
        h1 {
          font-size: 24px;
          margin-bottom: 20px;
        }
        p {
          font-size: 18px;
          margin: 10px 0;
        }
        form {
          margin-top: 20px;
        }
        input[type="radio"] {
          margin-right: 10px;
        }
        input[type="submit"] {
          display: block;
          margin: 20px 0;
          padding: 10px 15px;
          background-color: #5cb85c;
          border: none;
          color: white;
          font-size: 16px;
          border-radius: 5px;
          cursor: pointer;
        }
        input[type="submit"]:hover {
          background-color: #4cae4c;
        }
```

```css
        .score {
            font-size: 20px;
            color: #333;
        }
        #timer {
            font-size: 20px;
            margin-bottom: 20px;
            color: #ff0000;
        }
        .btn-container {
            margin-top: 20px;
        }
        .btn {
            display: inline-block;
            padding: 10px 15px;
            background-color: #0056b3;
            color: #fff;
            text-decoration: none;
            border-radius: 5px;
            margin-right: 10px;
        }
        .btn:hover {
            background-color: #004499;
        }
    </style>
    <script>
        // JavaScript countdown timer
        var timerInterval = setInterval(function() {
            var now = <?php echo time(); ?>;
            var endTime = <?php echo $_SESSION['quiz_end_time']; ?>;
            var timeLeft = endTime - now;

            var minutes = Math.floor(timeLeft / 60);
            var seconds = timeLeft % 60;

            document.getElementById('timer').textContent = 'Time left: ' + minutes +
'm ' + seconds + 's';

            if (timeLeft <= 0) {
                clearInterval(timerInterval);
                document.getElementById('timer').textContent = 'Time is up!';
                document.getElementById('quizForm').submit(); // Automatically submit
the quiz when time is up
            }
        }, 1000);
    </script>
</head>
<body>
    <div class="container">
        <?php
        if ($current_question > count($questions)) {
            echo "<h1>Quiz Completed!</h1>";
            echo "<p>Your final score is: $score</p>";
```

```php
            if ($score < 12){
                echo "<h5> To improve your score please refer to this study material: <a
href='https://www.indiabix.com/aptitude/questions-and-answers/'>Click me</a></h5> ";
                }
            echo "<div class='btn-container'>";
            echo "<a class='btn' href='quantitude.php'>Retry</a>";
                echo "<a  class='btn'  href='/project/DropdownSection/index.php'>Go
Back</a>";
            echo "</div>";
            session_destroy();
        } else {
            if ($_SERVER['REQUEST_METHOD'] == 'POST') {
                echo "<p class='score'>Your current score is: $score</p>";
            }
            $question = $questions[$current_question]['question'];
            $options = $questions[$current_question]['options'];
            echo "<h1>Question $current_question</h1>";
            echo "<p>$question</p>";
            echo "<form id='quizForm' method='POST'>";
            foreach ($options as $option) {
                echo "<p><input type='radio' name='option' value='" . substr($option, 0,
1) . "' required> $option</p>";
            }
            echo "<input type='submit' value='Submit'>";
            echo "</form>";
        }
        ?>
        <div id="timer"></div>
    </div>
</body>
</html>
```

verbal.php

```php
<?php
session_start();

// Define the questions and options
$questions = [
    1 => [
        "question" => "Complete the sentence: She was _____by the news of her
promotion.",
        "options" => ["A. disinterested", "B. uninterested", "C. indifferent", "D.
interested"],
        "answer" => "D"
    ],
    2 => [
        "question" => "Choose the correct synonym for 'ubiquitous':",
        "options" => ["A. rare", "B. omnipresent", "C. limited", "D. scarce"],
        "answer" => "B"
    ],
```

```php
        3 => [
                "question" => "The team's performance was _____ to the coach's
expectations.",
                "options" => ["A. up", "B. at", "C. down", "D. below"],
                "answer" => "C"
        ],
        4 => [
                "question" => "He showed _____ patience during the difficult times.",
                "options" => ["A. abundant", "B. sufficient", "C. inadequate", "D. ample"],
                "answer" => "A"
        ],
        5 => [
                "question" => "The new policy aims to _____ costs and increase efficiency.",
                "options" => ["A. cut down", "B. break down", "C. put down", "D. get down"],
                "answer" => "A"
        ],
        6 => [
                "question" => "Choose the correct word to complete the analogy: Book is to
reading as fork is to _____.",
                "options" => ["A. eating", "B. writing", "C. cooking", "D. stirring"],
                "answer" => "A"
        ],
        7 => [
                "question" => "The company decided to _____ its efforts towards
sustainable practices.",
                "options" => ["A. turn up", "B. turn on", "C. turn off", "D. turn down"],
                "answer" => "D"
        ],
        8 => [
                "question" => "She felt _____ after hearing the heartfelt apology.",
                "options" => ["A. secure", "B. relieved", "C. anxious", "D. worried"],
                "answer" => "B"
        ],
        9 => [
                "question" => "Choose the appropriate idiom: 'To beat around the bush' means
_____.",
                "options" => ["A. to be direct", "B. to avoid the main topic", "C. to discuss
openly", "D. to confront"],
                "answer" => "B"
        ],
        10 => [
                "question" => "His speech was filled with _____ that captivated the
audience.",
                "options" => ["A. suspense", "B. eloquence", "C. brevity", "D. ambiguity"],
                "answer" => "B"
        ]
    ];

    $current_question = isset($_SESSION['current_question']) ?
$_SESSION['current_question'] : 1;
    $score = isset($_SESSION['score']) ? $_SESSION['score'] : 0;

    if ($_SERVER['REQUEST_METHOD'] == 'POST') {
```

```php
        $selected_option = $_POST['option'];
        if ($selected_option == $questions[$current_question]['answer']) {
            $score++;
            $_SESSION['score'] = $score;
        }
        $current_question++;
        $_SESSION['current_question'] = $current_question;
    }

    // Set the time limit in seconds (30 minutes = 30 * 60 seconds)
    $time_limit = 30 * 60;
    $end_time = isset($_SESSION['quiz_end_time']) ? $_SESSION['quiz_end_time'] :
time() + $time_limit;
    $_SESSION['quiz_end_time'] = $end_time;

    // Calculate time left
    $time_left = $end_time - time();
    if ($time_left < 0) {
        $time_left = 0;
    }

    ?>

    <!DOCTYPE html>
    <html lang="en">
    <head>
        <meta charset="UTF-8">
        <meta name="viewport" content="width=device-width, initial-scale=1.0">
        <title>Quantitude Exercise</title>
        <style>
            body {
                font-family: Arial, sans-serif;
                background-color: #f4f4f4;
                margin: 0;
                padding: 0;
            }
            .container {
                width: 50%;
                margin: 50px auto;
                padding: 20px;
                background-color: #fff;
                box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
                border-radius: 8px;
            }
            h1 {
                font-size: 24px;
                margin-bottom: 20px;
            }
            p {
                font-size: 18px;
                margin: 10px 0;
            }
            form {
```

```css
        margin-top: 20px;
    }
    input[type="radio"] {
        margin-right: 10px;
    }
    input[type="submit"] {
        display: block;
        margin: 20px 0;
        padding: 10px 15px;
        background-color: #5cb85c;
        border: none;
        color: white;
        font-size: 16px;
        border-radius: 5px;
        cursor: pointer;
    }
    input[type="submit"]:hover {
        background-color: #4cae4c;
    }
    .score {
        font-size: 20px;
        color: #333;
    }
    #timer {
        font-size: 20px;
        margin-bottom: 20px;
        color: #ff0000;
    }
    .btn-container {
        margin-top: 20px;
    }
    .btn {
        display: inline-block;
        padding: 10px 15px;
        background-color: #0056b3;
        color: #fff;
        text-decoration: none;
        border-radius: 5px;
        margin-right: 10px;
    }
    .btn:hover {
        background-color: #004499;
    }
</style>
<script>
    // JavaScript countdown timer
    var timerInterval = setInterval(function() {
        var now = <?php echo time(); ?>;
        var endTime = <?php echo $_SESSION['quiz_end_time']; ?>;
        var timeLeft = endTime - now;

        var minutes = Math.floor(timeLeft / 60);
        var seconds = timeLeft % 60;
```

```
                    document.getElementById('timer').textContent = 'Time left: ' + minutes +
'm ' + seconds + 's';

                if (timeLeft <= 0) {
                    clearInterval(timerInterval);
                    document.getElementById('timer').textContent = 'Time is up!';
                    document.getElementById('quizForm').submit(); // Automatically submit
the quiz when time is up
                }
            }, 1000);
        </script>
    </head>
    <body>
        <div class="container">
            <?php
            if ($current_question > count($questions)) {
                echo "<h1>Quiz Completed!</h1>";
                echo "<p>Your final score is: $score</p>";
                if ($score < 6){
                    echo "<h5> To improve your score please refer to this study material: <a
href='https://www.indiabix.com/verbal-ability/questions-and-answers/'>Click
me</a></h5> ";
                }
                echo "<div class='btn-container'>";
                echo "<a class='btn' href='verbal.php'>Retry</a>";
                    echo "<a  class='btn'  href='/project/DropdownSection/index.php'>Go
Back</a>";
                echo "</div>";
                session_destroy();
            } else {
                if ($_SERVER['REQUEST_METHOD'] == 'POST') {
                    echo "<p class='score'>Your current score is: $score</p>";
                }
                $question = $questions[$current_question]['question'];
                $options = $questions[$current_question]['options'];
                echo "<h1>Question $current_question</h1>";
                echo "<p>$question</p>";
                echo "<form id='quizForm' method='POST'>";
                foreach ($options as $option) {
                    echo "<p><input type='radio' name='option' value='" . substr($option, 0,
1) . "' required> $option</p>";
                }
                echo "<input type='submit' value='Submit'>";
                echo "</form>";
            }
            ?>
            <div id="timer"></div>
        </div>
    </body>
</html>
```

logical.php

```php
<?php
session_start();

// Define the questions and options
$questions = [
    1 => [
        "question" => "If all apples are fruits and some fruits are oranges, then:",
        "options" => [
            "A. all oranges are apples",
            "B. all fruits are apples",
            "C. some apples are oranges",
            "D. some fruits are apples"
        ],
        "answer" => "D"
    ],
    2 => [
        "question" => "All tigers are animals. Some animals are carnivores. Therefore,
some tigers are carnivores.",
        "options" => [
            "A. True",
            "B. False"
        ],
        "answer" => "A"
    ],
    3 => [
        "question" => "If A implies B and B implies C, then A implies C. This
statement is an example of:",
        "options" => [
            "A. Modus Ponens",
            "B. Modus Tollens",
            "C. Hypothetical Syllogism",
            "D. Disjunctive Syllogism"
        ],
        "answer" => "C"
    ],
    4 => [
        "question" => "What is the missing number in the sequence: 2, 5, 10, 17, __?",
        "options" => [
            "A. 24",
            "B. 26",
            "C. 27",
            "D. 29"
        ],
        "answer" => "B"
    ],
    5 => [
        "question" => "If all roses are flowers and some flowers are red, then:",
        "options" => [
            "A. all red things are roses",
            "B. some roses are red",
```

```
          "C. all red things are flowers",
          "D. all flowers are red"
        ],
        "answer" => "B"
      ],
      6 => [
        "question" => "Which of the following is the odd one out?",
        "options" => [
          "A. Circle",
          "B. Triangle",
          "C. Square",
          "D. Line"
        ],
        "answer" => "D"
      ],
      7 => [
        "question" => "If A = 5, B = 10, and C = 15, what is the value of A + B + C?",
        "options" => [
          "A. 20",
          "B. 30",
          "C. 25",
          "D. 35"
        ],
        "answer" => "B"
      ],
      8 => [
        "question" => "Which number logically follows this series? 2, 5, 10, 17, 26,
___",
        "options" => [
          "A. 35",
          "B. 36",
          "C. 37",
          "D. 38"
        ],
        "answer" => "C"
      ],
      9 => [
        "question" => "If all cars have wheels and some vehicles have wheels, then:",
        "options" => [
          "A. all vehicles are cars",
          "B. all cars are vehicles",
          "C. some cars are vehicles",
          "D. all vehicles are wheels"
        ],
        "answer" => "C"
      ],
      10 => [
        "question" => "Which word does not belong in the group?",
        "options" => [
          "A. Red",
          "B. Blue",
          "C. Green",
          "D. Square"
```

```php
        ],
            "answer" => "D"
        ]
    ];

    $current_question        =        isset($_SESSION['current_question'])        ?
$_SESSION['current_question'] : 1;
    $score = isset($_SESSION['score']) ? $_SESSION['score'] : 0;

    if ($_SERVER['REQUEST_METHOD'] == 'POST') {
        $selected_option = $_POST['option'];
        if ($selected_option == $questions[$current_question]['answer']) {
            $score++;
            $_SESSION['score'] = $score;
        }
        $current_question++;
        $_SESSION['current_question'] = $current_question;
    }

    // Set the time limit in seconds (30 minutes = 30 * 60 seconds)
    $time_limit = 30 * 60;
    $end_time = isset($_SESSION['quiz_end_time']) ? $_SESSION['quiz_end_time'] :
time() + $time_limit;
    $_SESSION['quiz_end_time'] = $end_time;

    // Calculate time left
    $time_left = $end_time - time();
    if ($time_left < 0) {
        $time_left = 0;
    }

    ?>

    <!DOCTYPE html>
    <html lang="en">
    <head>
        <meta charset="UTF-8">
        <meta name="viewport" content="width=device-width, initial-scale=1.0">
        <title>Quantitude Exercise</title>
        <style>
            body {
                font-family: Arial, sans-serif;
                background-color: #f4f4f4;
                margin: 0;
                padding: 0;
            }
            .container {
                width: 50%;
                margin: 50px auto;
                padding: 20px;
                background-color: #fff;
                box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
                border-radius: 8px;
```

```css
        }
        h1 {
            font-size: 24px;
            margin-bottom: 20px;
        }
        p {
            font-size: 18px;
            margin: 10px 0;
        }
        form {
            margin-top: 20px;
        }
        input[type="radio"] {
            margin-right: 10px;
        }
        input[type="submit"] {
            display: block;
            margin: 20px 0;
            padding: 10px 15px;
            background-color: #5cb85c;
            border: none;
            color: white;
            font-size: 16px;
            border-radius: 5px;
            cursor: pointer;
        }
        input[type="submit"]:hover {
            background-color: #4cae4c;
        }
        .score {
            font-size: 20px;
            color: #333;
        }
        #timer {
            font-size: 20px;
            margin-bottom: 20px;
            color: #ff0000;
        }
        .btn-container {
            margin-top: 20px;
        }
        .btn {
            display: inline-block;
            padding: 10px 15px;
            background-color: #0056b3;
            color: #fff;
            text-decoration: none;
            border-radius: 5px;
            margin-right: 10px;
        }
        .btn:hover {
            background-color: #004499;
        }
```

```
        </style>
        <script>
          // JavaScript countdown timer
          var timerInterval = setInterval(function() {
            var now = <?php echo time(); ?>;
            var endTime = <?php echo $_SESSION['quiz_end_time']; ?>;
            var timeLeft = endTime - now;

            var minutes = Math.floor(timeLeft / 60);
            var seconds = timeLeft % 60;

             document.getElementById('timer').textContent = 'Time left: ' + minutes +
'm ' + seconds + 's';

            if (timeLeft <= 0) {
              clearInterval(timerInterval);
              document.getElementById('timer').textContent = 'Time is up!';
              document.getElementById('quizForm').submit(); // Automatically submit
the quiz when time is up
            }
          }, 1000);
        </script>
      </head>
      <body>
        <div class="container">
          <?php
        if ($current_question > count($questions)) {
          echo "<h1>Quiz Completed!</h1>";
          echo "<p>Your final score is: $score</p>";
          if ($score < 6){
            echo "<h5> To improve your score please refer to this study material: <a
href='https://www.indiabix.com/logical-reasoning/questions-and-answers/'>Click
me</a></h5> ";
            }
          echo "<div class='btn-container'>";
          echo "<a class='btn' href='logical.php'>Retry</a>";
            echo "<a  class='btn'  href='/project/DropdownSection/index.php'>Go
Back</a>";
          echo "</div>";
          session_destroy();
        } else {
          if ($_SERVER['REQUEST_METHOD'] == 'POST') {
            echo "<p class='score'>Your current score is: $score</p>";
          }
          $question = $questions[$current_question]['question'];
          $options = $questions[$current_question]['options'];
          echo "<h1>Question $current_question</h1>";
          echo "<p>$question</p>";
          echo "<form id='quizForm' method='POST'>";
          foreach ($options as $option) {
            echo "<p><input type='radio' name='option' value='" . substr($option, 0,
1) . "' required> $option</p>";
            }
```

```php
            echo "<input type='submit' value='Submit'>";
            echo "</form>";
        }
        ?>
        <div id="timer"></div>
    </div>
</body>
</html>
```

coding.php

```php
<?php
session_start();

// Define the questions and options
$questions = [
    1 => [
            "question" => "What is the output of the following C++ code
snippet?<br><br>#include <iostream><br>using namespace std;<br>int main()
{<br>   int x = 5;<br>   cout << ++x + x++;<br>   return 0;<br>}",
            "options" => [
                "A. 11",
                "B. 12",
                "C. 13",
                "D. 14"
            ],
            "answer" => "C"
        ],
        2 => [
            "question" => "Which of the following correctly declares a pure virtual
function in C++?",
            "options" => [
                "A. virtual void function() = 0;",
                "B. void virtual function() = 0;",
                "C. void virtual function();",
                "D. void function() = 0;"
            ],
            "answer" => "A"
        ],
        3 => [
            "question" => "In C++, what is the correct way to initialize a member variable
'count' of class 'Counter' using an initializer list?",
            "options" => [
                "A. Counter::Counter() { count = 0; }",
                "B. Counter::Counter() : count(0) {}",
                "C. Counter::Counter(int c) { count = c; }",
                "D. Counter::Counter() : this->count(0) {}"
            ],
            "answer" => "B"
        ],
        4 => [
```

```
            "question" => "What does the 'friend' keyword signify in C++?",
            "options" => [
              "A. It declares a private member function.",
               "B. It allows a function or class to access private members of another class.",
               "C. It indicates a static method.",
               "D. It specifies a virtual function."
            ],
            "answer" => "B"
        ],
        5 => [
          "question" => "Which of the following is not a valid access specifier in C++?",
          "options" => [
             "A. public",
             "B. private",
             "C. protected",
             "D. internal"
          ],
          "answer" => "D"
        ],
        6 => [
                "question"  =>  "What  is  the  output  of  the  following  C++
code?<br><br>#include <<iostream>> <br>using namespace std;<br><br>class Base
{<br>public:<br>        virtual void display() <br>{ <br>cout << \"Base\";
}<br>};<br><br>class Derived : <br>public Base <br>{<br>public:<br>    void display()
<br> override { <br> cout << \"Derived\"; <br> }<br>};<br><br>int main() {<br> Base*
ptr = new Derived();<br>   ptr->display();<br>    delete ptr;<br>    return 0;<br>}",
            "options" => [
              "A. Base",
              "B. Derived",
              "C. Compilation error",
              "D. Runtime error"
            ],
            "answer" => "B"
        ],
        7 => [
           "question" => "What is the concept in C++ that allows a class to inherit
properties and behavior from another class?",
            "options" => [
              "A. Polymorphism",
              "B. Inheritance",
              "C. Encapsulation",
              "D. Abstraction"
            ],
            "answer" => "B"
        ],
        8 => [
          "question" => "Which keyword is used to prevent further inheritance of a class
in C++?",
            "options" => [
              "A. sealed",
              "B. final",
              "C. end",
              "D. stop"
```

```php
          ],
          "answer" => "B"
        ],
        9 => [
              "question" => "What is the output of the following C++
code?<br><br>#include    <iostream><br>using    namespace    std;<br>class    Base
{<br>public:<br>    void show()<br> { cout << \"Base\"; <br>}<br>};<br><br>class
Derived : public Base {<br>public:<br>    void show() <br>{ <br>cout << \"Derived\";
<br>}<br>};<br>int main() {<br>    Derived d;<br>    Base* ptr = &d;<br>    ptr-
>show();<br>    return 0;<br>}",
          "options" => [
            "A. Base",
            "B. Derived",
            "C. Compilation error",
            "D. Runtime error"
          ],
          "answer" => "A"
        ],
        10 => [
          "question" => "What is the default access specifier for members of a class in
C++?",
          "options" => [
            "A. private",
            "B. protected",
            "C. public",
            "D. internal"
          ],
          "answer" => "A"
        ]
      ];

      $current_question       =       isset($_SESSION['current_question'])       ?
$_SESSION['current_question'] : 1;
      $score = isset($_SESSION['score']) ? $_SESSION['score'] : 0;

      if ($_SERVER['REQUEST_METHOD'] == 'POST') {
        $selected_option = $_POST['option'];
        if ($selected_option == $questions[$current_question]['answer']) {
          $score++;
          $_SESSION['score'] = $score;
        }
        $current_question++;
        $_SESSION['current_question'] = $current_question;
      }

      // Set the time limit in seconds (30 minutes = 30 * 60 seconds)
      $time_limit = 30 * 60;
      $end_time = isset($_SESSION['quiz_end_time']) ? $_SESSION['quiz_end_time'] :
time() + $time_limit;
      $_SESSION['quiz_end_time'] = $end_time;

      // Calculate time left
      $time_left = $end_time - time();
```

```php
        if ($time_left < 0) {
            $time_left = 0;
        }

        ?>
```

```html
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Quantitude Exercise</title>
    <style>
        body {
            font-family: Arial, sans-serif;
            background-color: #f4f4f4;
            margin: 0;
            padding: 0;
        }
        .container {
            width: 50%;
            margin: 50px auto;
            padding: 20px;
            background-color: #fff;
            box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
            border-radius: 8px;
        }
        h1 {
            font-size: 24px;
            margin-bottom: 20px;
        }
        p {
            font-size: 18px;
            margin: 10px 0;
        }
        form {
            margin-top: 20px;
        }
        input[type="radio"] {
            margin-right: 10px;
        }
        input[type="submit"] {
            display: block;
            margin: 20px 0;
            padding: 10px 15px;
            background-color: #5cb85c;
            border: none;
            color: white;
            font-size: 16px;
            border-radius: 5px;
            cursor: pointer;
        }
        input[type="submit"]:hover {
```

```
                background-color: #4cae4c;
            }
            .score {
                font-size: 20px;
                color: #333;
            }
            #timer {
                font-size: 20px;
                margin-bottom: 20px;
                color: #ff0000;
            }
            .btn-container {
                margin-top: 20px;
            }
            .btn {
                display: inline-block;
                padding: 10px 15px;
                background-color: #0056b3;
                color: #fff;
                text-decoration: none;
                border-radius: 5px;
                margin-right: 10px;
            }
            .btn:hover {
                background-color: #004499;
            }
        </style>
        <script>
            // JavaScript countdown timer
            var timerInterval = setInterval(function() {
                var now = <?php echo time(); ?>;
                var endTime = <?php echo $_SESSION['quiz_end_time']; ?>;
                var timeLeft = endTime - now;

                var minutes = Math.floor(timeLeft / 60);
                var seconds = timeLeft % 60;

                document.getElementById('timer').textContent = 'Time left: ' + minutes +
'm ' + seconds + 's';

                if (timeLeft <= 0) {
                    clearInterval(timerInterval);
                    document.getElementById('timer').textContent = 'Time is up!';
                    document.getElementById('quizForm').submit(); // Automatically submit
the quiz when time is up
                }
            }, 1000);
        </script>
    </head>
    <body>
        <div class="container">
            <?php
            if ($current_question > count($questions)) {
```

```php
            echo "<h1>Quiz Completed!</h1>";
            echo "<p>Your final score is: $score</p>";
            if ($score < 6){
                echo "<h5> To improve your score please refer to this study material: <a
href='https://www.indiabix.com/cpp-programming/questions-and-answers/'>Click
me</a></h5> ";
                }

            echo "<div class='btn-container'>";
            echo "<a class='btn' href='coding.php'>Retry</a>";
                echo "<a class='btn' href='/project/DropdownSection/index.php'>Go
Back</a>";
            echo "</div>";
            session_destroy();
        } else {
            if ($_SERVER['REQUEST_METHOD'] == 'POST') {
                echo "<p class='score'>Your current score is: $score</p>";
            }
            $question = $questions[$current_question]['question'];
            $options = $questions[$current_question]['options'];
            echo "<h1>Question $current_question</h1>";
            echo "<p>$question</p>";
            echo "<form id='quizForm' method='POST'>";
            foreach ($options as $option) {
                echo "<p><input type='radio' name='option' value='" . substr($option, 0,
1) . "' required> $option</p>";
                }
            echo "<input type='submit' value='Submit'>";
            echo "</form>";
        }
        ?>
        <div id="timer"></div>
    </div>
</body>
</html>
```

Guided Meditation Videos:

leisure.php

```php
<!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>About</title>
    <style>
        body {
            font-family: Arial, sans-serif;
```

```css
        background-color: #f4f4f4;
        margin: 0;
        padding: 0;
    }
    .video-outer-container {
        width: 80%;
        max-width: 800px;
        margin: 20px auto;
        background-color: #fff;
        padding: 20px;
        box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
        border-radius: 8px;
    }
    h1 {
        font-size: 24px;
        margin-bottom: 20px;
        text-align: center;
    }
    .video-container {
        position: relative;
        width: 100%;
        padding-top: 56.25%; /* 16:9 Aspect Ratio (divide 9 by 16 = 0.5625) */
    }
    .video-container iframe {
        position: absolute;
        top: 0;
        left: 0;
        width: 100%;
        height: 100%;
    }
  </style>
</head>

<body>

  <section>
    <?php include 'nav_bar.php';?>
  </section>

  <!-- header -->


  <!-- Start content -->
  <div class="video-outer-container">
    <h1>Guided Meditation Videos</h1>
    <br><br>
    <div class="video-container">
      <!-- Replace 'DulNz2CkoHI' with the actual video ID if different -->
                              <iframe        width="560"        height="315"
src="https://www.youtube.com/embed/QpNmkpbxryM"                  frameborder="0"
allowfullscreen></iframe>
      </div>
      <br><br><br><br>
```

```html
            <div class="video-container">
              <!-- Replace 'DulNz2CkoHI' with the actual video ID if different -->
                                <iframe     width="560"      height="315"
src="https://www.youtube.com/embed/yQZ35a0sCQs"              frameborder="0"
allowfullscreen></iframe>
            </div>
            <br><br><br><br>
            <div class="video-container">
              <!-- Replace 'DulNz2CkoHI' with the actual video ID if different -->
                                <iframe     width="560"      height="315"
src="https://www.youtube.com/embed/p8oxM5j9eNE"              frameborder="0"
allowfullscreen></iframe>
            </div>

            <br><br><br><br>
            <div class="video-container">
              <!-- Replace 'DulNz2CkoHI' with the actual video ID if different -->
                                <iframe     width="560"      height="315"
src="https://www.youtube.com/embed/wVSkYKj26qg"              frameborder="0"
allowfullscreen></iframe>
            </div>
                <br><br><br><br>
            <div class="video-container">
              <!-- Replace 'DulNz2CkoHI' with the actual video ID if different -->
                                <iframe     width="560"      height="315"
src="https://www.youtube.com/embed/vj0JDwQLof4"              frameborder="0"
allowfullscreen></iframe>
                </div>
            <br><br><br><br>
            <div class="video-container">
              <!-- Replace 'DulNz2CkoHI' with the actual video ID if different -->
                                <iframe     width="560"      height="315"
src="https://www.youtube.com/embed/CqnWMPuyT0g"              frameborder="0"
allowfullscreen></iframe>
            </div>
        </div>
        </div>
        <!-- end content -->


        <!-- footer -->

        <section>
          <?php include 'footer/footer.php';?>
        </section>
    </body>

    </html>
```

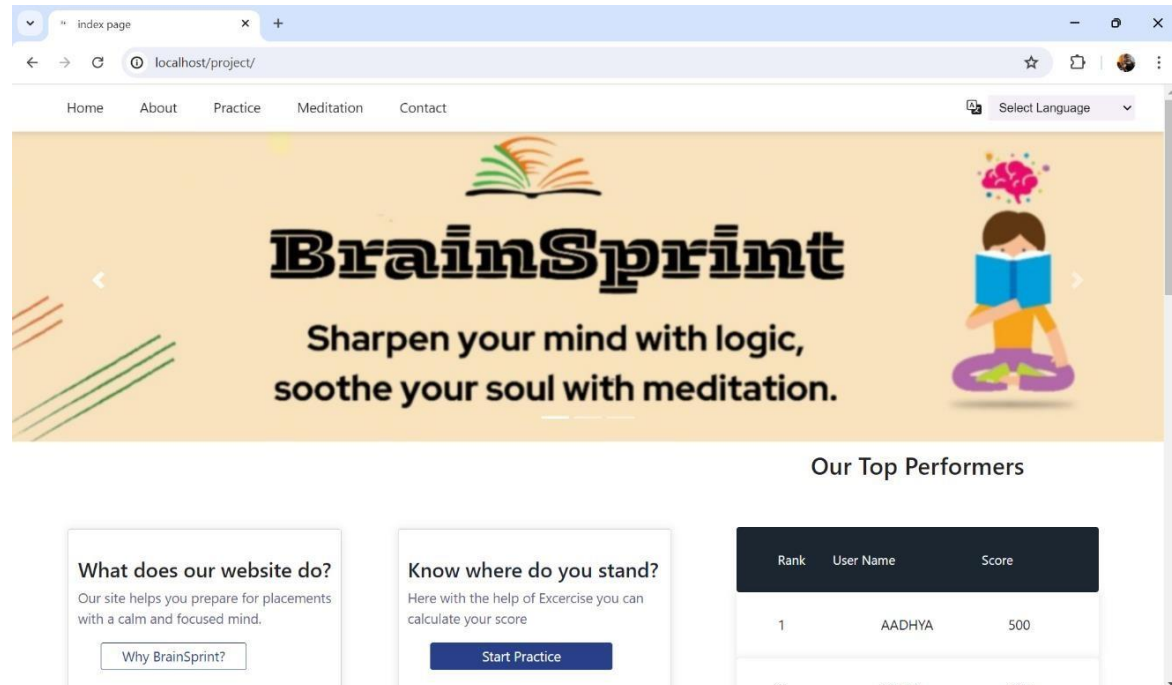## Chapter - 6

USER INTERFACE
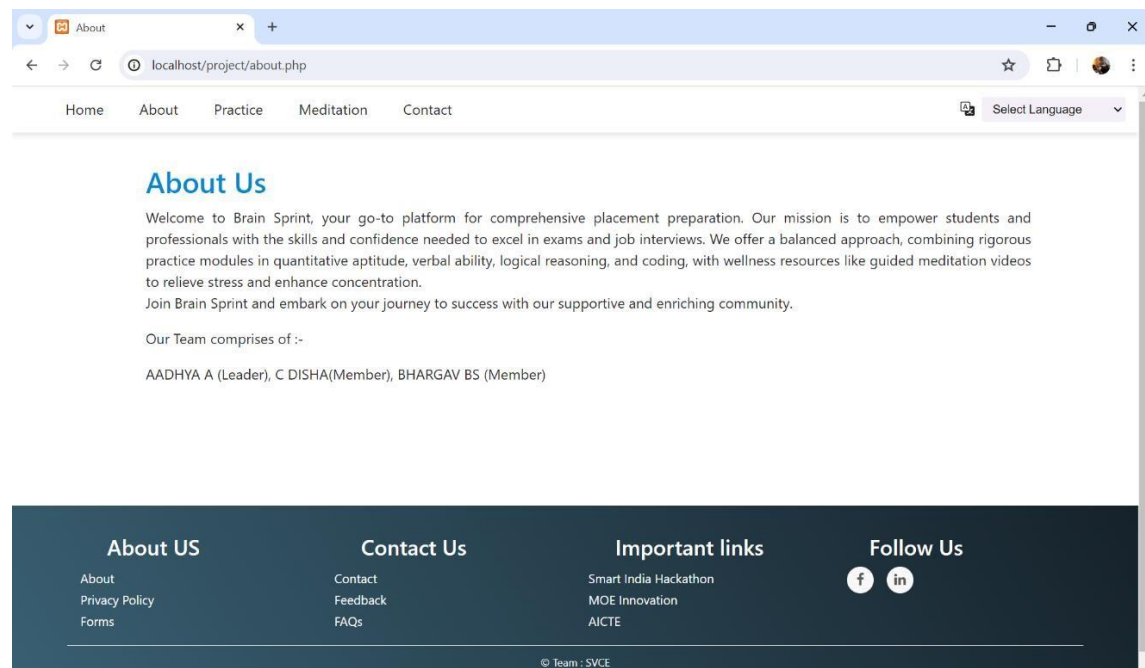
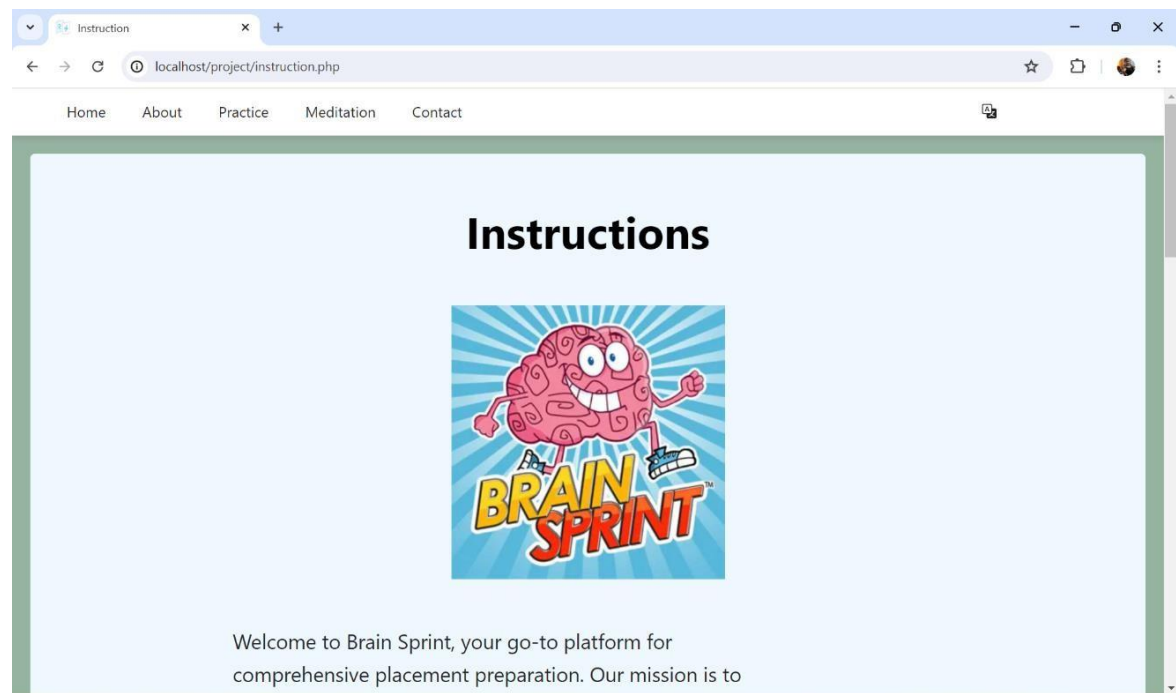## (Snapshots)

Fig 6.1 Homepage
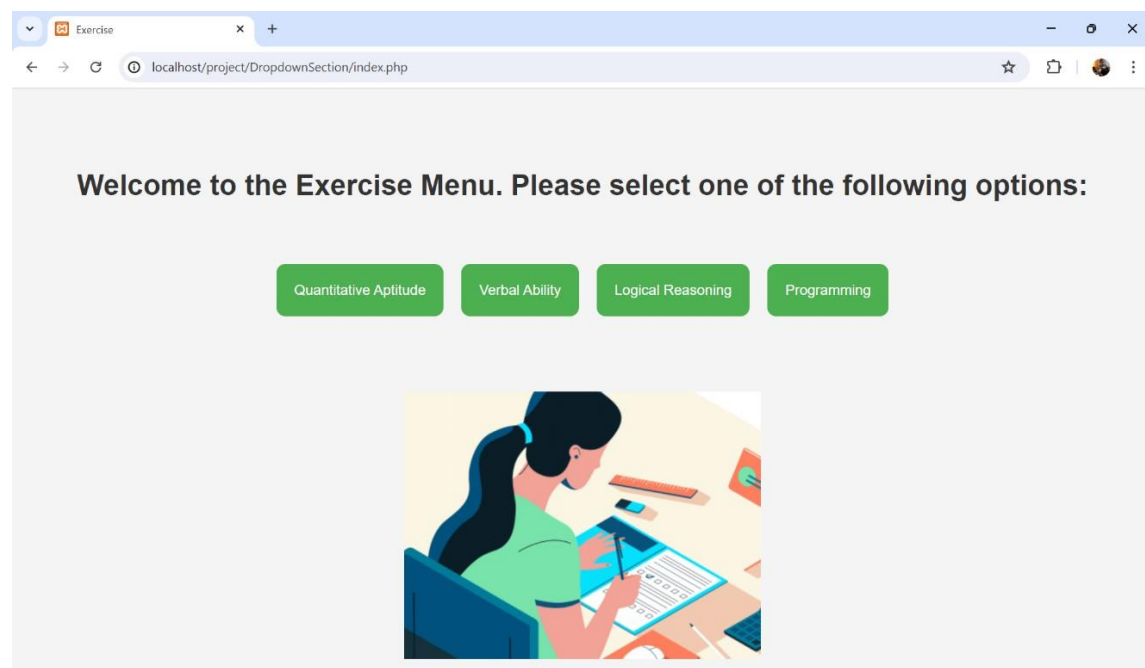

Fig 6.2 About Us Page

Fig 6.3 Instructions Page
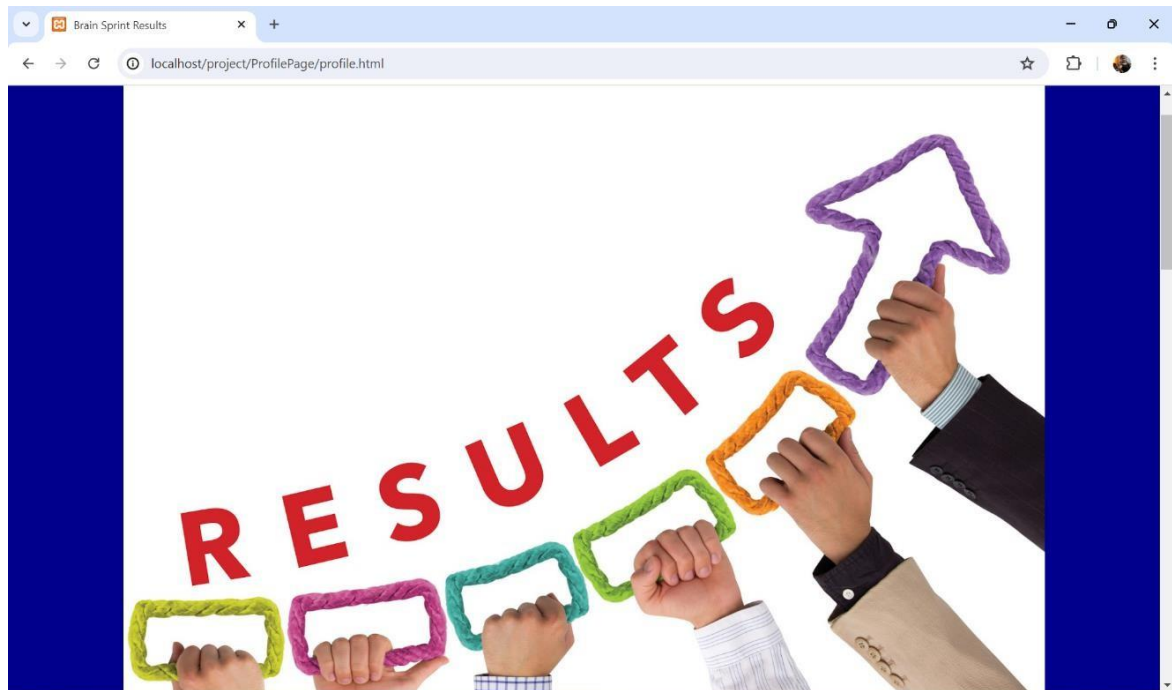

Fig 6.4 Exercise Menu Page
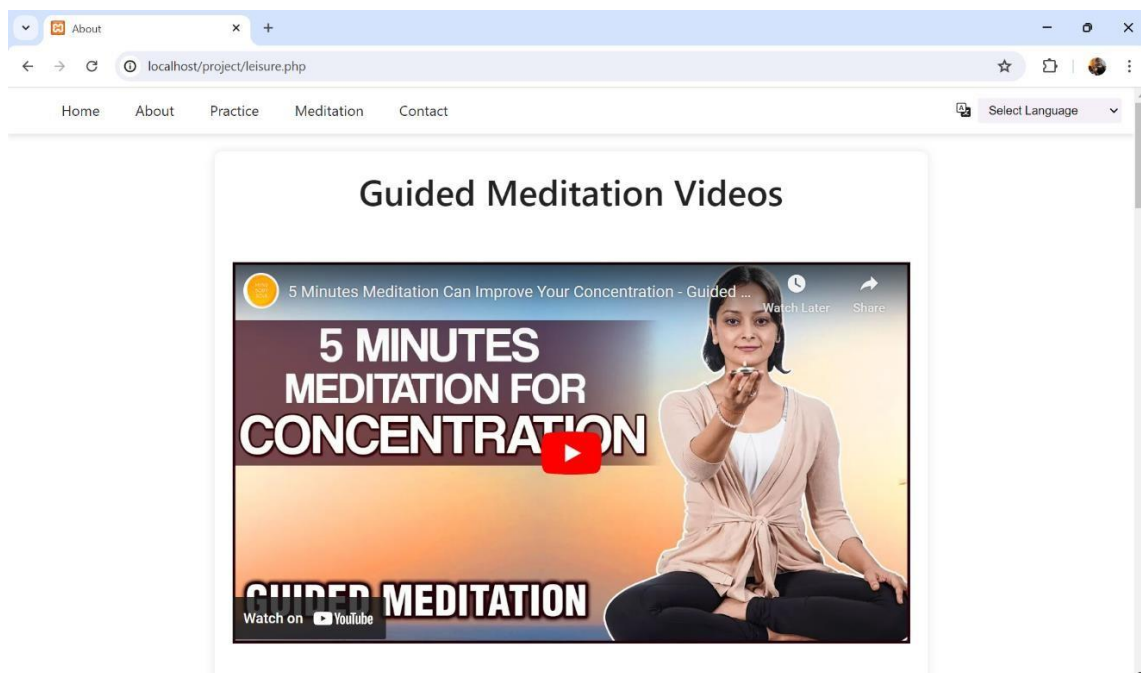
Fig 6.5 Results Page
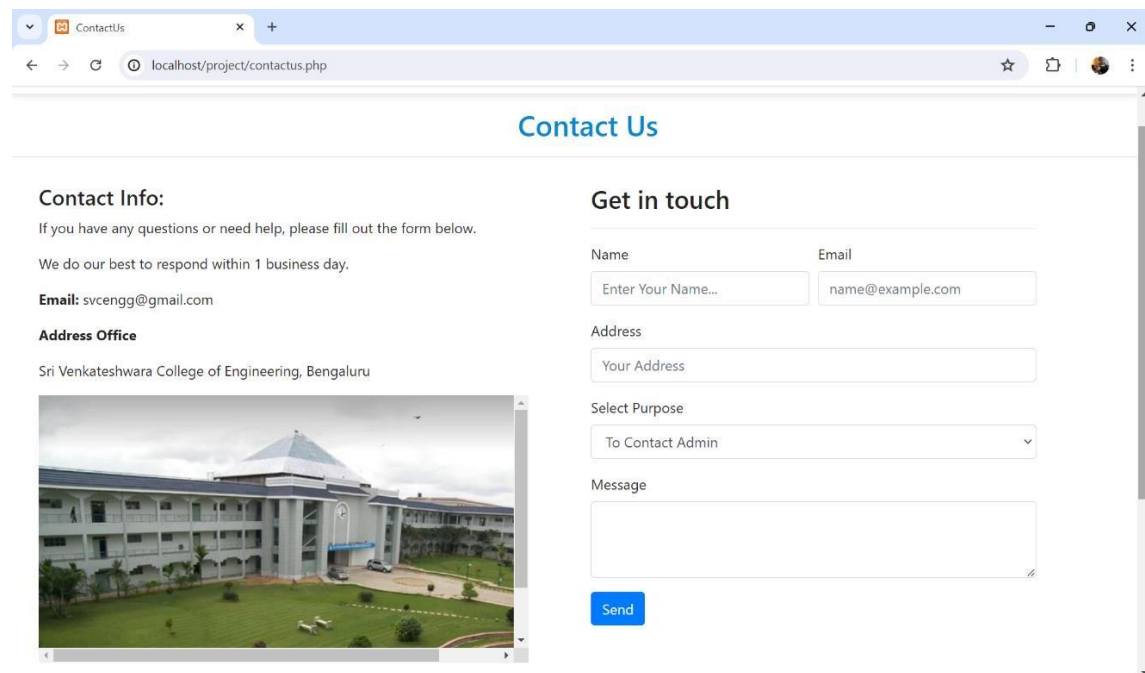

Fig 6.6 Guided Meditation Videos Page

Fig 6.7 Contact Us Page

Chapter - 6

CONCLUSIONS

Brain Sprint stands out as an innovative platform that successfully merges placement preparation resources with meditation videos, creating a balanced approach to exam readiness. This unique integration is designed to cater to the comprehensive needs of students, ensuring that they are not only academically prepared but also mentally resilient. By offering sections for quantitative aptitude, verbal ability, logical reasoning, and coding, each with a structured 30-minute test comprising 15 questions, Brain Sprint covers all critical areas of placement exams. The inclusion of meditation videos further distinguishes the platform by addressing the often-overlooked aspect of mental well-being, helping students to manage stress and enhance concentration.

The effectiveness of Brain Sprint as a holistic preparation platform is evident in its dual focus on academic excellence and mental health. The practice tests simulate real exam conditions, providing users with valuable experience and helping them to identify areas for improvement. Concurrently, the meditation resources promote relaxation and mindfulness, essential components for maintaining mental clarity and reducing anxiety. This balanced approach not only boosts academic performance but also fosters a healthier study routine, demonstrating Brain Sprint's commitment to nurturing well-rounded individuals who are equipped to tackle the pressures of placement exams with confidence and composure.

6.1 FUTURE WORK

Looking ahead, Brain Sprint aims to expand its offerings by introducing new subjects and varying difficulty levels in practice tests. Enhanced meditation resources will include guided sessions for stress relief and focus, as well as diverse relaxation techniques. Advanced analytics will offer personalized feedback and detailed performance tracking. Scalability and accessibility will ensure seamless access across PCs, tablets, and smartphones, with ongoing user interface improvements. Community support features will include discussion forums and expert guidance. These enhancements will solidify Brain Sprint as a premier preparation platform, fostering well-rounded individuals ready to excel in their exams and beyond.

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