

Mindful Intention

Supervisor: *LÊ THANH NHÂN*

Semester: *01*

Batch No: *T1.2203.E1*

Group No: *03*

Order:	Full name	Roll No.
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<i>2.</i>	<i>Quách Hoàng Long</i>	<i>Student1370229</i>
<i>3.</i>	<i>Thọ Chế Quốc Ân</i>	<i>Student1370230</i>
<i>4.</i>	<i>Mai Triều Chính</i>	<i>Student1370223</i>

Month: 06 Year: 2022

This is to certify that

Mr. **VŨ HẢI ANH**

Mr. **QUÁCH HOÀNG LONG**

Mr. **THỌ CHẾ QUỐC ÂN**

Mr. **MAI TRIỀU CHÍNH**

Have successfully Designed & Developed

MINDFUL INTENTION

Submitted by:

Mr. LE THANH NHAN

Date Of Issue:

11/06/2022

Authorized Signature:

Content

Acknowledge

Synopsis

Review1 (1)

Review2 (5)

Review3 (7)

Testing Document (11)

Final Checklist (13)

Task sheet (14)

ACKNOWLEDGE

We would like to send a special thanks to all those who have given moral support and helped us to make up the project successfully.

We hope that we can express our great gratitude to the eProjects Team at the Head Office, who guided and helped us. Besides that, we would also like to thank Mr. Le Thanh Nhan and Mrs. Le Thi Mong Thuy for not only providing us the opportunity to work with them in Project, but also for their support and encouragement during the process.

And finally, we, ourselves, would like to offer many thanks to our teammates for their cooperation and constructive attitude.

SYNOPSIS

Healthy Mind is a Website that provides abundant information about Aerobic and Meditation.

Healthy Mind systematically organizes the information to ease how users find and get suitable information to their needs.

Healthy Mind has grant many benefit to users such as:

- Allows users to get A to Z information about Aerobic and Meditation.
- Displays the website in an interactive and responsive way to urge users to stay longer and get more knowledge
- Advises users to get a suitable course of postures that suit to their condition.

Design Plan: Mindful Intention	Document Name: Problem Definition	SWD/Form No.01/PD/Ver1.0
Effective Date: 11-06-2022	Version 1.0	Page No: 1 of 16

Problem Definition

1. Problem definition

In the modern-day, regardless of the development of the well-advanced hi-tech medical facilities, humankind has struggled with many health problems, both mental and physical. For instance, under the pressure of hectic life, people have to deal with stress, anxiety, restlessness, nervous breakdown, etc... These ailments lead to fatigue, divorce, or even suicide. Instead of looking the way out by drug treatment, the patients are now more and more concerned with non-scientific therapies.

In that reality, aerobics and meditation with their undeniable advantages are increasingly gaining popularity. However, many of us are not having enough information to start our journey to get rid of our ailments by practicing aerobics and meditation. Therefore, the ‘Healthy Mind’ group request us to develop a website that adequately informs users about aerobics and meditation. In addition, webmasters are able to explicitly and flexibly manage the website.

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Design Plan: Mindful Intention	Document Name: Problem Definition	SWD/Form No.01/PD/Ver1.0
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2. **Problem Identifying**

- ✓ Provide two separate sections for aerobics and meditation.
- ✓ Provide a section where users could check for some related books.
- ✓ Provide systematic information that users would be able to search for postures and suitable information.
- ✓ Provide informative and illustrative videos with limited size.

In the section on aerobics:

- ✓ Provide aerobics postures regarding treatments of specific health issues along with doing's and do not do's poses.
- ✓ Provide the bases of the poses type, benefit, anatomy, and general poses.
- ✓ Provide adequate information on which aerobics course is suitable for which diseases.

In the section on meditation:

- ✓ Provide elaborate information about meditation and its benefit.

For the web design:

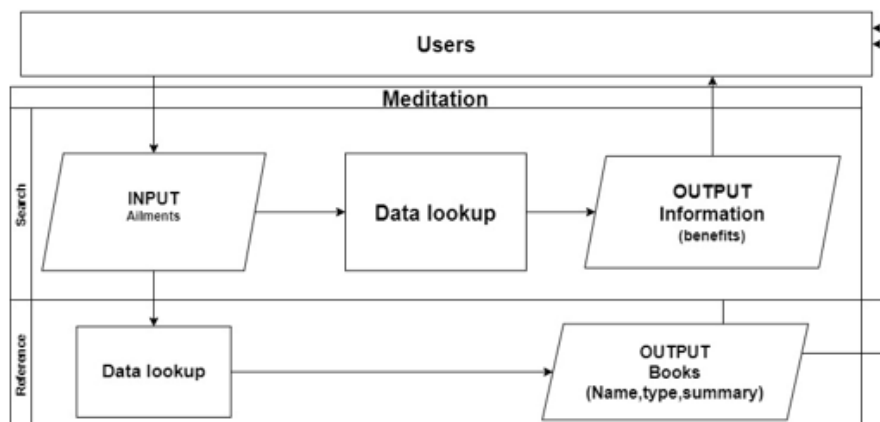
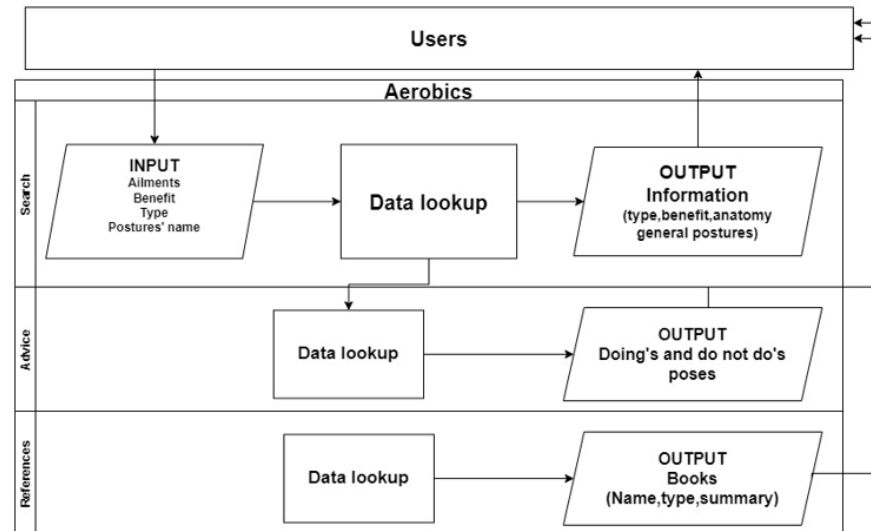
- ✓ Design a suitable logo and related banners/ information on the homepage
- ✓ Display the menu with a submenu (as per section)

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Design Plan: Mindful Intention	Document Name: Customer Requirements Specifications	SWD/Form No.02/CRS/Ver1.0
Effective Date: 11-06-202	Version 1.0	Page No: 3 of 16

Customer Requirements Specifications

1. Process of Users



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Design Plan: Mindful Intention	Document Name: Customer Requirements Specifications	SWD/Form No.02/CRS/Ver1.0
Effective Date: 11-06-202	Version 1.0	Page No: 4 of 16

Hardware/software requirement:

Hardware:

Server:

- Pentium 4,1.5 Ghz or better
- 512 MB of RAM
- 300 MB of HDD capacities available.

Client:

- Pentium III, 500 Mhz
- 256 MB of RAM

Software:

Server:

- OS with Windows XP SP2
- IE 5.0/Netscape 6.0
- SQL server 2008
- Dreamweaver MX 2004
- Internet Information Services(IIS)

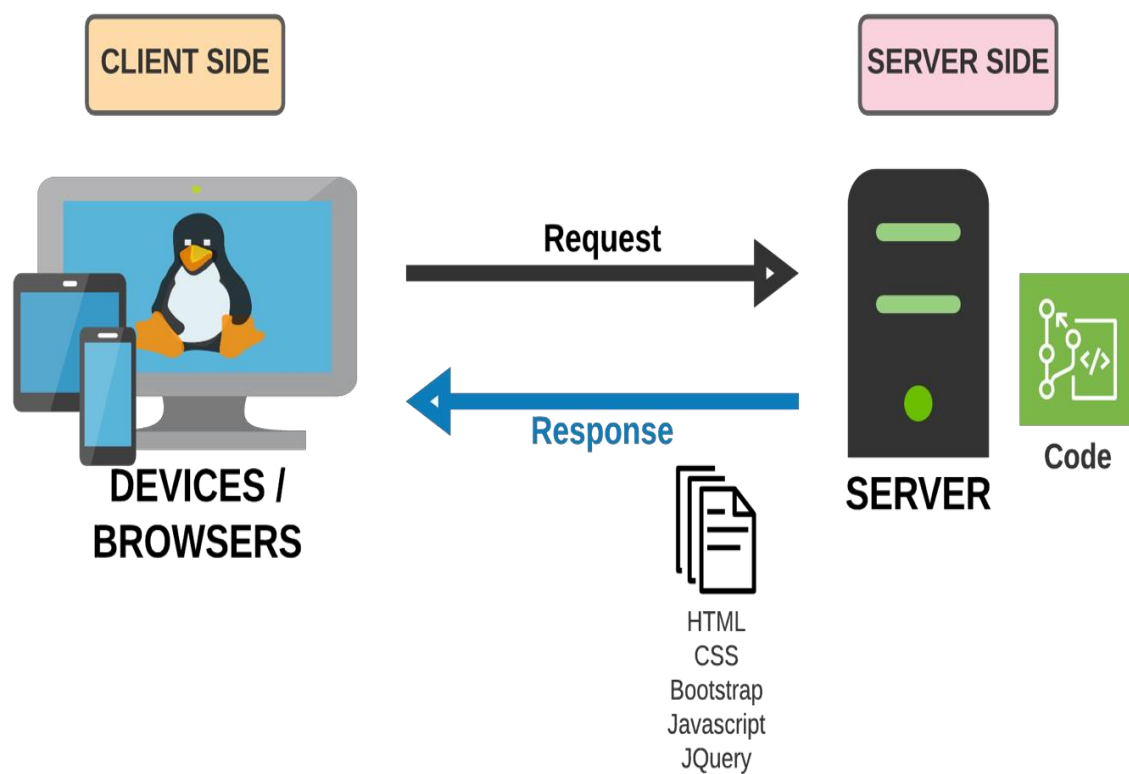
Client:

- IE 5.0/Netscape 6.0
- Flash Player 8

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Design Plan: Mindful Intention	Document Name: Architecture and design of the project	SWD/Form No.03/ARD/Ver1.0
Effective Date: 11/06/2022	Version 1.0	Page No: 5 of 16

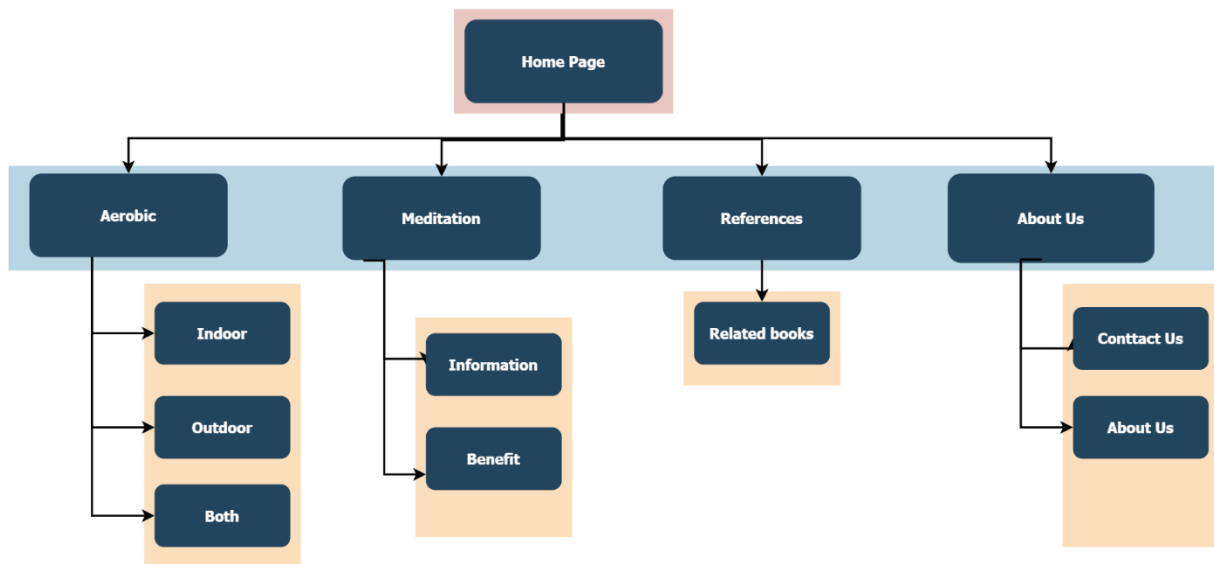
Architecture and design of the project



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Design Plan: Mindful Intention	Document Name: SiteMap	SWD/Form No.04/SM/Ver1.0
Effective Date: 11/06/2022	Version 1.0	Page No: 6 of 16

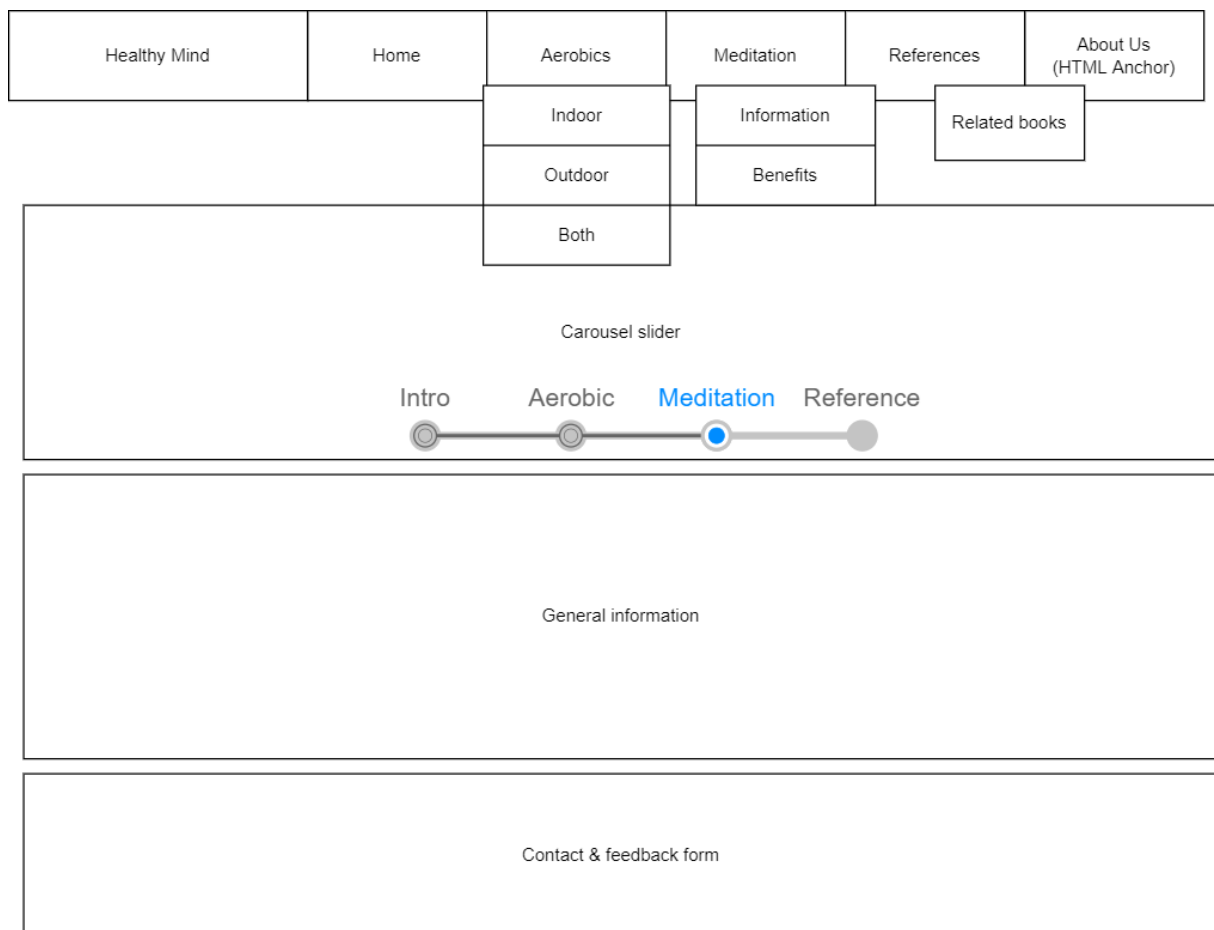
SiteMap



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Design Plan: Mindful Intention	Document Name: Screen shots	SWD/Form No.05/SS/Ver1.0
Effective Date 11/06/2022	Version 1.0	Page No: 7 of 16

Screen shots



Description: This is our landing homepage that is used for giving general information. By using the menu with submenu, links to other specific sections including: Aerobic, Meditation, References, and Contact us.

From: This is our first page

To: 4 sections: Aerobic, Meditation, References, and Contact us.

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Design Plan: Mindful Intention	Document Name: Screen shots	SWD/Form No.05/SS/Ver1.0
Effective Date 11/06/2022	Version 1.0	Page No: 8 of 16

Healthy Mind	Home	Aerobics	Meditation	References	About Us
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Aerobic
Indoor
Outdoor
Both

General courses (Carousel slider)

Title: Name of Aerobic

Wallpaper

Information

Video & Reference

Description: This is our Aerobic page, where we display Aerobic section's information in detail.

From: This page link from Homepage.

To: This page link to other pages by heading menu.

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Design Plan: Mindful Intention	Document Name: Screen shots	SWD/Form No.05/SS/Ver1.0
Effective Date 11/06/2022	Version 1.0	Page No: 9 of 16

Healthy Mind	Home	Aerobics	Meditation	References	About Us
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Title

Background

Click for more

Information

Description: This is our Meditation page, where we display Meditation section's information in detail.

From: This page link from Homepage.

To: This page link to other pages by heading menu.

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Date	11/06/2022	

Design Plan: Mindful Intention	Document Name: Screen shots	SWD/Form No.05/SS/Ver1.0
Effective Date 11/06/2022	Version 1.0	Page No: 10 of 16

Healthy Mind	Home	Aerobics	Meditation	References	About Us
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Book Cover	Name
	Type
	Summary
	Link

Book Cover	Name
	Type
	Summary
	Link

Description: This is our Reference page, where we display Reference section's information in detail.

From: This page link from Homepage.

To: This page link to other pages by heading menu.

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	Project Group No: 03	
Signature		
Date	11/06/2022	

Design Plan: Mindful Intention	Document Name: Testing document	SWD/Form No.06/TD/Ver1.0
Effective Date: 11/06/2022	Version 1.0	Page No: 11 of 16

Testing document

Section	Features	Remarks	Suggestion
Homepage	Menu with submenu	Done	
	Carousel slider	Pending	<i>Change suitable type and size of wallpapers</i>
	Display information	Pending	<i>Create JSON</i>
	Footer	Pending	<i>Code JS for feedback form</i>
	CSS	Pending	<i>Input more animation and effect Use the modern website layout</i>
Aerobic	Slider	Pending	<i>Change picture</i>
	Route Menu	Pending	<i>Code AngularJS</i>
	Video and Reference	Pending	<i>Embed Youtube video</i>
	CSS	Pending	<i>Input more animation and effect Use the modern website layout</i>
Meditation	Buttons	Pending	<i>Code JS for events</i>
	Information	Pending	<i>Use Html Anchor for display</i>

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Signature		
Date	11/06/2022	

Design Plan: Mindful Intention	Document Name: Testing document	SWD/Form No.06/TD/Ver1.0
Effective Date: 11/06/2022	Version 1.0	Page No: 12 of 16

About Us	Display teammate pictures	Pending	<i>Add animation</i>
Reference	Create JSON file	Pending	<i>Search and create JSON file</i>
	Display information	Pending	<i>Using AngularJS for displaying</i>
	Search	Pending	<i>Using AngularJS for filtering</i>

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Signature		
Date	11/06/2022	

Design Plan: Mindful Intention	Document Name: Final checklist	SWD/Form No.07/FC/Ver1.0
Effective Date: 11/06/2022	Version 1.0	Page No: 13 of 16

Final checklist

Sr.No	Aspected Tested	Suggestion/ Remarks
1	Are all the users able to view the images and links?	
2	Have all the views, modules, and controllers been properly integrated and is the site function as a single-page application?	
3	Are the GUI content devoid of spelling mistakes?	
4	Is the application user-friendly?	
5	Is the Website launching correctly in all popular browsers?	
6	Are all the forms validated with proper criteria?	
7	Do all text links lead to the appropriate website?	
8	Do all image links lead to the appropriate website?	
9	Are all the images and links clearly visible on the page?	
10	Does the Web page work properly in all the tested browsers?	
11	Does the Web page take too long to be loaded fully?	
12	Is the navigation sequences correct through all the Web pages on the site?	
13	Is the JavaScript code working as expected in all click events?	

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	Project Group No: 03	
Signature		
Date	11/06/2022	

Design Plan: Mindful Intention	Document Name: Task Sheet	SWD/Form No.08/TS/Ver1.0
Effective Date: 11/06/2022	Version 1.0	Page No: 14 of 16

1. Documentation Task Sheet

Project Ref. No.: eP/Advertisement Portal Management System/01		Project Title:	Activity Plan Prepared By:	Date of Preparation of Activity Plan:			
Sr. No.	Task			Actual Start Date	Actual Days	Team Mate Names	Status
1	Task Sheet	MINDFUL INTENTION	H.Anh	12/06/2022	3	H.Anh	Completed
2	Acknowledge + Synopsis			15/06/2022	4	H.Anh	Completed
3	Problem Definition			18/06/2022	2	Ân	Completed
4	Customer Requirement			19/06/2022	2	Chính	Completed
5	Mock Up			20/06/2022	5	H.Anh	Completed
6	Testing Document			25/06/2022	2	Long	Completed
7	Final Checklist			26/06/2022	1	Long	Completed

	Prepared by (Student)	Approved by (Faculty)
	Project Group No: 01	
Signature		
Date		

Design Plan: Mindful Intention	Document Name: Task Sheet	SWD/Form No.08/TS/Ver1.0
Effective Date: 11/06/2022	Version 1.0	Page No: 15 of 16

2. Developing Task Sheet

Project Ref. No.: eP/Advertisement Portal Management System/01		Project Title:	Activity Plan Prepared By:	Date of Preparation of Activity Plan:			
Sr. No.	Task			Actual Start Date	Actual Days	Team Mate Names	Status
1	Homepage	MINDFUL INTENTION	H.Anh	16/06/2022	20	Long + H. Anh	Processing
2	Aerobic			16/06/2022	20	Long + H.Anh	Processing
3	Meditation			16/06/2022	20	Chính	Processing
4	Reference			25/06/2022	7	Ân	Processing
5	About Us			30/06/2022	7	Long	Processing

	Prepared by (Student)	Approved by (Faculty)
	Project Group No: 01	
Signature		
Date		

Design Plan: Mindful Intention	Document Name: Task Sheet	SWD/Form No.08/TS/Ver1.0
Effective Date: 11/06/2022	Version 1.0	Page No: 16 of 16

3. Web Interface Design Task Sheet

Project Ref. No.: eP/Advertisement Portal Management System/01		Project Title:	Activity Plan Prepared By:	Date of Preparation of Activity Plan:			
Sr. No.	Task			Actual Start Date	Actual Days	Team Mate Names	Status
1	Homepage	MINDFUL INTENTION	H.Anh	20/06/2022	15	Long + H. Anh	Processing
2	Aerobic			20/06/2022	15	Long + H.Anh	Processing
3	Meditation			20/06/2022	15	Chính	Processing
4	Reference			25/06/2022	7	Ân	Processing
5	About Us			30/06/2022	7	Long	Processing

	Prepared by (Student)	Approved by (Faculty)
	Project Group No: 01	
Signature		
Date		