

PRESENTED BY

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HEALTH & WELLNESS BLOG

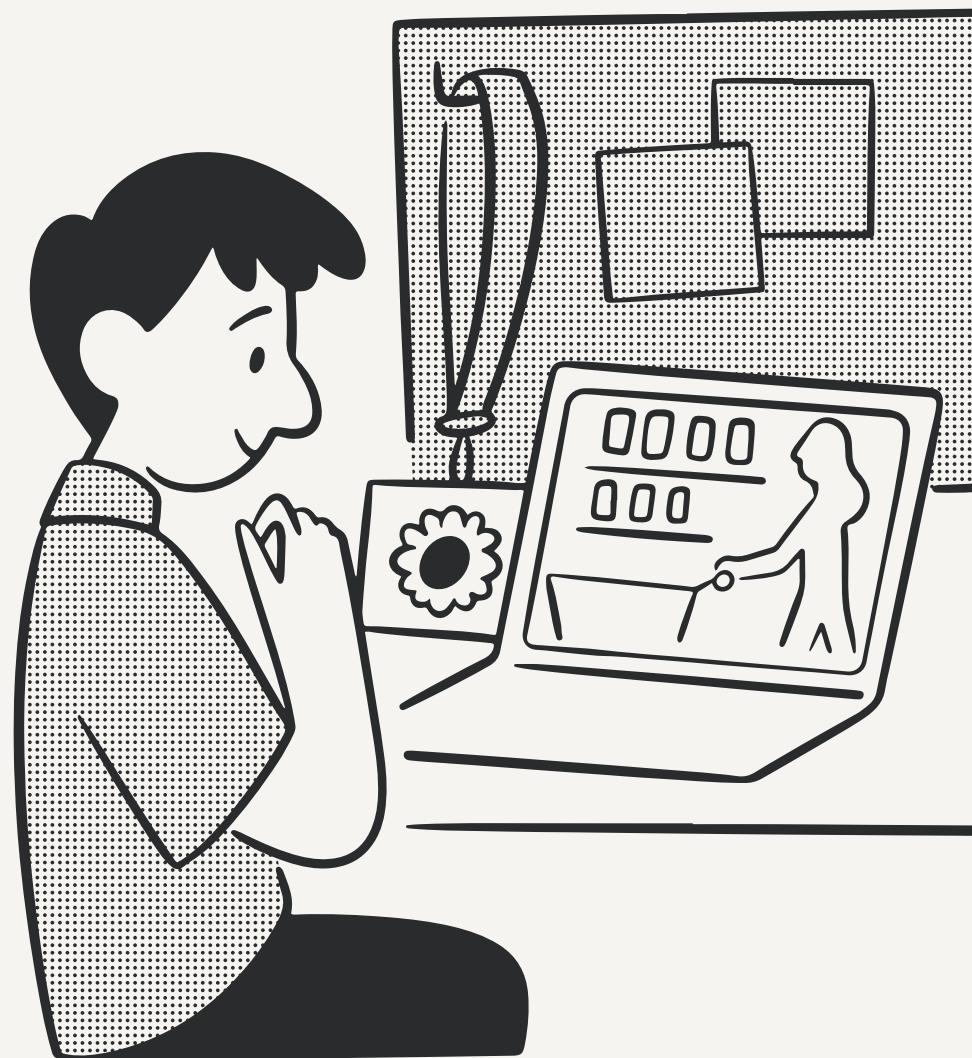


A Digital Sanctuary for a Balanced Life

PROBLEM STATEMENT AND SOLUTION

WHY THIS PROJECT?

- In today's fast-paced world, mental and physical health is often neglected.
- Many people lack access to curated, reliable wellness information.
- Need for a centralized platform for articles, tips, and support on wellness.



SOLUTION OFFERED

- ### Our Digital Wellness Platform
- A centralized, calming blog platform focused on self-care.
 - Covers categories for fitness, mental health, nutrition, etc.
 - Blog section for expert insights and user stories
 - Responsive, user-friendly interface

PROJECT OVERVIEW

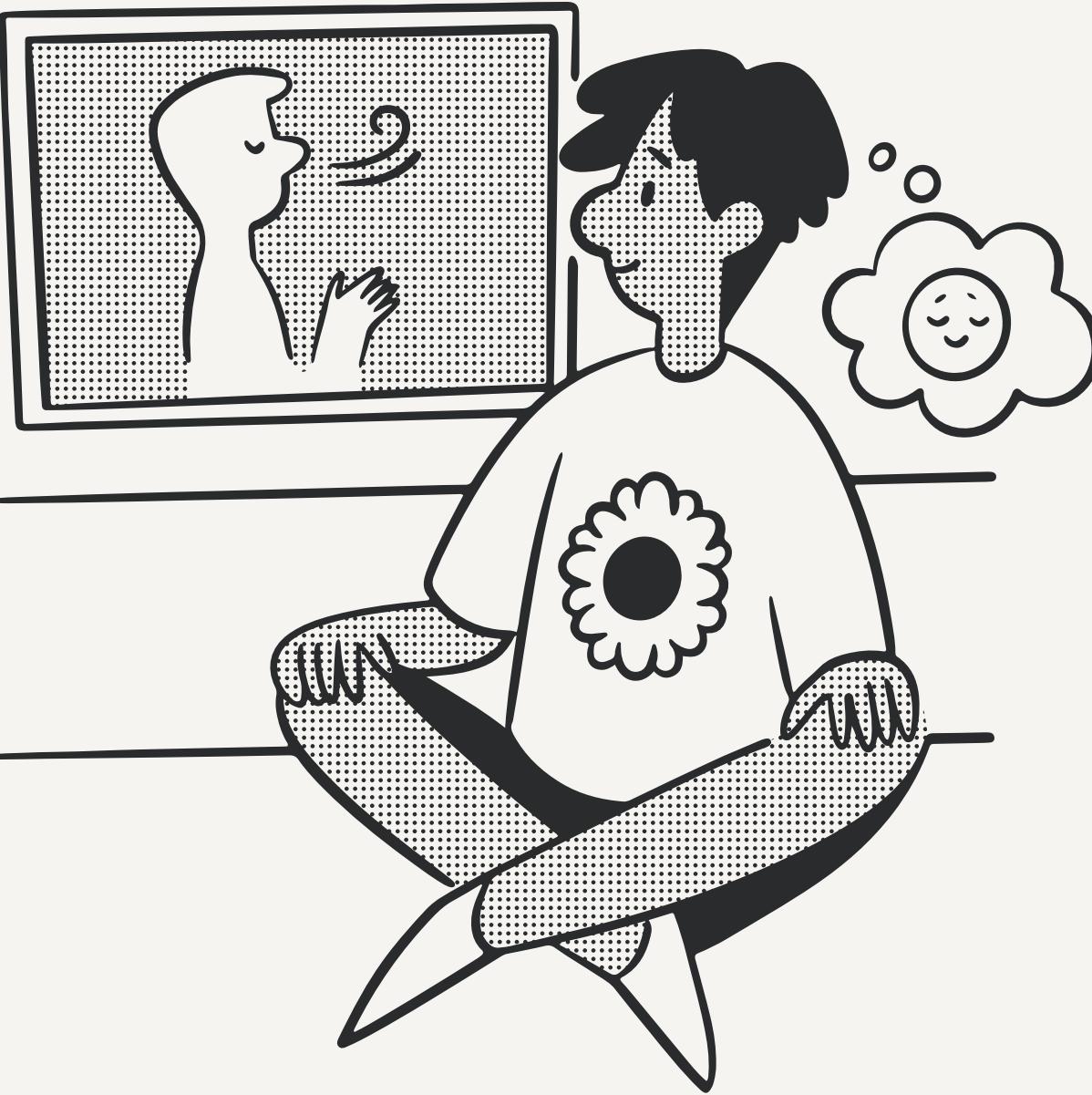
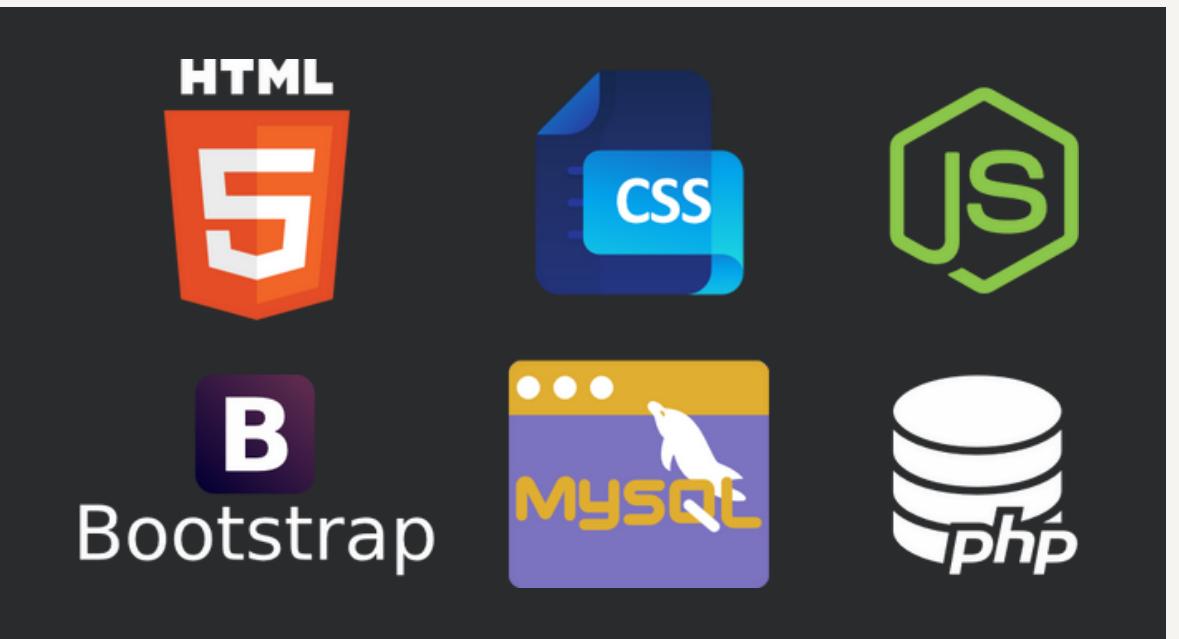
HEALTH & WELLNESS BLOG – A MODERN DIGITAL PLATFORM FOR WELLNESS CONTENT

- A PHP-based responsive blog platform focused on health and wellness.
- Features blog creation, category-based filtering, likes, comments, user dashboard, and more.
- Developed with a modern dark theme and seamless UX using PHP, MySQL, JavaScript, and Bootstrap.
- Designed from scratch on Figma.



Tools & Technologies Used

- Frontend: HTML, CSS, JavaScript, Bootstrap (Dark Mode)
- Backend: PHP
- Database: MySQL
- Design: Figma
- Version Control: GitHub



FEATURE HIGHLIGHTS

WHAT MAKES IT SPECIAL?

- Responsive Dark Mode Layout
- Hero Banner with Motivation CTA
- Categorized Blogs + Filter/Sort
- Comment & Like System
- User Dashboard to Post/Edit Blogs
- AJAX for smooth interactions



ARCHITECTURE & FILE STRUCTURE

```
Health-and-Wellness-Blog/
├── index.php – Home page with a hero section, featured articles, and testimonials.
├── blogs.php – Displays a list of articles with filtering, sorting, and pagination.
├── article.php – Shows a single article with full content, comments, share options, and likes.
├── categories.php – Lists wellness categories; clicking a category filters articles.
├── about.php – Information about the platform, its mission, and community.
├── contact.php – Contact details and support info with multiple contact methods.
├── addBlogs.php – Blog editor for authenticated users (includes file upload and form validation).
├── edit-article.php – Allows authors to update their existing posts.
└── dashboard.php – User dashboard for managing ("My Blogs") with create, edit, and delete options.

├── navbar.php – Modern, responsive navigation bar used on every page.
├── footer.php – Site footer with quick links, category links, and company info.
└── db.php – MySQL database connection setup.

└── like_article.php – API endpoint (via AJAX) for handling article likes.

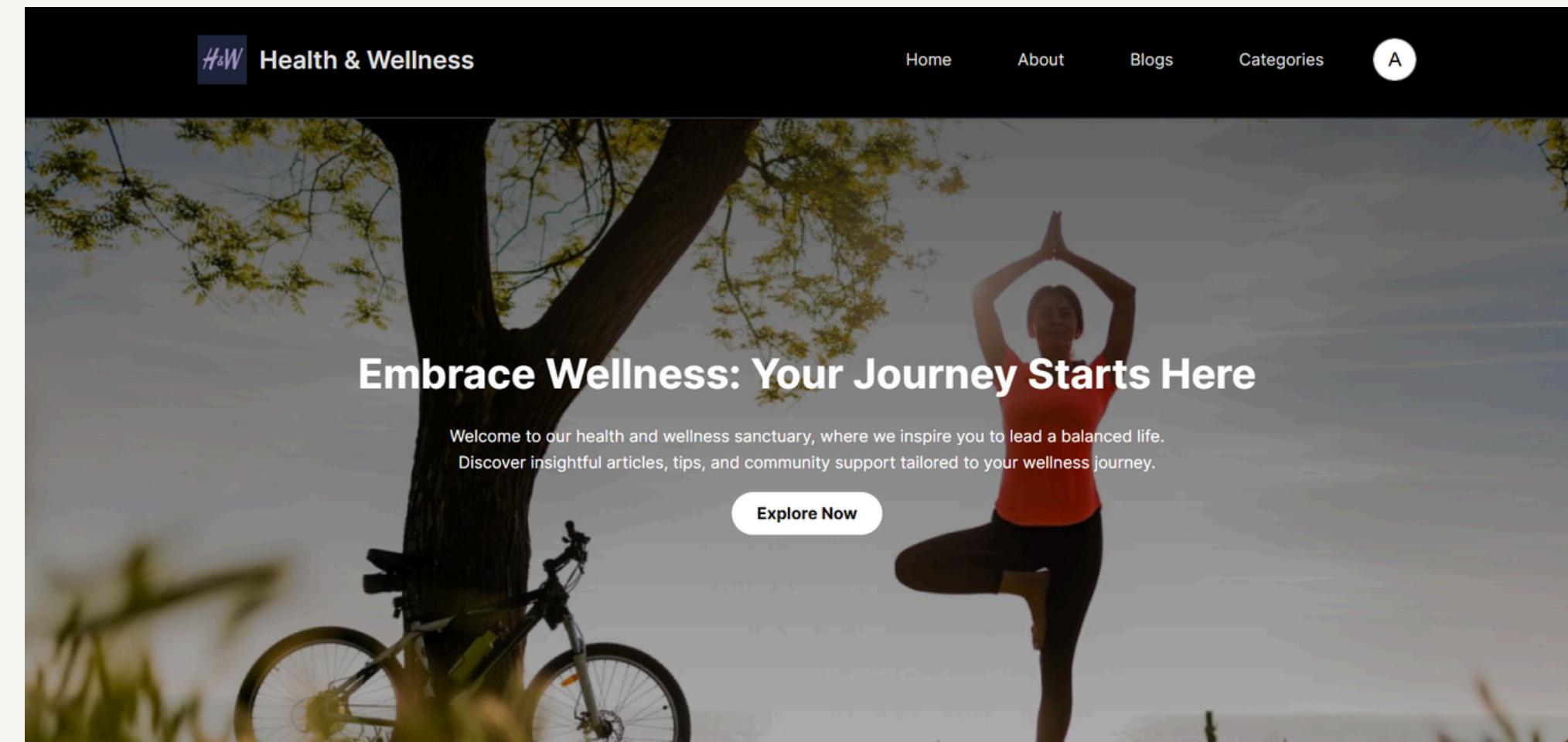
└── README.md – Quick documentation with project features, setup instructions, and future plans.

└── Assets/ (or Images/) ┌── Categories/ – Images for different wellness categories.
    ├── Landing_Page/ – Banner images for the home page and featured content.
    ├── Screenshots/ – Visual documentation of pages.
    └── logo.png – Site logo.
```

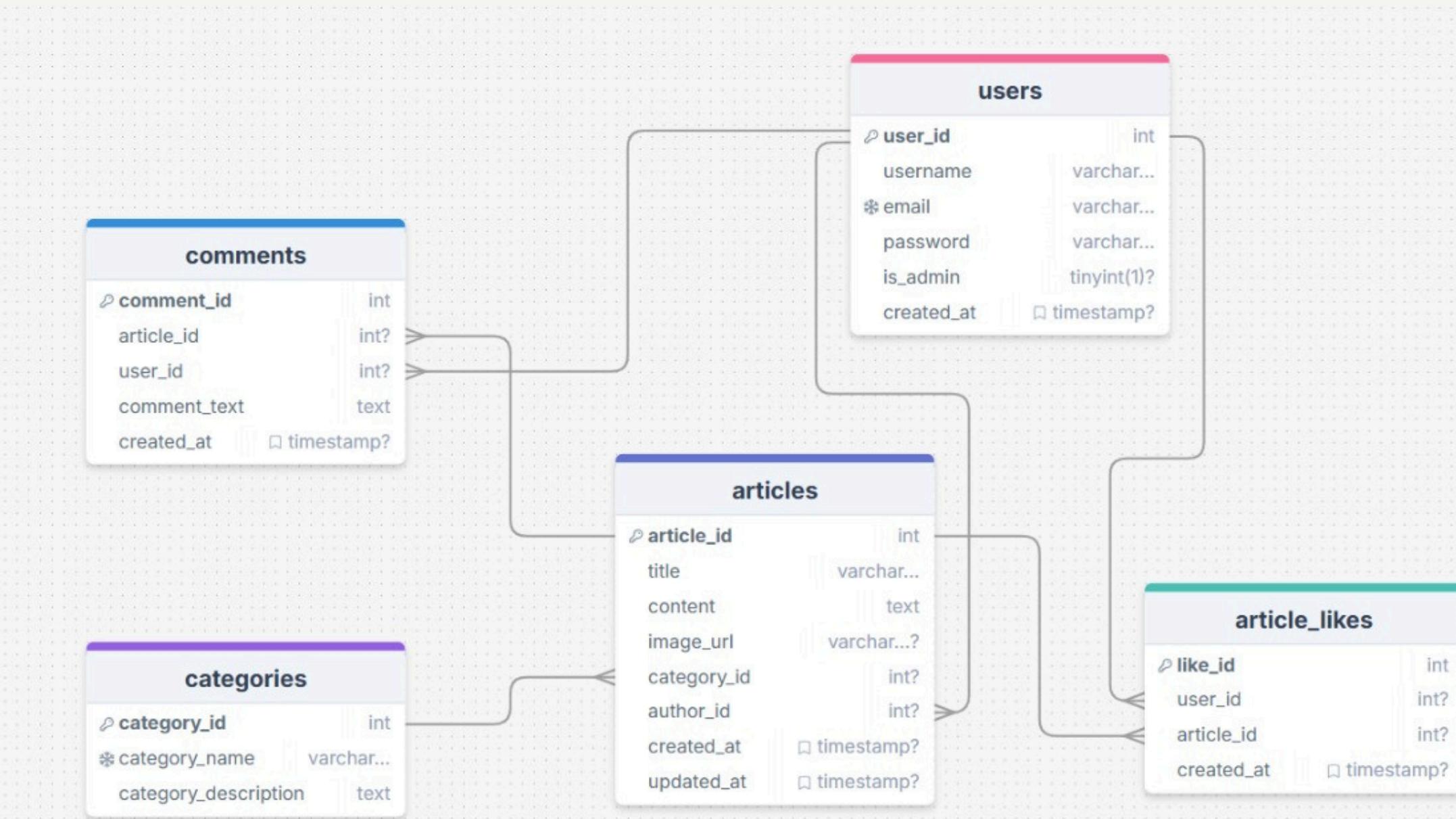
FIGMA DESIGN

UI/UX DESIGN OVERVIEW

- Designed using Figma following modern UI principles
- Dark background with clean typography for reading comfort
- Reusable design components (buttons, cards, navbars)
- [Figma](#)



DATABASE SCHEMA



USER AUTHENTICATION

- Registration Process:
- User inputs personal details
- System validates email uniqueness
- Password hashing for security
- Login System:
- Session-based authentication
- Password recovery option

Join the H&W Community!

Unlock a world of trusted health tips, wellness guides, and inspiring stories. Create your free account today and take the first step toward a healthier, happier you!



Already have an account?

[Sign in](#)

http://localhost/Health-and-Wellness-Blog/signup.php

Welcome Back to H&W!

Glad to see you again! Sign in to continue your journey toward better health and well-being with the latest tips, guides, and exclusive content.



Don't have an account? [Sign Up!](#)

[Sign Up](#)

http://localhost/Health-and-Wellness-Blog/signin.php

Sign in to your account

Email 

Password  [forgot password?](#)

[Sign In](#)

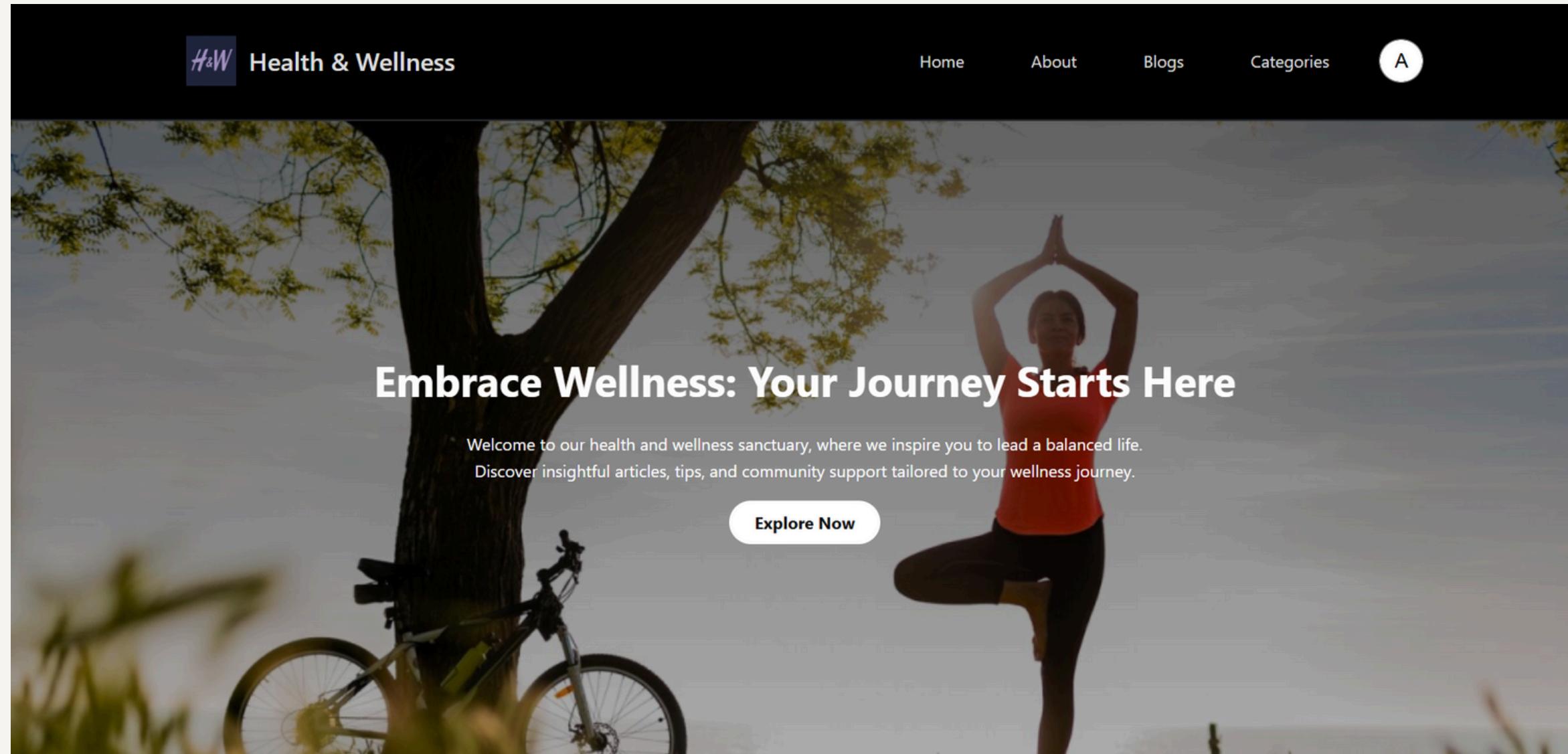
HOME PAGE

Purpose:

The landing page that welcomes users and sets the tone for the Health & Wellness platform.

User Experience Focus:

- Invites users to begin their wellness journey
- Offers a glimpse of the platform's purpose and content
- Easy-to-navigate interface for both new and returning users



Features:

- Engaging welcome message to promote wellness and healthy living
- Clean, visually appealing layout with a calming background image
- Quick navigation links: Home, About, Blogs, Categories
- Prominent "Explore Now" call-to-action button to encourage user interaction
- Responsive header with user account access (login/profile icon)
- Scrolling down shows the trending articles and categories , and also user feedback

ADD A BLOG PAGE

Purpose:

Allows users to contribute original content and share their health and wellness insights with the community.

User Experience Focus:

- Clean, minimal layout for distraction-free writing
- Encourages creativity and contribution from the community
- Guided form inputs to streamline the blogging process

The screenshot shows a web browser window with the URL <http://localhost/Health-and-Wellness-Blog/addBlogs.php>. The page title is "Create New Blog Post". Below it, a sub-instruction reads "Share your wellness knowledge and experiences with our community". The main form area has the following fields:

- Blog Title***: An input field with placeholder text "Enter an engaging title for your blog post".
- Category***: A dropdown menu labeled "Select a category".
- Cover Image**: A file upload section with a "Choose File" button and a message "No file chosen". Below it, a note says "Recommended size: 1200 x 630 pixels".
- Content***: A large text area with placeholder text "Write your blog content here...".

Features:

- **Blog Title:** Users can add an eye-catching title to attract readers.
- **Category Selection:** Dropdown menu to categorize the post for better discoverability.
- **Cover Image Upload:** Option to upload a relevant image to enhance visual appeal (recommended size: 1200 x 630 pixels).
- **Content Editor:** Large text area for writing detailed blog posts using plain text or HTML.
- **Publish Button:** Submits the blog post for publishing on the platform.

VIEW BLOG PAGE

Purpose:

Allows users to browse, read, and interact with published blogs across different health and wellness categories.

User Experience Focus:

- Clean and intuitive layout for easy content discovery
- Quick access to relevant blog information
- Visually distinct category tags for better filtering

The screenshot shows a web browser displaying a blog page. The header includes a logo for 'Health & Wellness', navigation links for 'Home', 'About', 'Blogs', and 'Categories', and a user profile icon. Below the header, a section titled 'Explore Our Blogs' features two blog posts. The first post is titled 'GYM JAOO' and is categorized under 'Gym and Fitness'. It was posted by 'aditey.k' yesterday at 19:00, with a timestamp of April 19, 2025 (Updated: April 21, 2025). The second post is titled 'Love Is In The AIR!!' and is categorized under 'Mental Health'. It was also posted by 'aditey.k' yesterday at 19:00, with a timestamp of April 19, 2025 (Updated: April 20, 2025). Both posts have zero likes and zero comments. Each post has an 'Edit' button in the top right corner.

Features:

- Latest & Popular Tabs: Enables users to toggle between the newest blog entries and the most engaging content.
- Blog Cards Display: Blog title and category tag
- Author name and avatar
- Date of publication and update
- Like and comment icons to show engagement
- Edit Option: For authors to update their own blog posts.

Engagement Tools:

- Like and comment options to foster interaction
- Updated timestamps for content relevance

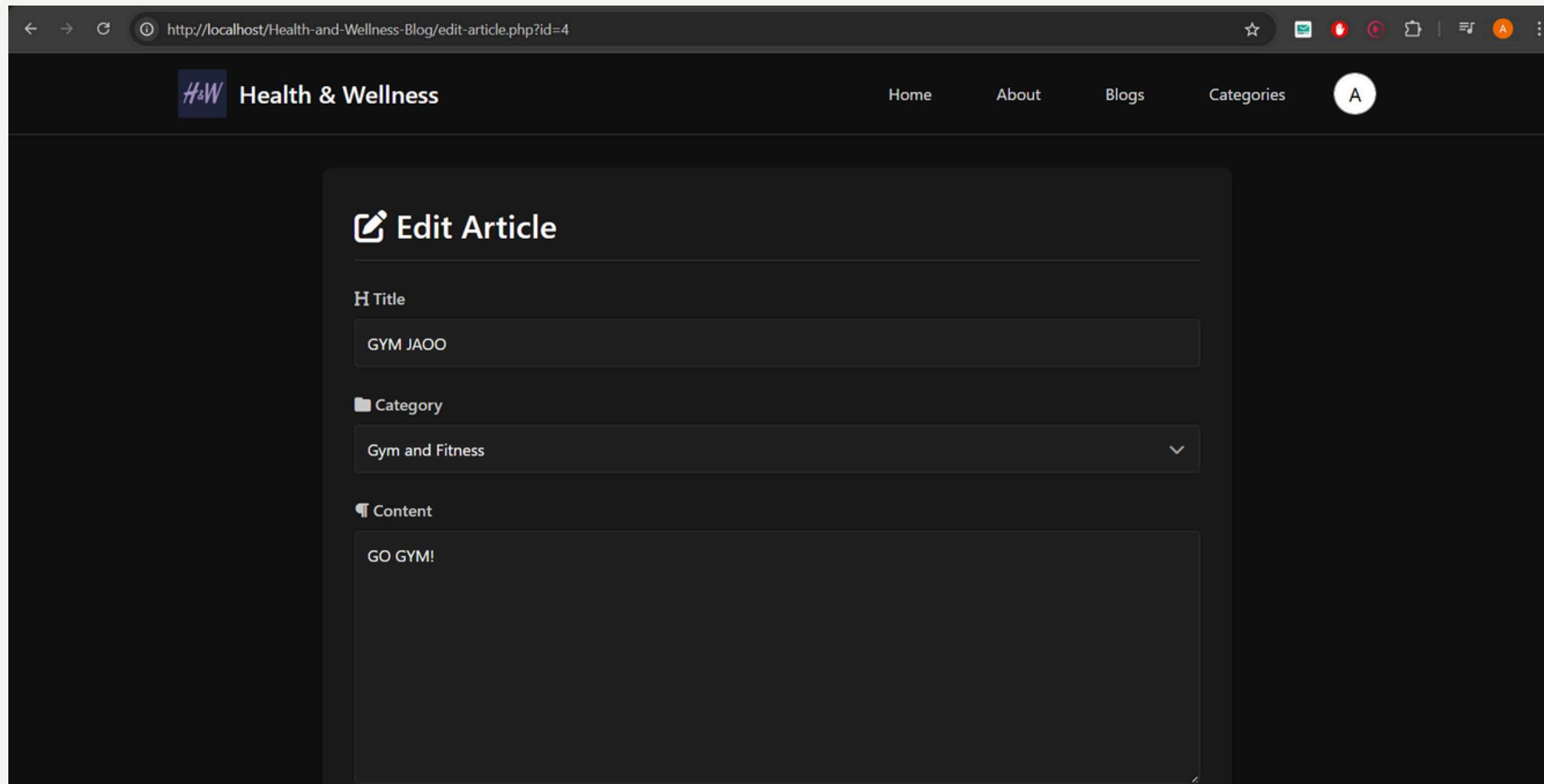
EDIT BLOG PAGE

Purpose:

This interface allows authors to modify existing blog posts to keep their content fresh, relevant, and up-to-date.

User Experience Focus:

- Pre-filled fields with current blog data for quick edits
- Clean, organized layout to minimize distractions
- Icons and labels that improve accessibility and understanding



Features:

- Title Field:
Enables editing the blog post's headline for clarity, engagement, or relevance.
- Category Dropdown:
Lets users reassign the article to a more appropriate or newly created category.
- Content Textarea:
A flexible editor where users can revise, expand, or improve their blog post content.

Ideal Use Cases:

- Correcting errors or typos
- Adding updated information or new insights
- Rewriting for better engagement or SEO performance

CATEGORIES PAGE

Purpose:

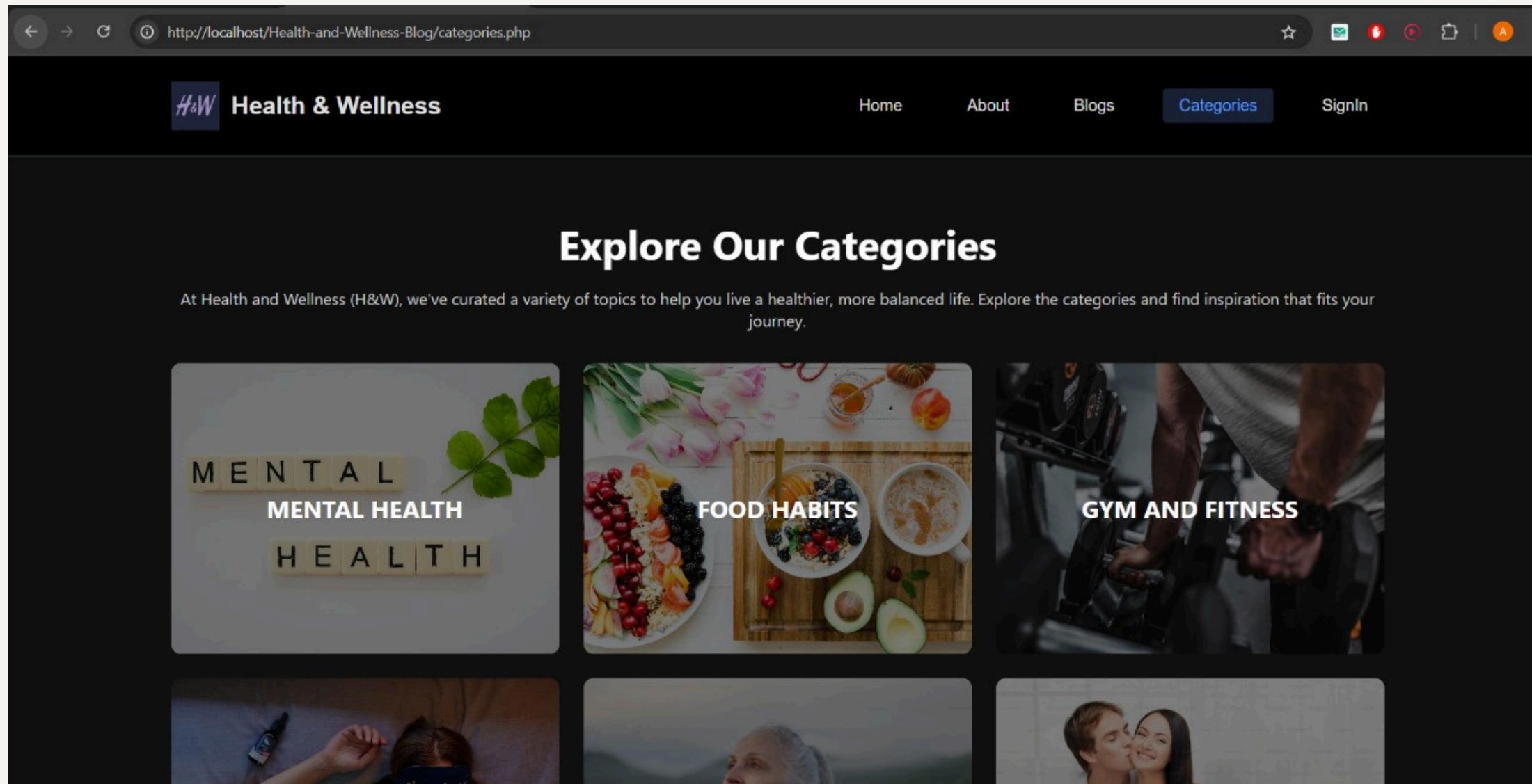
Helps users easily navigate and explore wellness content by organizing blogs into meaningful, topic-based categories.

User Experience Focus:

- Streamlined discovery of content relevant to personal interests
- Engaging visual layout that highlights the diversity of wellness topics
- Encourages deeper engagement by allowing users to explore more specifically.

Features:

- Category Cards/Grid: Each category is represented by a visually distinct card with an icon, title, and brief description.
- Quick Navigation: Clicking on a category instantly filters the blog feed to show only related posts.
- Responsive Design: Optimized for both desktop and mobile viewing with a clean, grid-based layout.
- SEO-Friendly URLs: Each category has a unique link to support search engine visibility and easy sharing.



ABOUT US PAGE

Purpose:

To introduce users to the mission and vision of H&W (Health & Wellness) and build trust through a clear, inspiring message.

User Experience Focus:

- Clean and intuitive layout for easy content and help discovery
- Quick access to Join us or to Contact us for help
- Visually distinct category tags for better filtering

Features:

- To get people to join is in our movement.
- To provide users with quick help if and when required
- Take Feedback from users

The screenshot shows a dark-themed website for 'Health & Wellness'. At the top, there's a navigation bar with a logo icon ('H&W'), the text 'Health & Wellness', and links for 'Home', 'About', 'Blogs', 'Categories', and a user profile icon ('A'). Below the header, a large dark box contains the 'About Us' section. It features a welcome message: 'Welcome to H&W — your trusted destination for living a healthier, happier life.' followed by a paragraph about the mission to empower individuals with trustworthy information and inspire a balanced approach to health. Another paragraph describes the team's passion for curating content on various topics like nutrition, fitness, mental health, self-care, holistic healing, and more. At the bottom of this section is a heading 'What We Offer' with three categories: 'Expert Advice' (represented by a microphone icon), 'Inspiration' (represented by a lightbulb icon), and 'Community' (represented by a people icon).

SUMMARY

What We Built

- A dynamic, full-stack blog website focused on health and wellness.
- Supports user registration, secure login/logout, and role-based actions (like editing/deleting only own posts).
- Allows creating, reading, updating, and deleting blogs (CRUD).
- Integrates categories, likes, comments, and dark mode.
- Fully responsive UI, with mobile/tablet support and clean, modern design.

Final Takeaway

- Health & Wellness Blog is not just a technical project – it's a demonstration of how tech can be used to encourage healthy dialogue and community-driven content.
It's clean, scalable, user-centric, and aligns with the rising need for digital wellness platforms.

Key Learnings

- Hands-on experience with backend logic, session handling, and database design.
- Implemented secure authentication and user feedback handling.
- Understood the importance of UX/UI planning before development.
- Gained practical skills in modular file structure, code reusability, and team-based collaboration.



FUTURE ENHANCEMENTS

What's Coming Next?

- User Registration & Auth flow polish
- Admin Panel to manage blogs
- Integration with Health APIs (for live tips)
- Toggle between Light/Dark mode
- Health streak/gamification feature
- User can see their previously liked posts

Let's build a Healthy and Happy future

THANK YOU!

