Mini Project report on

Relax Application

By

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Under the guidance of

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CERTIFICATE OF APPROVAL

This is to certify that the following students

Neha Sabrin TK [2021510058]

Have satisfactorily carried out work on the project entitled

"Relax Application"

Towards the fulfillment of the summer project, as laid down by the University of Mumbai during the year 2021-22.

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Project Guide

(Dr. Aarti Karande)

PROJECT APPROVAL CERTIFICATE

This is to certify that the following students

Neha Sabrin TK   [2021510058]

Have successfully completed the Project report on **"Relax Application**, which is found to be satisfactory and is approved

At

SARDAR PATEL INSTITUTE OF TECHNOLOGY,

ANDHERI (W), MUMBAI.

_____   _____
INTERNAL EXAMINER   EXTERNAL EXAMINER

_____   _____
Head of Department   Principal

(Dr. Pooja Raundale)   (Dr. B.N Chaudhari)

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Chapter 6

INTRODUCTION

1.1 Problem Statement

To encourage and support the user to share their story. It has a meditation option for relaxation and also gets professional advice or emergency help if needed.

1.2 Objective and Scope

1.2.1 Objectives:

1. To develop an application where users can share their stories, and make friends.

2. To develop an application with meditation and professional advice or emergency help.

1.2.2 Scope:

1. The app for relaxation. A platform where one can open up about their stories in their unique way.

2. Meditate sometime every day for a peaceful mind.

3. Get help from experts or in case of emergency finds the list of emergency contact.

4. This application can be used by any person

5. Firstly, all the new users have to register themselves and login in order to use the application.

1.3 System Requirements

1. Hardware Requirements:

   - Standard I/O Devices

   - Net Connection

   - Minimum 1GB RAM

2. Software Requirements:

   - Browser

   - Visual Studio Code Editor

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Chapter 7

Literature Survey

During the pandemic time, there were many people who wanted to express themselves and needed support. A lot of serious issues have occurred due to this problem, still, no solution has been found for this serious issue.

COVID-19 is anxiety-provoking for patients, non-patients, carers, and healthcare professionals due to its infective potential, the uncertainty of manifestations and prognosis, restrictions imposed by the Govt. leading to dysfunction in social, occupational, psychological, familial, economic and other domains. The anxiety is compounded by remorse, flooding of information in the media and internet, changes in daily life and routine, economic instability, discrimination, stigma, feeling of alienation, and guilt. The last three factors are faced by patients and their relatives.

Anxiety is generally characterized by worry, brooding, fear of getting infected or infecting others and can be manifested by nervousness, being jittery, having tremors and palpitations, chest discomfort, and breathing problems.

In extreme cases, people may suffer from depression characterized by low mood, tiredness, pessimism, poor sleep, and appetite, feeling helpless, guilty, and hopeless, with a gradual reduction in work output. Older people are more vulnerable, and special care must be taken for them.

Anyone who feels upset or has the above symptoms may contact mental health professionals like psychologists or psychiatrists. Being aware, accepting, and having the insight that one has psychological problems is the first step and must for therapy. Talking with a professional, maintaining routine and healthy lifestyle, taking a healthy diet, avoiding taking of tobacco and drugs, participating in creative activities like music, singing, writing, painting, dancing are helpful in coping with anxiety.

A platform is needed to convey their thoughts, a community to support and guide these thoughts. A platform throughout to help with all emotions.

An application to solve this issue

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Chapter8

Software Requirement Specification (SRS) and Design

3.1 Introduction

- A Software Requirement Specification (SRS) is a comprehensive description of the intended purpose and environment for software under development. The SRS fully describes what the software will do and how it will be expected to perform.

3.1.1 Purpose

- The purpose of this SRS Document is to present a description of project. This SRS outlines the process followed to gather the requirements for the project. This document will also describe how the requirement statements gathered from the stakeholders make their way into features of the system.

- This document will, in addition, explain the scope, interfaces, and features as well as graphically describe the processes, functions and phases of the Software Development Life-cycle.

3.2 Overall Description

In this application user have to login in the application to access the features of the application. After login, User can view the groups available in his/her current location. They can add themselves to any provided group by clicking on the group and then user can read previous messages of the group and can send new messages or images in the group.

3.3 Specific Requirements

  3.3.1 Functional Requirements

- The website should validate each and every user.

- At the time of login, the database must check if a user already have an account.

- The user can only login if already registered or he/she is a registered member.

  3.3.2 Non-functional Requirements

- Maintainable
- Useable
- Reliable

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Chapter 4

Project Analysis and Design

4.1 Methodologies Adapted

Waterfall model is used as its main purpose has always been to help the team move more efficiently through the phases of a project. Also, as it is simple and easy to manage due to the rigidity of the model – each phase has specific deliverables and a review process. Phases are processed and completed one at a time.

4.1.1 Detailed life cycle of the project.

- **Requirement Gathering and analysis** – All possible requirements of the system to be developed are captured in this phase and documented in a requirement specification document.

- **System Design** – The requirement specifications from the first phase are studied in this phase and the system design is prepared. This system design helps in specifying hardware and system requirements and helps in defining the overall system architecture.

- **Implementation** – With inputs from the system design, the system is first developed in small programs called units, which are integrated into the next phase. Each unit is developed and tested for its functionality, which is referred to as Unit Testing.

- **Integration and Testing** – All the units developed in the implementation phase are integrated into a system after testing each unit. Post integration the entire system is tested for any faults and failures.

- **Deployment of system** – Once the functional and non-functional testing is done; the product is deployed in the customer environment or released into the market.

- **Maintenance** – There are some issues that come up in the client environment. To fix those issues, patches are released. Also, to enhance the product some better versions are released. Maintenance is done to deliver these changes in the customer environment.

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4.2   UML Diagram

4.2.1 Use Case Diagram
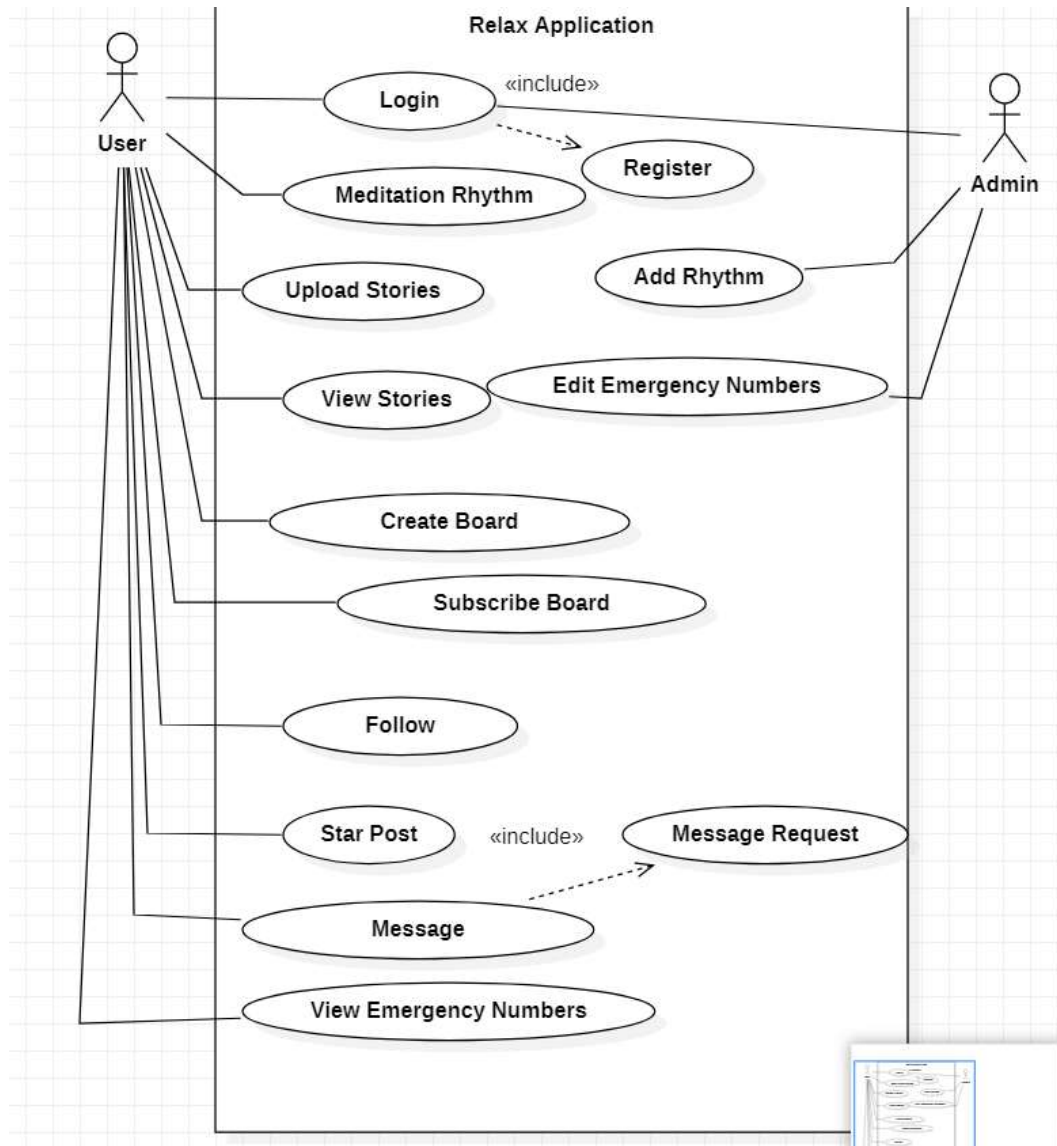
Fig no. 4.2.1 Use case diagram of Relax Application. It shows all the features it will cover.

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Specification table of use case diagram

|	
Actor:	1. User 2. Admin
Description of use cases:	1. Login- Users and Admin need to log in to go ahead with the app 2. Edit Meditation Theme- Admin maintains and edits meditation theme 4. Select Meditation - Users will select meditation from the options 5. Follow- The user can follow other users. 6. Edit Emergency No.- Admin can edit emergency no. 7. Create Board- Users & Admin can create a board 8. Subscribe Board- Users can subscribe to other user boards 9. Post Story- Users can share their Post 10. View Story- Users can view & star on the stories 11. Message- Users can message users who is in their contact list 12. Emergency Helpline – Users can get Emergency Helpline details 13. View Terms and Condition- All Users needs to accept the conditions and can view when required
Preconditions:	1. Users and Admin have to Login authentication
Postconditions:	1. Edit Meditation Theme- Admin update, maintain and edit meditation theme 2. Edit Emergency No.- Admin can update, maintain and edit emergency no.
Includes:	1. Register- User must register to login next time 2. Message Request- User have to send Message Request to start communicating

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4.2.2 Sequence Diagram
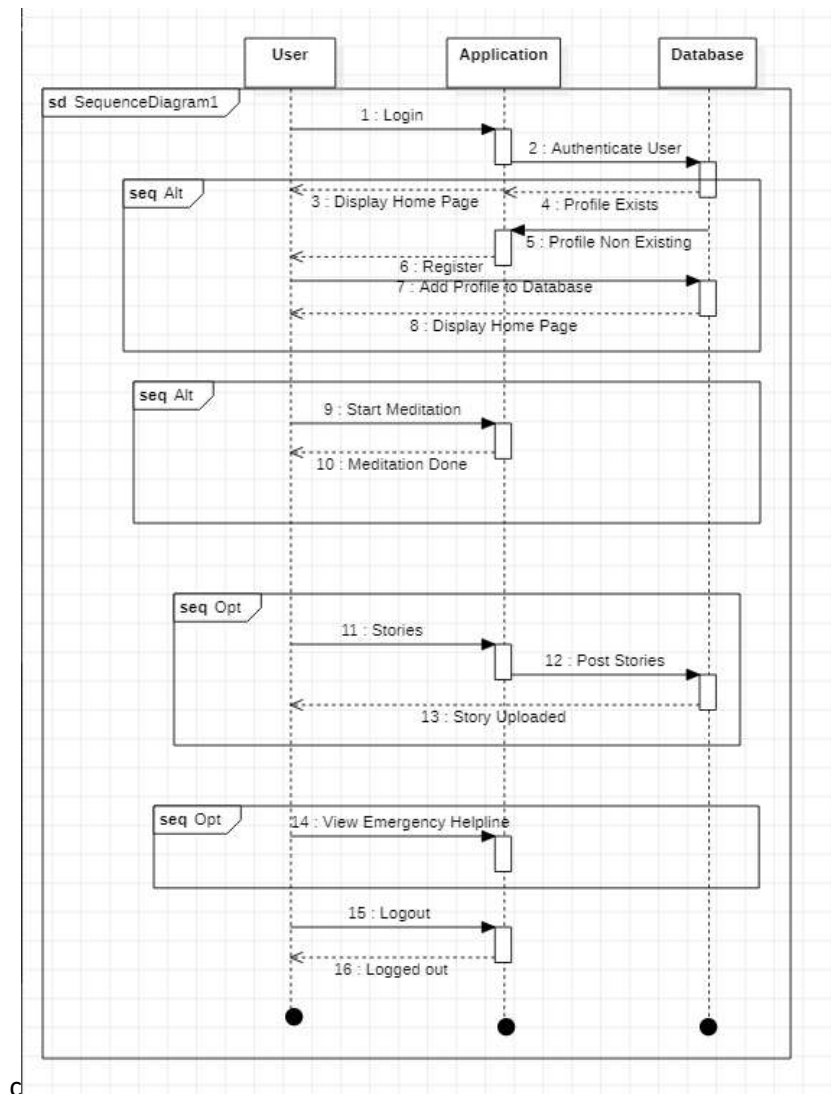
Fig no.: 4.2.2 Sequence diagram of Relax Application to show the process of theapplication.

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SPECIFICATION TABLE OF SEQUENCE DIAGRAM FOR City Management.

S.No.	Articrafts	Description
1.	Objects	Login, Non-Existing, Register, Mediation, Stories, Helpline
2.	Asynchronous messages	1. View Emergency Helpline
3.	Synchronous messages	1. Profile Exist, Register, Home Page 2. Mediation done 3. Story Uploaded 4. Logout for User
4.	Types of frames	Alt, Opt
5.	Actors	User

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4.2.3 Flowchart Diagram
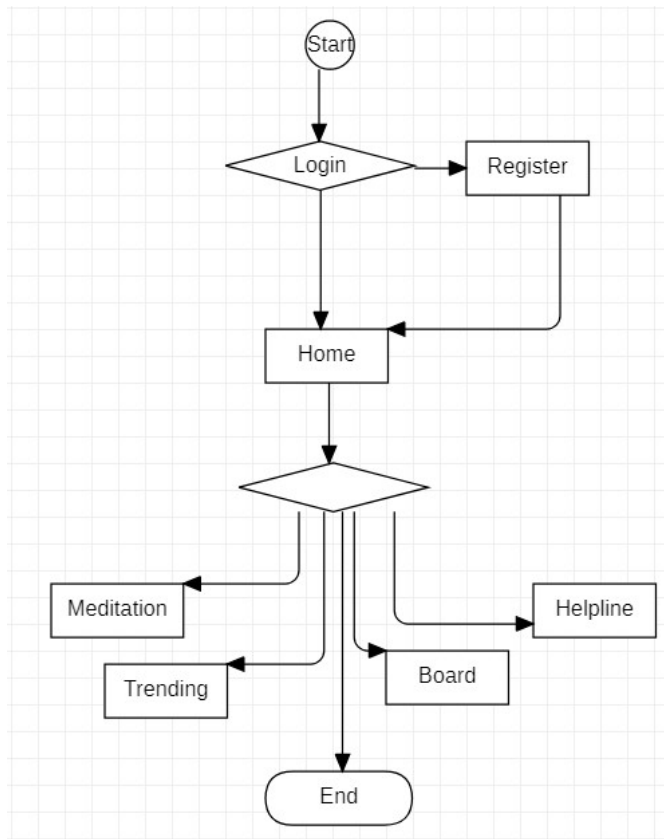
Fig no. 4.2.3 Flowchart diagram of Relax Application.

Chapter 5

Project Implementation and Testing

5.1 Work Breakdown Structure
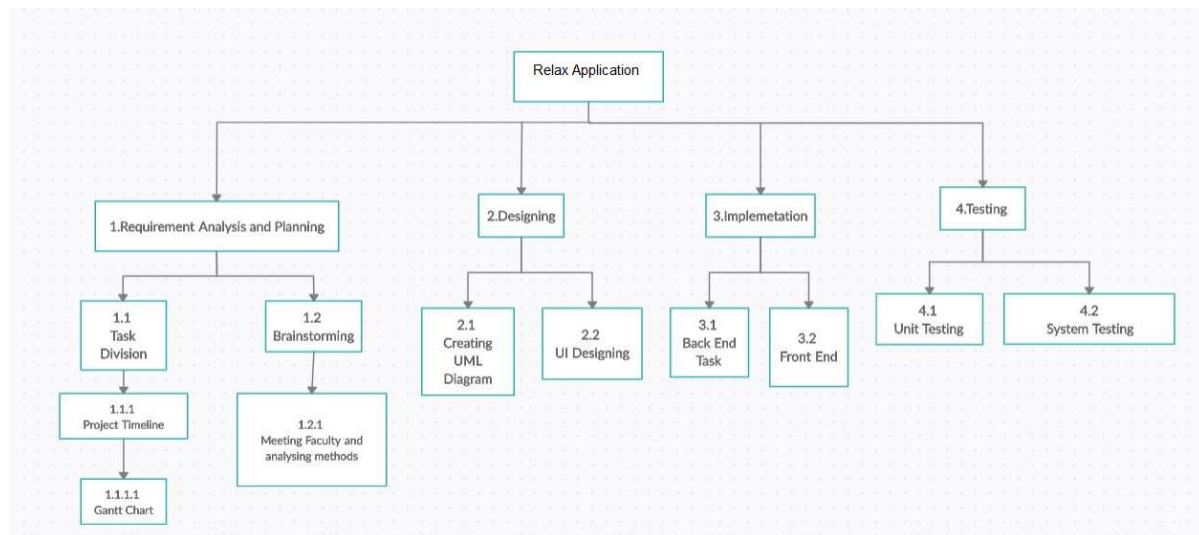
Fig no. 5.1 Work Breakdown Structure for the Relax Application.

5.2 Gantt Chart
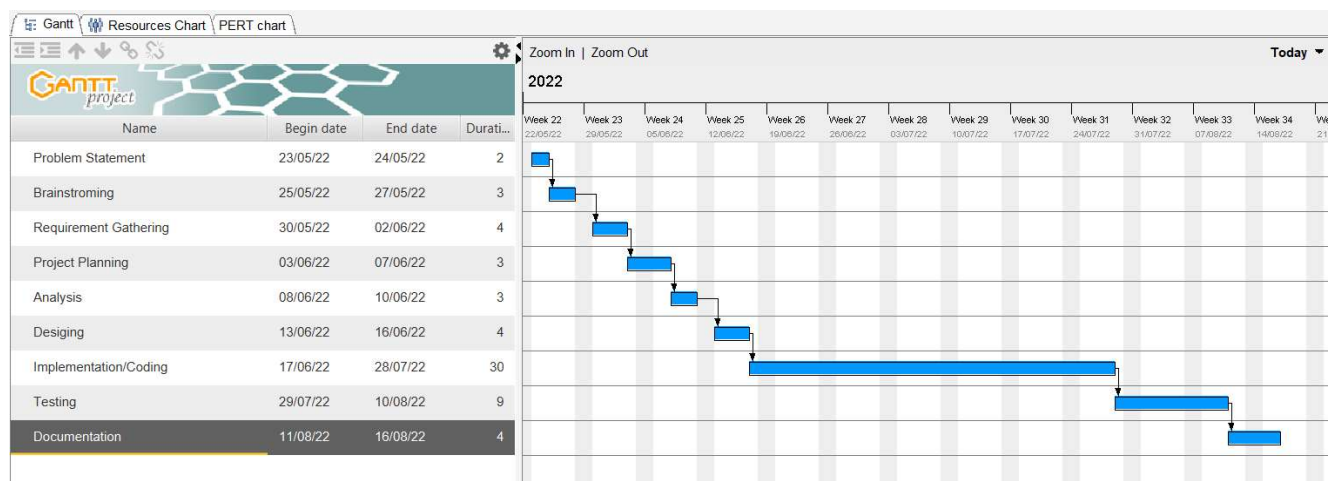

Fig no. 5.2 Gantt Chart for the Relax Application.

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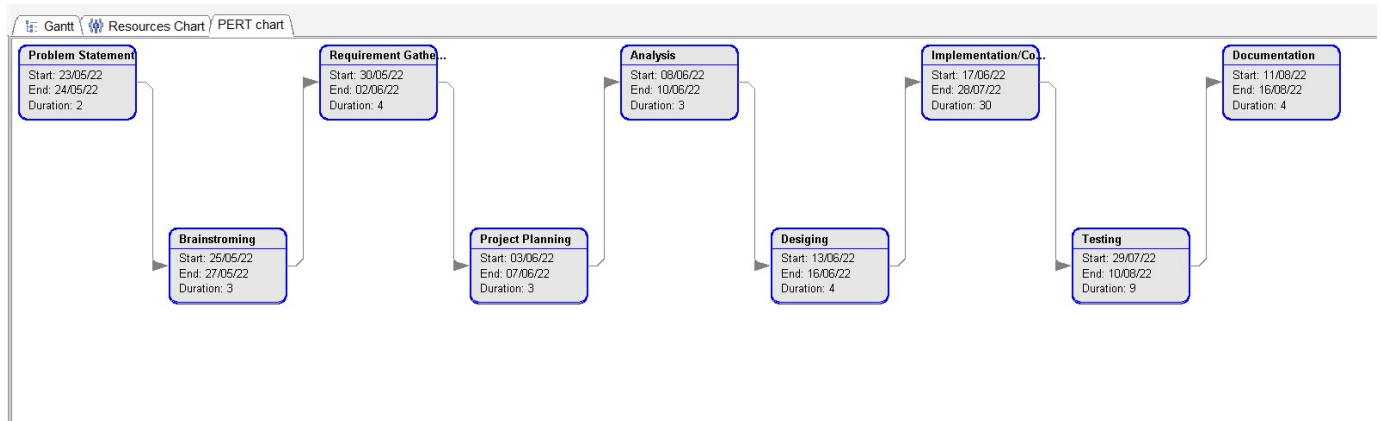
5.3 Pert chart

Fig no: 5.3 Pert Chart for the Relax Application

5.4 Code with reference to design

Code 1:

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Code 2:

Code 3:

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5.5 Snapshots of UI

Home Page

Fig: This is the home page

Login Page
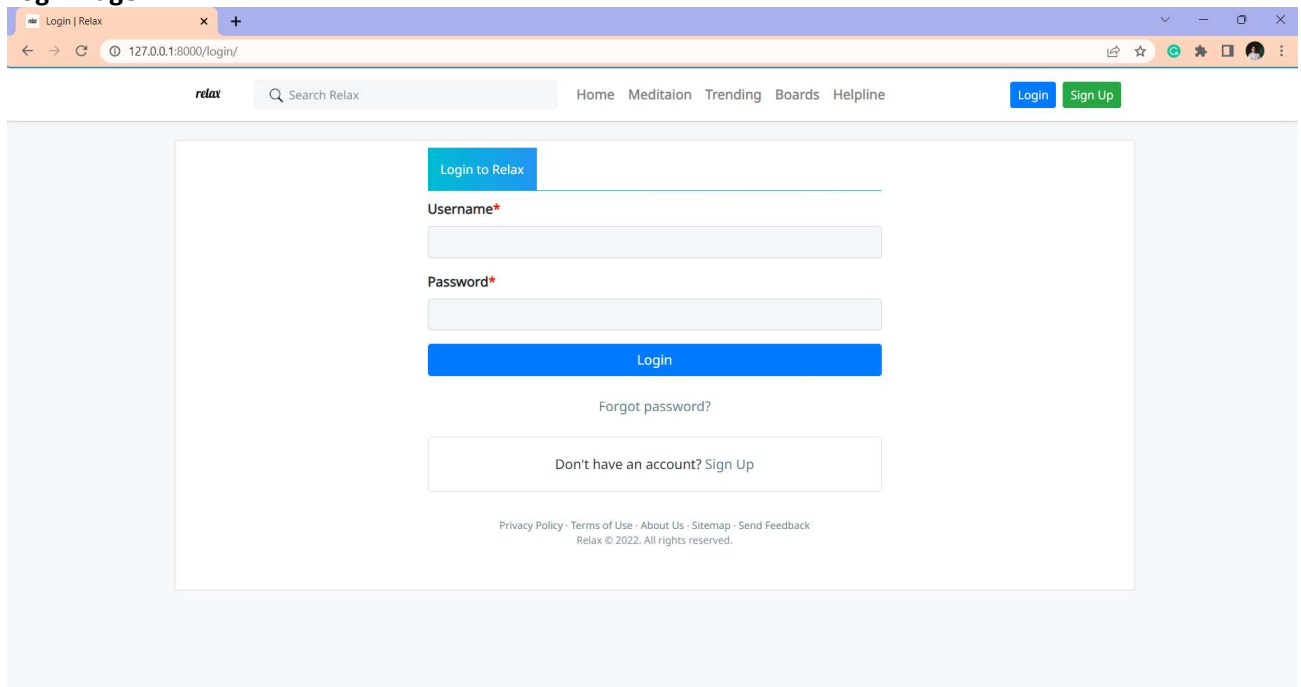
Fig: This is the login page

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Signup Page

Fig: This is the signup page

Home Page After Login

Fig: This is the Home Page After Login.

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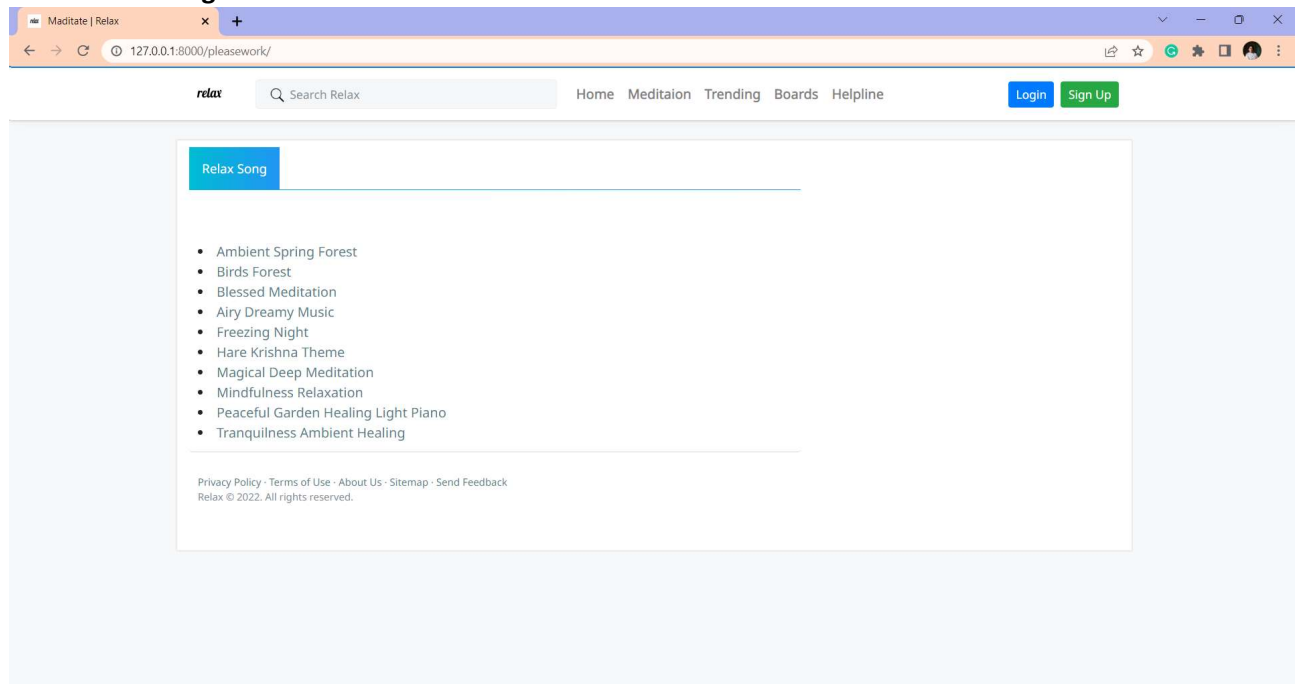
Meditation Page

Fig: This is the Meditation Page.

Trending Page
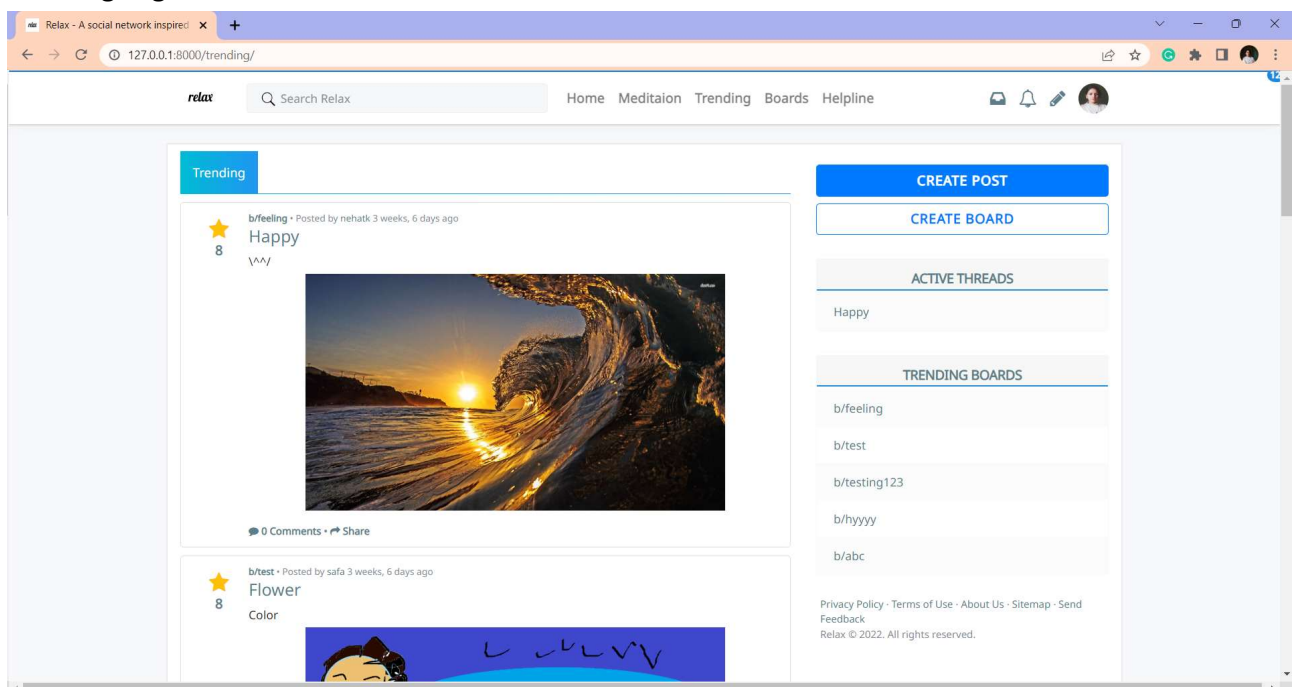
Fig: This is the Trending Page.

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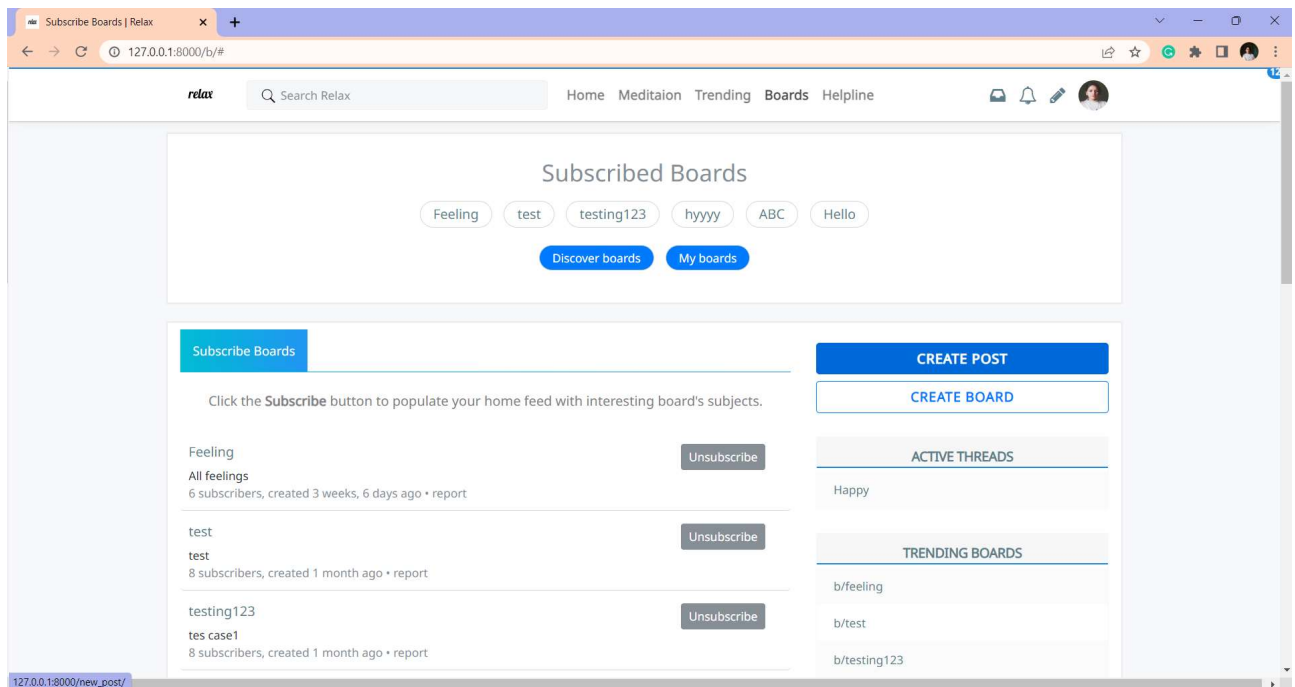
Boards Page

Fig: This is the Boards Page.

Helpline Page
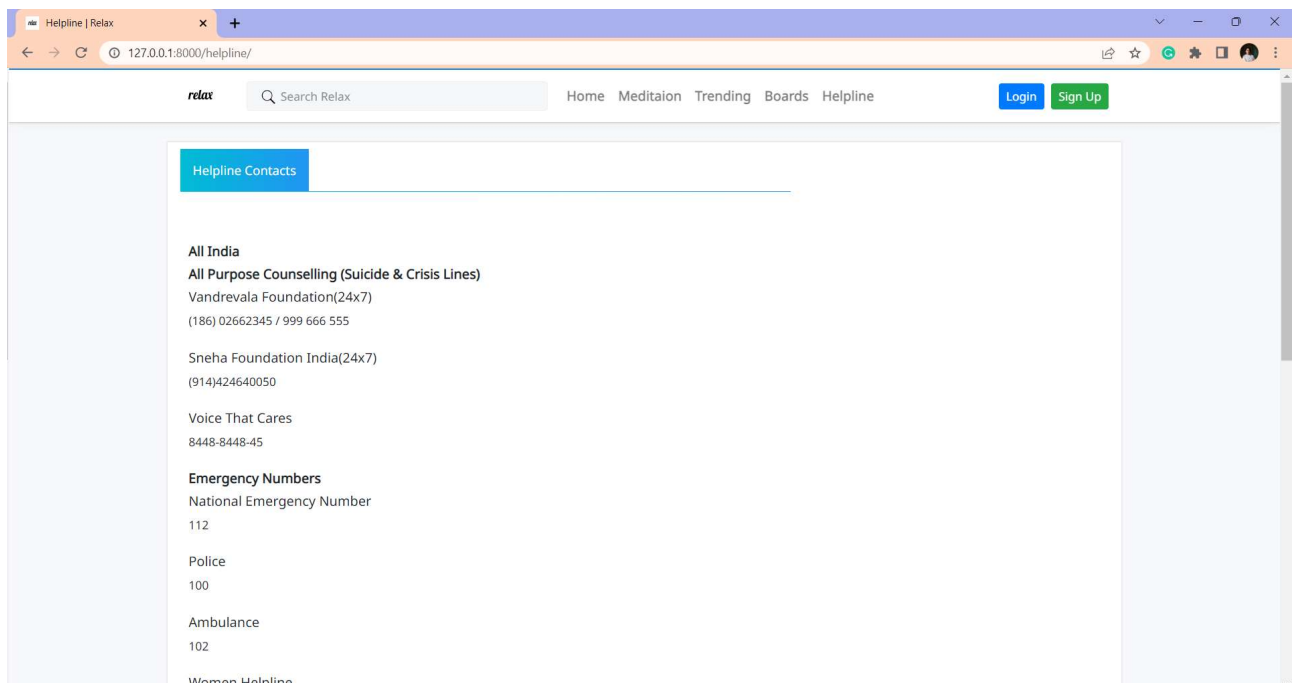
Fig: This is the Helpline Page.

Profile Page

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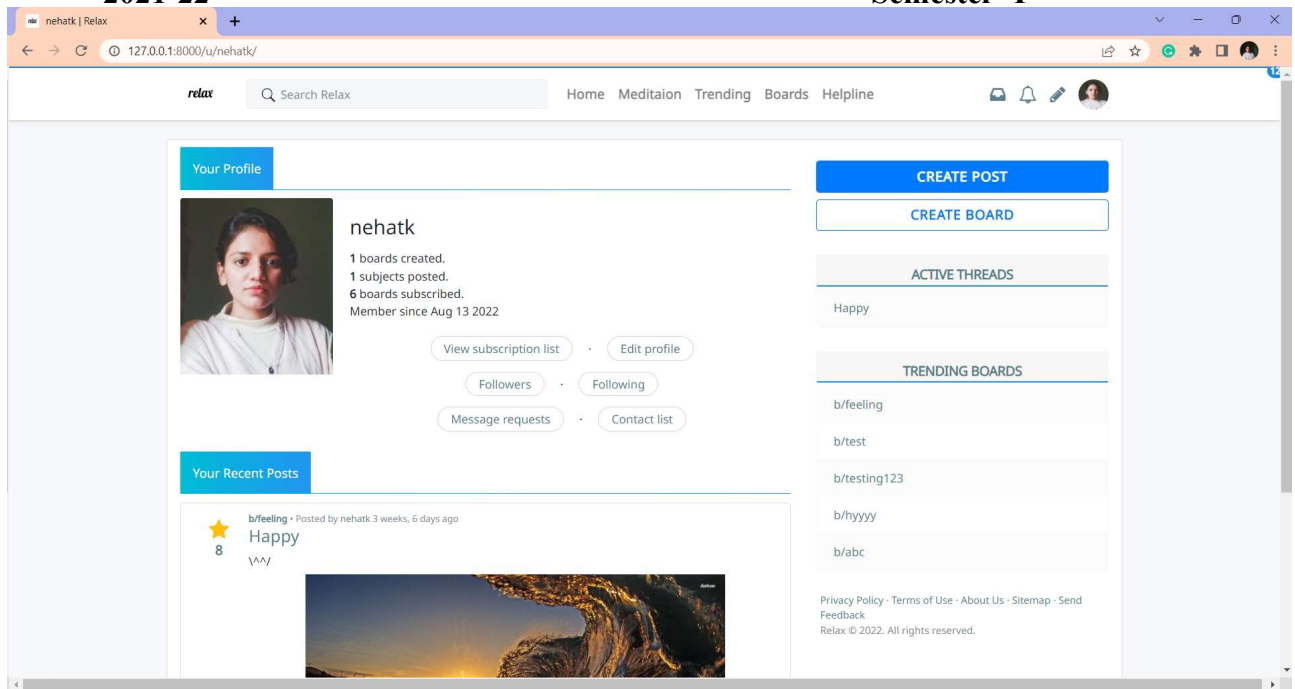
Fig: This is the Profile Page.

View/Edit Profile Page
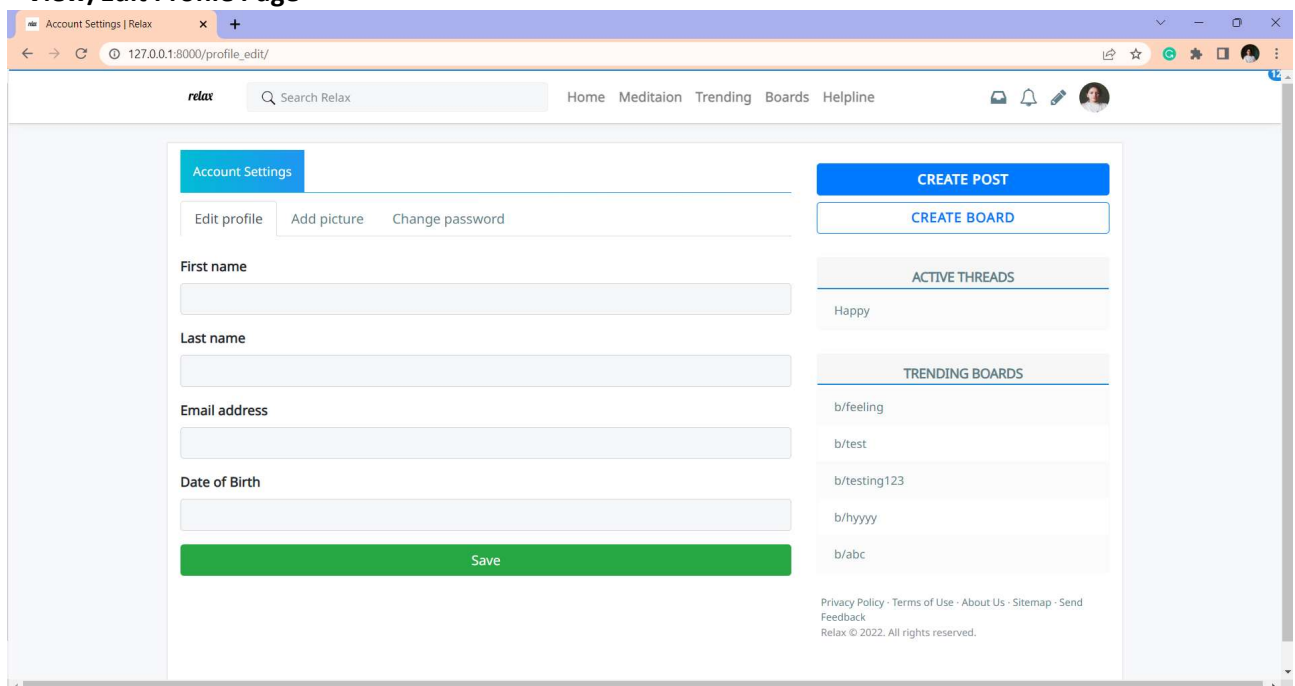
Fig: This is the View/Edit Profile Page.

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5.6 Test Cases

Test Case ID	Test Case Name	Test Data	Expected Output	Actual Output	Result
1	User enters username and password	Enters the correct username and password	Logged in successfully.	Home page	Pass
2	User enters username and password	Enters the wrong username and password	Prompt error	Prompt error	Pass

Table no. 4.2.1 (For SignUp)

Test Case ID	Test Case Name	Test Data	Expected Output	Actual Output	Result
1	User enters username and password	Valid username and password which doesn't exist in database	Registered successfully.	Login page	Pass
2	User enters username and password	Invalid username and password which contains in database.	Prompt error	Prompt error	Pass

Table no. 4.2.2 (For LogIn)

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Chapter

Documentation & Installation

Step 1: Download Python, SQLite, and Visual Studio Code.

Step 2: In the command prompt, execute the following command:

pip install Django.

Step 3: Set the environment and then run the following command in the terminal:

python manage.py runserver

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Chapter

Future Enhancements

1. Meditation according to emotion

2. Paid Professional support

3. Add close relative to helpline

4. Anonymous post

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Chapter

Limitations

- All the users should have active internet connection.

- The supportive web browser is needed.

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Chapter

Conclusion

After completion of this project, it can be concluded that I learned to develop secure and maintainable application using Django and SQLite.

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Chapter 28

References and Bibliography

- https://docs.djangoproject.com/en/4.0/

- https://pixabay.com/music/search/genre/meditation/spiritual/

- https://blog.opencounseling.com/hotlines-in/

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