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**Introduction**

The thirst for learning, upgrading technical skills and applying the concepts in real life environment at a fast pace is what the industry demands from IT professionals today. However busy work schedules, far-flung locations, unavailability of convenient time-slots pose as major barriers when it comes to applying the concepts into realism. And hence the need to look out for alternative means of implementation in the form of laddered approach.

The above truly pose as constraints especially for our students too! With their busy schedules, it is indeed difficult for our students to keep up with the genuine and constant need for integrated application which can be seen live especially so in the field of IT education where technology can change on the spur of a moment. *Well, technology does come to our rescue at such times!!*

Keeping the above in mind and in tune with our constant endeavour to use Technology in our training model, we at Aptech have thought of revolutionizing the way our students learn and implement the concepts using tools themselves by providing a *live and synchronous eProject learning environment!*

**So what is this eProject?**

eProject is a step-by-step learning environment that closely simulates the classroom and Lab based learning environment into actual implementation. It is a project implementation at your fingertips!! An electronic, live juncture on the machine that allows you to

* Practice step by step i.e. laddered approach.
* Build a larger more robust application.
* Usage of certain utilities in applications designed by user.
* Single program to unified code leading to a complete application.
* Learn implementation of concepts in a phased manner.
* Enhance skills and add value.
* Work on real life projects.
* Give a real life scenario and help to create applications more complicated and useful.
* Mentoring through email support.

The students at the centre are expected to complete this eProject and send complete project along with the documentation to eProjects Team

Looking forward to a positive response from your end!!

**Objectives of the project**

The Objective of this program is to give a sample project to work on real life projects. These applications help you build a larger more robust application.

The objective is not to teach you HTML/JavaScript/Dreamweaver/HTML5 but to provide you with a real life scenario and help you create basic applications using the tools.

You can revise the chapters before you start with the project.

This project is meant for students who have completed the module of ***Dreamweaver***. These programs should be done in the Lab sessions with assistance of the faculty if required.

It is very essential that a student has a clear understanding of the subject. Students should go through the project and solve the assignments as per requirements given.

Kindly get back to eProjects Team in case of any doubts regarding the application or its objectives.

**Problem Statement**

Aerobic exercise provides cardiovascular conditioning. The term aerobic actually means "with oxygen," which means that breathing controls the amount of oxygen that can make it to the muscles to help them burn fuel and move. Although mankind has entered an era of well advanced hi-tech medical facilities which makes life more comfortable, the expected quality of life still seems to be far from reality. Problems like stress, anxiety, restlessness, nervous break down, other stress related ailments, fatigue breaking up of families, suicides are all on an exponential rise. The frustrated patients are now moving towards alternative non-scientific therapies for a better living. Aerobics with its multifold advantages, is gaining popularity in all parts of the world. For a common man aerobic is a fashion for keeping himself healthy and fit. While for some others it’s a boon for developing their concentration, memory and creativity.

‘Healthy mind’ is a group which is looking for developing a website which will host the A to Z information about aerobics and meditation. You have been approached develop the same with following requirements specification.

**Requirement Specification:**

The Web site is to be created based on the following requirements.

1. Home page with suitable logo and related banners/information.
2. There should be menu with submenu (as per requirement)
3. Users should be able to find information regarding various postures for treating specific health issues along with do’s and don’t do’s for the same.

Further the poses should be based on

* Poses by type
* Poses by benefit
* Poses general
* Poses by anatomy

1. Along with the postures there should be adequate information on which course is suitable for which disease etc.
2. There should be a separate section elaborating on mediation and its benefits
3. Informative and illustrative videos are welcomed in the website (keep the size limited)
4. There should also be a section where user can check for some related books

**Hardware/ Software Requirements**

**Hardware**

* A minimum computer system that will help you access all the tools in the courses is a Pentium 166 or better
* 64 Megabytes of RAM or better

**Software *[Either or Combination as per Course/Sem]***

* Notepad/HTML editor/CoffeeCup
* Angular / Angular JS / React / BootStrap
* Dreamweaver / Figma
* MS IE / Chrome / FireFox / Netscape /MS Edge