CareIndia — Office Laptop Setup README

Purpose: Ye README tumhe step-by-step batata hai kaise Office ke purane laptop par project setup karna hai, Docker se containers chalana, backup restore karna, aur common troubleshooting.

Quick overview (3 steps)

1. Copy project folder `CareIndia` to office laptop (example: `C:\Users\<you>\Desktop\CareIndia`).
2. Install Docker Desktop (if not installed). Start Docker.
3. Run `docker compose up -d --build` from the project root.

Files you should see in project root

- `docker-compose.yml`
- `backend-cms/` (backend code)
- `backups/` (keep your backup archive here)
- optional scripts: `backup-db.ps1`, `restore-db.ps1`, `start-careindia.bat`

Step-by-step instructions (detailed)

1) Paste project folder

Copy the entire `CareIndia` folder (from your USB or cloud) to Desktop or any folder on office laptop.

2) Install Docker Desktop

- Download: https://www.docker.com/products/docker-desktop
- Install and restart machine if required.
- Open Docker Desktop and wait until it shows running (whale icon).
- If login prompt appears, you can **Skip**. Logging in is optional for local use.

3) Start services

Open **PowerShell (as Administrator)** and run:

```
cd "C:\Users\<your-user>\Desktop\CareIndia"
docker compose up -d --build
```

This will build backend image and start containers: `ci_mongo`, `ci_backend`, `ci_mongo_express`.

4) Verify containers

```
docker ps
```

Check that the three containers are up. Open browser and verify: - Backend health: `http://localhost:5000/api/health` → should return `{ "ok": true }` - Mongo Express UI: `http://localhost:8081` → login with the basic-auth credentials defined in `docker-compose.yml` (default: `admin` / `pass` or whatever `.env` specifies).

How to restore your backup (you already copied the backup archive into `backups/`)

1. Confirm the backup file exists in `backups` folder, e.g. `backups\backup_2025-10-19.archive`.
2. Copy the backup into the Mongo container:

```
$backupFile = "backup_2025-10-19.archive"   # change name as needed
docker cp ".\backups\$backupFile" ci_mongo:/data/
```

3. Restore inside the container (this will DROP existing DB and replace with backup):

```
docker exec ci_mongo sh -c "mongorestore --archive=/data/$backupFile --
db=careindia_db --drop --username=ci_root --password='SuperSecretRoot123!'
--authenticationDatabase=admin"
```

4. Verify using Mongo Express (`http://localhost:8081`) or Mongo shell:

```
docker exec -it ci_mongo mongosh -u ci_root -p "SuperSecretRoot123!" --
authenticationDatabase admin
# then inside mongosh:
use careindia_db
show collections
db.users.find().pretty()
exit
```

If you want to run backend locally (hot-reload) while Mongo runs in Docker

1. Keep Mongo container running (or run `docker compose up -d mongo mongo-express`).
2. In `backend-cms` folder, run:

```
$env:MONGODB_URI = "mongodb://ci_root:SuperSecretRoot123!@localhost:27017/
careindia_db?authSource=admin"
npm install   # if needed
npm run dev
```

This will run backend using your local Node and connect to Docker Mongo on `localhost:27017`.

Useful helper scripts (optional)

Create these in project root for convenience.

restore-db.ps1

```
param([string]$file = "")
if ($file -eq "") { Write-Host "Usage: .\restore-db.ps1 backup_YYYY-MM-
DD.archive"; exit }

docker cp ".\backups\$file" ci_mongo:/data/
docker exec ci_mongo sh -c
"mongorestore --archive=/data/$file --db=careindia_db --drop --username=ci_root
--password='SuperSecretRoot123!' --authenticationDatabase=admin"
Write-Host "Restore complete. Verify at http://localhost:8081"
```

start-careindia.bat (double-click to start stack)

```
@echo off
cd %~dp0
docker compose up -d --build
timeout /t 3 >nul
start http://localhost:5000/api/health
start http://localhost:8081
```

Common troubleshooting

- **Containers not starting**: `docker compose up -d --build` then `docker logs <container>` to see errors.
- **Mongo auth errors**: ensure the root username/password in `.env` matches the restore command.
- **Ports in use**: if port 5000 or 8081 busy, change host port in `docker-compose.yml`.
- **If Docker pull fails**: office network might block; try connecting to a mobile hotspot or pre-pull images at home and `docker save` / `docker load` on office laptop.

Security notes

- Do not leave `mongo-express` exposed on a public network. This setup is for local dev only.
- Replace default passwords before sharing or deploying to VPS. Use secret manager for production.

Final checklist (one-line)

1. Paste folder → 2. Install Docker → 3. `docker compose up -d --build` → 4. `docker cp .\backups\<file> ci_mongo:/data/` → 5. `docker exec ci_mongo mongorestore ...` → 6. Verify UI

If you want, I can also generate and add `restore-db.ps1` and `start-careindia.bat` files inside this project folder content for you — bata do, main bana dunga.