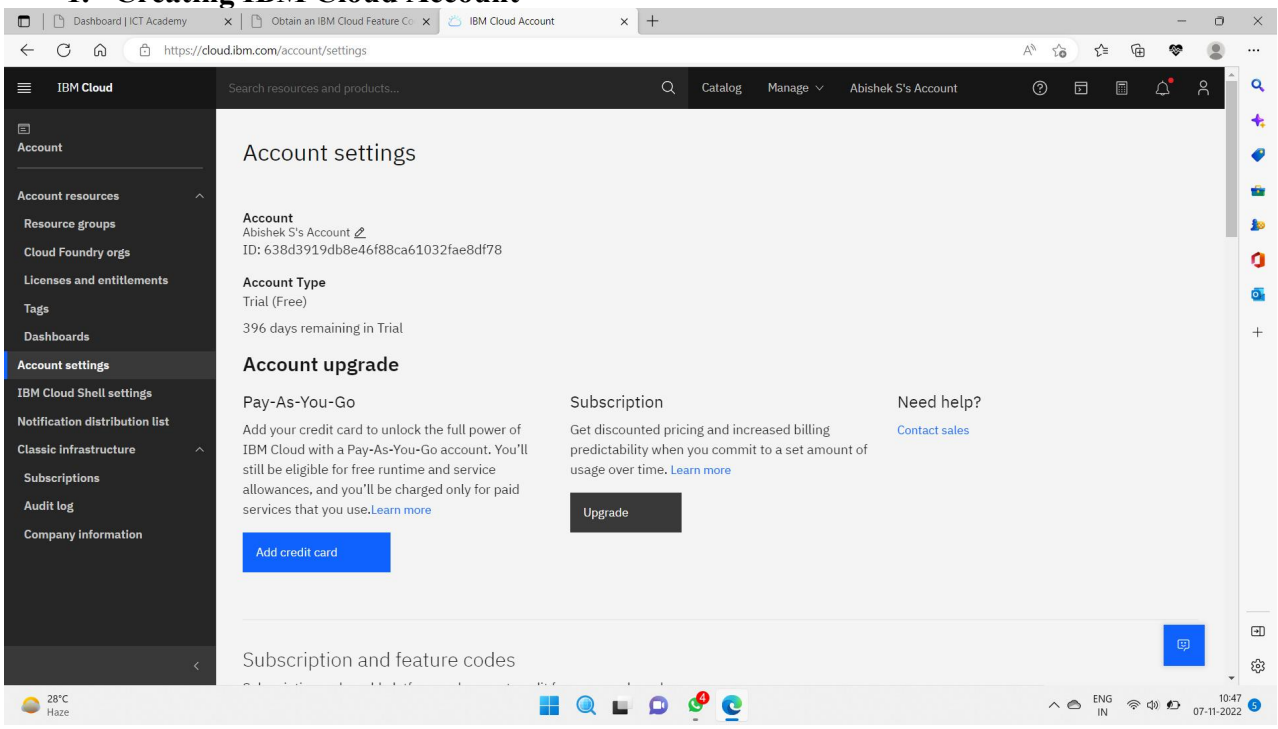
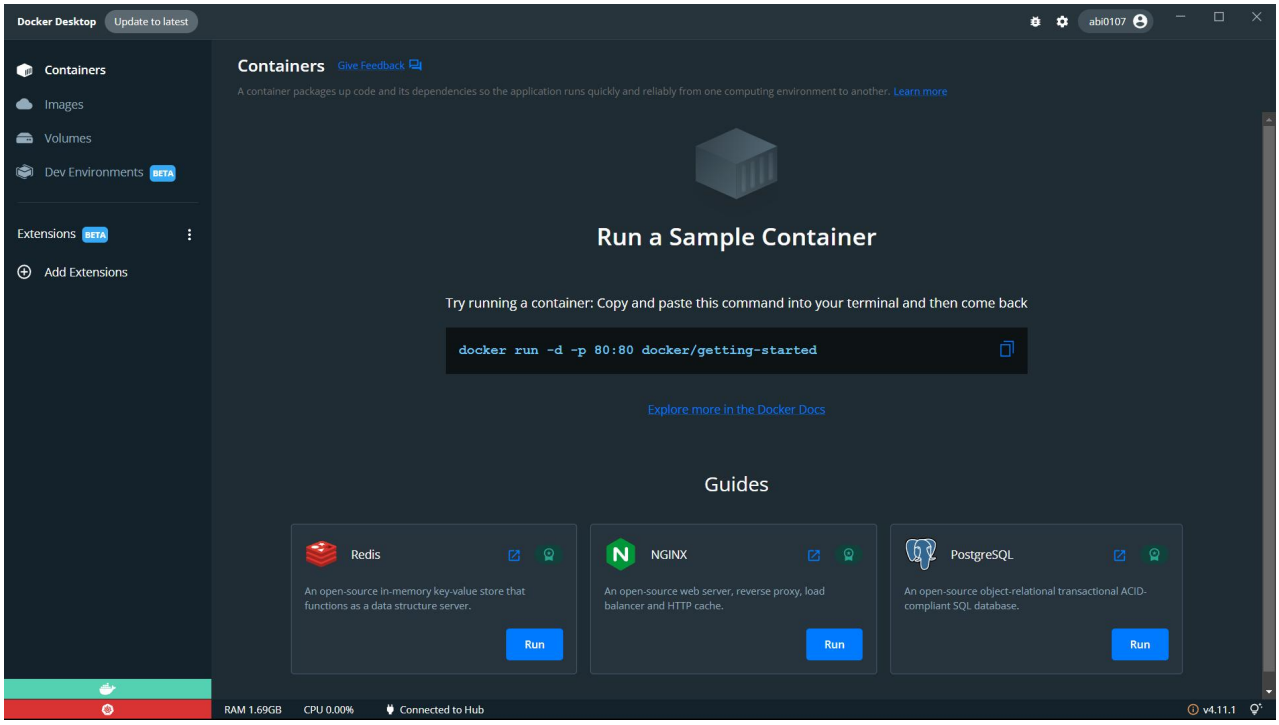
Team ID	PNT2022TMID42563
Project Name	Plasma Donor Application
Title	Environmental Setup

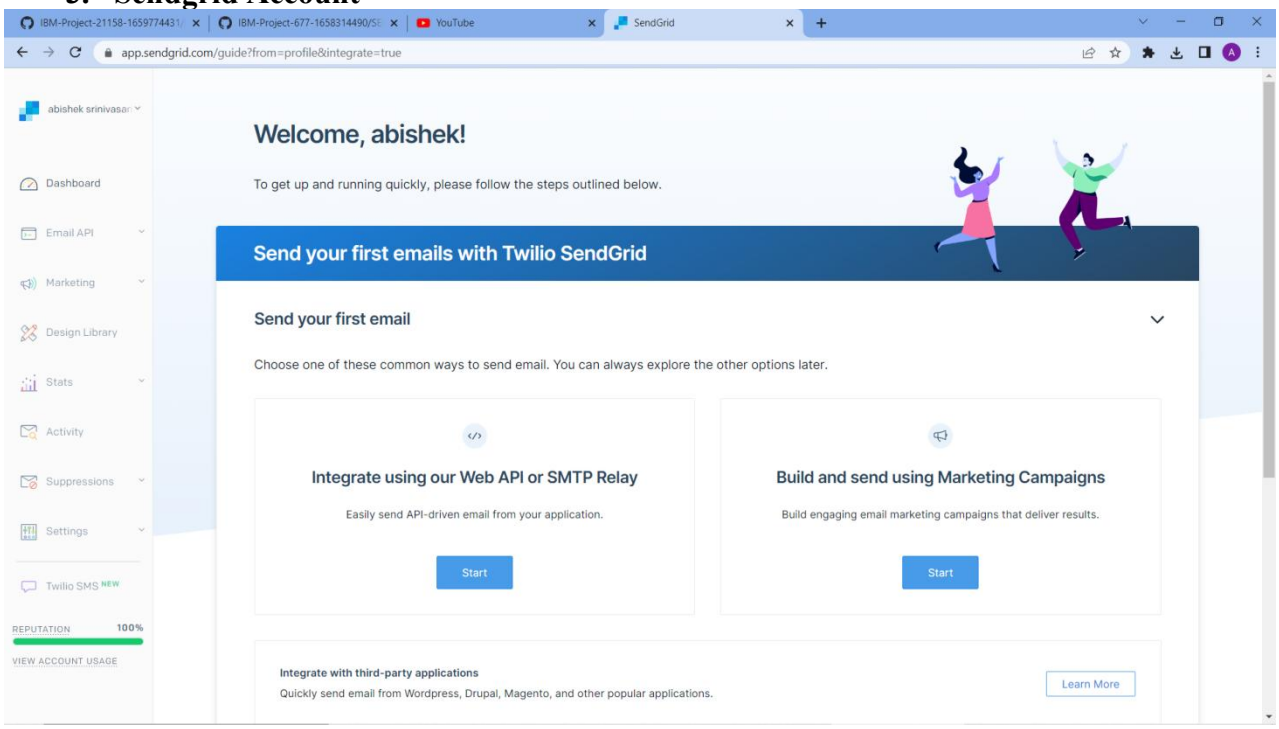
1. Creating IBM Cloud Account



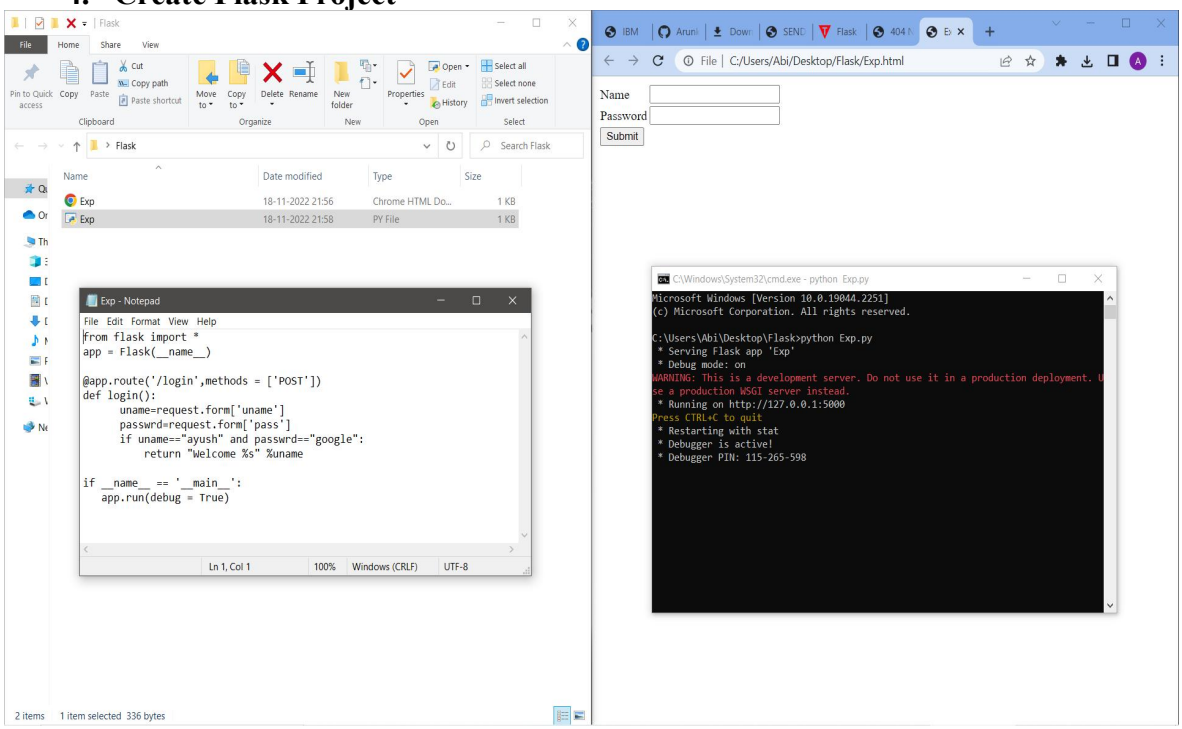
2. Docker Installation



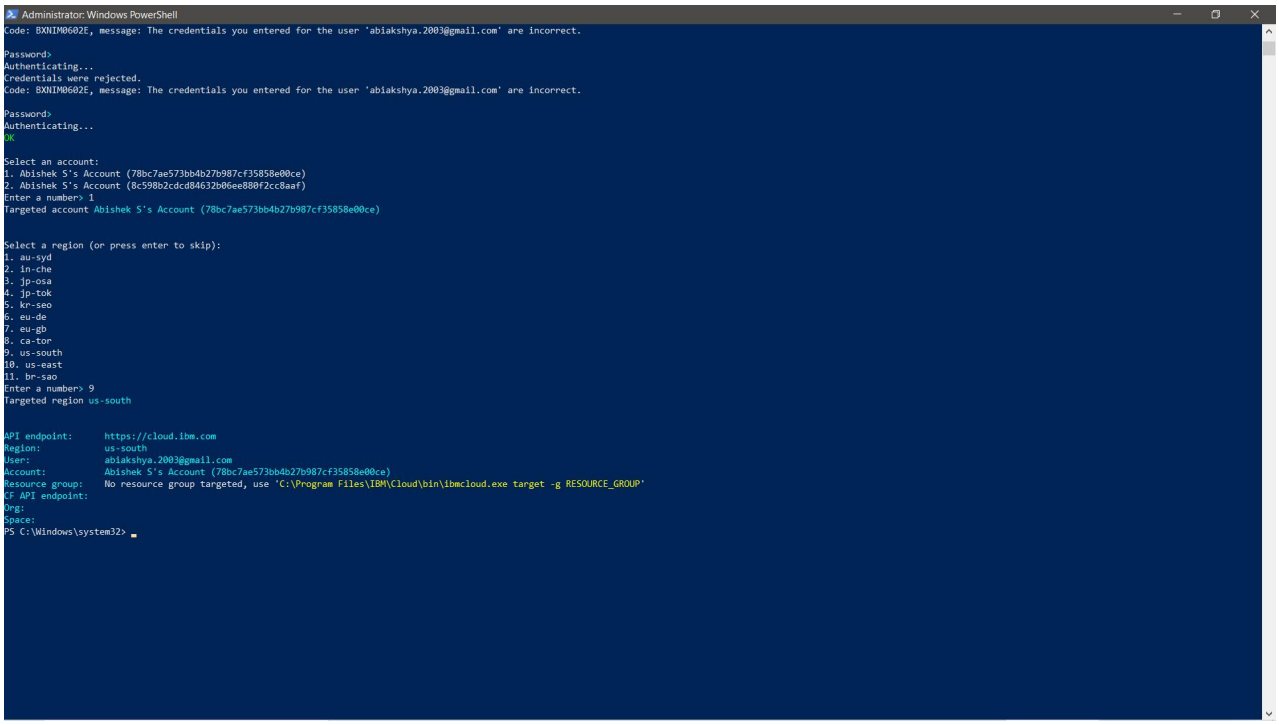
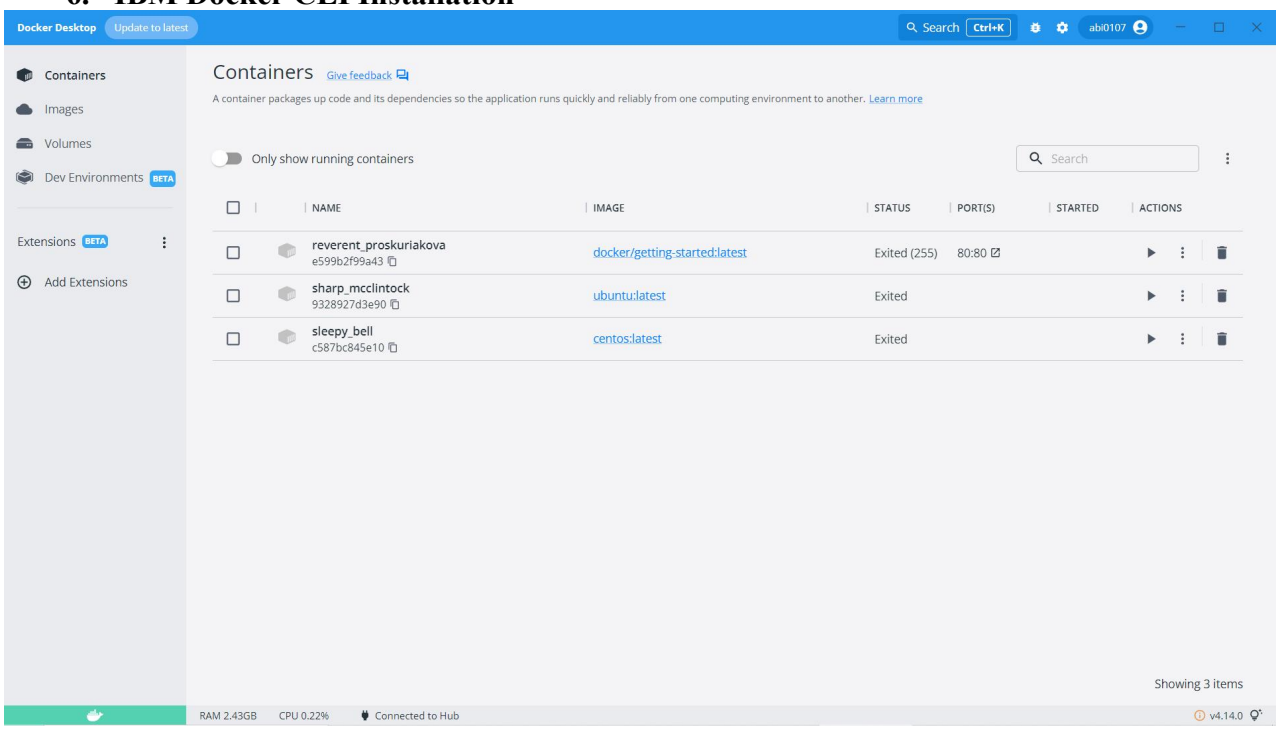
3. Sendgrid Account



4. Create Flask Project



5. IBM Cloud CLI Installation



6. IBM Docker CLI Installation