

# INDIAN HEALTH, WELLNESS & PSYCHOLOGY

## IHWP Project Documentation

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## 1. Introduction

The Indian Health, Wellness & Psychology website is designed to promote awareness of India's traditional systems of health, wellness, and psychology. The project aims to combine ancient knowledge with modern web technologies to present information in a visually engaging and accessible manner. It highlights Ayurveda, Yoga, herbal medicine, and mental wellness practices through a clean, responsive website layout.

## 2. Objectives

- To educate users about traditional Indian health systems and psychological principles.
- To showcase the holistic connection between mind, body, and spirit.
- To build a responsive, interactive web platform using HTML, CSS, and JavaScript.
- To create an informative and visually appealing college-level project website.

## 3. Technologies Used

This project is entirely web-based and developed using:

- **HTML5** for structuring the website content.
- **CSS3** for styling, color themes, and responsive layout.
- **JavaScript** for interactivity such as navigation and smooth scrolling.
- **Font Awesome** for icons.
- **Unsplash** for background and section images.

## 4. System Design & Implementation

The website consists of several major sections, each serving a specific educational purpose:

1. **Header:** Contains navigation links and a responsive menu for mobile devices.
2. **Hero Section:** Features a background image and a brief introduction to the theme.
3. **Health Section:** Explains Ayurveda, Yoga, and Herbal Medicine through interactive cards.
4. **Wellness Practices:** Lists lifestyle habits such as meditation and Ayurvedic nutrition.
5. **Psychology Section:** Explores the concept of Indian psychology and human consciousness.
6. **Resources:** Provides links to texts, courses, and research materials.
7. **Footer:** Displays contact information and quick navigation links.

## 5. Features

- Responsive layout for all devices.
- Smooth navigation with scroll-based effects.
- Educational information on Ayurveda, Yoga, and Indian psychology.
- Interactive cards and structured sections.
- Clean and visually pleasing color theme inspired by the Indian flag.
- Sticky header and footer with

gradient design.

## 6. Output Screens

The website includes multiple visually rich sections. The screenshots demonstrate its layout: • Hero banner with background image and button. • Information cards for Health Systems. • Grid-based layout for Wellness Practices and Resources. • Footer with contact and social media links.

## 7. Conclusion

The Indian Health, Wellness & Psychology project successfully integrates traditional Indian concepts with modern web design. It not only serves as a web development exercise but also contributes to promoting cultural knowledge and holistic well-being. The project demonstrates skills in front-end design, responsive web layouts, and aesthetic presentation.

## 8. Future Enhancements

- Add backend integration using Node.js and MongoDB to store user feedback.
- Include quizzes and learning modules for interactive engagement.
- Implement AI-based personalized health suggestions.
- Add multilingual support for regional accessibility.