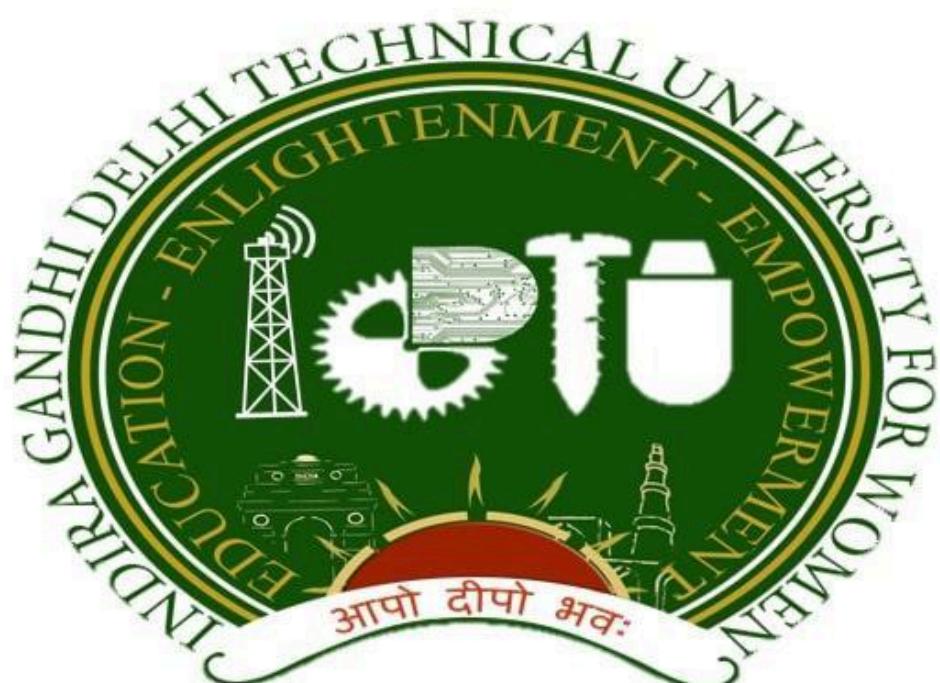


INDIRA GANDHI DELHI TECHNICAL UNIVERSITY FOR WOMEN

Internship Project

on

**DEVELOPING A WEBSITE FOR HEALTH, HEALING AND WELLNESS USING
MEDITATION APP**



ANVESHAN FOUNDATION

Submitted to:

Ms. Aditi

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CERTIFICATE

This is to certify that the Web Development, App Development, And Digital Marketing Project Report Titled "**DEVELOPING A WEBSITE FOR HEALTH, HEALING AND WELLNESS USING MEDITATION APP**" Submitted to Indira Gandhi Delhi Technical University for Women (IGDTUW), New Delhi in partial fulfilment of the requirement for the degree of the B.Tech.(AI-ML) has been carried out by Medhavi Bhardwaj under the guidance of faculty mentors including Mr. Rahul, Ms. Aditi, Mr. Rohit. To the best of Project guide's knowledge and belief the matter embodied in this project is Genuine work done by the student and has been submitted neither to this University nor to any other University for the fulfilment of the requirement of the course of study.

Name of the Project Guide: Mr. Rahul, Ms. Aditi, Mr. Rohit

Acknowledgements

I would like to thank the university IGDTUW (Indira Gandhi Delhi Technical University For Women), and the IGDTUW Anveshan Foundation, for providing this amazing opportunity to learn more about frontend web development, app development and digital marketing and gain some practical experience on how to apply it practically in the real life field. I would also like to thank our Honorable Vice Chancellor Ma'am, Dr. Amita Dev and the Anveshan coordinator Dr. Rahul Sachdev for organizing this internship and giving us a chance to gain some hands-on experience and practical learning. I would also like to extend my gratitude towards the invited field experts, Mr. Rohit, Ms. Aditi and Mr. Rahul for being such phenomenal mentors and providing such an interactive unforgettable learning experience, which made it very easy to understand the concepts and where they are applied in field work. I would also like to thank my family for their encouragement and endless support in this endeavour.

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Executive Summary:

The aim of this internship was to gain diversified practical experience in the fields of web development, app development and digital marketing and learn how to apply it in the practical field. We learnt how to use tools like jQuery, bootstrap and CSS to create more interactive and interesting websites. In digital marketing, we learnt various ways and methods on how to use modern forms of media to advertise and market our products better. In the app development segment, we learnt how to use the MIT app builder to build various applications, and how to insert audio, video, images etc. into the apps with the help of block coding. We were told to apply our learning to the practical field and create something new out of it: a website, an app, or a case study of digital marketing.

This project includes an amalgamation of the three and lists the progress that has occurred so far. Our teachers used the hands-on method of teaching where we had to try out various things: html code, app block code, downloading, saving and running the programs, applications and websites on our own computers. It helps us remember what we were taught better. So an application and two websites are included in it. They are still in the fetus developmental stages and will need substantial improvements. Even after they are ready to be deployed there will always be more room for updates and improvements.

So the improvements will be added slowly and keeping the future scope of these applications in mind. We often forget to take care of ourselves properly, leaving self-care in lieu of something which seems much more important as the time- work, projects, social commitments and friends. This website aims to provide a balance between the two- so that

the quality of your work is not sacrificed at the cost of your own health and vice versa. How to incorporate alerts for water-breaks and stretching your muscles after spending prolonged hours hunched in front of the computer is still one of the things to be figured out among other things. So it's still a work in progress. There is also a model of an e-commerce website just to examine its components and how they can be modified. The website for research and taking care of your physical and mental health was designed with the help of a template. The sample ecommerce website was designed using html, jQuery, Bootstrap, CSS and html code and the application was designed with the help of the MIT app builder Inventor.

The aim of the project will also be to examine the use of artificial intelligence and Internet of Things in healthcare and how they can act as an aid in medical treatment. Internet of things usually comprises of a group of various electronic devices, all interconnected to each other over a network, which can be either public or private. Using a group of interconnected sensors and scanners to pick up readings of the body and monitor it, and gather health information is easier and less invading on patient privacy. Google Glass is a wearable, voice-and motion-controlled Android device that resembles a pair of eyeglasses and displays information directly in the user's field of vision.

Google Glass offers an augmented reality experience by using visual, audio and location-based inputs to provide relevant information. For example, upon entering an airport, a user could automatically receive flight status information. The Google Glass operating system (OS) is based on a version of Android. The OS can run application virtualization tools called Glassware that are optimized for the device. Glassware allows the device to deliver an app to the user, instead of a full desktop. The glasses have built-in Wi-Fi and Bluetooth connectivity and a camera for taking photographs and videos.

The smart eyewear uses motion and voice recognition to process commands from the wearer. A touchpad is also available on the glasses' rim. To provide the requested information, the device relies on sending small packages of information straight to the wearer through a micro-projector, using a private channel of communication that can only be accessed by the user.

Google Glass then uses a field sequential color (FSC) liquid crystal on silicon (LCOS) system to display images on the lens, allowing wearers to view the image in true colors. FSC refers to a color television system that transmits the primary color information in continuous images and then relies on the human's vision and perception to collect the information into a color picture. LCOS is a form of video display technology.

Introduction

The internship covers 3 major fields which are interconnected and using them together in integrated form is what forms the basis of most technological and IT companies.

1.) Web Development: **Web development** refers to the creating, building, and maintaining of websites. It includes aspects such as web design, web publishing, web programming, and database management. It is the creation of an application that works over the internet i.e. websites.

The word Web Development is made up of two words, that is:

- **Web:** It refers to websites, web pages or anything that works over the internet.
- **Development:** It refers to building the application from scratch.

Web Development can be classified into two ways:

- Frontend Development
- Backend Development

Popular Frontend Technologies

- **HTML:** HTML stands for Hyper Text Markup Language. It is used to design the front end portion of web pages using markup language. It acts as a skeleton for a website since it is used to make the structure of a website.
- **CSS:** Cascading Style Sheets fondly referred to as CSS is a simply designed language intended to simplify the process of making web pages presentable. It is used to style our website.
- **JavaScript:** JavaScript is a scripting language used to provide a dynamic behaviour to our website.
- **Bootstrap:** Bootstrap is a free and open-source tool collection for creating responsive websites and web applications. It is the most popular CSS framework for developing responsive, mobile-first websites. Nowadays, the websites are perfect for all browsers (IE, Firefox, and Chrome) and for all sizes of screens (Desktop, Tablets, Phablets, and Phones).
 - Bootstrap 4
 - Bootstrap 5
- Backend Development- Backend is the server side of a website. It is part of the website that users cannot see and interact with. It is the portion of software that does not come in direct contact with the users. It is used to store and arrange data.

2.) App Development: **Mobile app development** is the act or process by which a mobile app is developed for one or more mobile devices, which can include personal digital assistants (PDA), enterprise digital assistants (EDA), or mobile phones.^[1] Such software applications are specifically designed to run on mobile devices, taking numerous hardware constraints into consideration. Common constraints include CPU architecture and speeds,

available memory (RAM), limited data storage capacities, and considerable variation in displays (technology, size, dimensions, resolution) and input methods (buttons, keyboard, touch screens with/without styluses). These applications (or 'apps') can be pre-installed on phones during manufacturing or delivered as web applications, using server-side or client-side processing (e.g., JavaScript) to provide an "application-like" experience within a web browser.

3.) Digital Marketing: Digital marketing, also called online marketing, is the promotion of brands to connect with potential customers using the internet and other forms of digital communication. This includes not only email, social media, and web-based advertising, but also text and multimedia messages as a marketing channel. Essentially, if a marketing campaign involves digital communication, it's digital marketing.

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Digital marketing considers how individual tools or digital channels can convert prospects. A brand's digital marketing strategy may use multiple platforms or focus all of its efforts on 1 platform. For example, a company may primarily create content for social media platforms and email marketing campaigns while ignoring other digital marketing avenues.

Digital marketing can be broadly broken into 8 main categories including: Search Engine Optimization, Pay-per-Click, Social Media Marketing, Content Marketing, Email Marketing, Mobile Marketing, Marketing Analytics and Affiliate Marketing.

Digital marketing encompasses a wide variety of marketing tactics and technologies used to reach consumers online. As a form of online marketing, it allows organizations to establish a brand identity and has revolutionized the marketing industry.

A senior associate dean of **business programs**, **Dr. Mark Hobson**, said although digital marketing seems like a new world, in fact, it is based on many of the principles familiar to traditional marketers and requires both foundational marketing knowledge and technical know-how.

Dr. Jessica Rogers, senior associate dean of business at SNHU (Southern New Hampshire University), said the two disciplines serve to connect with distinct groups of consumers. "... Traditional media is a great way to reach a broad consumer base, whereas digital media has the ability to reach very specific audiences," she said, "A

key point is that depending on the target audience, some channels are more effective than others."

Types of Digital Marketing:

1) Search Engine Optimization (SEO)

The goal of SEO is to get a business to rank higher in Google search results, ultimately increasing search engine traffic to the business's website. To accomplish this, SEO marketers research words and phrases consumers are using to search for information online, and use those terms in their own content. According to leading SEO software company [Moz's](#) "Beginners Guide to SEO," SEO encompasses many elements, from the words on your web pages to the way other sites link to you on the web to how your website is structured.

Here are a few of the most important things for SEO strategists and marketers in general to understand about how SEO works today, from Moz's "Beginners Guide to SEO":

- **Content indexing** – It is important to allow search engines to clearly “read” what your site content is, by doing things like adding alt text for images and text transcripts for video and audio content.
- **Good link structure** – It is important that search engines can “crawl” your site structure to easily find all the content on your site. There are many things that an SEO specialist can do to properly format links, URLs, and sitemaps to make them most accessible to site crawlers.
- **Keywords and keyword targeting** – Properly deploying your keywords – i.e., the search terms you want your site to be found for—in your content and headers is one of the fundamental building blocks of SEO. It is no longer good practice to “stuff” your content with as many keywords and keyword variations as possible. Writing high-quality content that uses keywords in the headers and a few times in the crawl-able page content is now considered better practice and will make pages rank better in search results.

2) Pay-Per-Click (PPC)

Pay-per-click refers to paid advertisements and promoted search engine results. This is a short-term form of digital marketing, meaning that once you are no longer paying, the ad no longer exists. Like SEO, PPC is a way to increase search traffic to a business online.

Pay-per-click can refer to the advertisements you see at the top and sides of a page of search results, the ads you see while browsing the web, ads before YouTube videos and in ads in mobile apps. In a typical PPC model like a [Google AdWords](#) campaign, you will pay only when someone clicks on your ad and lands on your website. You can spend just about any amount of money on pay-per-click advertising. Some companies may see results from investing just a few hundred dollars, but plenty of large companies spend tens of thousands a month on pay-per-click.

How much it costs to run an ad or promote your search results will depend primarily on how much competition there is for your keywords. High competition keywords (i.e. keywords that many people are searching for and that many sites are trying to be found for) will be more expensive and lower competition terms will likely cost less.

When you set up a pay-per-click campaign, you will also be able to choose whether you want your ad or promoted results to be shown to users all over the world, or only within a specific geographic area. If you are marketing a brick-and-mortar business, this ability to tailor by location helps you not waste ad dollars serving ads to users who don't live anywhere near your business, according to [Google](#).

Objectives/Learning Outcomes:

- To Study basics of Web/ App Development in order to understand & development websites and how marketing is shifting towards digital space,
- To provide knowledge regarding all the digital marketing aspects like SEO, SEM, social media and Content Marketing, Branding, Marketing Analytics,

- Explain emerging trends in digital marketing and critically assess the use of digital marketing tools by applying relevant marketing theories and frameworks, and
- Interpret the traditional marketing mix within the context of a changing and extended range of digital strategies and tactics
- To learn more about the practical applications of web development, app development and digital marketing and how they can be used in the practical field to increase the generated output of any particular project or venture- including business, recreation, leisure, commercial, industrial, etc.
- To identify situations where these can be used to solve issues and achieve objective aims and goals faster, identify which method can be used, and how it will be applied to the situation
- To identify areas where a particular type of digital marketing technique can be used to enhance outreach and generate more customer engagement and interactions

Introduction to the Project

The project intends to create a website that allows customers to practice internal prana healing techniques using bi-anural beats that can heal the damaged cells.

Purpose of the project

The purpose of the website is to provide wholistic healthcare and wellness to all.

As Einstein has said that the next generation of healthcare solutions would come from frequencies and sound therapies.

The website that I have developed includes the following features:

Literature review

Healing through acoustics is a very new subject for human healthcare system, especially in preventive healthcare and non-invasive healthcare facilities.

Heather (2007) shows that the Sound Healing is one of the oldest forms of healing known to man. We are now realizing how powerful sound can be when used for healing. This article explains why sound is so healing for us, discusses the principles of sound healing – resonance, entrainment and intention, the healing power of the voice, harmonics and musical intervals, chant and rhythm. Scientific research is reviewed on sound healing and how sound effects the cells in our body. This article highlights the unique power for healing that is contained in our voices. When we sing we resonate every cell in our body. Sound healing offers us all the possibility of a drug free way of treating pain and illness as well as a way of tuning ourselves to the Divine.

Sound healing is the therapeutic application of sound frequencies to the body/mind of people with the intention of bringing them into a state of harmony and health. Sound Healing can be transmitted to people in a number of ways:

1. Through using their own voice
2. Through using their voice with other voices
3. Through using their own voice while listening to music
4. Through listening to another person's voice or a number of voices
5. Through listening to an instrument or instruments
6. Through listening to music or sound through a loudspeaker or through headphones.

How Does Sound Healing Work? Each organism has its own vibratory rate. Every object in the universe has its own unique resonant frequency. Tap a wineglass and it will emit a ringing sound determined by its size, shape and the thickness. When an opera singer vibrates a glass with her voice the singer has matched her voice to the audience.

resonant frequency of the glass and set it into vibration. As the singer increases the volume of her sound the resonance may become too great for the forces that hold the glass together and it shatters. Luckily, our bodies are more flexible than a glass! The cells of our body enjoy the vibration of sound. Resonance is readily demonstrated when one 'C' tuning fork is struck and

placed next to another 'C'tuning fork. The second tuning fork will begin to resonate together with the first tuning fork. The soundwave from the first tuning fork has imparted some of its energy to the second one. If the stem of the struck tuning fork is placed on a metal, glass or wooden object, this object will begin to vibrate. A simple experiment can be conducted by placing a tuning fork on the top of one's head. You will find that bone is an excellent conductor of sound. In air sound travels at 340 meters per second (760 miles per hour). In water sound travels at 1,500meters per second (3,350 miles per hour). In glass sound travels at 5,600 meters per second (12,500miles per hour). The human body is made up of 70% water; this makes it a very good conductor of sound. Modern medicine now uses sound waves to break up kidney and gallstones in the body. The machine used is called a Lithotripter. This machine bombards the stones with a specific sound frequency for one to two hours. The patient is admitted in the morning and discharged in the evening. Generally no anesthetic is needed. With most patients only one treatment is necessary to break the stones down. The pulverized stone is passed out of the body through the urine.

Research Methodology

The methodology adopted includes the design of several acoustics and sound therapies using music and Indian instrumental musicals to heal the chakras of the human bodies. The website will host these musicals and binaural beats to heal the chakras depending on which chakras are unbalanced in human body. This shall be evaluated through questionnaire at counselling that can help the doctors to understand their ailment or pain point in the body there the energy is trapped . This can be healed by using our app musicals and binaural beats that are subscribed by the patients and we monitor their improvement through several online and hybrid contacts and understanding the improvement. This app allow the patients to heal their chakras and thereby they can become healthier and allow their sense organs to flourish and be used to the fullest.

Data analytics based on past health history

Based on those analytics, the healing techniques would be suggested.

The various music apps such as om chants and chakra healing system and colour therapies are all available. Based on the customer's needs and requirements, the website will suggest the various interactive mediation apps that can heal the customer's ailments. Not only this website is for healing but also for preventive and wholistic healthcare facility based on natural language processing using various artificial intelligence techniques and soundtracks and yoga retreats online courses, virtual yoga and meditation techniques. The aim of the website is to provide tips on maintaining good health, your peace of mind and maintaining your mental health as well. It also aims to provide resources on how to conduct research with

special focus on the medical sector, utilising artificial intelligence and IOT (Internet Of Things) and how they can be used to make technological advances in the healthcare sector. This project includes an amalgamation of the three and lists the progress that has occurred so far. Our teachers used the hands-on method of teaching where we had to try out various things: html code, app block code, downloading, saving and running the programs, applications and websites on our own computers. It helps us remember what we were taught better. So an application and two websites are included in it. They are still in the fetus developmental stages and will need substantial improvements. Even after they are ready to be deployed there will always be more room for updates and improvements.

So the improvements will be added slowly and keeping the future scope of these applications in mind. We often forget to take care of ourselves properly, leaving self-care in lieu of something which seems much more important as the time- work, projects, social commitments and friends. This website aims to provide a balance between the two- so that the quality of your work is not sacrificed at the cost of your own health and vice versa. How to incorporate alerts for water-breaks and stretching your muscles after spending prolonged hours hunched in front of the computer is still one of the things to be figured out among other things. So it's still a work in progress. There is also a model of an e-commerce website just to examine its components and how they can be modified. The website for research and taking care of your physical and mental health was designed with the help of a template. The sample ecommerce website was designed using html, jQuery, Bootstrap, CSS and html code and the application was designed with the help of the MIT app builder Inventor. It also has sections subpages as well. The aim of designing both the websites was to examine how to make the website more user-friendly ad attractive, so as to generate more interest and engagement among the customers.

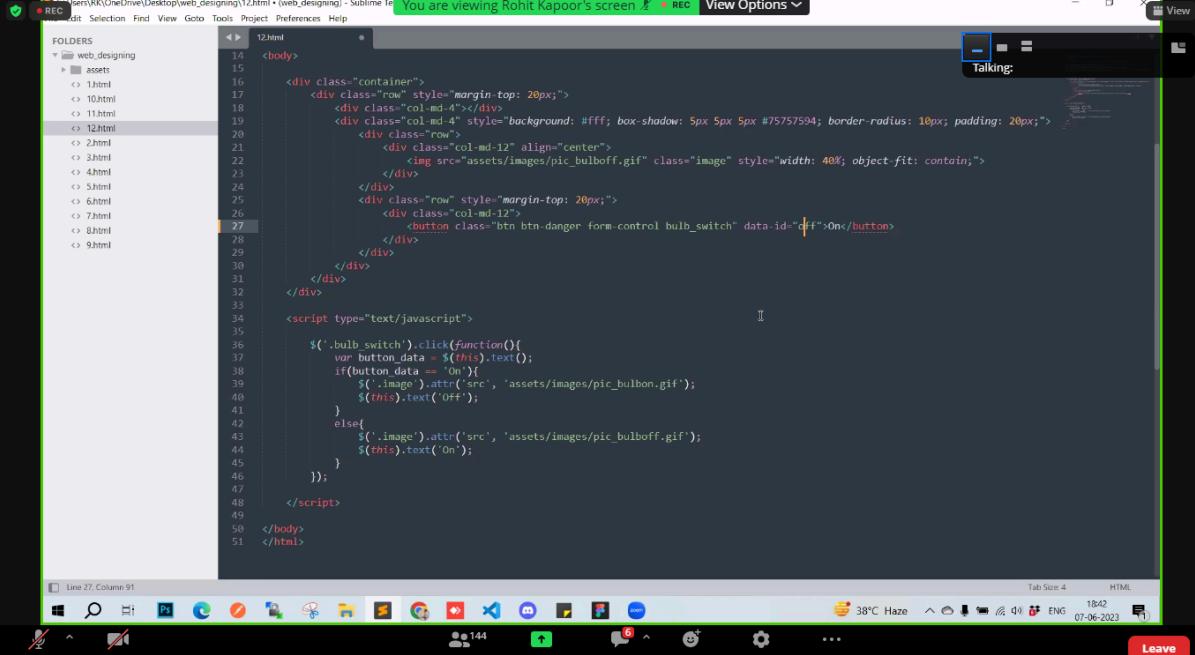
The aim of the project will also be to examine the use of artificial intelligence and Internet of Things in healthcare and how they can act as an aid in medical treatment. Internet of things usually comprises of a group of various electronic devices, all interconnected to each other over a network, which can be either public or private. Using a group of interconnected sensors and scanners to pick up readings of the body and monitor it, and gather health

information is easier and less invading on patient privacy. For example, Google Glass is a wearable, voice- and motion-controlled Android device that resembles a pair of eyeglasses and displays information directly in the user's field of vision.

Literature Review

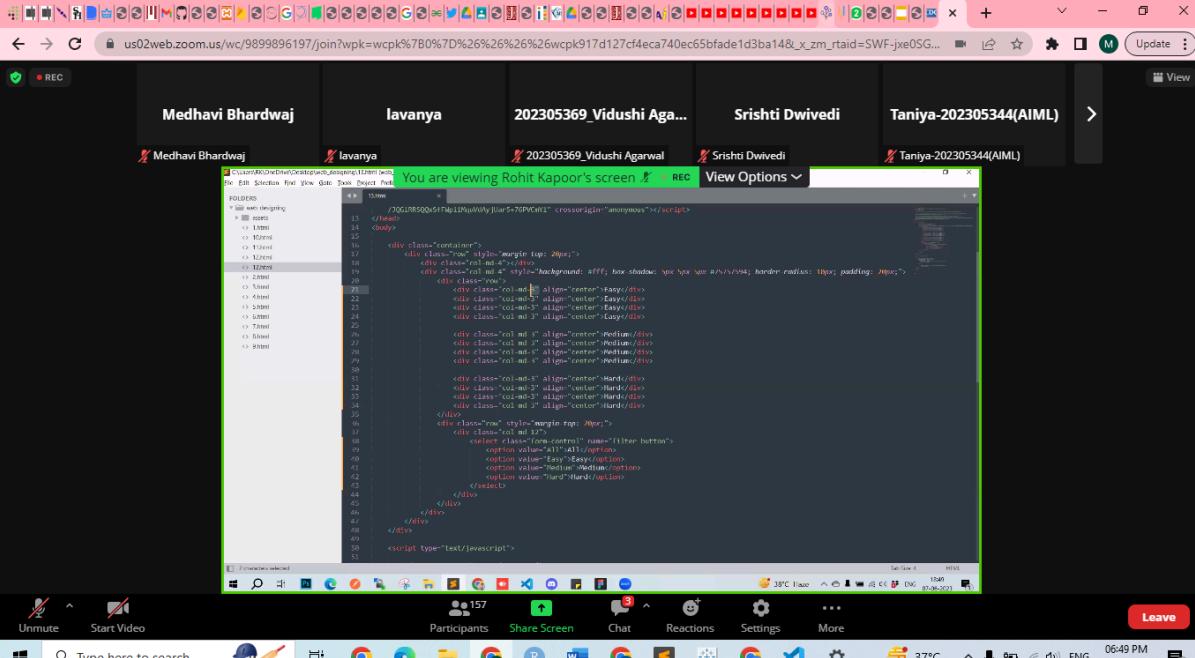
We learnt a variety of skills and concepts related to web development, app development and digital marketing. We learnt how to use tools like jQuery, bootstrap and CSS to create more interactive and interesting websites. In digital marketing, we learnt various ways and methods on how to use modern forms of media to advertise and market our products better. In the app development segment, we learnt how to use the MIT app builder to build various applications, and how to insert audio, video, images etc. into the apps with the help of block coding. We were told to apply our learning to the practical field and create something new out of it: a website, an app, or a case study of digital marketing. Our teachers used the hands-on method of teaching where we had to try out various things: html code, app block code, downloading, saving and running the programs, applications and websites on our own computers. It helps us remember what we were taught better. So an application and two websites are included in it. We learnt a lot about the history of digital marketing and the ways in which it has diversified today. We learnt about the various tags in html such as
 for leaving a line, <p>...</p> for paragraph, <h1>, <h2>...</h2> for headers, <div> for a particular division of the webpage and <section>, <class>, etc. which are used to add and format various sections of a webpage. A CSS stylesheet is used for formatting the webpage. Other subpages can also be linked to the main page by attaching links to the main webpage's code using the <href=> tag. Accordingly, we also learnt how to embed links to other websites, webpages, images, audio, videos etc. to our website as well. We can also link other webpages to buttons which are pressed, and generate sounds, change the layout or perform any other action when a particular button is pressed. Frontend development is a complex thing consisting of many interlinking components. We also learnt how to add menus, subnavigation menus, linking to several dropdown menus and subpages, and how to change the size, colour background, layouts, headers and footers of the page. We also learnt numerous shortcuts, to select multiple identical tags at one go, to write the same thing at

multiple places, shortcuts for indentation or using specific tags, etc.

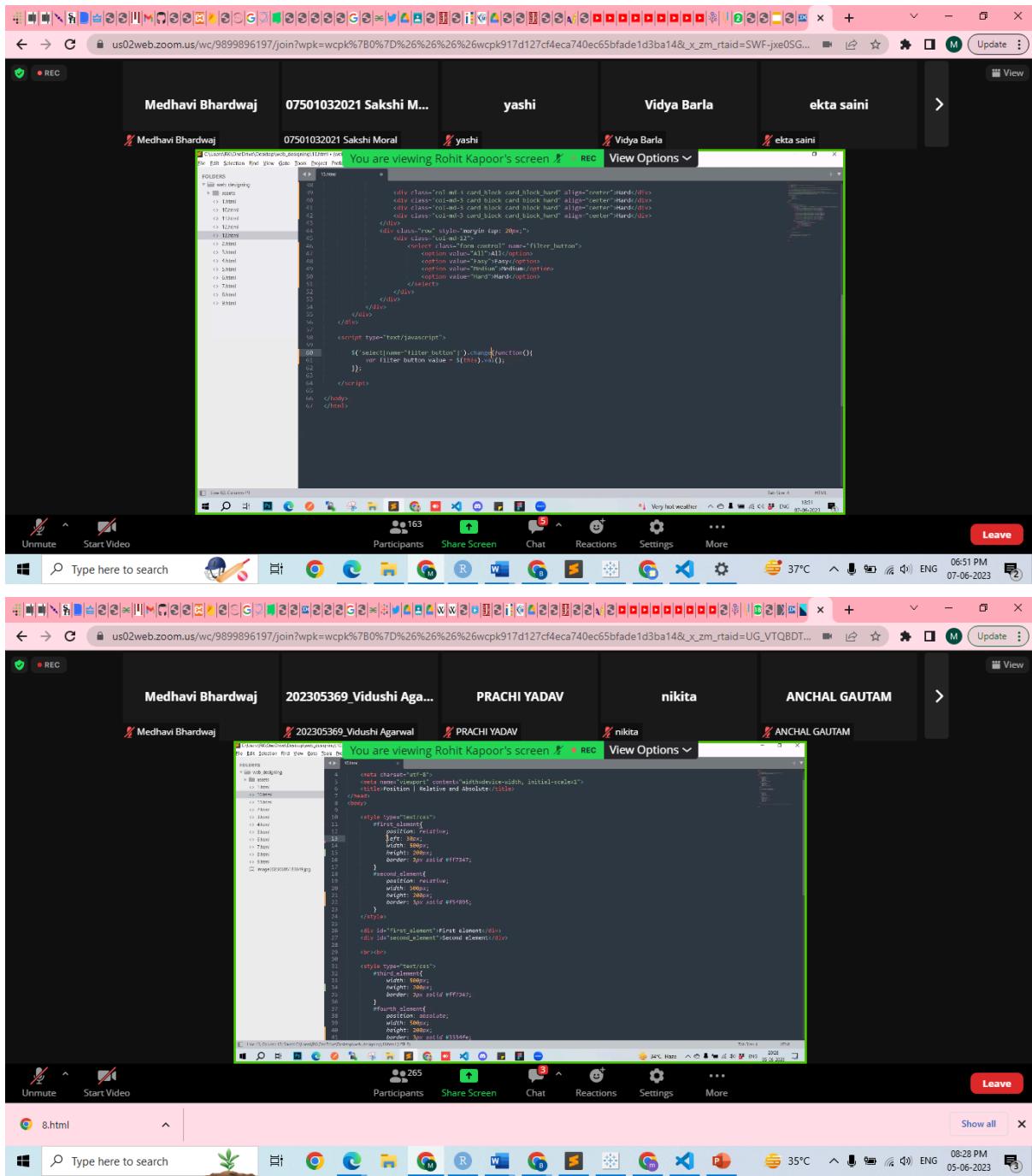


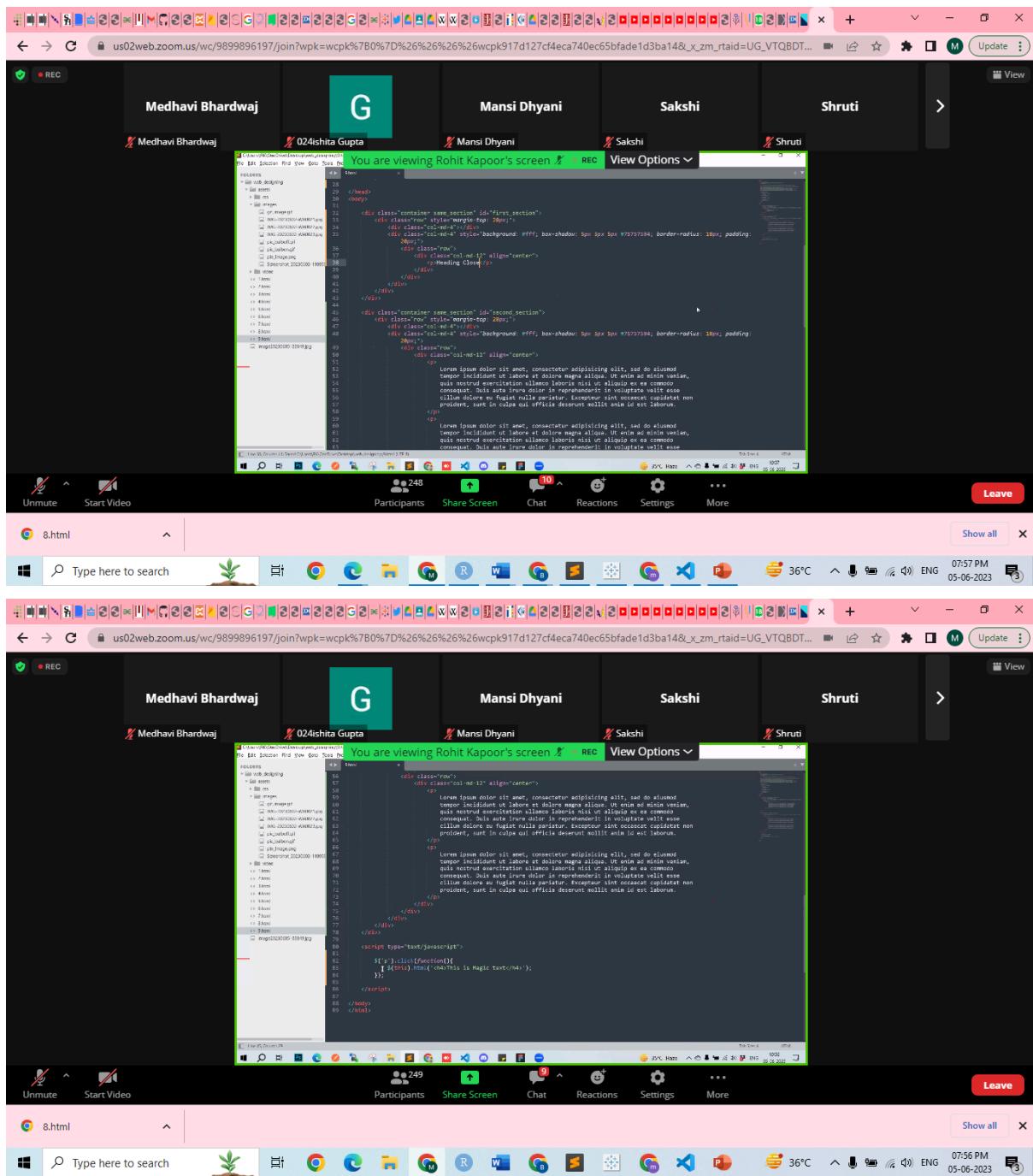
The screenshot shows a Sublime Text window with a file named '12.html' open. The code is a snippet of HTML and JavaScript. The HTML includes a button with a 'bulb_switch' class and an 'On' text label. The JavaScript part is a click event handler for this button, which changes the image source between 'assets/images/pic_bulboff.gif' and 'assets/images/pic_bulbon.gif'. The Sublime Text interface shows a sidebar with project files like '1.html' through '12.html', and a status bar at the bottom indicating 'Line 27, Column 91'.

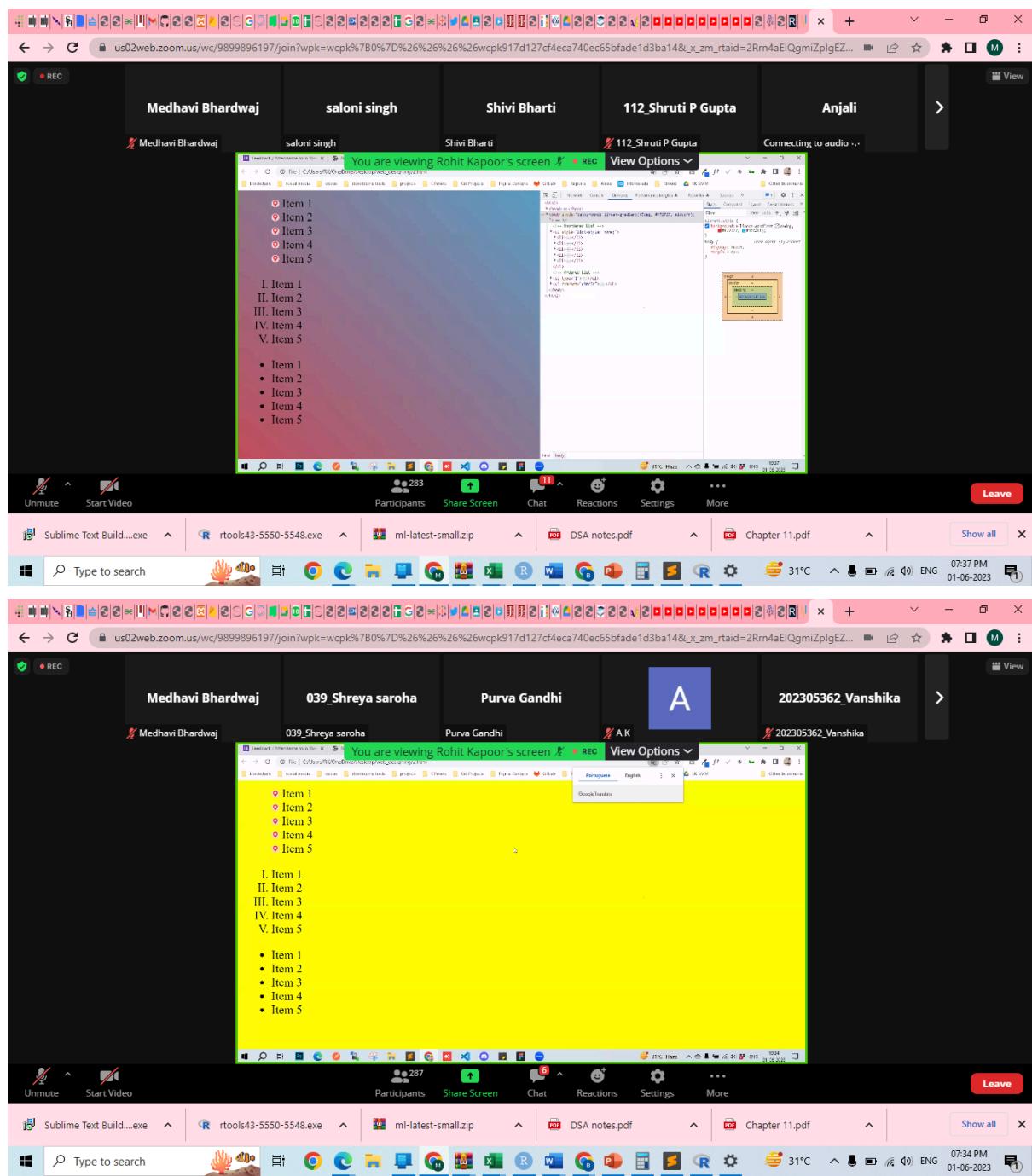
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      <div class="col-md-4"></div>
      <div class="col-md-4" style="background: #ffff; box-shadow: 5px 5px 5px #757575; border-radius: 10px; padding: 20px;">
        <div class="row">
          <div class="col-md-12" align="center">
            
          </div>
        </div>
        <div class="row" style="margin-top: 20px;">
          <div class="col-md-12">
            <button class="btn btn-danger form-control bulb_switch" data-id="1ff">On</button>
          </div>
        </div>
      </div>
    </div>
  </div>
</body>
</html>
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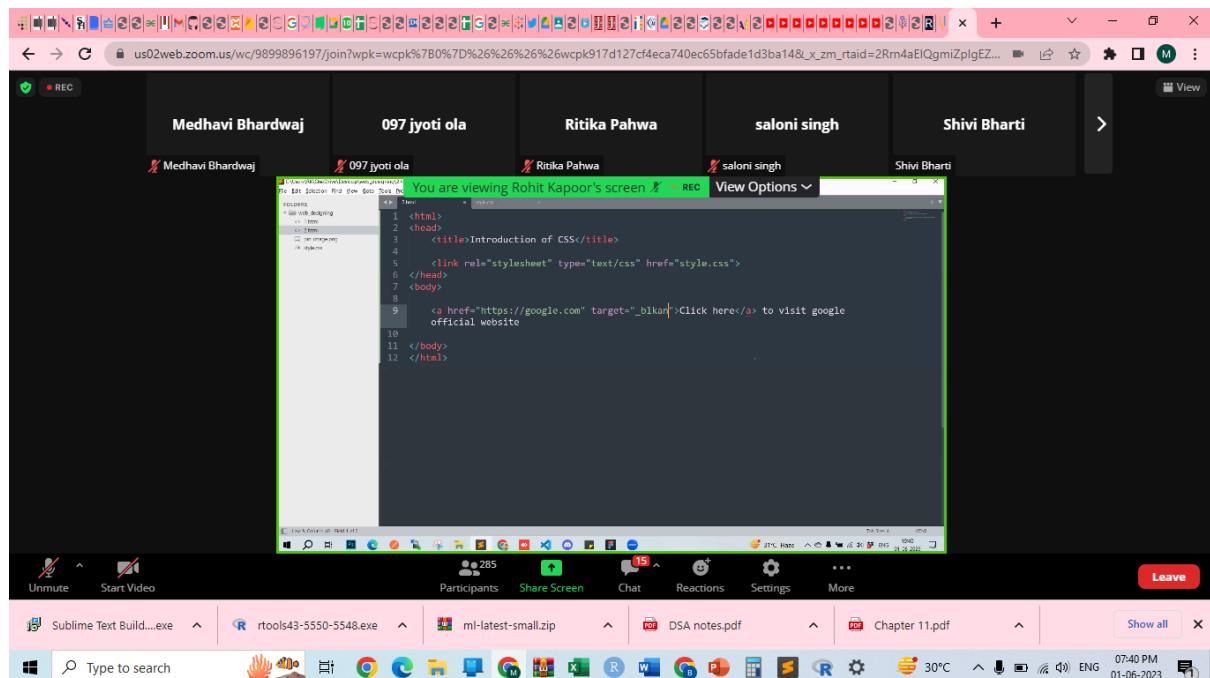


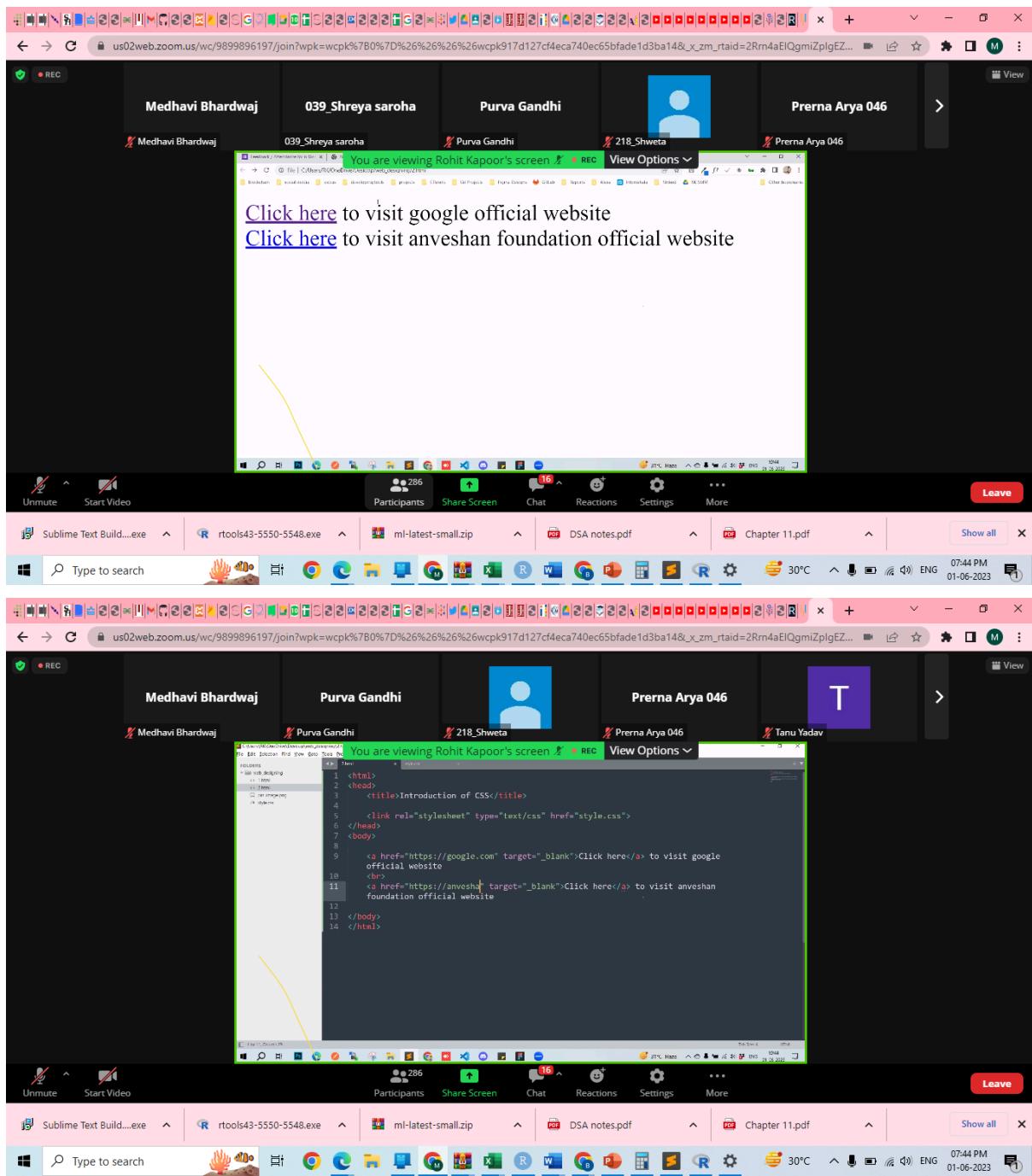
The screenshot shows a Zoom video call interface. At the top, participant names are listed: Medhavi Bhardwaj, lavanya, 202305369_Vidushi Agarwal, Srishti Dwivedi, and Taniya-202305344(AIML). Below the names, a Sublime Text window is visible, displaying the same '12.html' code as the previous screenshot. The Zoom interface includes standard video controls like 'Unmute' and 'Start Video' at the bottom left, and a toolbar with various icons at the bottom right.







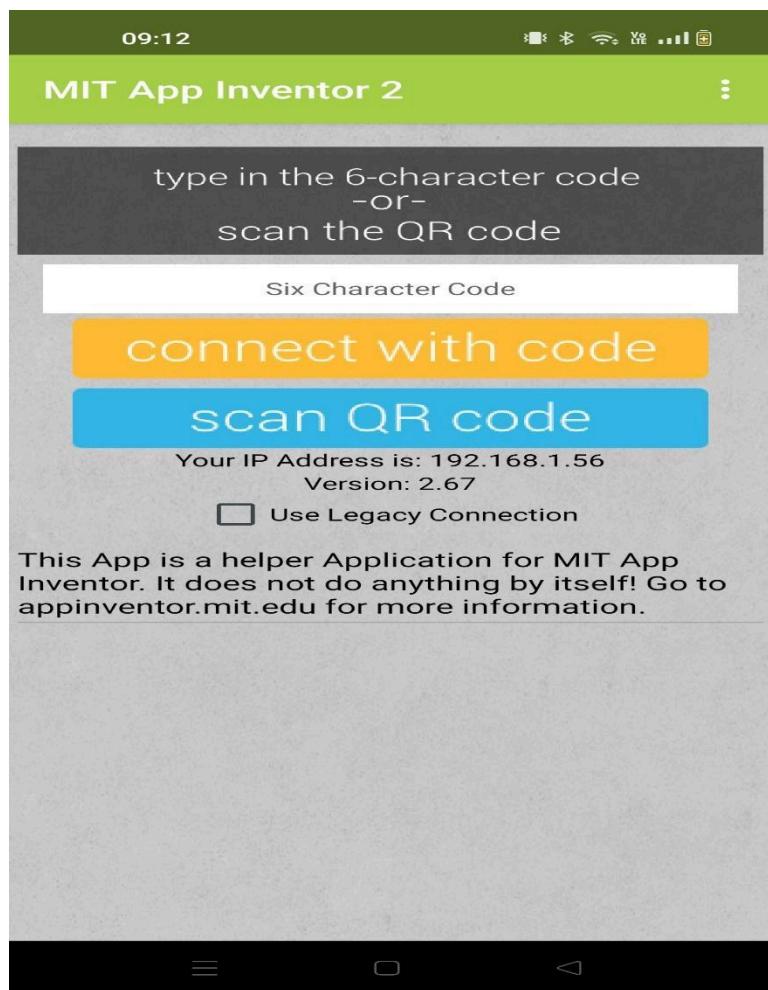


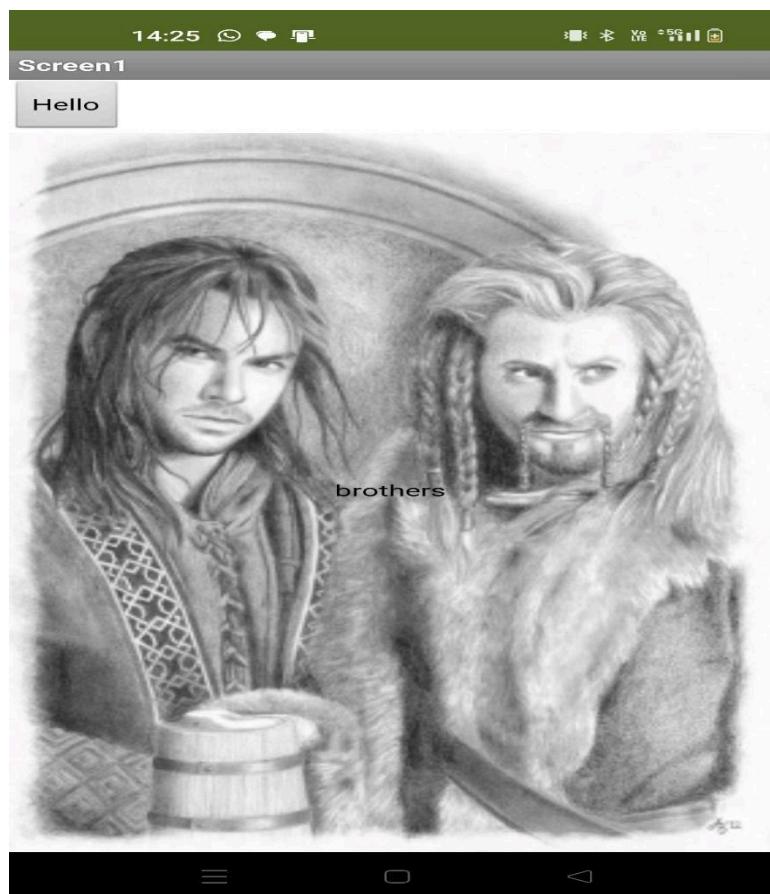


In app development, we learnt how to use block coding to insert images, audios, videos, buttons, etc. on the app and how to connect it and view it on our phones through a uniquely generated QR code which was generated to scan the application's unique code, connect and sync up with the computer and thus download the application from it so that it would easily be able to run on the phone. Our teachers made us try it out ourselves and we were made to share screens so that everyone could learn together and spot any potential errors. In buttons, we learnt how to use block coding to perform specific actions when a button is pressed-

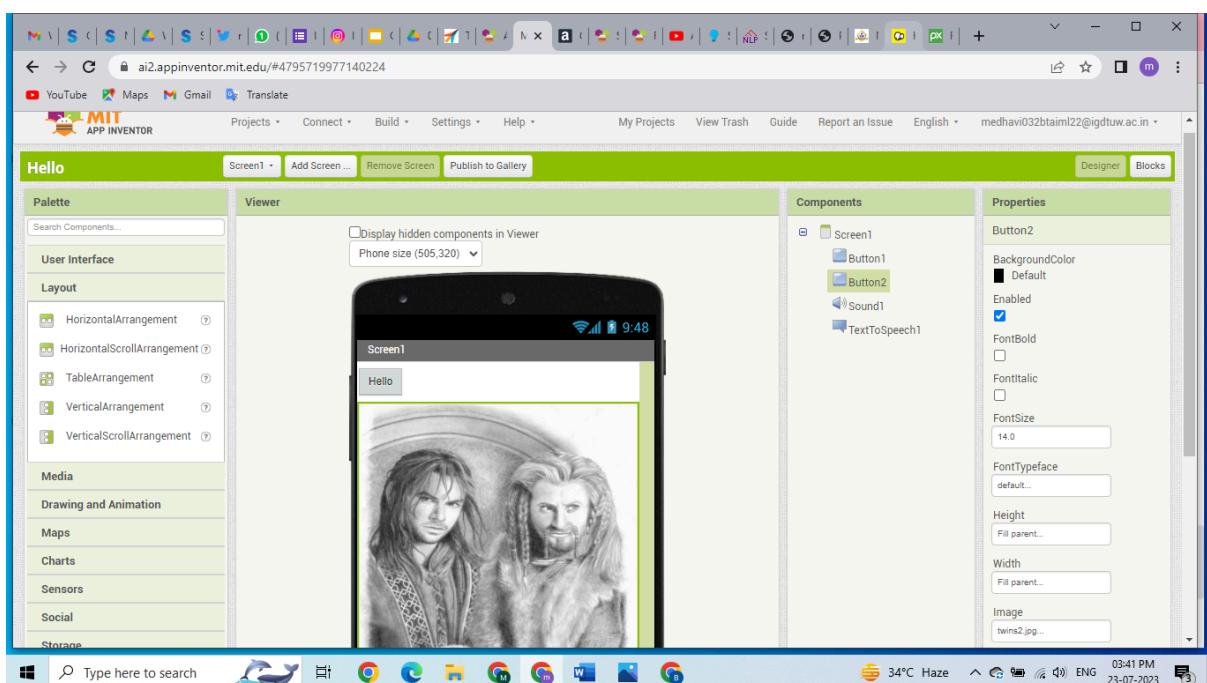
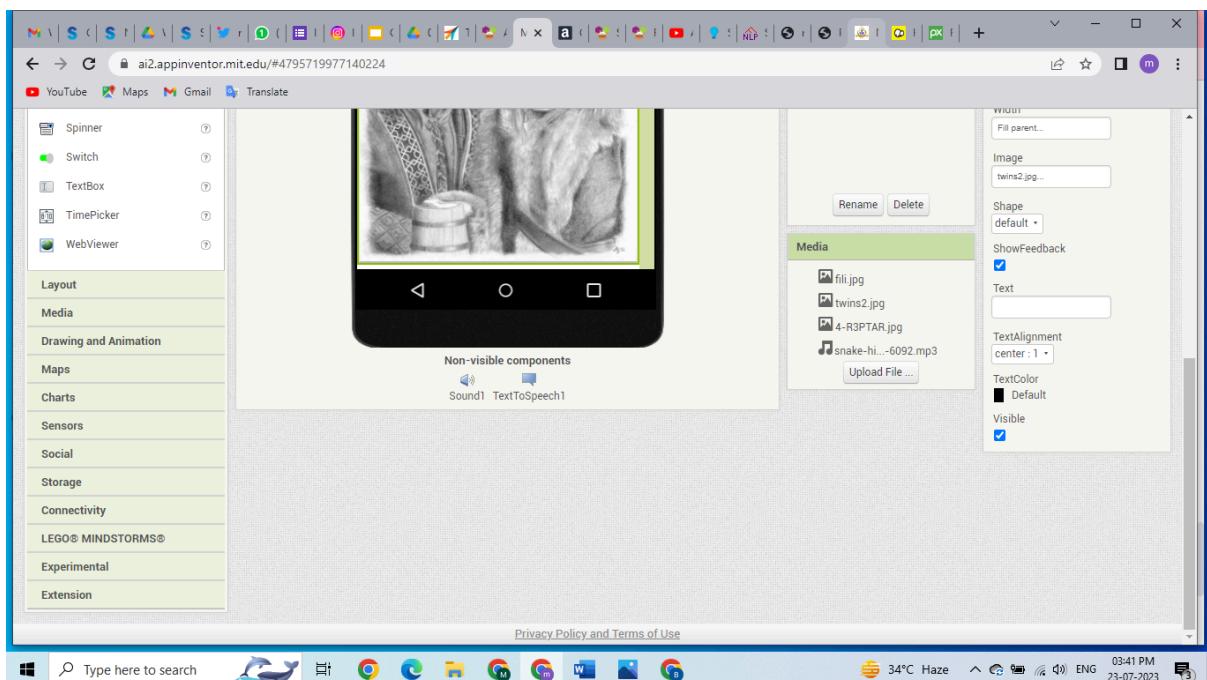
playing an audio, modifying a layout, changing a picture, etc. The MIT app inventor was used

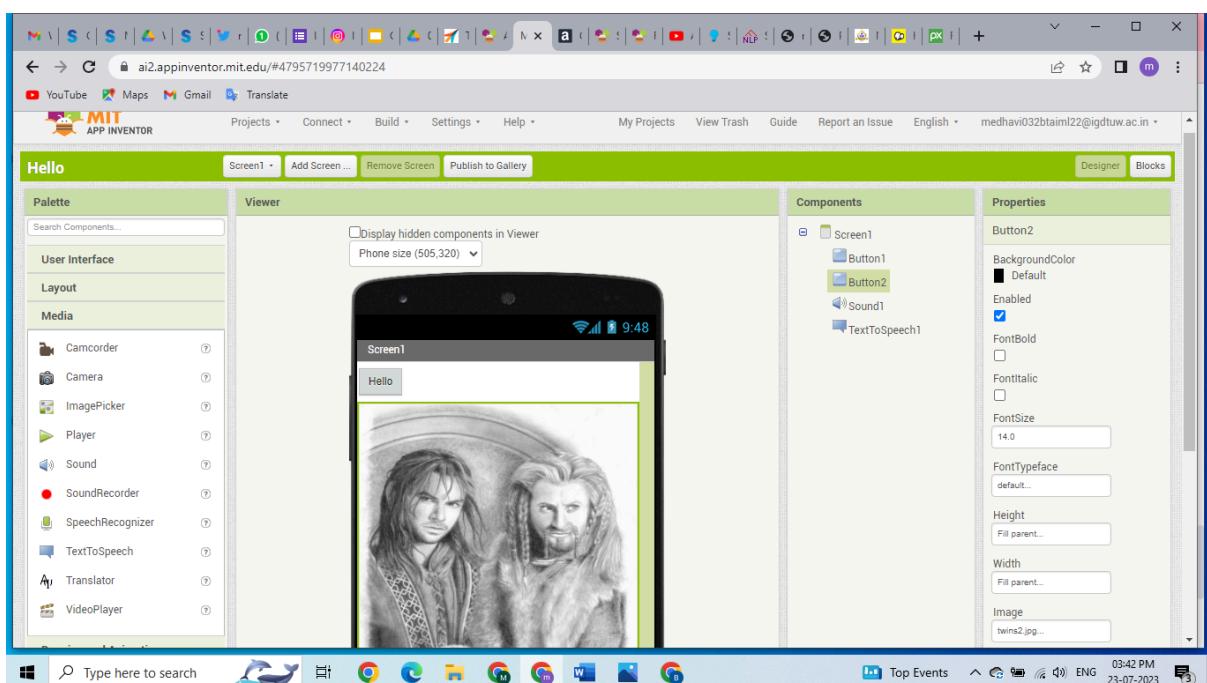
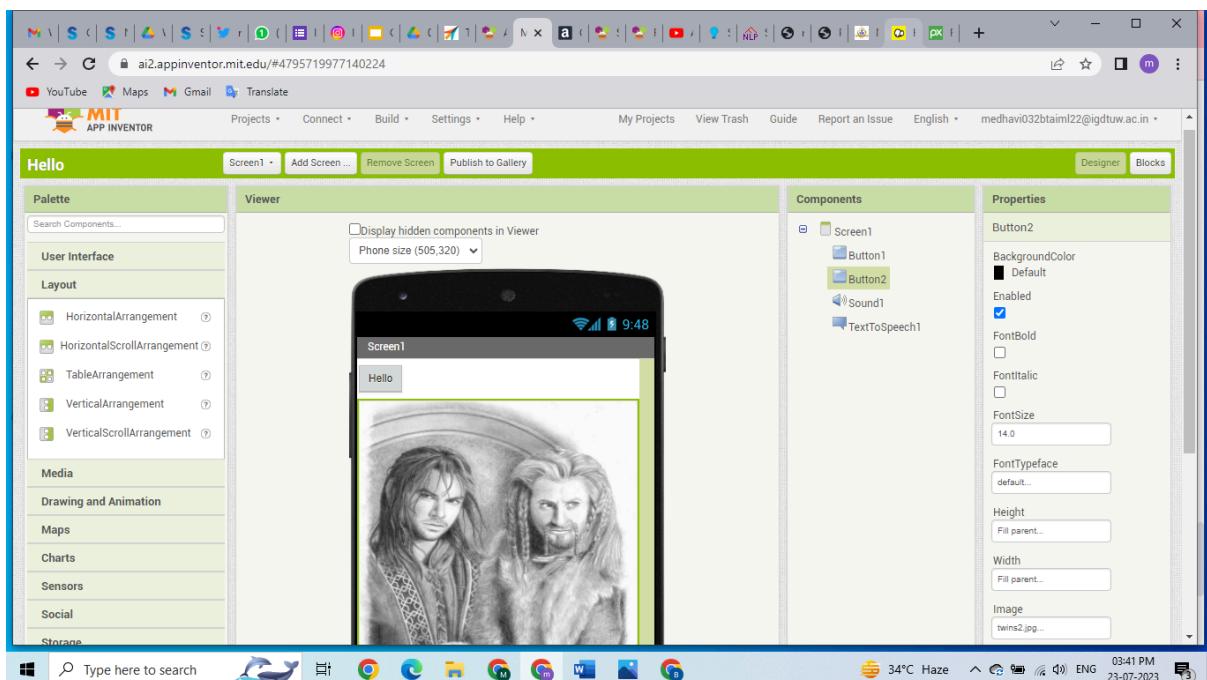
to make the apps, which are deployed by connecting the app on the inventor in the laptop to the AI companion in the MIT app companion in the phone by either entering a 6 character code or scanning a QR code. The application is built using block coding in the app inventor itself.

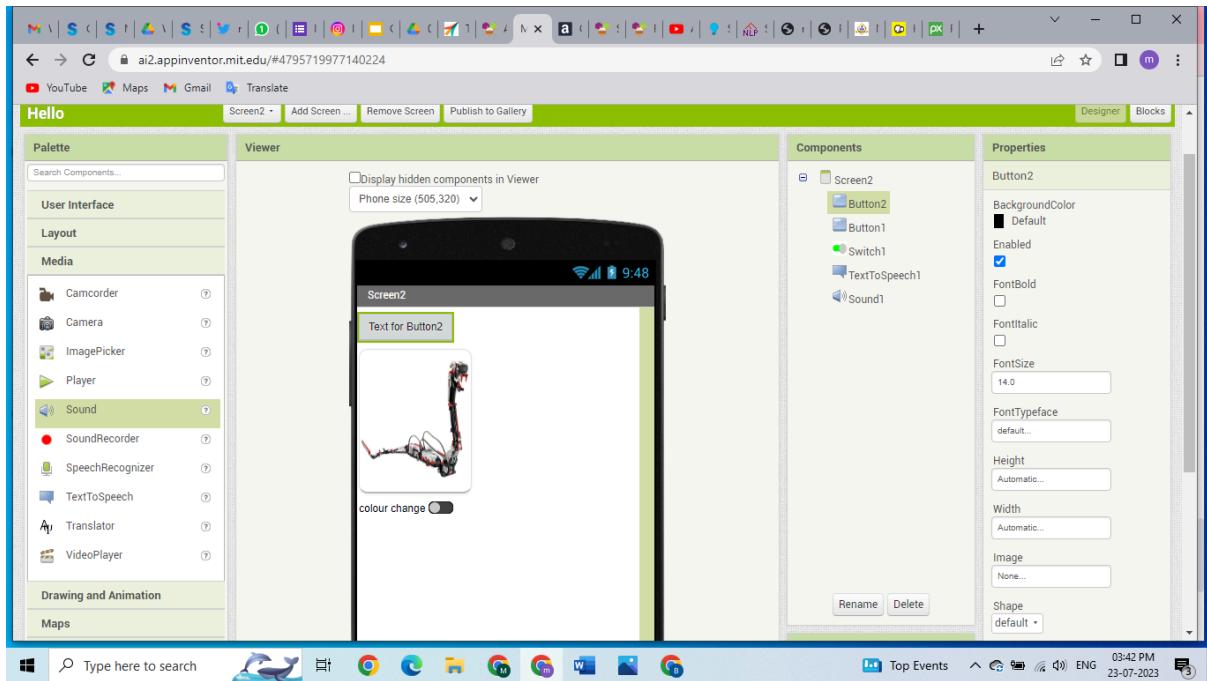
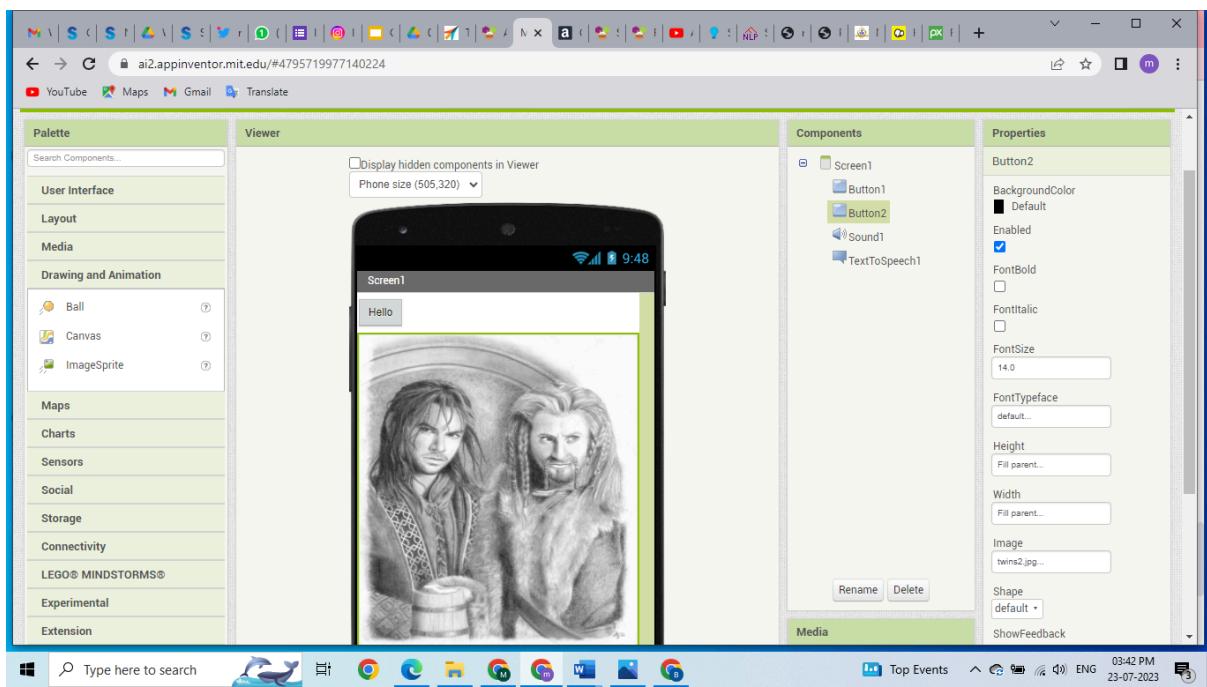




A screenshot of the App Inventor Designer interface. The top bar shows the URL "ai2.appinventor.mit.edu/#4795719977140224" and various browser tabs. The main workspace is titled "Hello" and contains a "Screen1" component. The "Components" panel on the right lists "Screen1", "Button1", "Button2", "Sound1", and "TextToSpeech1". The "Properties" panel for "Button2" is open, showing settings for BackgroundColor (Default), Enabled (checked), FontBold (unchecked), FontItalic (unchecked), FontSize (14.0), FontTypeface (default...), Height (Fill parent...), Width (Fill parent...), and Image (twins2.jpg...). The "Palette" panel on the left lists various UI components like Button, CheckBox, DatePicker, Image, Label, etc. The "Viewer" panel shows a preview of the app running on a smartphone, displaying the same image and button as the screenshot above. The bottom of the screen shows the Windows taskbar with various pinned icons and the system tray.







We also used MIT app inventor index cards which were a very useful aid in trying to remember various concepts, and trying out the code to check if it works properly. They contain various exercises and problems and situations to recreate using the code lock and help us to understand the code better. A few examples are given below.

Bounce Sprite Off Canvas Edge

Make a ball bounce when it hits an edge of a Canvas.

Edge = 1

Edge = 3

Blocks Editor

```
when Ball1 .EdgeReached
  edge
  do call Ball1 .Bounce
    edge get edge
```

What does it mean?

The **Ball1.EdgeReached** event will detect when the Ball sprite hits the edge of the Canvas and provides an argument **edge**. Each **edge** of a Canvas holds a numeric value. So just feed back the same value **edge** into

Adding Sound

Add sound by either adding short audio files Like a crash sound when two objects collide Or longer audio files like background music.

Blocks Editor

```
when Button1 .Click
  do call Meow .Play
when Screen1 .Initialize
  do call BackgroundMusic .Start
```

What does it mean?

Similarly in digital marketing we also learnt how to market our products and our online websites and applications, by discussing live examples and our teacher would give us a situation where we would identify which type of digital marketing strategy would be applied in that particular situation. Various examples were discussed – how various companies like Google, Twitter, Adobe, etc.

Purpose of the study

The purpose of the study includes to investigate the influence of artificial intelligence driven techniques on human health and spiritual wellbeing and explore their correlations with economic wealth generation capacities of the citizens. The methodology includes The study

would include the universe of the study as respondents profile including the students and faculty members in HEIs. The sampling frame would include the various factors that allow the respondents to adopt these AI driven healthcare techniques and its application in improving their economic index, capacity to create jobs and enhance their productivity through higher level of economic output measured in terms of employability index. The sampling methods would include random stratified sampling, sample size would follow the Hair et. al. method ($25 * \text{number of factors of study}$). The findings would include the design of Smart healthcare that would achieve significant progress in recent years. Emerging artificial intelligence (AI) technologies enable various smart applications across various healthcare scenarios. As an essential technology powered by AI, natural language processing (NLP) plays a key role in smart healthcare due to its capability of analysing and understanding human language. In this work, we review existing studies that concern NLP for smart healthcare from the perspectives of technique and application.

Implications: The proposal intends to make the AI driven meditation and yoga session more interactive and allow the citizens to do self-learning of their healthcare. This technique would allow them to become more aware and also protect the healthcare data from being used by anybody else.

Introduction of the Proposed Study

Smart healthcare has achieved significant progress in recent years. Emerging artificial intelligence (AI) technologies enable various smart applications across various healthcare scenarios. As an essential technology powered by AI, natural language processing (NLP) plays a key role in smart healthcare due to its capability of analyzing and understanding human language. In this work, we review existing studies that concern NLP for smart healthcare from the perspectives of technique and application. We first elaborate on different NLP approaches and the NLP pipeline for smart healthcare from the technical point of view. Then, in the context of smart healthcare applications employing NLP techniques, we introduce representative smart healthcare scenarios, including clinical practice, hospital management, personal care, public health, and drug development. We further discuss two specific medical issues, i.e., the coronavirus disease 2019 (COVID-19) pandemic and mental health, in which NLP-driven smart

healthcare plays an important role. Finally, we discuss the limitations of current works and identify the directions for future work. The techniques would be also used to assess the influence of AI driven yoga and meditation on spiritual well-being of the citizens and their impact on economic and social well-being and productivity.

Literature review

Smart healthcare has achieved significant progress in recent years. Emerging artificial intelligence (AI) technologies enable various smart applications across various healthcare scenarios. As an essential technology powered by AI, natural language processing (NLP) plays a key role in smart healthcare due to its capability of analyzing and understanding

human language. In this work, we review existing studies that concern NLP for smart healthcare from the perspectives of technique and application. We first elaborate on different NLP approaches and the NLP pipeline for smart healthcare from the technical point of view. Then, in the context of smart healthcare applications employing NLP techniques, we introduce representative smart healthcare scenarios, including clinical practice, hospital management, personal care, public health, and drug development. We further discuss two specific medical issues, i.e., the coronavirus disease 2019 (COVID-19) pandemic and mental health, in which NLP-driven smart access medical knowledge through question answering systems [182], [183], information retrieval systems [79], [81], and machine translation systems [1], [130], [184], [185], facilitating the popularization and education of medical knowledge. In addition, text generation techniques, such as question generation and text summarization, can also be used in medical education to generate medical case-based questions [186] and construct simplified summaries [61].

Healthcare plays an important role. Finally, we discuss the limitations of current works and identify the directions for future work. The techniques would be also used to assess the influence of AI driven yoga and meditation on spiritual well-being of the citizens and their impact on economic and social well-being and productivity.

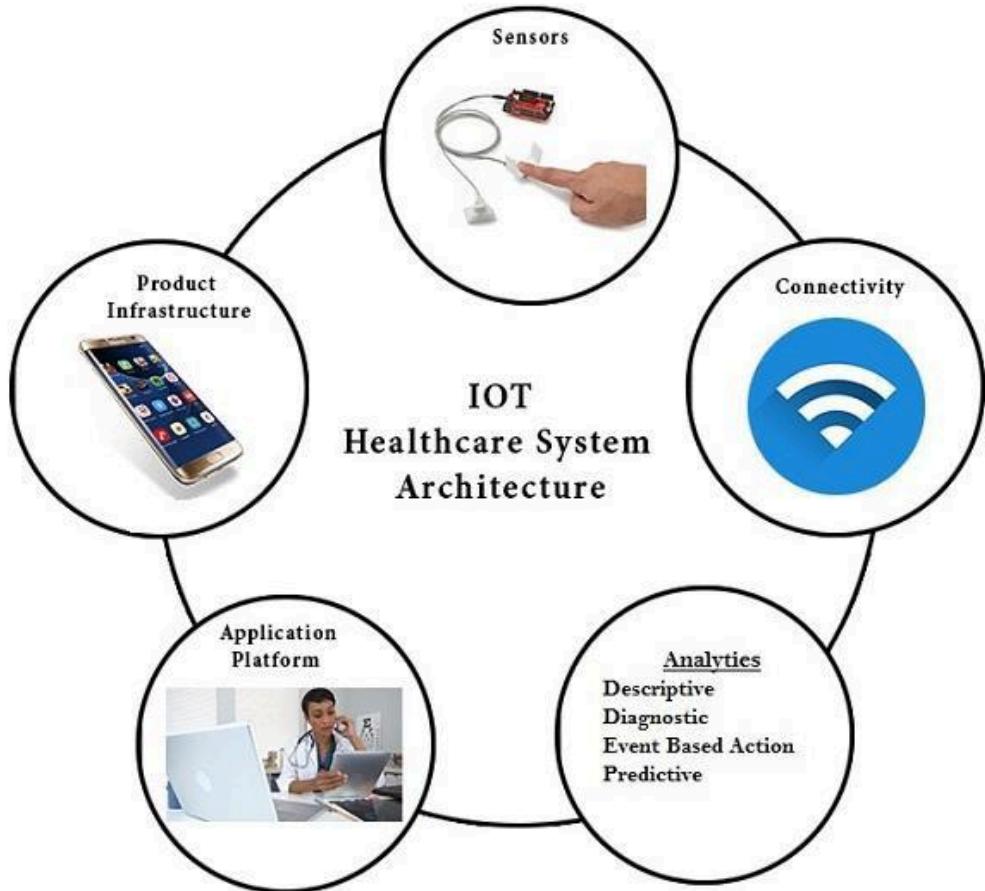
Factor affecting IoT Healthcare Application

There are various factors that affect the IoT healthcare application. Some of them are mentioned below:

- o **Continuous Research:** It requires continuous research in every field (smart devices, fast communication channel, etc.) of healthcare to provide a fast and better facility for patients.
- o **Smart Devices:** Need to use the smart device in the healthcare system. IoT opens the potential of current technology and leads us toward new and better medical device solutions.
- o **Better Care:** Using IoT technology, healthcare professionals get the enormous data of the patient, analysis the data and facilitate better care to the patient.
- o **Medical Information Distribution:** IoT technology makes a transparency of information and distributes the accurate and current information to patients. This leads to fewer accidents from miscommunication, better preventive care, and improved patient satisfaction.

Simple Healthcare System Architecture

The application of the Internet of Things (IoT) in healthcare transforms it into more smart, fast and more accurate. There is different IoT architecture in healthcare that brings smart health care system.



Product Infrastructure: IoT product infrastructure such as hardware/software component read the sensors signals and display them to a dedicated device.

Sensors: IoT in healthcare has different sensors devices such as pulse-oximeter, electrocardiogram, thermometer, fluid level sensor, sphygmomanometer (blood pressure) that read the current patient situation (data).

Connectivity: IoT system provides better connectivity (using Bluetooth, WiFi, etc.) of devices or sensors from microcontroller to server and vice-versa to read data.

Analytics: Healthcare system analyzes the data from sensors and correlates to get healthy parameters of the patient and on the basis of their analyze data they can upgrade the patient health.

Application Platform: IoT system access information to healthcare professionals on their monitor device for all patients with all details.

AI in Health Care: Applications, Benefits, and Examples

Written by Coursera • Updated on Jun 16, 2023

Share

AI is changing how health care professionals provide care and how patients receive it. Learn more about what AI means for the field today – and in the coming years.

Artificial intelligence (AI) has already changed much of the world as we know it – from automating systems to improving the decisions we make and the ways we go about making them. Yet, perhaps the most impactful and personal ways AI is changing our world are within the field of health care, where it's being used to diagnose, create personalized treatment plans, and even predict patient survival rates.

In this article, you'll learn more about the types of AI used in health care, some of their applications and the benefits of AI within the field, as well as what the future might hold. You'll also explore relevant jobs and online courses that can help you get started using AI for health care purposes today.

How is AI used in health care?

Artificial Intelligence (AI) uses computers and machine processes to simulate human intelligence and perform complex automated tasks. While they seek to reflect the abilities of the human mind, AI-enabled machines are also capable of exceeding it in a number of ways, particularly by sifting through large volumes of big data efficiently in order to identify patterns, anomalies, and trends.

Unsurprisingly, AI presents a wealth of opportunities to health care, where it can be used to enhance a variety of common medical processes – from diagnosing diseases to identifying the best treatment plans for patients facing critical illnesses like cancer. Robotic surgical equipment outfitted with AI can help surgeons better perform surgeries by decreasing their physical fluctuations and providing updated information during the operation.

Types of AI in health care

AI is an umbrella term covering a variety of distinct, but interrelated processes. Some of the most common forms of AI used within health care include:

- **Machine learning (ML):** training algorithms using data sets, such as health records, to create models capable of performing such tasks as categorizing information or predicting outcomes.
- **Deep learning:** A subset of machine learning that involves greater volumes of data, training times, and layers of ML algorithms to produce neural networks capable of more complex tasks.
- **Neural language processing (NLP):** the use of ML to understand human language, whether it be verbal or written. In health care, NLP is used to interpret documentation, notes, reports, and published research.
- **Robotic process automation (RPA):** the use of AI in computer programs to automate administrative and clinical workflows. Some health care organizations use RPA to improve the patient experience and the daily function of their facilities.

AI applications in health care

As artificial intelligence becomes more widely adopted, so too does the number of ways the technology is being used across industries. Researchers don't expect AI to replace health care professionals just yet. Instead, they see it as supporting and improving the work of health providers and professionals in the near future. Here are some of the most common applications of AI in the field today:

- **Health care analytics:** ML algorithms are trained using historical data to produce insights, improve decision-making, and optimize health outcomes.
- **Precision medicine:** AI is used to produce personalized treatment plans for patients that take into account such factors as their medical history, environmental factors, lifestyles, and genetic makeup.
- **Predict diseases and illness:** Using predictive models, health care professionals can determine the likelihood that someone might develop a particular condition or contract a disease.
- **Interpret tests and diagnose diseases:** ML models can be trained using common medical scans, like MRIs or X-rays, to interpret and diagnose such conditions as cancerous lesions.

Research Gap

There is no study which shares that there is a connect between the activation of vagus nerve through yoga system and its influence on happiness index. This present study attempts to fulfil it through the social media usage in healthcare dissemination.

This website will enable the customers to activate vegas nerve and upgrade the health of nervous system by sound therapies.

Objectives

To study the effects of AI driven customized binaural beats on mental and spiritual and emotional health

To investigate the influence of yoga and meditation techniques on mental and physical wellbeing.

Major Research Questions

What is the influence of artificial intelligence driven techniques on human health and wellbeing?

What is their correlations with economic wealth generation capacities of the citizens?

How can social media be used for imparting smart healthcare facilities to citizens?

What are the effects of Binaural Beats, Yoga and Meditation through Artificial Intelligence and Social Media Techniques on human health?

Research Methodology

The various sources of data would include the secondary and primary sources. We would be using empirical methods to understand the case studies in use of AI in smart healthcare practices. This would be documented in the study. From there, we would also include the various practical factors that enable the adoption of AI techniques to improve human health.

Further the study would undertake extensive empirical study based on Radom sampling methods throughout Delhi/NCR region to find about the adoption of these NLP techniques that would allow them to live healthier and happier and better lives.

Data Analysis: The research method analysis would include the various methods including RFRC Model (reliability, factor, regression, Correlation) analysis using spss 21 version. Further the study would use neural network methods to examine the correlation between several factors at a time simultaneously. Also the study would adopt the statistical techniques including Structural equation modelling (SEM) for finding and exploring the challenges and preferences of the adoption behavior of AI techniques for smart healthcare. For this SPSS 21.0 packages version would be used for data analysis. The data content analysis, indices/scaling techniques proposed to be used etc.

Sample size for the research Study

Coverage: The study would include the empirical study as respondents profile including the citizens (students and faculty members in HEIs) and random citizens, The sampling frame would include the various factors that allow the respondents to adopt these AI driven healthcare techniques and its application in improving their economic index, capacity to create jobs and enhance their productivity through higher level of economic output measured in terms of employability index. The sampling methods would include random stratified sampling, sample size would follow the Hair et. al. method ($25 * \text{number of factors of study}$) from pan India (25 % from each east, west, south and north regions of India) random sample collection.

Case study

COMPANIES USING AI

1. ALPHABET- GOOGLE

Alphabet is the parent company of Google. His Waymo, the company's self-driving technology arm, started as a Google project. Now, Waymo aims to bring self-driving technology to the world, not only moving people, but also

reducing the number of accidents. The company's self-driving cars are now ferrying passengers across California in self-driving taxis. Currently, the company is unable to collect fares and human drivers are still at the wheel during the pilot program. With the acquisition of DeepMind, Google announced its commitment to deep learning. Not only did the system learn how to play 49 different Atari games, but the AlphaGo program was also the first program to beat a professional gamer at Go. Another AI innovation from Google is Google Duplex. An AI voice interface that uses natural language processing can make calls and schedule appointments on your behalf. Learn more about how Google integrates artificial intelligence and machine learning into its operations.

2. APPLE

One of the world's largest technology companies, Apple sells consumer electronics such as the iPhone and Apple Watch, as well as computer software and online services. Apple uses artificial intelligence and machine learning in products such as the iPhone, which enables FaceID functionality, and AirPods, Apple Watch, and smart HomePod speakers, which enable the smart assistant Siri. Apple has also expanded its range of services to use AI to recommend Apple Music songs, find photos in iCloud, and use Maps to navigate to your next meeting.

3. AMAZON

Amazon isn't just playing the artificial intelligence game with its digital voice assistant Alexa, artificial intelligence is also part of many aspects of the company's business. Another of his innovative ways Amazon uses artificial intelligence is to ship items before users buy them. They have collected a lot of data about each person's buying habits, have great confidence in how the data they collect can help them recommend products to their customers, and now use predictive analytics to find out what customers need and need. You can predict what your customers will need before they need it. As many brick-and-mortar stores struggle to find a way to maintain the status quo, America's largest online retailer is proposing a new convenience store concept called Amazon Go. Unlike other stores, no checkout is required. The store is powered by artificial intelligence to track which items a user picks up and automatically charge for those items through **his** Amazon Go app on his phone. Please bring your own bag to pack items as there is no checkout. Cameras monitor your every move to identify each item you put in your bag and ultimately charge your bill.

The study shows that there is significant relationship between the experiential learning provided by use of AI in sustainable education that leads to better feeling of the situation by the students. This kind of technology enabled learning highly enhances the intuitive feeling

type decisions making by the students that enhance their accuracy in a particular situational analysis and

understanding for better management skills. Thus by using the technology, it is observed that the decision making skills have considerably improved over continuous use of technology.

Also, it is interesting to understand that gaming technology enhanced the understanding of various factors influencing a situation better for the students. Metaverse technology was found to be very useful in analysing the market research about consumer behaviour and its relationship to introduce new products (0.633). Also, metaverse was also found to be useful in enhanced the learning abilities (0.508) and healthcare management systems.

Results (ScreenShots):

Screenshot of a web browser showing a navigation bar with various tabs and links.

Home About Services Partners Contact

Featured Products



Diamond ring

22 carat gold and diamond ring.

Price: \$34.34



Screenshot of a web browser showing a navigation bar with various tabs and links.

Home About Services Partners Contact

Bring Deliver Package Express



Diamond ring

22 carat gold and diamond ring.

Price: \$34.34



File | file:///C:/Users/HP/Documents/Medhavi/website1.html#home

Home YouTube Maps ICICI Direct Calendar | Microsoft... Entab - CampusSof...

Home About Services Partners Contact

Bring Deliver Package Express



Diamond ring

22 carat gold and diamond ring.

Price: \$34.34

ring.jpg ring1.jpg ring1.jpeg ring.jpeg Show all

File | file:///C:/Users/HP/Documents/Medhavi/website1.html#home

Home YouTube Maps ICICI Direct Calendar | Microsoft... Entab - CampusSof...

Home About Services Partners Contact

Contacts Catalogue Shipping



Diamond ring

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Price: \$34.34

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File:///C:/Users/HP/Documents/Medhavi/website1.html#home

Home YouTube Maps ICICI Direct Calendar | Microsoft... Entab - CampusSof...

Home About Services Partners Contact

Contacts Catalogue Shipping



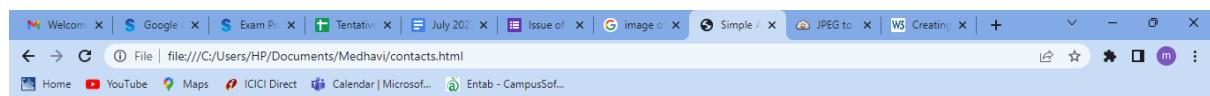
Diamond ring

22 carat gold and diamond ring.

Price: \$34.34

file:///C:/Users/HP/Documents/Medhavi/contacts.html

ring.jpg ring1.jpg ring1.jpeg ring.jpeg Show all X



META JEWELS

75, Smithsonian Road, London, UK contact: 3652789322 for further queries

<!body>

Featured Products

Product Image	Name	Description	Price	Action
	Diamond ring	22 carat gold and diamond ring.	Price: \$234.34	Add to Cart
	Diamond necklace	22 carat gold and diamond ring.	Price: \$534.34	Add to Cart
	Diamond ring	20 carat gold and diamond ring.	Price: \$134.34	Add to Cart

Shopping Cart

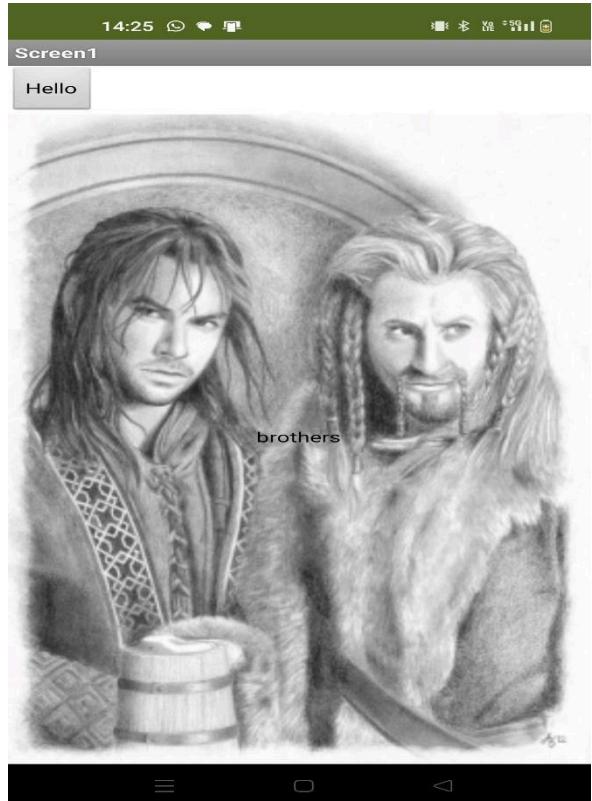
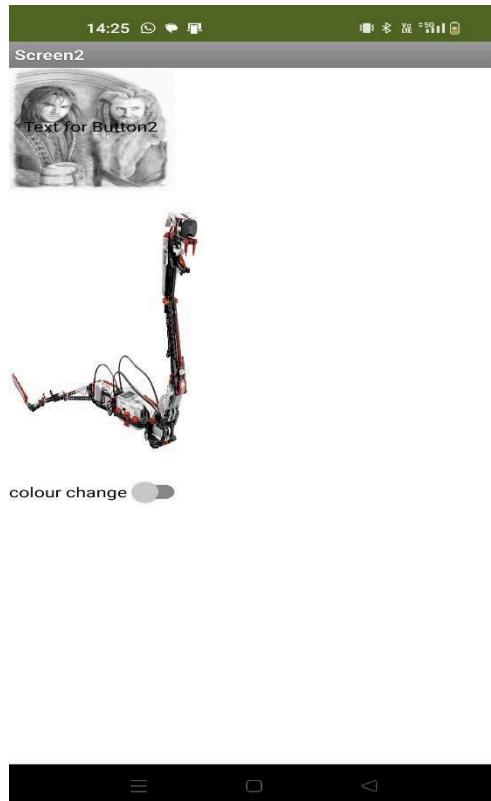
Checkout

App deployment results:

Screen2



After pressing the buttons



This website has been developed using a template:

The screenshot shows a website template with a light gray background. At the top left is a placeholder for a profile picture labeled "PROF. (DR.) BROTO RAUTH". Below it is a section titled "DATA ANALYTICS, RESEARCH AND CONSULTING" in bold capital letters. To the right of this section is a large image of a beach at sunset or sunrise, with waves crashing onto the shore and a cloudy sky above. A dark toolbar with various icons is visible at the top right of the image area. On the far left, there is a sidebar with a list of services: Data analytics, Consultancy projects, Research projects, CHAKRA & KARMA, Energy medicine, Energy healing, Energy Sciences, Artificial energy healing technology, and Artificial binaural beats stress relief and body healing.

This screenshot shows the same website template as the first one, but it is displayed within a web browser window. The browser's address bar shows the URL "carrd.co/dashboard/7852168665742354/edit". The layout is identical to the first screenshot, featuring the placeholder profile picture, the main title, the large beach image, and the sidebar with service options. The overall appearance is consistent with the first screenshot, demonstrating how the template looks when used in a real browser environment.

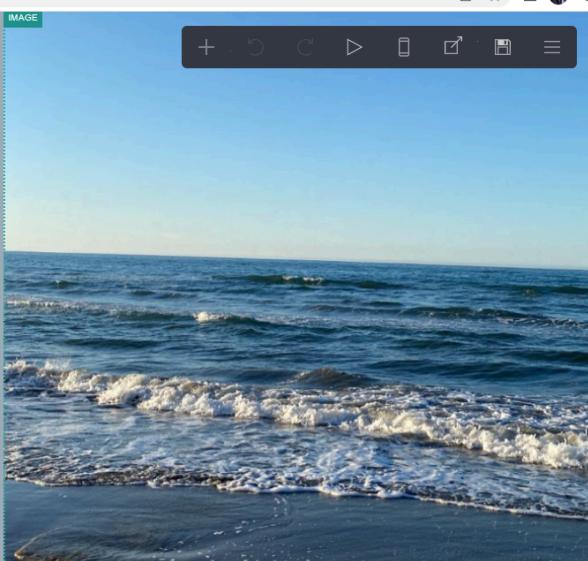
CUSTOMER HAPPINESS AND DELIGHT

OUR GOAL

Consulting and research projects, Energy healing, helping you design your dream life.

OUR VIDEOS 

SEE MORE 



LIBERO JUSTO

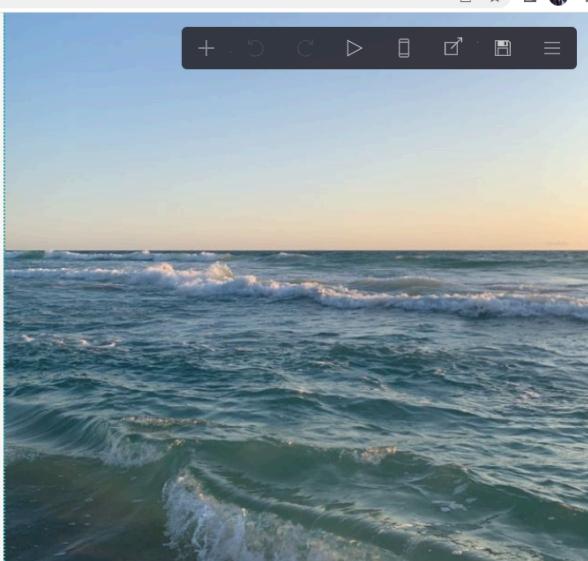
RESOURCES

Experience in handling national and international research projects
Consultancy project experience of diverse background and domains
Energy healing medicine

WORKSHEET 1 

WORKSHEET 2 

SEE MORE 



Chakra and Karma - My Sites - D view-source:https://carrd.co/das Sign in - Google Accounts

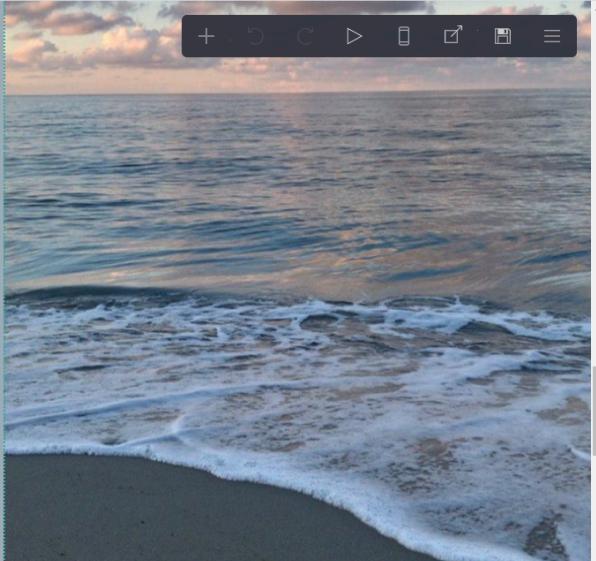
carrd.co/dashboard/7852168665742354/edit

INTERACT WITH BROTO

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chatbox

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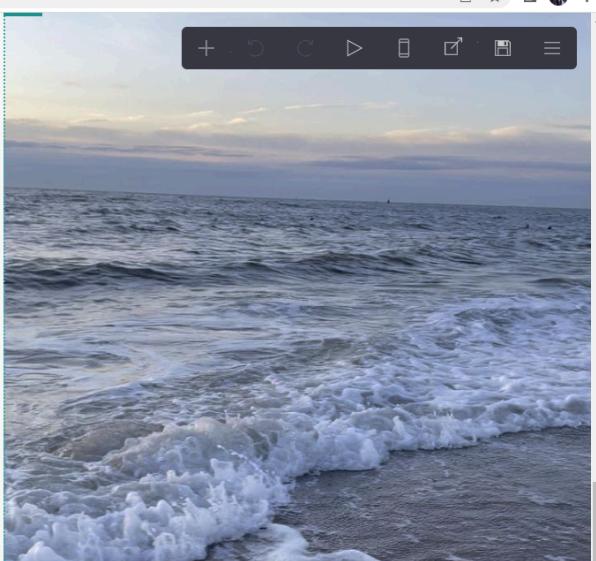
carrd.co/dashboard/7852168665742354/edit

TORTOR PRETUM

ALIQUAM

Senectus et netus fames ac turpis egestas mäcenas.
Imperdiet dui sit amet nulla morbi tempus iaculis potenti.
Proin aliquam facilisis ante interdum.

FEUGIAT



Application developed using the MIT app inventor.

Innovation/path-breaking aspects of the Proposed Research

The innovation in the study would lead to the following:

The design of smart healthcare model for policy implications and disseminated through social media and its application applications employing NLP techniques, we introduce representative smart healthcare scenarios, including clinical practice, hospital management, personal care, public health, and drug development. We further discuss two specific medical issues, i.e., the coronavirus disease 2019 (COVID-19) pandemic and mental health, in which NLP-driven smart healthcare plays an important role.

Data Collection: The various sources of data would include the secondary and primary sources. We would be using empirical methods to understand the case studies in use of AI in smart healthcare practices. This would be documented in the study. From there, we would also include the various practical factors that enable the adoption of AI techniques to improve human health.

Relevance and Future scope of the study

The major implications would include the application of AI driven NLP in enhancing human healthcare inducts. For policy makers this project outcomes would guide how to implement these tools and techniques at grassroot levels for e.g. at school levels and college levels to bring more integration and harnessing the youth and riving their energies towards productive economic output. To make India a happier place to live in would be one of the very spiritual outcome intended during this project.

For researchers, the implications would include how these techniques would be used for creating smart healthcare.

Relevance of the proposed study for society

The proposal intends to make the AI driven meditation and yoga session more interactive and allow the citizens to do self-learning and self-management of their healthcare. This technique would allow them to become more aware and also protect the healthcare data from being used by anybody else.

Annexure:

a.)Code used:

```
# main page of website

<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

    <meta name="viewport" content="width=device-width, initial-scale=1.0">

    <title>Simple Attractive E-commerce Website</title>

    <link rel="stylesheet" href="styles.css">

</head>

<body>

    <header>

        <h1>Welcome to our Jewellery Shop</h1>

        <!-- Add navigation and logo if needed -->

    </header>

    <main>
```

```
<!-- The navigation menu -->

<div class="navbar">
  <a href="#home">Home</a>

  <div class="subnav">
    <button class="subnavbtn">About <i class="fa fa-caret-down"></i></button>
    <div class="subnav-content">
      <a href="contacts.html">Contacts</a>
      <a href="catalogue.html">Catalogue</a>
      <a href="Shipping.html">Shipping</a>
    </div>
  </div>

  <div class="subnav">
    <button class="subnavbtn">Services <i class="fa fa-caret-down"></i></button>
    <div class="subnav-content">
      <a href="bring">Bring</a>
      <a href="deliver">Deliver</a>
      <a href="package">Package</a>
      <a href="express">Express</a>
    </div>
  </div>

  <div class="subnav">
    <button class="subnavbtn">Partners <i class="fa fa-caret-down"></i></button>
    <div class="subnav-content">
      <a href="#link1">Link 1</a>
      <a href="#link2">Link 2</a>
      <a href="#link3">Link 3</a>
      <a href="#link4">Link 4</a>
    </div>
  </div>
</div>
```

```
<a href="#contact">Contact</a>
</div>
<section>
  <h2>Featured Products</h2>
  <div class="product-list">
    <div class="product-item">
      
      <h3>Diamond ring</h3>
      <p>22 carat gold and diamond ring.</p>
      <p>Price: $234.34</p>
      <button>Add to Cart</button>
    </div>
    <div class="product-item">
      
      <h3>Diamond necklace</h3>
      <p>22 carat gold and diamond ring.</p>
      <p>Price: $534.34</p>
      <button>Add to Cart</button>
    </div>
    <div class="product-item">
      
      <h3>Diamond ring</h3>
      <p>20 carat gold and diamond ring.</p>
      <p>Price: $134.34</p>
      <button>Add to Cart</button>
    </div>
  </div>
</section>
```

```
</section>

<section>
    <h2>Shopping Cart</h2>
    <div class="cart">
        <!-- The shopping cart items will be dynamically added here -->
        <!-- For simplicity, this example assumes items are added using JavaScript -->
    </div>
    <button>Checkout</button>
</section>
</main>

<footer>
    <p>Contact us at: contact@example.com</p>
</footer>

</body>
</html>

#css stylesheet style.css
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Simple Attractive E-commerce Website</title>
    <link rel="stylesheet" href="styles.css">
</head>
<body>
    <header>
        <h1>Welcome to our Jewellery Shop</h1>
```

```
<!-- Add navigation and logo if needed -->
</header>

<main>

<!-- The navigation menu -->

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<div class="subnav-content">

<a href="contacts.html">Contacts</a>

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<a href="Shipping.html">Shipping</a>

</div>

</div>

<div class="subnav">

<button class="subnavbtn">Services <i class="fa fa-caret-down"></i></button>

<div class="subnav-content">

<a href="bring">Bring</a>

<a href="deliver">Deliver</a>

<a href="package">Package</a>

<a href="express">Express</a>

</div>

</div>

<div class="subnav">

<button class="subnavbtn">Partners <i class="fa fa-caret-down"></i></button>

<div class="subnav-content">

<a href="#link1">Link 1</a>

<a href="#link2">Link 2</a>


```

```
<a href="#link3">Link 3</a>
<a href="#link4">Link 4</a>
</div>
</div>
<a href="#contact">Contact</a>
</div>
<section>
  <h2>Featured Products</h2>
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    <div class="product-list">
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      </div>
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      <div class="product-item">
        
        <h3>Diamond ring</h3>
```

```
<p>20 carat gold and diamond ring.</p>
<p>Price: $134.34</p>
<button>Add to Cart</button>
</div>
</section>

<section>
<h2>Shopping Cart</h2>
<div class="cart">
    <!-- The shopping cart items will be dynamically added here -->
    <!-- For simplicity, this example assumes items are added using JavaScript -->
</div>
<button>Checkout</button>
</section>
</main>

<footer>
<p>Contact us at: contact@example.com</p>
</footer>
</body>
</html>
```

```
#1st subpage
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Simple Attractive E-commerce Website</title>
```

```
<link rel="stylesheet" href="styles.css">
</head>
<body>
<h1>META JEWELS</h1>
<p> 75, Smithsonian Road, London,UK
contact:3652789322 for further queries</p>
```

```
</body>
```

b.) Screenshots of code:

```
Untitled * website1 contacts styles + - ⌂ ×
File Edit View
<h2>Shopping Cart</h2>
<div class="cart">
    <!-- The shopping cart items will be dynamically added here -->
    <!-- For simplicity, this example assumes items are added using JavaScript -->
</div>
<button>Checkout</button>
</section>
</main>

<footer>
    <p>Contact us at: contact@example.com</p>
</footer>
</body>
</html>
```

```
Ln 84, Col 12 100% Windows (CRLF) UTF-8
Untitled * website1 contacts styles + - ⌂ ×
File Edit View
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Simple Attractive E-commerce Website</title>
    <link rel="stylesheet" href="styles.css">
</head>
<body>
    <header>
        <h1>Welcome to our Jewellery Shop</h1>
        <!-- Add navigation and logo if needed -->
    </header>

    <main>
        <!-- The navigation menu -->
        <div class="navbar">
            <a href="#">Home</a>
            <div class="subnav">
                <button class="subnavbtn">About <i class="fa fa-caret-down"></i></button>
                <div class="subnav-content">
                    <a href="contacts.html">Contacts</a>
                    <a href="catalogue.html">Catalogue</a>
                    <a href="Shipping.html">Shipping</a>
                </div>
            </div>
            <div class="subnav">
                <button class="subnavbtn">Services <i class="fa fa-caret-down"></i></button>
                <div class="subnav-content">
                    <a href="bring">Brings</a>
                    <a href="deliver">Deliver</a>
                    <a href="package">Package</a>
                    <a href="express">Express</a>
                </div>
            </div>
        </div>
    </main>
</body>
</html>
```

This screenshot shows a code editor window with the following details:

- Title Bar:** Untitled, website1, contacts, styles, +, - (minimize), (maximize), X.
- File Menu:** File, Edit, View.
- Content:** An HTML document structure. It includes a head section with meta tags for charset and viewport, a title, and a link to a stylesheet. The body section contains a header "META JEWELS", a paragraph with address and contact information, and a footer "© 2024".

```
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Simple Attractive E-commerce Website</title>
    <link rel="stylesheet" href="styles.css">
</head>
<body>
    <h1>META JEWELS</h1>
    <p>75, Smithsonian Road, London, UK<br>
        contact: 3652789322 for further queries</p>
    <div>© 2024</div>
</body>
```

This screenshot shows a code editor window with the following details:

- Title Bar:** Untitled, website1, contacts, styles, X, +, - (minimize), (maximize), X.
- File Menu:** File, Edit, View.
- Content:** A CSS style sheet containing various rules for the body, header, main, h1, h2, h3, .product-list, .product-item, and .product-item-link classes.

```
body {
    font-family: Arial, sans-serif;
    line-height: 1.6;
    margin: 0;
    padding: 0;
}

header {
    background-color: #333;
    color: #fff;
    text-align: center;
    padding: 1rem;
}

main {
    max-width: 1200px;
    margin: 0 auto;
    padding: 2rem;
}

h1, h2, h3 {
    margin-bottom: 1rem;
}

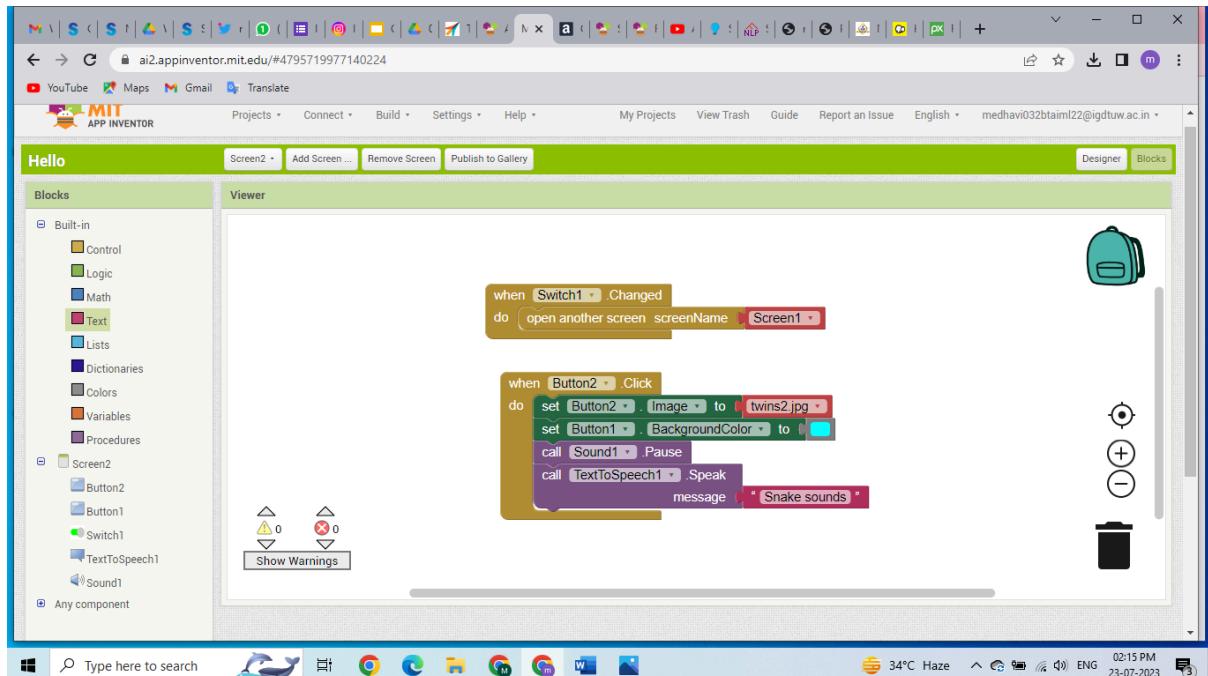
.product-list {
    display: flex;
    flex-wrap: wrap;
}

.product-item {
    width: 30%;
    margin: 1rem;
    border: 1px solid #ddd;
    padding: 1rem;
}

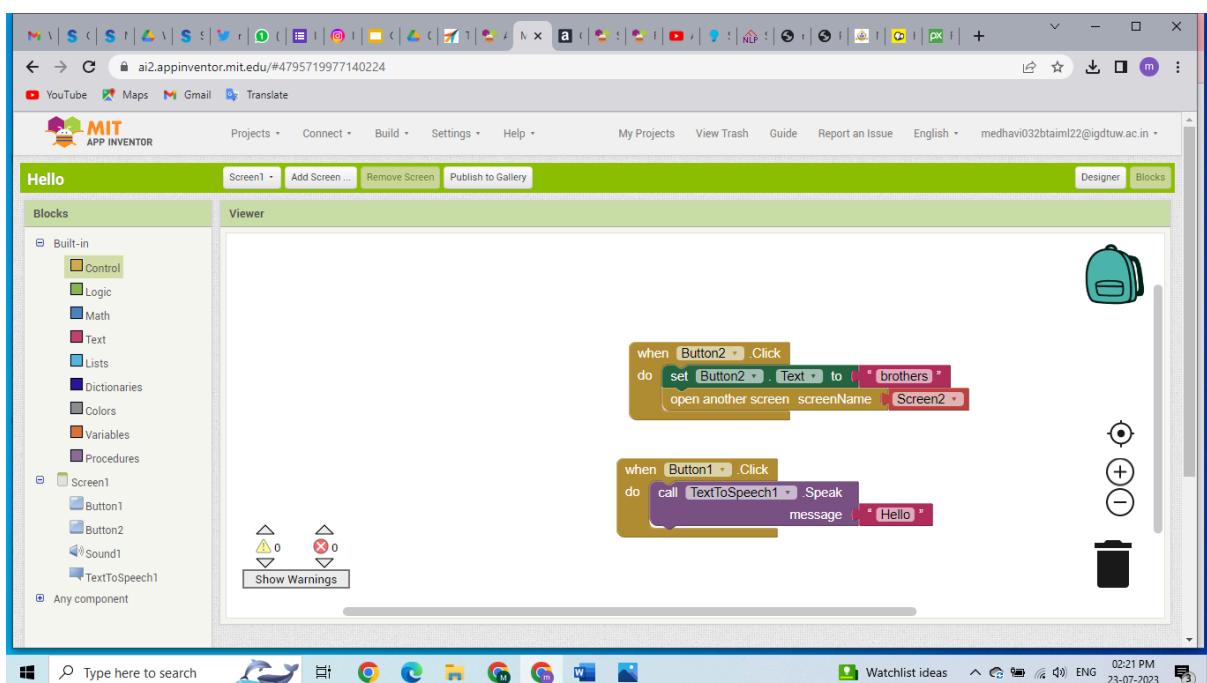
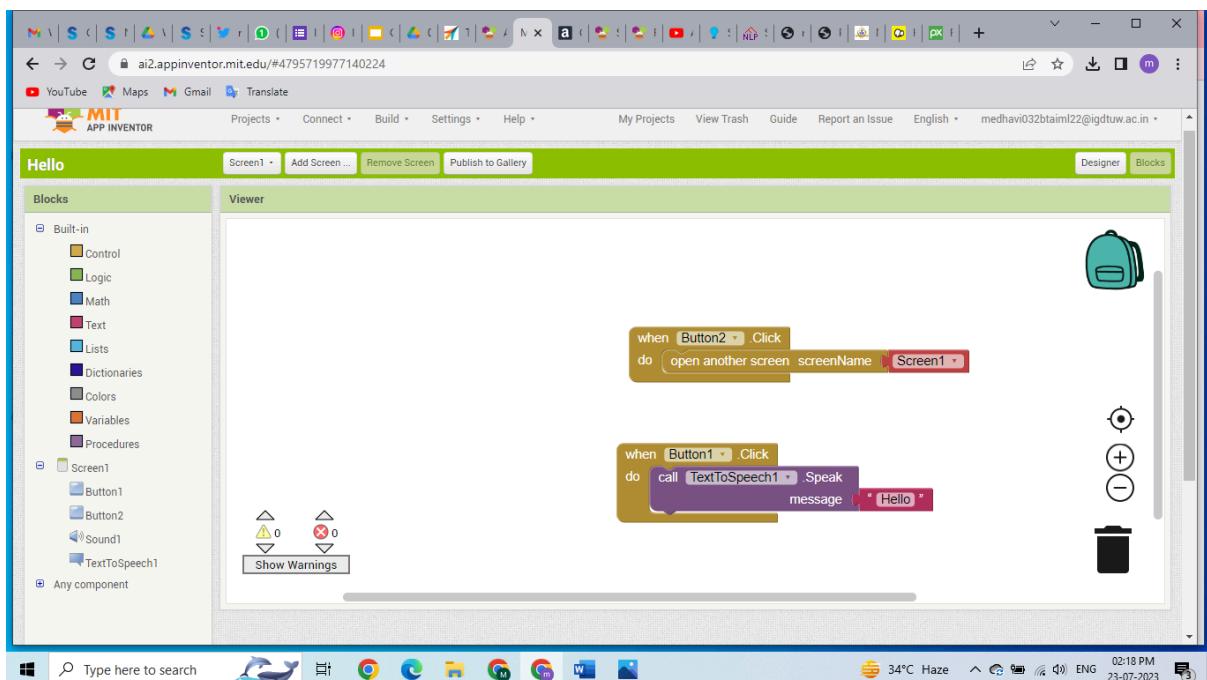
.product-item-link {
    color: inherit;
    text-decoration: none;
}
```

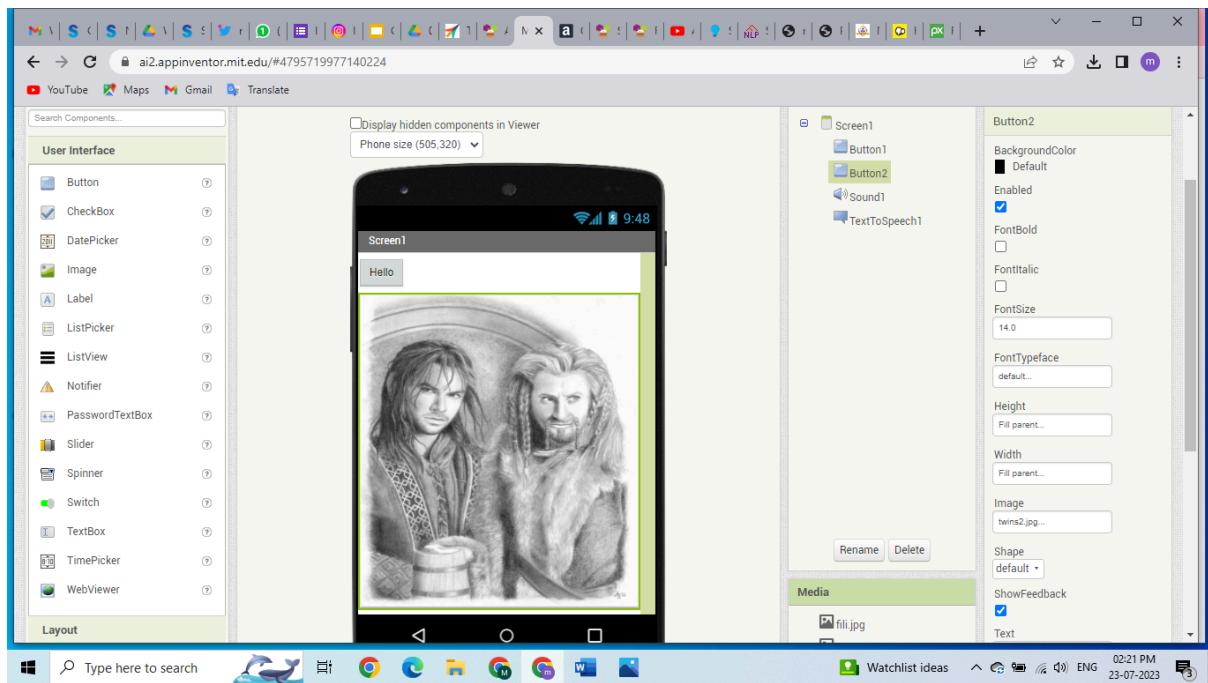
c) Application Code screen shots (block coding) documentation

1)Screen2



2)Screen1 block code





Conclusion:

The project explores new avenues and various ways of tackling healthcare and generating more awareness among others about how to take good care of your body, physical and mental health through a website designed for the same. It is still in the developmental stages. A e-commerce website has also been designed using 2 different ways. Also, an app sample is also developed using the MIT application inventor.

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