

A Project Synopsis on

# Talk Therapy- Online Counselling Website

A Project Synopsis Submitted For PGDAC, Sep 2023

By Group-3  
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Post Graduation Diploma in Advance computing  
[SEP-2023]

## ACKNOWLEDGEMENT

We would like to express our heartfelt gratitude to all those who have contributed to the successful completion of the PG-DAC project at CDAC.

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Our sincere appreciation goes to our fellow team members for their dedication, collaboration, and teamwork, which have been pivotal in overcoming challenges and achieving our objectives

Finally, we express our gratitude to all those who have directly or indirectly contributed to this project. Your contributions have been invaluable and deeply appreciated.

Team Member:

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## **ABSTRACT**

This project aims to develop an integrated online counseling website offering services in mental health, career counseling, addiction counseling and relationship counseling to enhance accessibility and support for individuals seeking professional guidance. The platform provides a user-friendly interface for users to connect with certified counselors, psychologists, and educators remotely. The mental health counseling services encompass a range of issues including anxiety, depression, stress management, and relationship concerns, while the educational counseling services focus on academic planning, career guidance, and skill development. Through secure and confidential video sessions, chat support, and resource libraries, the platform facilitates personalized counseling experiences tailored to individual needs. Additionally, the website incorporates features such as appointment scheduling, progress tracking, and educational resources to promote holistic well-being and academic success. This project seeks to address the growing demand for accessible and convenient counseling services in both mental health and educational domains, ultimately contributing to improved mental wellness and academic attainment in the online community.

## **PROBLEM STATEMENT**

In today's fast-paced and digitally-driven world, there exists a significant gap in access to essential mental health and educational counseling services. Many individuals, whether due to geographical constraints, time limitations, or stigmas surrounding seeking help, find it challenging to access the support they need. This gap is further exacerbated by the COVID-19 pandemic, which has heightened mental health concerns and disrupted traditional educational systems.

Addressing this problem requires a comprehensive solution that leverages technology to provide convenient, confidential, and effective counseling services. Developing an online counseling website tailored to meet the unique needs of individuals seeking mental health and educational support presents an opportunity to bridge this gap and ensure that everyone has access to the resources and guidance they need to thrive.

## **PROJECT OBJECTIVE**

To create an online counseling platform that provides accessible and personalized mental health and educational counseling services, empowering individuals to navigate challenges, enhance well-being, and achieve their personal and academic goals with ease and support.

## PROJECT DESCRIPTION

Talk Therapy is a comprehensive appointment booking platform built to cater to the needs of users, counsellors, and administrators. Leveraging Java as the primary language and a robust backend architecture comprising Spring Boot, JPA, Hibernate, and Thymeleaf, the platform offers seamless user experiences and efficient data management. With HTML, CSS, and Bootstrap at the frontend, users can easily register, log in, and book appointments, while counsellors access specific user details and initiate online meetings effortlessly. Administrators oversee the system, registering counsellors and orchestrating meeting details distribution between users and counsellors. Powered by MySQL, Talk Therapy ensures secure and scalable data storage, making it a reliable choice for managing therapy appointments with precision and ease.

## TECHNOLOGY USED

### Frontend Technology:

1. **HTML5:** Used for structuring the content of web pages.
2. **CSS (Cascading Style Sheets):** Utilized for styling and enhancing the visual presentation of web pages.
3. **Bootstrap 5.0.2:** Employed for creating responsive and mobile-friendly designs with pre-built CSS and JavaScript components.

### Backend Technology:

1. **Java:** Java as the primary programming language and a robust backend architecture comprising Spring Boot.

2. **Spring Boot:** Implemented for developing the backend of the web application, providing a framework for building robust and scalable Java applications.
3. **JPA (Java Persistence API):** Utilized for managing relational data in Java applications, enabling seamless interaction with the database.

### **Database Technology:**

**MySQL:** MySQL employed as the database management system for storing and retrieving data efficiently.

By utilizing HTML5, CSS, Bootstrap 5.0.2 for the frontend, and Spring Boot with JPA for the backend, along with MySQL as the database, the application achieves a modern and robust architecture for developing a responsive and scalable web application

# METHODOLOGY

## Step 1: Go to browser search for spring initializer

Select language and version

Add Dependencies

i. Spring web

ii. Mysql

iii. JPA

iv. Thymeleaf

v. Hibernate (h2)

## Step 2: Add database connectivity

To application.properties

```
spring.datasource.url=jdbc:mysql://localhost:3306/springboot
```

```
spring.datasource.username=root
```

```
spring.datasource.password=root
```

## Step 3: Add Controller folder

Create class file

Use @Controller for return html page

Use @RestController for return string

## Step 4: Create string method

Use @GetMapping("/")

And return string

@Controller

```
public class General {
```

```
    @GetMapping("/index")
```

```
    public String demo1()
```

```
    {
```

```
        return "Index.html";
```

```
    }
```

## Step 5: Add thymeleaf code in application properties

```
spring.thymeleaf.prefix=classpath:templates/
```

```
spring.thymeleaf.suffix=.html
```

## Step 6: Add html file in resources

For linking css files <link href="./styles.css"rel="stylesheet"/>

For css and images add files in static

## Step 7: Routing for another pages

href = "getmapping route"

<a class="nav-link "href="help"style="color:#fff">We help with</a>

## Step 8: Add hibernate connectivity

To application.properties

spring.jpa.properties.hibernate.dialect=org.hibernate.dialect.MySQL8Dialect

spring.jpa.show-sql=true

spring.jpa.hibernate.ddl-auto=update

spring.jpa.properties.hibernate.format\_sql=true

## Step 9: Creating Model Folder

Using hibernate annotations (eg. @Entity)

Adding User.java

Adding Admin.java

Adding Counsellor.java

Adding Appointment.java

## Step 10: Jpa perform task on interface

Create folder repository

Create model based interface

@Repository

public interface UserRepository extends JpaRepository<User,Long> {

}

## Step 11: Create service Folder

Creating model based interface

And adding abstract crud methods

public interface UserService {

//for creating user

User addUser(User user);

//for updating user

User updateUser(User user);

//for deleting user

void deleteUser(long userId);



```

        //to find specific user
        User getUserById(long id);
        //list of all users
        List<User>getAllUsers();
    }

```

Now creating model base class with  
Implementation

```

public class UserServiceImp implements UserService {

    private UserRepository ur;
    //this method is provide by JPA
    @Override
    public User addUser(User user) {
        return ur.save(user);
    }
}

```

## Step 12: Perform mapping in controller

```

//for thymleaf
import org.springframework.ui.Model;

@Autowired
private UserRepository user1;

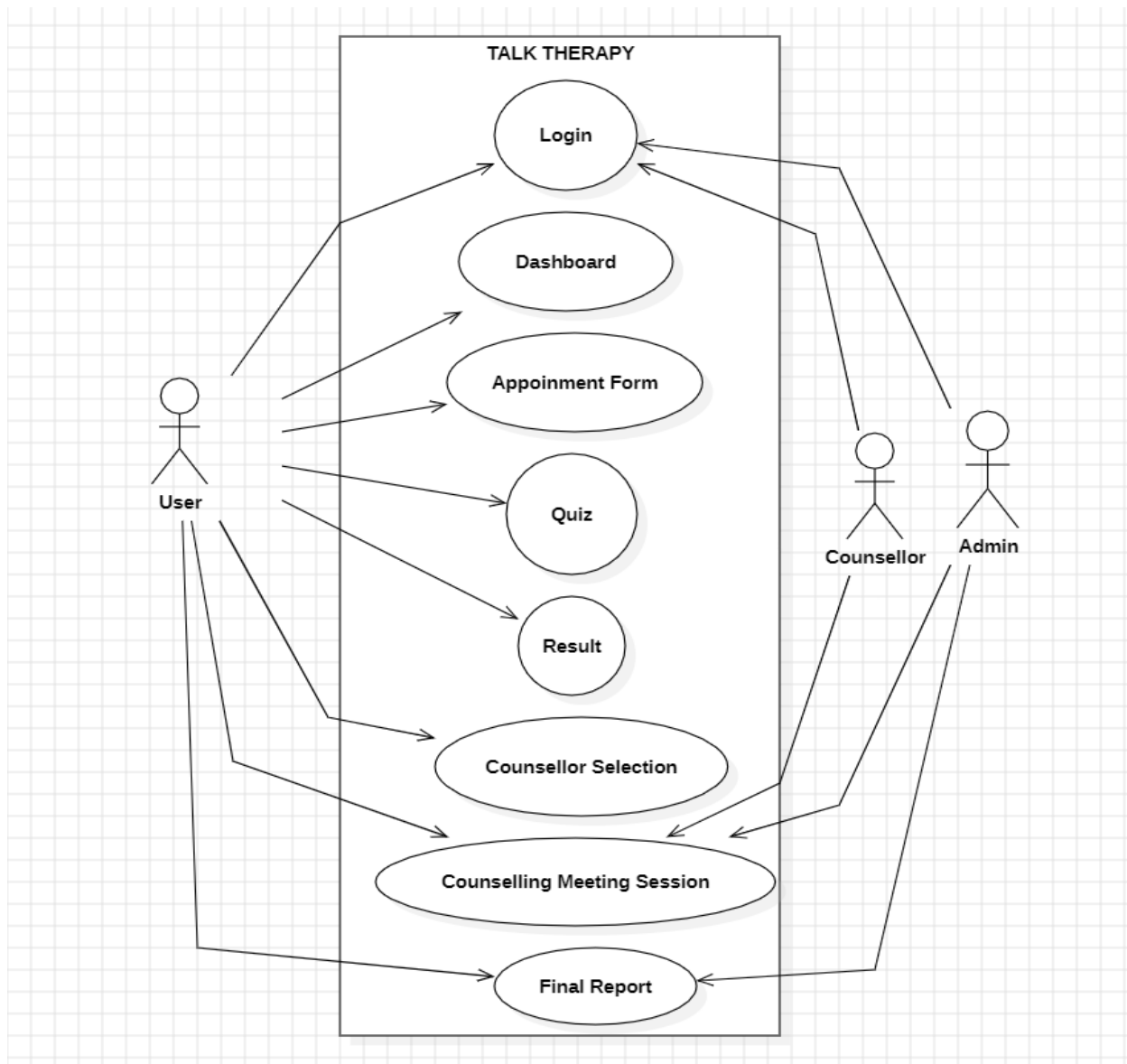
@GetMapping("/register")
public String addUser(Model model) {
    //th object= user
    model.addAttribute("user",new User());
    return "UserRegistration.html";
}

@PostMapping("/addUser")
public String processForm(User user,Model model) {
    user1.save(user);
    System.out.println(user.getUsername()+" "+user.getPassword()+" "+user.getEmail()+" "+user.getAddress()+" "+user.getMobile()+" "+user.getGender());
    return "redirect:/register";
}

```

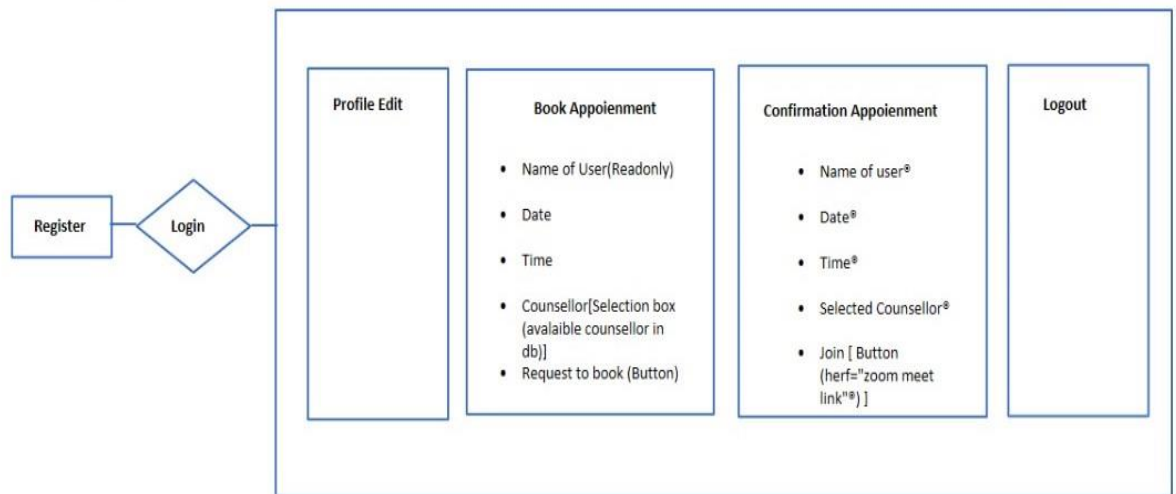
## Step 13: Likewise we performed our required operations in this project

# USECASE DIAGRAM

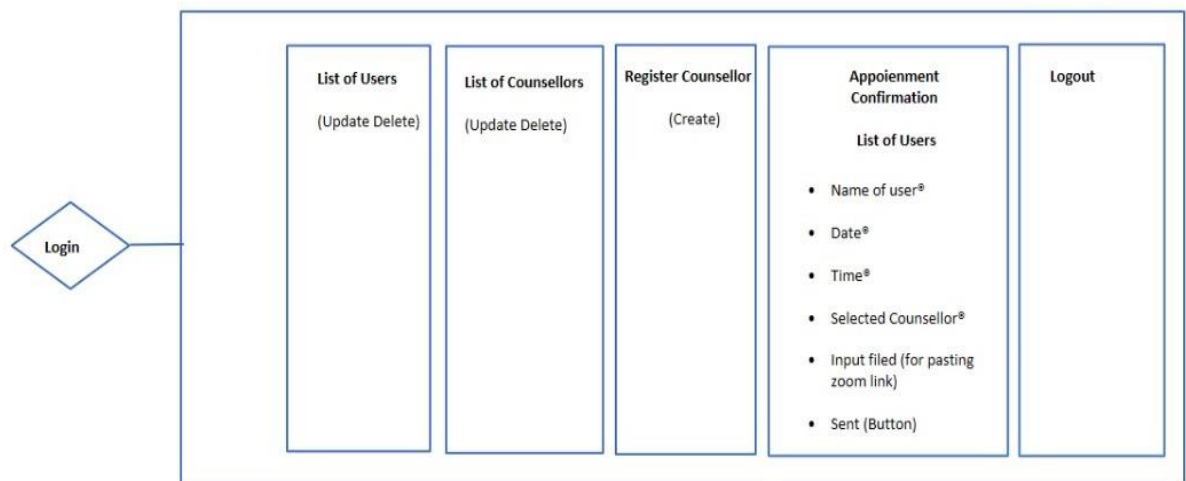


# FLOW CHART

## 1. USER FLOW:



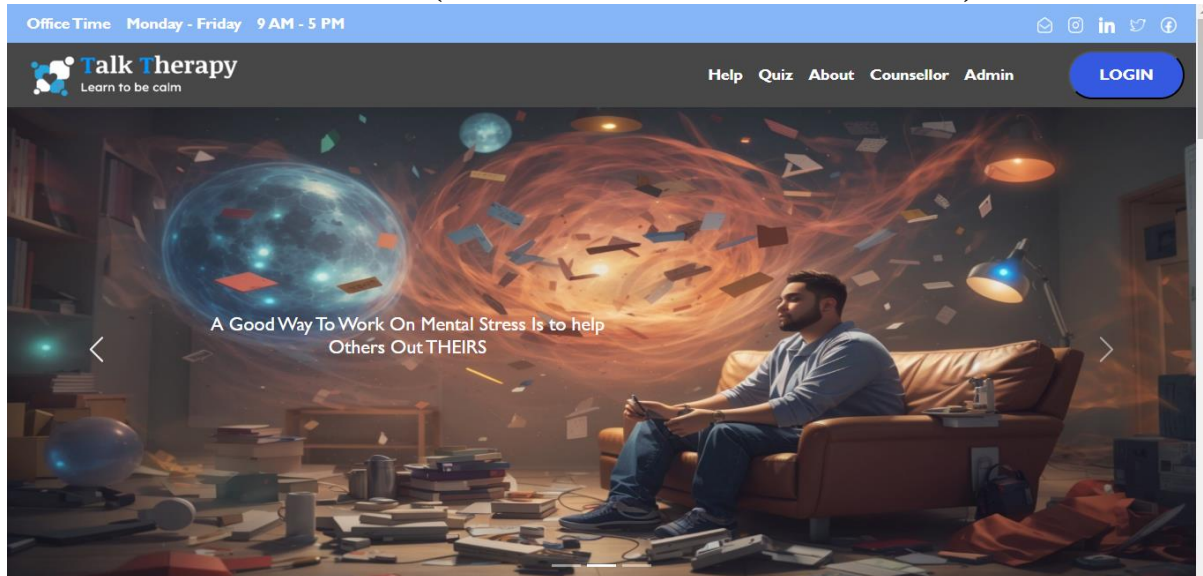
## 2. ADMIN FLOW:



## 3. COUNSELLOR FLOW:



## RESULT (REPRESENTATIVE VIEW)



Help Quiz About Counsellor Admin LOGIN

**Talk Therapy**  
Learn to be calm

### OUR SERVICES

Our Latest Counselling services

#### Couple Therapy

Relationships may go sour, communication gets broken, distrust creeps in, and relationships that were once a source of happiness, reach a bitter end due to unresolved hurts, unmet needs, disappointments, and unrealistic expectations.

[Read More](#)

#### Family Conucelling

Family counseling, also known as family therapy, is a type of psychotherapy improving communication and resolving conflicts within families. a trained therapist who works with family members to identify and address issues.

[Read More](#)

#### Troubling Emotions

Counselling for depression, anxiety and stress is frequently combined with other concerns such as lack of self-confidence, self-doubt, and poor decision-making abilities. It increase your motivation smaller achievable milestones.

[Read More](#)

Office Time

Monday - Friday

9 AM - 5 PM

Talk Therapy

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Quiz

About

Counsellor


Admin

LOGIN



Therapy. The ultimate self-care practice.

In conversation with a workplace therapist



Stress Anxiety Depression

Anxiety disorders often go hand in hand with depression. People who have anxiety disorders struggle with intense and uncontrollable feelings of anxiety, fear, worry, and/or panic. These feelings can interfere with daily activities and may last for a long time. There are times when going gets tough, and anything and everything one does may end up making them feel more stressed. With counseling for depression, anxiety and stress, one can learn to identify unhealthy thoughts and behavioral patterns. Counseling provides a safe space to talk about your concerns and allows you to develop healthy coping mechanisms.

Stress

Social Anxiety

Depression

Talk Therapy

Learn to be calm

Help

Quiz

About

Counsellor

Admin

LOGIN

Register

Register

Already have an account? [Log In](#)

Talk Therapy

Learn to be calm

Help

Quiz

About

Counsellor

Admin

LOGIN

Login

Log In

Don't have an account? [Sign Up](#)

## WELCOME USER

### Profile

Edit Your Profile Details

### Appointment Now

To Book Your Appointment

### Sessions

Counselling Session Details

### Logout

Thank you !

## OUR COUNSELLERS

Meet our Specialist Counsellor



Dr.Gupta  
Psychotherapist



Dr.Anjali  
Psychoanalyst



Dr.Verma  
Psychotherapist



Dr.Chhabra  
Psychiatrist



**Talk Therapy**  
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[Self-Care](#) [Quiz](#) [Counsellor](#) [Admin](#)

[GO BACK](#)

## CONFIRM APPOINTMENT

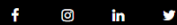
Username	Date	Time	Counsellor	Confirm Meeting	Delete Meeting
Abhi	2024-02-20	11 AM to 12 PM	Dr.Abhishek	<a href="#">CONFIRM</a>	<a href="#">Delete</a>
Mahesh	2024-02-21	9 AM to 10 AM	Dr.Abhishek	<a href="#">CONFIRM</a>	<a href="#">Delete</a>
Nandini	2024-02-24	11 AM to 12 PM	Dr.Mahesh Ahire	<a href="#">CONFIRM</a>	<a href="#">Delete</a>
Tushar	2024-02-21	9 AM to 10 AM	Dr.Mahesh Ahire	<a href="#">CONFIRM</a>	<a href="#">Delete</a>

**Talk Therapy**

Learn to calm

Lorem ipsum dolor sit amet consectetur, adipiscing elit. Voluptatum, ad.

Follow Us On



### Contact

+919075173040

[talktherapy@gmail.com](mailto:talktherapy@gmail.com)

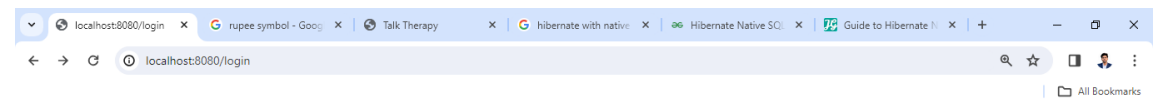
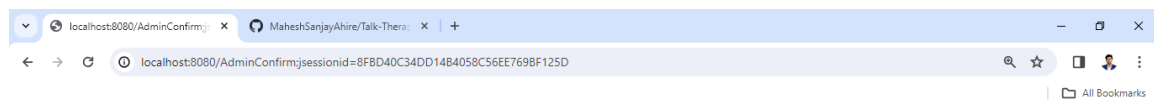
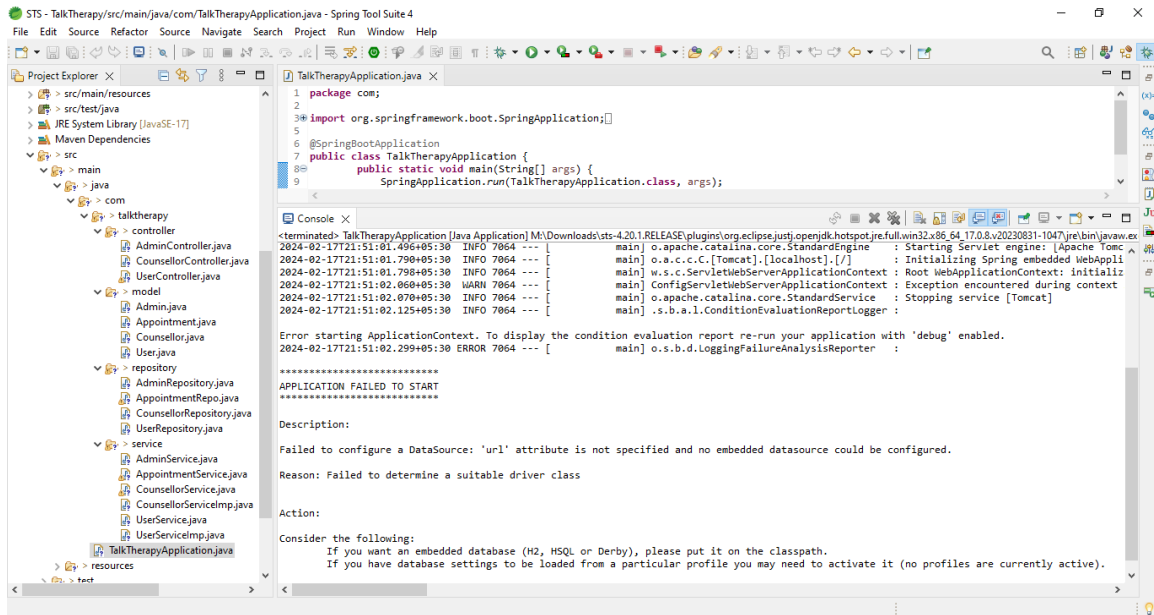
### Essentials

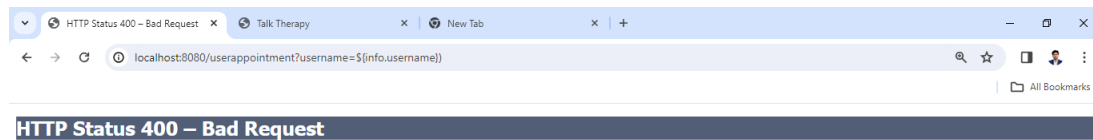
We help with  
self help  
counsellors  
for business

## LIST OF APPOINTMENTS

Username	Date	Time	Counsellor	Meeting Links
Mahesh	2024-02-21	9 AM to 10 AM	Dr.Abhishek	<a href="#">JOIN MEETING</a>

# ERROR OCCUR DURING THE EXECUTION





## FUTURE SCOPE

The future scope of the online counseling platform lies in its potential for expansion and innovation. This includes:

1. **Enhanced Technology Integration:** Incorporating advanced technologies such as artificial intelligence (AI) and machine learning (ML) algorithms to personalize counseling experiences, improve predictive analytics, and automate administrative tasks.
2. **Global Reach:** Scaling the platform to reach a wider audience globally, addressing the growing demand for accessible mental health and educational support services across different regions and cultures
3. **Partnerships and Collaborations:** Collaborating with educational institutions, corporate organizations, and healthcare providers to offer integrated counseling solutions and promote mental wellness initiatives in diverse settings.
4. **Continuous Improvement:** Continuously gathering user feedback, conducting research, and incorporating best practices to enhance the effectiveness, usability, and security of the platform in alignment with evolving industry standards and user expectations.



Overall, the future of the online counseling platform is promising, with opportunities for innovation, expansion, and collaboration to better serve the needs of individuals seeking support in their mental health and educational journeys.

## **CONCLUSION**

In conclusion, the development of the online counseling platform has been a significant step towards providing accessible and personalized support for mental health and educational needs. By leveraging technology and innovation, we have created a platform that offers convenience, privacy, and tailored guidance to individuals seeking assistance. While there are challenges to overcome, such as technical issues and the need for continuous improvement, the project has laid a strong foundation for future growth and expansion. Moving forward, we remain committed to enhancing the platform's capabilities, addressing user feedback, and collaborating with stakeholders to ensure that it continues to meet the evolving needs of our community. Overall, this project represents a positive contribution to promoting well-being and academic success in an increasingly digital world.