SYNOPSIS

TITLE – Mental Well Being Blog Application

BRAND NAME - Roots and Wings

ALWAYS THERE TO HOLD YOU

ABSTRACT

Mental health is essential to our overall well-being and as important as physical health. When we feel mentally well, we can work productively, enjoy our free time and contribute actively to our communities.

This blog provides resources to help you keep mentally healthy and to reduce stress. Through Roots and Wings we try to be the wings that lift you from the roots of your mental distress and sufferings through our resources by providing free consultation with the therapist. Also, you can find many articles and stories of different people and how they lifted their wings and took the flight off from their root distress. We hope you will find them useful. In cases of mental distress, the first step is to talk to someone you trust. If you feel you need it, seek help from a professional.

TEAM

This project is a collective work of 5 group members and their constant effort to improvise the blog application with their mere knowledge and resources.

The team members are as follows:

1. Manjusha.R. Nair
2. Jyothi Lakshmi
3. Roshni Babu
4. Ashwathy K
5. Vandana Venu

DESCRIPTION

The modules used in this project are

1. Admin
2. User

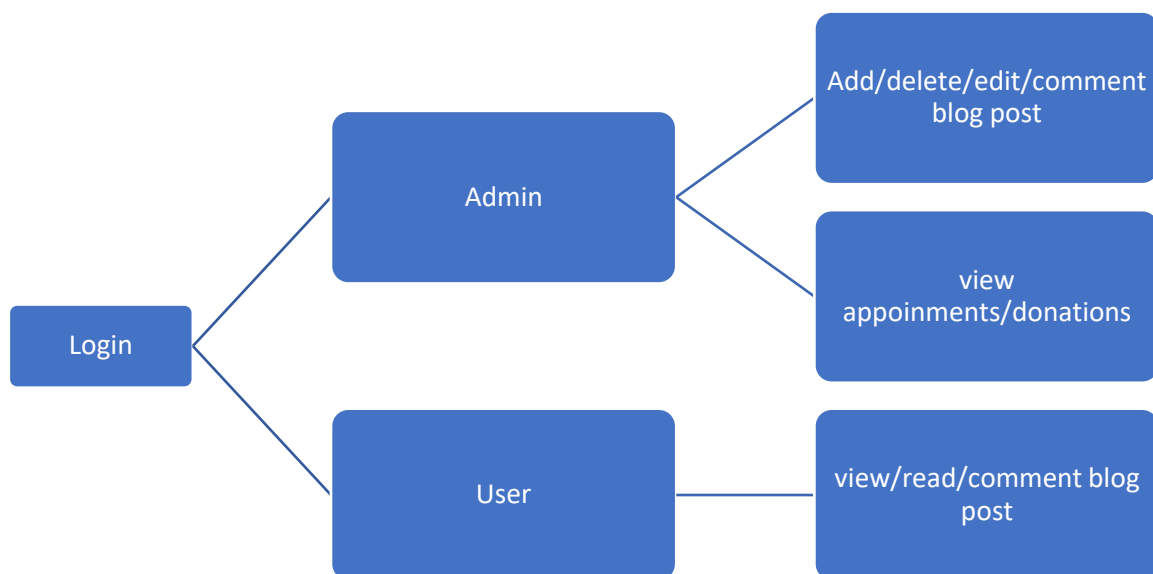## 1. Admin

✓ Admin will login into the application with the default username and password.
✓ Admin can add/delete the blog post.
✓ Admin can view the appointments and donations done.
✓ Admin can delete the comments posted.

2. User

✓ User needs to login or sign up to view the stories, to donate and to avail any of the services.
✓ User can comment under a post.

DATA FLOW DIAGRAM

SOFTWARE

1. ANGULAR 13
2. Mongo dB Atlas – Database
3. Express js
4. Node js
5. Angular Material
6. Bootstrap
7. CSS
8. Typescript
9. GitHub