1. To connect to your SSH, you will need: Host, USERNAME and PASWORD (The password is the same as the your Cpanal)
2. Login to your SSH account and install Composer
3. Check the php version
4. Now you can upload the zip file of the project

For more details please go with the below link it might help you a lot

https://medium.com/@Bohr/deploy-laravel-application-on-shared-hosting-godaddy-953758dc57ac#id\_token=eyJhbGciOiJSUzI1NiIsImtpZCI6IjBmY2MwMTRmMjI5MzRlNDc0ODBkYWYxMDdhMzQwYzIyYmQyNjJiNmMiLCJ0eXAiOiJKV1QifQ..Tm67SKOVGytTz7wFuofY98sebLlP35rwXQA-ZAZXMohXSeYFV5xvMhDvERXh\_EM0C7SFNb7mVY\_FVDGFSF2SHCar8Dzr7Fi0t0q5bL89zAwT54VGJ7oLHpNbxfUStTHQdjdCsHyxxyhCZY6X8w8FTDQi8zkArylRVXX7h308vDWmPf90Av6NVlxea2DW1KolcO6Bgq\_JXAHc68Z1hyWUBCxZCrLSt-T9XsiLpziEe3sczo2v94rza8BdtNC-FT6Npv\_KpUE8WEhCAVJrW7o9dvjoadS0FQs6GNL4KNPLiNvzhfrMxUGJFWDAqfBTSHQFhxgKXTAA5ITi9GZePxsk7g