

A

Semester Project-III Report

on

“Addiction Quitting Application (Re-Claim)”

By

- | | |
|--------------------------------|-------------|
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INSTITUTE OF TECHNOLOGY
An Autonomous Institute

Department of Computer Engineering

The Shirpur Education Society's

R. C. Patel Institute of Technology, Shirpur - 425405.

[2023-24]

A
Semester Project-III Report
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“Addiction Quitting Application (Re-Claim)”

In partial fulfillment of requirements for the degree of
Bachelor of Technology
In
Computer Engineering

Submitted By

- | | |
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Under the Guidance of

Prof. M. J. Patil.



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**R. C. Patel Institute of Technology
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Department of Computer Engineering

CERTIFICATE

This is to certify that the Semester Project -III entitled.
"Addiction Quitting Application
(Re-Claim)" Has been carried out
by team:

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under the guidance of **Prof. M. J. Patil** in partial fulfillment of the requirement for the degree of Bachelor of Technology in Computer Engineering (Semester-V) Dr. Babasaheb Ambedkar Technological University, Lonere during the academic year 2023-24.

Date:

Place: Shirpur

**Guide
Prof. M. J. Patil**

**Semester Project-III Co-ordinator
Prof. M. M. Saiyyad**

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Prof. Dr. Nitin N. Patil**

**Director
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We would like to express gratitude to **Prof. M. M. Saiyyad** Semester Project - III Coordinator for his valuable guidance and unwavering support throughout our project. He help us to understand and enhance the overall quality of our work.

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Project Team:

- | | |
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ABSTRACT

Welcome to “Re-Claim” App, an inclusive platform designed to help individuals quit bad habits by providing personalized sessions and one-to-one consultations with professionals. Web App is a one and all platform to help people quit bad habits by providing them with personalized sessions and one-to-one consultations with professionals. Re-Claim is committed to supporting individuals on their journey to overcome bad habits. Our website offers a range of services and resources to help users make positive changes in their lives.

Re-claim goes beyond conventional interventions by incorporating advanced analytics, enabling users to track their progress and gain insights into patterns. Additionally, the application features therapeutic tools grounded in evidence-based practices, including mindfulness exercises and cognitive- behavioral therapy modules, aiding users in developing healthier habits and coping mechanisms.

Safety features, such as emergency support links and resources, are integrated into Re-claim, providing immediate assistance during crisis situations. The application's engaging gamification elements, including rewards and milestones, contribute to positive behavior reinforcement, making the recovery journey both enjoyable and motivational.

Developed on a secure and scalable web framework, Re-claim places utmost importance on user privacy and data security. As Re-claim aims to make the addiction recovery journey accessible, supportive, and ultimately successful, embodying the spirit of reclaiming control over one's life.

Chapter-1

INTRODUCTION

1.1 Introduction

In a world where many struggle with addiction, finding a way to break free is a significant challenge. That's why we're introducing Re-claim, a special web application designed to support individuals on their path to overcoming addiction. Re-claim isn't just a tool; it's a friend, a guide, and a helping hand when you need it most.

In the modern era, addiction has emerged as a complex societal challenge, affecting millions of lives across the globe. The profound impact of substance abuse on individuals' physical, mental, and social well-being necessitates innovative solutions that address the multifaceted dimensions of addiction and provide comprehensive support for recovery. In response to this pressing need, the Re-claim web application has been developed as a transformative and user-centric platform, aspiring to empower individuals on their journey toward overcoming addiction and reclaiming control over their lives. Named with a purposeful connection, Re-claim symbolizes the act of reclaiming one's life from the clutches of addiction. This web application represents hope and support, offering a holistic approach that seamlessly integrates technology, evidence-based therapeutic practices, community engagement, and professional guidance.

Addiction affects people in different ways, and it's not just about using a substance. It touches every part of life, making it tough to break free. Re-claim understands this challenge and is here to provide a solution that goes beyond the usual approaches.

Re-claim was created because traditional methods often miss the mark. Breaking free from addiction is not just about stopping the use; it's about understanding why it happened and how to live a better life without it. Re-claim is here to help you on this journey.

One of the standout features of Re-claim is that it's all about you. You can create your own recovery plan, set goals, and track your progress. It's like having a personal roadmap to a substance-free life. The app gives you the tools you need to make informed decisions about your recovery.

Re-claim isn't just a tracker; it's a knowledge hub. Learn more about addiction, recovery strategies, and coping mechanisms through articles, videos, and insights from experts. Plus, you're not alone. Connect with others facing similar challenges in virtual forums and group discussions.

Re-claim understands that everyone's journey is different. That's why it offers professional guidance from certified addiction counselors and mental health experts. You can chat with them confidentially or even have virtual sessions to get personalized advice.

In the ever-evolving landscape of technology and healthcare, the issue of addiction remains a formidable challenge, impacting individuals worldwide. The semestral project embarked upon by our dedicated team seeks to address this challenge head-on, introducing Re-claim, an innovative Addiction Quitting Web Application. Rooted in the belief that technology can be a catalyst for positive change, re-claim is poised to redefine how we approach addiction recovery, offering a holistic and personalized solution that combines cutting-edge technology, psychological insights, community support, and professional guidance.

1.2 Literature Survey: -

1. Family Therapy and Support:

- Engaging family members in the treatment process can be highly beneficial.
- Family therapy can help address family dynamics and relationships affected by addiction, providing support and education to both the individual in recovery and their loved ones.

2. Traditional Method:

- Some traditional treatments also include holistic approaches like yoga, meditation, acupuncture, art therapy, or equine therapy, which aim to improve overall well-being and help individuals manage stress and cravings associated with addiction.

3. Challenges and Limitation:

- Research has highlighted challenges faced by addiction quitting apps.
- It includes issues related to privacy, data security, lack of regulation, and the need for evidence-based content.

Chapter-2

OBJECTIVES

2.1 Objective

The primary objective of the Re-Claim Addiction Quitting Web Application is to redefine and revolutionize the landscape of addiction recovery by providing individuals with a comprehensive, personalized, and empowering platform for their journey towards sobriety. In recognizing the multifaceted nature of addiction, the application aims to address not only the physical dependence on substances but also the intricate psychological, emotional, and social aspects that contribute to the cycle of dependency.

The core objective is to empower users to take charge of their recovery journey. Re-Claim facilitates the creation of personalized recovery plans, allowing individuals to set and adjust goals according to their unique circumstances, preferences, and challenges. The aim is to move beyond a one-size-fits-all approach and provide tailored support that resonates with each user's personal aspirations.

Re-Claim seeks to be a hub of knowledge and resources, offering a diverse range of educational materials. The objective is to equip users with a deep understanding of addiction, various recovery strategies, and effective coping mechanisms. Informed decision-making is emphasized, fostering a proactive and conscious approach to the recovery process.

Building a sense of community is a key objective of Re-Claim. By providing virtual forums, group discussions, and peer connections, the application aims to create a supportive network where individuals can share their experiences, challenges, and triumphs. The community becomes a source of encouragement, understanding, and shared commitment to recovery.

Recognizing the diversity of needs in addiction recovery, re-claim integrates certified addiction counselors and mental health professionals into the platform. The objective is to offer personalized guidance through virtual sessions and confidential chat support, ensuring that users have access to expert assistance tailored to their individual circumstances.

Re-Claim incorporates therapeutic tools grounded in evidence-based practices, such as mindfulness exercises and cognitive-behavioral therapy modules. The objective is to go beyond mere cessation and facilitate personal transformation by providing users with practical tools to develop healthier habits and coping mechanisms.

Introducing gamification elements, re-claim aims to make the recovery journey engaging and motivational. Users are encouraged to achieve milestones, earn rewards, and celebrate personal victories. The objective is to provide positive reinforcement, turning the recovery process into a personally rewarding and enjoyable experience.

Ensuring the utmost security and privacy of user data is a fundamental objective of Re-Claim. The application is designed with robust data protection measures, adhering to ethical standards and regulations to create a safe and confidential space for individuals on their journey to recovery.

2.2 Scope

The scope of the Re-Claim Addiction Quitting Web Application is expansive, aiming to create a transformative and all-encompassing ecosystem for individuals navigating the challenging terrain of addiction recovery. The application is designed to address the diverse needs and complexities associated with addiction, providing a holistic space where users can

embark on personalized journeys towards sobriety. The key elements that define the scope of Re-Claim include.

Personalization and Flexibility: Re-Claim is envisioned as a highly personalized platform, allowing users to tailor their recovery plans according to their unique circumstances, preferences, and goals. The scope extends to providing flexibility in goal setting, progress tracking, and adapting the recovery plan to evolving needs, ensuring a dynamic and customized approach to each individual's journey.

Educational Hub: The scope of Re-Claim extends to becoming a comprehensive educational hub, offering a wealth of resources on addiction, recovery strategies, and coping mechanisms. Users can access articles, videos, and expert insights, fostering a deeper understanding of their condition and empowering them to make informed decisions about their recovery.

Community Building: Re-Claim recognizes the significance of community support in the recovery process. The scope includes the creation of virtual forums, group discussions, and peer connections to foster a sense of community among users. This community-centric approach aims to provide emotional support, shared experiences, and a network of understanding individuals on similar journeys.

Professional Guidance: The application's scope encompasses the integration of certified addiction counselors and mental health professionals. Users have access to virtual sessions and confidential chat support, ensuring personalized guidance and expert assistance tailored to individual needs. This professional component enhances the efficacy of the recovery journey.

Therapeutic Tools and Interventions: Re-Claim incorporates evidence-based therapeutic tools, such as mindfulness exercises and cognitive-behavioral therapy modules, expanding the scope of intervention beyond mere cessation. These tools serve as practical aids for users in developing healthier habits, coping mechanisms, and addressing the underlying factors contributing to addiction.

Gamification and Rewards: The scope extends to gamification elements within Re-Claim, making the recovery journey engaging and motivating. Users can set milestones, earn rewards, and celebrate personal achievements, providing positive reinforcement and contributing to a sense of Accomplishment.

Data Security and Confidentiality: Ensuring the highest standards of data security and privacy is a fundamental scope of Re-Claim. The application is designed to protect user data with robust measures, ensuring confidentiality and creating a secure space for individuals to share their experiences and seek assistance without concerns about privacy breaches.

Future Development and Collaboration: The scope of Re-Claim extends beyond its current features, with a commitment to continuous improvement and expansion. The application aims to evolve based on user feedback, emerging trends in addiction recovery, and technological advancements. Collaborations with healthcare professionals, researchers, and advocacy groups are also within the scope to enhance the application's impact and reach.

2.3 Features

The Re-Claim Addiction Quitting Web Application is equipped with a diverse set of features, each meticulously crafted to elevate the addiction recovery experience and offer users a comprehensive, empowering, and user-centric platform. These features go beyond the objectives, embodying the practical tools and functionalities that individuals can leverage in their unique journeys towards sobriety.

Landing Page: When you visit our website, you'll be greeted by an engaging landing page that captures the essence of Web App

About Us: Learn more about Web App and our mission. Discover how our platform can provide you with the necessary tools and support to break free from bad habits.

Services Page: This page provides you with the list of services that are provided by Web App such as consulting a doctor, attending a working, and connecting with friends.

Blogs Page: Provides you with useful blog posts on different matters and areas of concern in your life.

Interactive Goal Setting: Engage actively in defining milestones and objectives for a personalized recovery plan.

Real-time Progress Tracking: Immediate feedback and visual analytics to celebrate successes and stay motivated.

Daily Challenges and Streaks: Implement daily challenges and streaks to encourage consistency, with users earning rewards for consecutive days of engagement in their recovery journey.

Gaming Therapy Modules: Incorporate gaming therapy modules designed to engage users in a therapeutic gaming experience, promoting cognitive skills and stress relief.

Virtual Doctor Consultation: Facilitate virtual consultations with healthcare professionals, enabling users to seek medical advice, discuss medication management, and address physical health concerns within the application.

Discover a comprehensive solution for quitting smoking and drinking at Re-Claim. With dedicated experts, we offer tailored support, empowering you to overcome challenges and achieve your health goals.

Chapter 3

Implementation Detail

3.1 Implementation :

- **Tech Stack :**

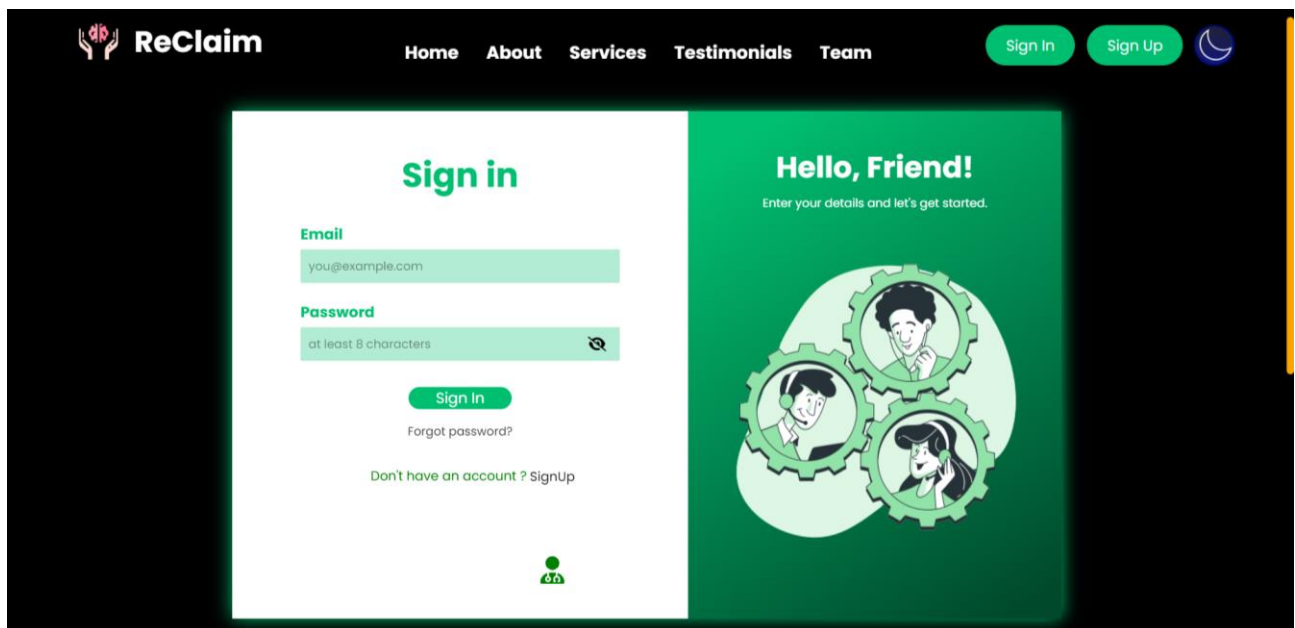
MongoDB: MongoDB is a NoSQL database that stores data in JSON-like documents. It's highly flexible and scalable, making it a popular choice for web applications.

Express.js: Express.js is a web application framework for Node.js. It simplifies the process of building web applications and APIs by providing a robust set of features for handling HTTP requests, routing, and middleware.

React: React is a JavaScript library for building user interfaces. It allows developers to create reusable UI components and efficiently manage the application's state, providing a dynamic and interactive user experience.

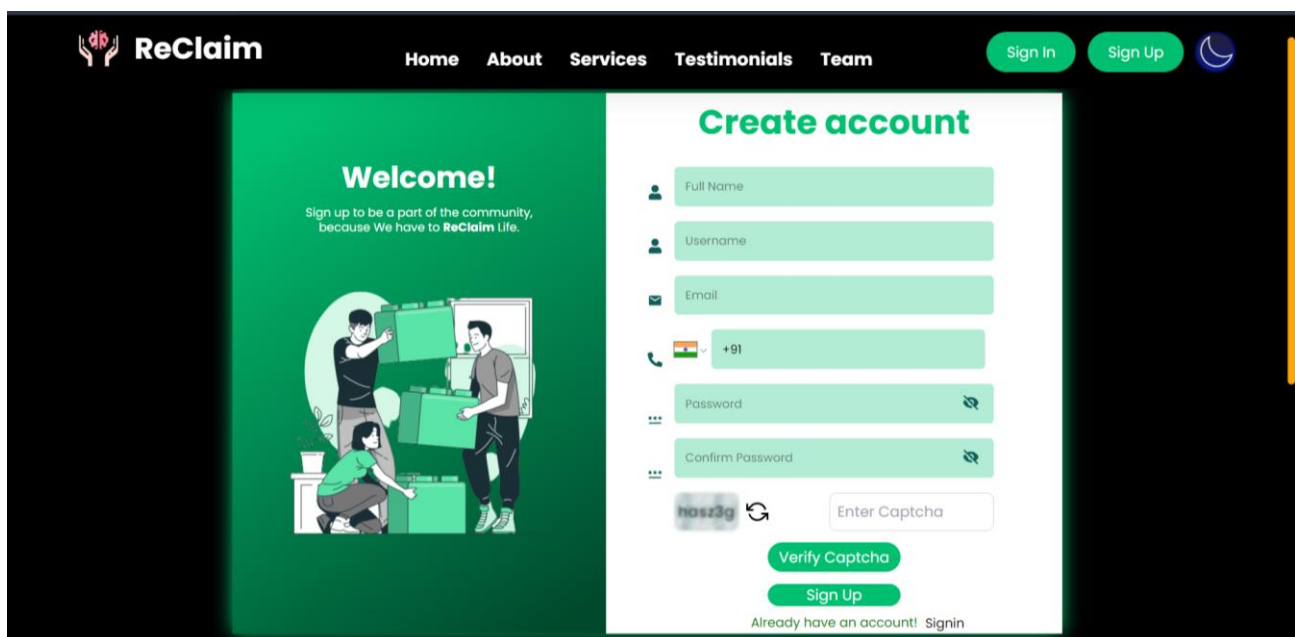
Node.js: Node.js is a JavaScript runtime that allows you to run JavaScript on the server-side. It provides the environment to execute server-side logic, interact with the database, and handle requests from the client-side.

3.2 Visual Representation:



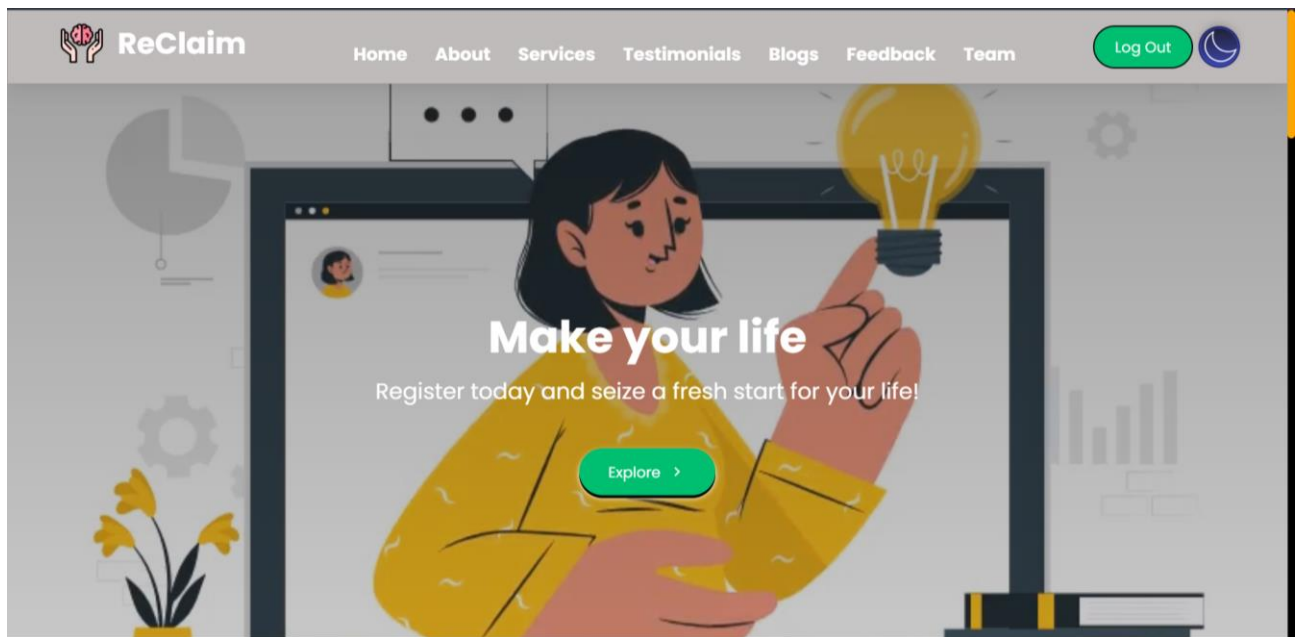
The image shows the 'Sign in' page of the ReClaim application. The page has a dark blue header with the ReClaim logo and navigation links: Home, About, Services, Testimonials, and Team. On the right side of the header are buttons for 'Sign In' and 'Sign Up', along with a moon icon for theme toggling. The main content area is split into two panels. The left panel, titled 'Sign in', contains input fields for 'Email' (with the placeholder 'you@example.com') and 'Password' (with a note 'at least 8 characters' and an eye icon for toggling visibility). Below these fields are a 'Sign In' button, a 'Forgot password?' link, and a 'Don't have an account ? Sign Up' link. The right panel, titled 'Hello, Friend!', has the text 'Enter your details and let's get started.' and an illustration of three people's faces inside interlocking gears.

3.1 Signin Page ReClaim

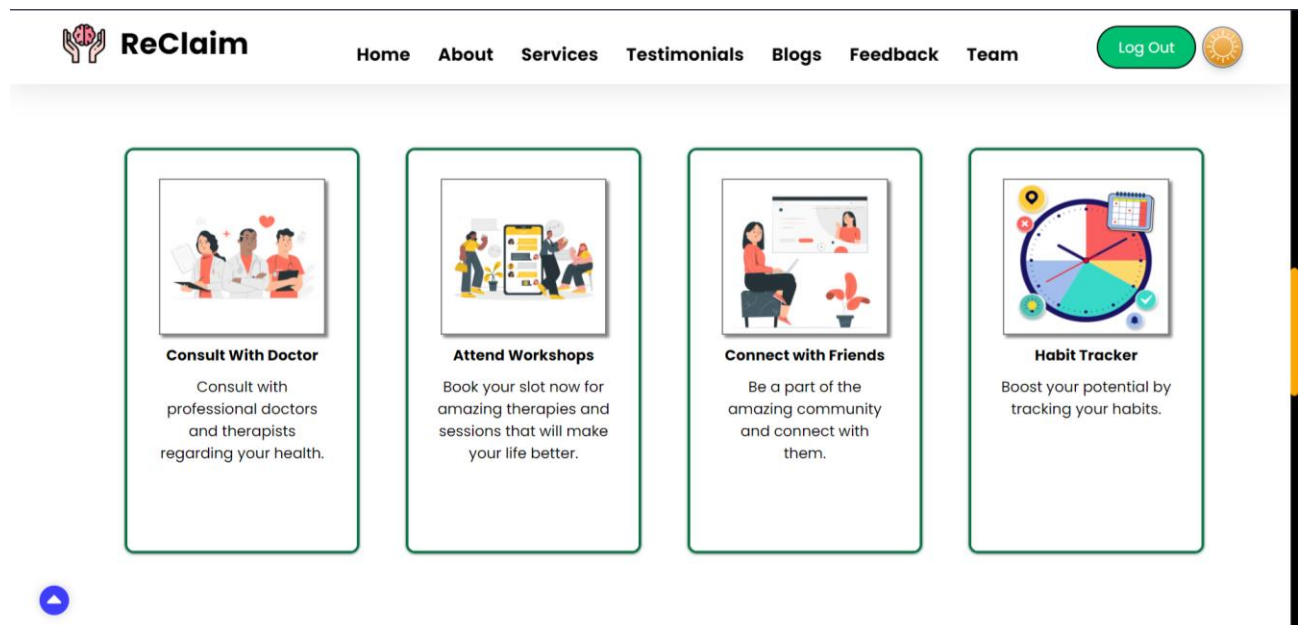


The image shows the 'Create account' page of the ReClaim application. The header is identical to the signin page. The main content area is split into two panels. The left panel, titled 'Welcome!', has the text 'Sign up to be a part of the community, because We have to ReClaim Life.' and an illustration of three people working together. The right panel, titled 'Create account', contains input fields for 'Full Name', 'Username', 'Email', a phone number field with a dropdown for country code (showing '+91'), 'Password', and 'Confirm Password'. There are eye icons for toggling visibility on the password fields. Below these fields is a captcha section with a distorted image 'nosz3g' and a 'Verify Captcha' button. At the bottom of the right panel are 'Sign Up' and 'Sign In' buttons, with a link 'Already have an account? Sign in'.

3.2 Signup Page ReClaim



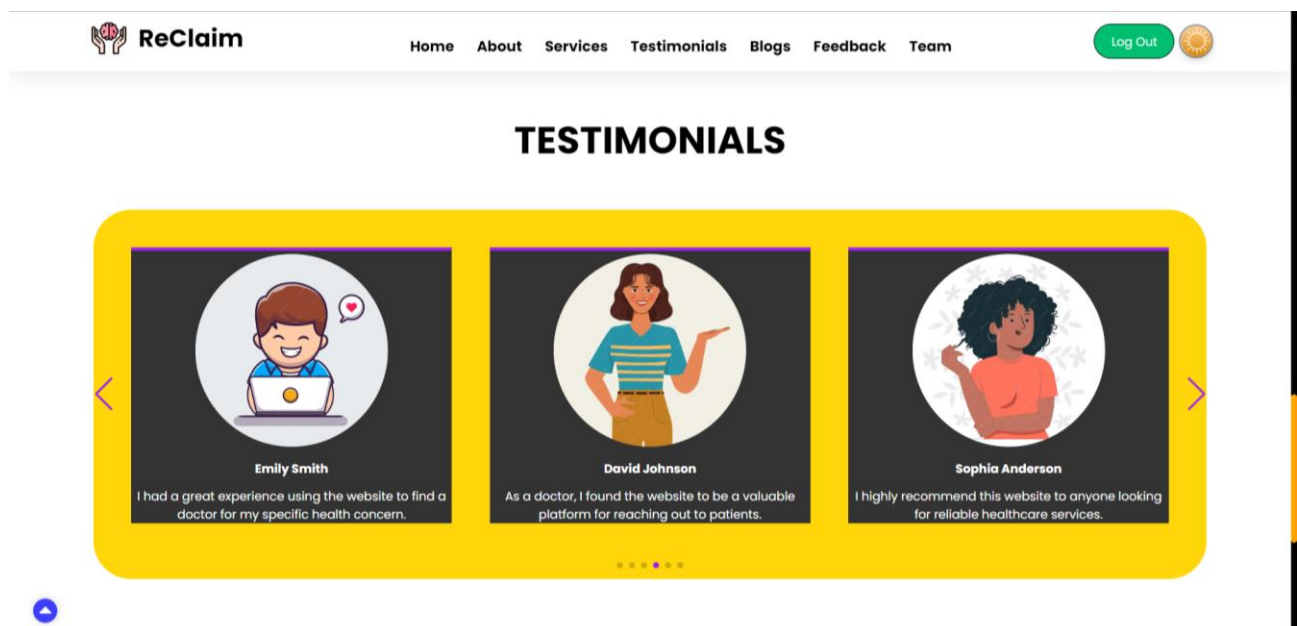
3.3 Home Page ReClaim



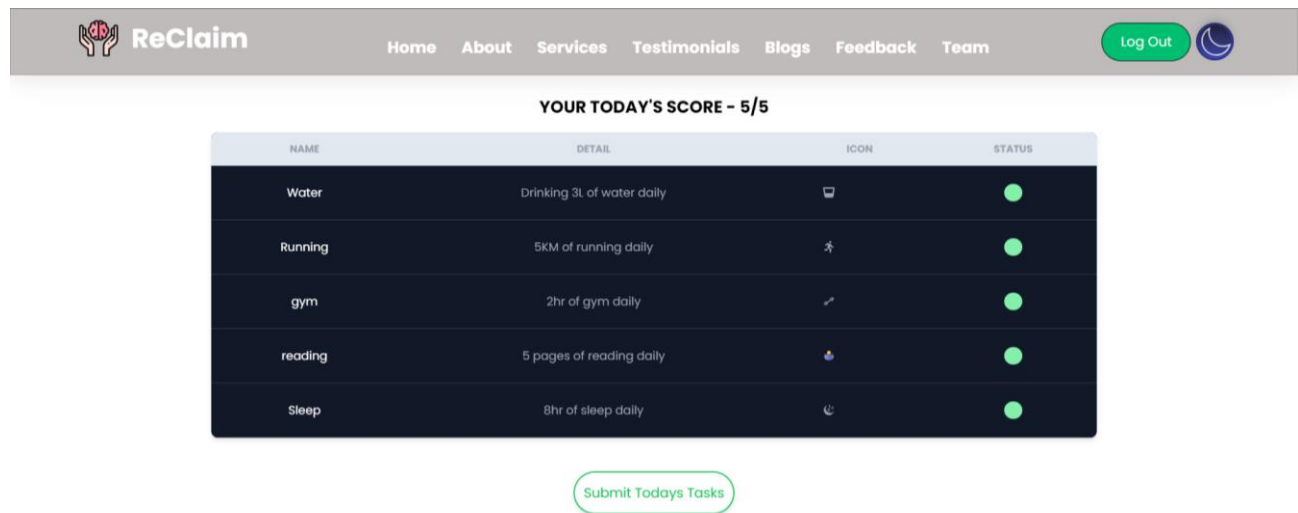
3.4 Services Page ReClaim



3.5 Video Consultation Page ReClaim



3.6 Testimonial Page ReClaim

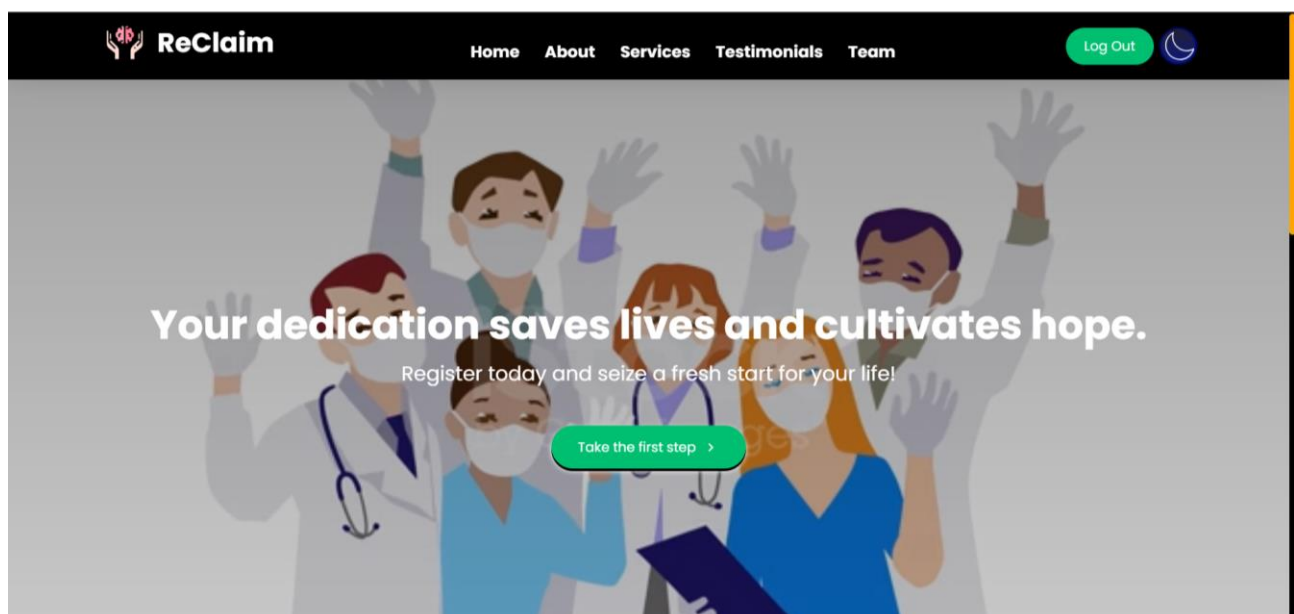


YOUR TODAY'S SCORE - 5/5

NAME	DETAIL	ICON	STATUS
Water	Drinking 3L of water daily	🥛	●
Running	5KM of running daily	🏃	●
gym	2hr of gym daily	🏋️	●
reading	5 pages of reading daily	📖	●
Sleep	8hr of sleep daily	🌙	●

[Submit Todays Tasks](#)

3. 7 Habit Tracker Page ReClaim



ReClaim

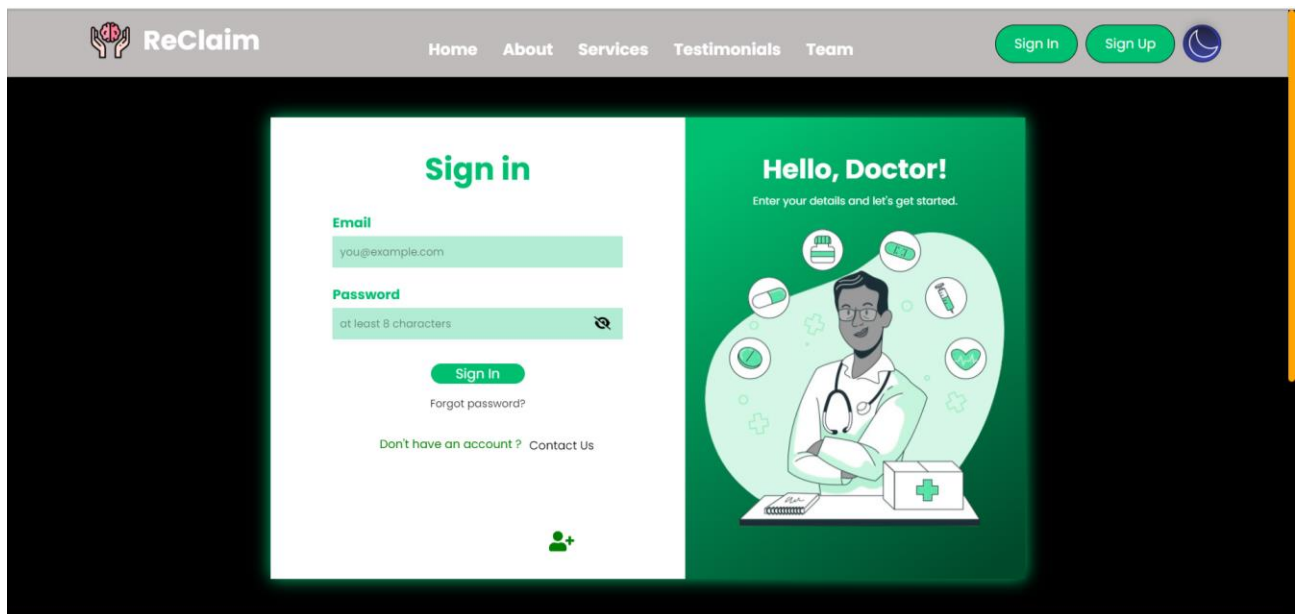
Home About Services Testimonials Team [Log Out](#)

Your dedication saves lives and cultivates hope.

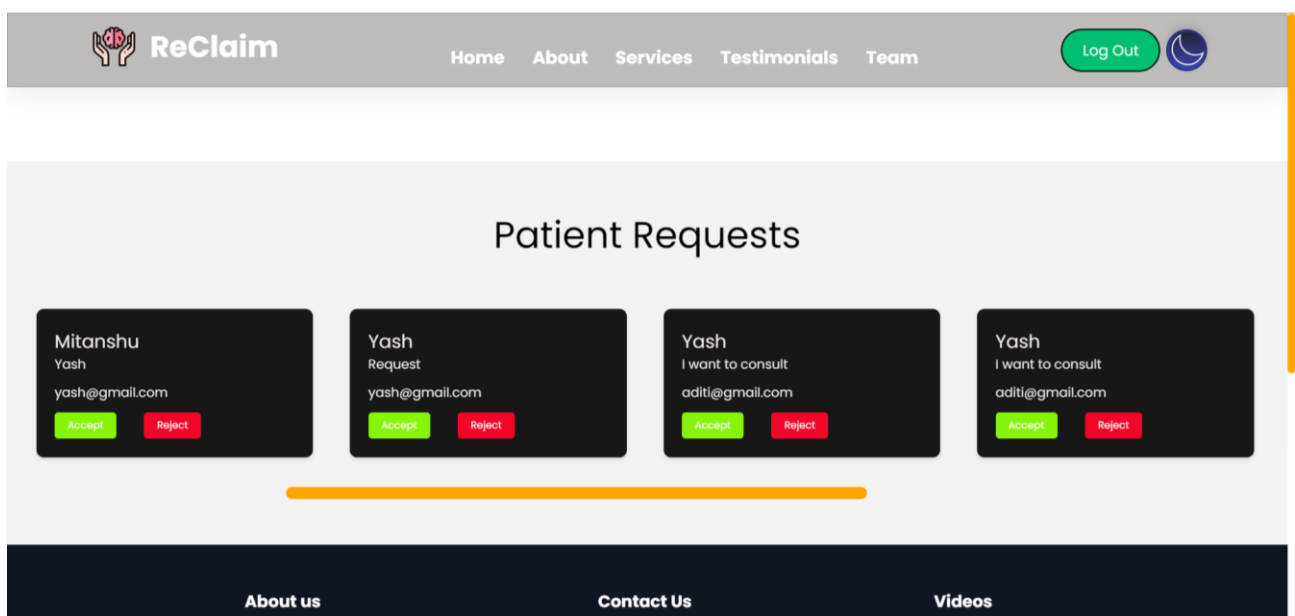
Register today and seize a fresh start for your life!

[Take the first step >](#)

3.8 Doctor Home Page ReClaim



3.9 Doctor Signin Page ReClaim



4.0 Doctor Patient Request ReClaim

CONCLUSIONS

A Re-Claim app can provide a valuable tool for individuals seeking to overcome addictive behaviors. However, it is important to note that it should be the choice of individual whether to dedicate or not. It should always be used in conjunction with other forms of support, such as therapy, support groups, and medical care. Therefore, with the right approach and resources, a Re-Claim app can be a powerful tool in helping individuals overcome addiction and lead healthier lives. The comprehensive integration of these technologies forms the backbone of a solution that empowers individuals on their journey to successful addiction recovery.

BIBLIOGRAPHY

❖ Frontend:

1]. Official React Documentation:

- React's official website provides comprehensive and reliable information. The React documentation has detailed explanations, examples, and code snippets for 'useState' and 'useEffect'.
- Website: React - Official Documentation

2]. Online Tutorials and Courses:

Platforms like Udemy, Coursera, or Codecademy offer courses dedicated to React development. They often cover these hooks extensively with practical examples.

3]. YouTube Tutorials:

Many YouTubers create tutorials specifically focusing on React hooks. Look for tutorials from channels like The Net Ninja, Traversy Media, or Academind for reliable explanations and examples.

4]. GitHub Repositories:

Exploring GitHub repositories dedicated to React can provide practical usage examples. Many developers share sample projects demonstrating the use of React hooks.

❖ Backend:

1]. Express.js Documentation:

- Express.js official documentation offers a comprehensive guide to creating web applications and APIs using Express. It covers routing, middleware, request handling, and more.
- Website: Express.js - Official Documentation

2]. Node.js Documentation:

- Node.js documentation is essential for understanding the core functionalities and APIs provided by Node.js for server-side development.
- Website: Node.js - Official Documentation

3]. YouTube Tutorials and Courses:

YouTube hosts many tutorials on Node.js and Express.js. Channels like Academind, Traversy Media, and The Net Ninja offer detailed tutorials for beginners and advanced users.

4]. GitHub Repositories:

Explore GitHub repositories that contain Node.js and Express.js projects. Many repositories showcase how to structure and build APIs using these technologies.

5]. npm Documentation:

- For understanding how to create and manage Node packages, npm's official documentation is invaluable. It covers package creation, publishing, and best practices.
- Website: [npm - Official Documentation](https://docs.npmjs.com/)