StudentHub User Manual

Application Description

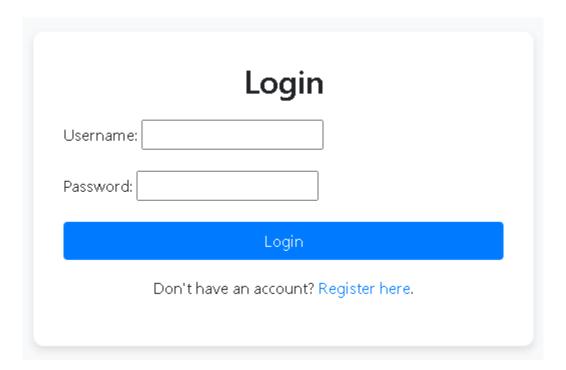
StudentHub is a blogging platform designed for an educational organization, providing a space for users to view, comment, like, and dislike blogs. The platform supports two types of users: regular users and admins. Regular users can interact with blogs, while admins have additional privileges to manage blog content and users. The application employs Django's robust framework, utilizing Django templates for the frontend, Django forms for blog management, and built-in Django authentication for user roles. Bootstrap and custom styling enhance the user interface.

User Manual

Authentication and Registration

Login/Registration Page:

- Unauthenticated Access: When users access the site, they are directed to a login page.
- Login Option: Users can enter their credentials to log in.
- **Register Option**: Users can click 'Register' to access the registration page and fill out their details.



	Regi	ster
Username:	s, digits and @/./	Required. 150 characters
Email address:		
Password:		
Password conf	rm:	
	Regi	ster
Δ	Iready have an ac	count? Login here.

Post-Authentication:

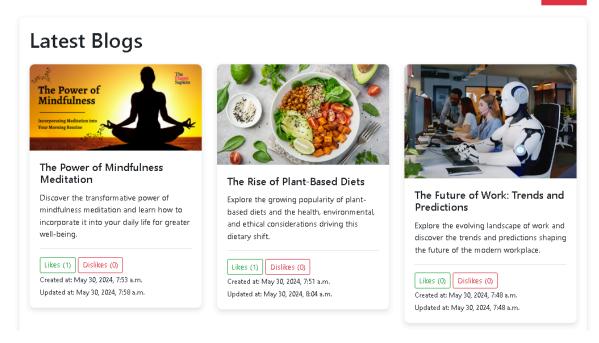
• Successful Login/Registration: Redirects users to the "/product_list" page.

Regular User Actions

- 1. Login as regular User:
 - o Use credentials: **Username**: user1, **Password**: user1.
- 2. View Blogs:
 - Navigate to the "/product_list" page to see all blogs, listed from the newest to the oldest.

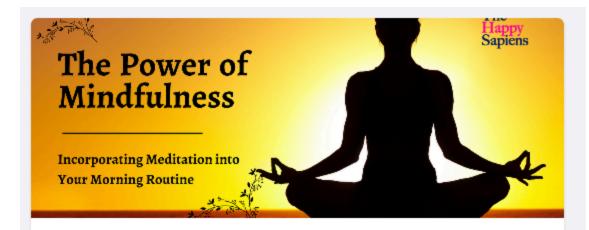


.ogout



3. Blog Details:

o Click on any blog card to view the full blog post.



The Power of Mindfulness Meditation: Benefits, Techniques, and Practical Tips

Mindfulness meditation, rooted in ancient contemplative traditions, has gained widespread recognition for its potential to reduce stress, enhance focus, and promote overall well-being. Let's explore the benefits, techniques, and practical tips for incorporating mindfulness meditation into your life.

Benefits of Mindfulness Meditation:

Stress Reduction: Mindfulness meditation has been shown to reduce stress and promote relaxation. Improved Focus and Concentration: Enhances cognitive function and attentional control.

Techniques for Mindfulness Meditation:

Breath Awareness: Focus on the breath as a meditation anchor.

Body Scan: Progressive relaxation technique involving scanning the body for sensations.

Loving-Kindness Meditation: Cultivate compassion and kindness towards oneself and others.

Incorporating Mindfulness into Daily Life:

Mindful Eating: Practice mindful eating by paying attention to the taste, texture, and sensations of food.

Mindful Walking: Take mindful walks to connect with nature and engage the senses.

Overcoming Common Challenges:

Restlessness and Distraction: Strategies for managing restlessness and wandering thoughts during meditation.

Consistency: Tips for establishing a regular meditation practice and overcoming resistance.

Resources and Further Exploration:

Guided Meditations: Access guided meditation recordings and apps for support.

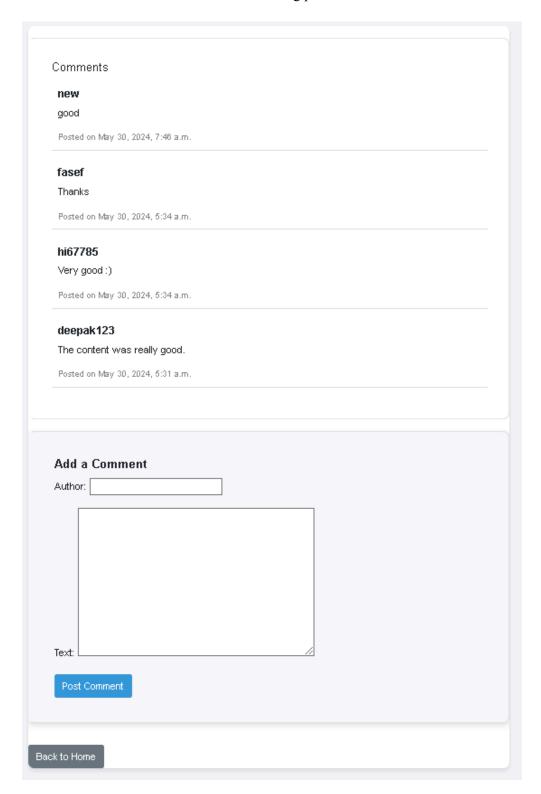
Mindfulness Courses and Retreats: Explore opportunities for deepening your mindfulness practice.

Mindfulness meditation offers a powerful tool for cultivating presence, resilience, and inner peace amidst the challenges of modern life. By incorporating mindfulness into your daily routine, you can enhance your overall well-being and live with greater clarity and intention.

Discover the transformative power of mindfulness meditation and learn how to incorporate it into your daily life for greater well-being.

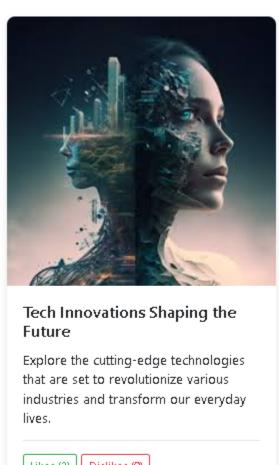
4. Commenting:

o Add and submit comments on individual blog posts.



5. Like/Dislike:

• Like or dislike any blog post (each blog can only be liked or disliked once per user).



Likes (2)

Dislikes (0)

Created at: May 29, 2024, 8:37 a.m.

Updated at: May 30, 2024, 7:38 a.m.

6. **Logout**:

o Logout from the application, which will require logging in again to access the content.



Logout

Admin Actions

1. Login as Admin:

• Use credentials: **Username**: phoenix, **Password**: mangalath.

2. View and Manage Blogs:

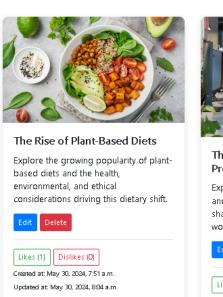
- Access the same "/product_list" page with additional options to edit or delete any blog.
- Editing and deleting a blog redirect to dedicated pages for these actions.

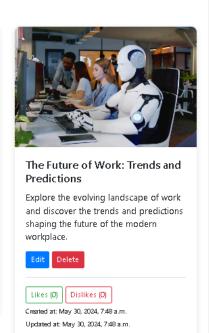


Logout











Name:

The Power of Mindfulness Meditation

Title:

The Power of Mindfulness Meditation: Benefits, Techniques, and Practic

Introduction:

Mindfulness meditation, rooted in ancient contemplative traditions, has gained widespread recognition for its potential to reduce stress, enhance focus, and promote overall well-being. Let's

Main Content:

Benefits of Mindfulness Meditation:

Stress Reduction: Mindfulness meditation has been shown to reduce stress and promote relaxation.

Improved Focus and Concentration: Enhances cognitive function and attentional control.

Techniques for Mindfulness Meditation:

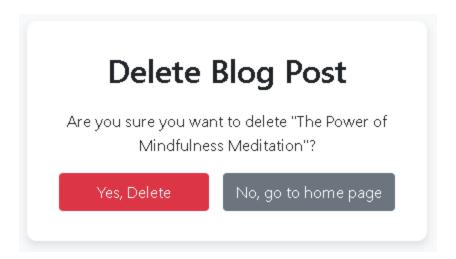
Conclusion:

Mindfulness meditation offers a powerful tool for cultivating presence, resilience, and inner peace amidst the challenges of modern life. By incorporating mindfulness into your daily routine,

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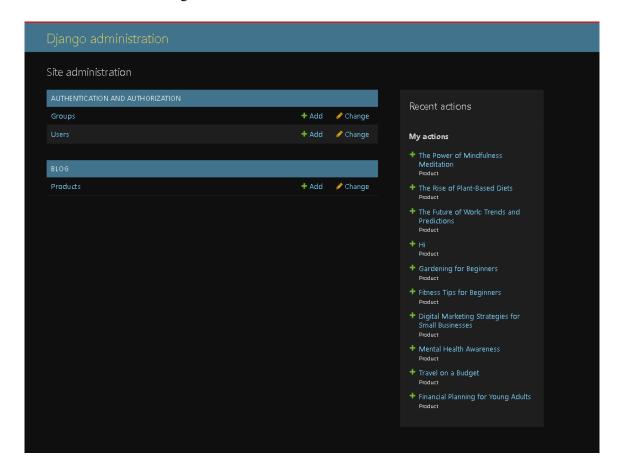
Discover the transformative power of mindfulness meditation and learn how to incorporate it into your daily life for greater well-being.

Save Changes



3. Admin Dashboard:

- Navigate to the "/admin" route and re-enter credentials to access the admin panel.
- Admin panel capabilities include:
 - Adding new blogs.
 - Editing existing blogs.
 - Deleting blogs.
 - Adding new users.



Technologies Used

• Frontend:

- o Django Templates
- Bootstrap Classes
- Custom Styling

• Backend:

- o Django Forms for blog and user management
- o Django Authorization for role-based access control
- o Django Views as controllers
- o Default Django database (SQLite)