DIGITAL ASSIGNMENT 1

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REG. NO.: 19BDS0006

CSE2015 - INTERNET PROGRAMMING AND WEB TECHNOLOGY

MINI PROJECT - CLIENT SIDE OF A WEBSITE

PROJECT TITLE: MIND- A WAY TO HAPPY LIFE.

PROJECT TEAM MEMBERS:

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ABSTRACT (SHORT DESCRIPTION):

Mental health illness is about a person's mental and emotional well-being. Good mental health or being mentally sound would mean that one possesses a balanced mind, confidence and self-esteem. A mental illness is a problem that significantly affects how a person thinks, perceives and reacts. Statistics show that 1 in every 5 individuals suffers from some form of mental health illness symptoms. 50% of mental health conditions begin by age 14 and 75% of mental health conditions develop by age 24. WHO statistics say the average suicide rate in India is 10.9 for every lakh people. Mental illness can be triggered by multiple factors. Complex interactions between mind, body and environment result in psychological disorders.

According to our research as a part of this project, we have discovered that, there is only one psychiatrist for four lakh Indians. The prevalent reason that contributes this serious problem is lack of help from the psychiatrists and parents. Rising prevalence of mental health diseases is a serious problem for society.

Everybody needs someone who can listen to them. A listener without judgement maybe the tool for finding a solution to the many confusions, tough times or important decisions that we all have to go through at every moment of our life. This website is to become a tool to help them to listen to them, understand their problems and help them overcome those by moulding them to become mentally strong . Online web counselling is the fastest way in which people who need online counselling can reach out at their convenience. People can greatly succeed from issues such as sadness, worrying, stress, depression, phobias, marital problems, self-esteem problems and many more issues. This project is an attempt to provide safe and secure online counselling services to the needed from the comforts of their home. Mental health counsellors talk to you via phone, chat or email, and talk about matters. We help them to cope with them in the most effective manner.

Our project aims to change our understanding of mental health problems and improve the short and long term future of the nation's mental wellbeing.

CODES:

CSS CODES:

1)styles1.css:

```
.navigation{
  background-color: #fff;
  position: fixed;
  z-index: 2;
  padding: 0 4%;
}
.name{
  font-size: 2rem;
}
#information {
  text-align: center;
  padding: 7% 5% 0;
  background: #fff;
}
.carousel-item {
  padding: 22% 8% 17% 45%;
  height: 550px;
}
#about-us{
  background: #fff;
}
.about{
  padding: 7%;
}
#purpose{
  padding: 0 3% 7%;
  background: #fff;
}
.purpose-item{
  padding:3%;
  text-align: center;
```

```
  opacity: 100%;
}
.purpose-item:hover {
  transform: scale(1.2);
  opacity: 80%;
}
#facility{
  padding: 0 3% 7%;
  background: #fff;
}
.facilities{
  overflow: auto;
  white-space: nowrap;
}
.facilities::-webkit-scrollbar {
  display: none;
}
.fac-img{
  display: inline-block;
  text-align: center;
  margin: 3% 0 5% 5%;
  text-decoration: none;
  height: 370px;
  border: 2px solid black;
  border-radius: 3%;
}
#therapy{
  padding: 9% 3% 7%;
  background: #fff;
}
.t-col{
  padding: 3%;
  text-align: center;
}
```

```
.t-link{
  font-size: 15px;
}
.t-img{
  text-align: center;
  text-decoration: none;
  height: 250px;
  border-radius: 3%;
}
.t-img:hover{
  opacity: 85%;
}
#test{
  padding: 0 7% 0;
  color: #fff;
  text-align: center;
}
.parallax {
  background-attachment: fixed;
  background-position: center;
  background-repeat: no-repeat;
  background-size: cover;
  padding: 9%;
}
#articles{
  padding: 0 5% 7%;
}
.read{
  float: right;
  color: #bd2000;
  font-size: 15px;
  margin: 10px;
}
.read:hover{
```

```
  text-decoration: none;
  color: black;
}
#footer {
  text-align: center;
  padding: 4% 15%;
  background: #fff;
}
.social-icon {
  margin: 20px 10px;
}
```

2)styles2.css

```
.navigation{
  background-color: #fff;
  position: fixed;
  z-index: 2;
  padding: 0 4%;
}
.name{
  font-size: 2rem;
}
#about-us{
  padding: 8%;
}
.about{
  font-size: 1.1rem;
}
#therapy{
  padding: 3% 7%;
  background: #fff;
}
.t-col{
  padding: 3%;
  padding-bottom: 0;
```

```
  text-align: center;
}
.t-link{
  font-size: 15px;
}
.t-img{
  color: white;
  text-align: center;
  text-decoration: none;
  height: 250px;
  border-radius: 3%;
}
.t-img:hover{
  opacity: 85%;
}
#trust{
  padding: 8%;
}
#contact{
  padding: 0 7% 0;
  color: #fff;
  text-align: center;
}
.parallax {
  background-attachment: fixed;
  background-position: center;
  background-repeat: no-repeat;
  background-size: cover;
  padding: 9%;
}
#footer {
  text-align: center;
  padding: 9% 15% 4%;
  background: #fff;
```

```
}
.social-icon {
  margin: 20px 10px;
}
```

3)styles3.css

```
.navigation{
  background-color: #fff;
  position: fixed;
  z-index: 2;
  padding: 0 4%;
}
.name{
  font-size: 2rem;
}
#about{
  padding: 8%;
}
#image{
  padding: 7%;
  padding-bottom: 0;
}
#test{
  padding: 6% 15% 6%;
  font-size: 1.2rem;
}
#result{
  padding: 6%;
  padding-top: 0;
}
#result p{
  font-size: 1.2rem;
}
input{
  margin: 2%;
```

```
  cursor: pointer;
}
input:checked {
    background: red;
}
img{
  border-radius: 1%;
}
p{
  font-size: 1.1rem;
}
#contact{
  padding: 0 7% 0;
  color: #fff;
  text-align: center;
}
.parallax {
  background-attachment: fixed;
  background-position: center;
  background-repeat: no-repeat;
  background-size: cover;
  padding: 9%;
}
#footer {
  text-align: center;
  padding: 9% 15% 4%;
  background: #fff;
}
.social-icon {
  margin: 20px 10px;
}
```

4)contactUs.css

```
.navigation{
  background-color: #fff;
```

```
  position: fixed;
  z-index: 2;
  padding: 0 4%;
}
.name{
  font-size: 2rem;
}
#image{
  padding: 3% 8%;
}
p{
  font-size: 1.2rem;
}
#heading{
    text-align: center;
    color: whitesmoke;
    font-weight: 600;
    font-family: Helvetica;
    background-image: url("https://st2.depositphotos.com/1265075/7365/i/600/depositphotos_73656201-stock-photo-web-contact-us-icons-cubes.jpg");
    background-repeat: no-repeat;
    background-size: 100% 100%;
    padding: 50px 50px 330px;
}
.contactsblock01{
  text-align: center;
  font-size: 22px;
}
.contactlocation{
  font-size: 1.2rem;
}
#address{
  padding: 5% 9% 0;
}
```

```
#fill-form{
  padding: 7%;
}
.container {
    border-radius: 5px;
    background-color: #d8d8f5;
    padding: 3%;
  }
  input[type=text], textarea{
    width: 100%;
    padding: 12px;
    border: 1px solid #ccc;
    border-radius: 4px;
    box-sizing: border-box;
    margin-top: 6px;
    margin-bottom: 16px;
    resize: vertical;
  }
  input[type=email]{
    width: 100%;
    padding: 12px;
    border: 1px solid #ccc;
    border-radius: 4px;
    box-sizing: border-box;
    margin-top: 6px;
    margin-bottom: 16px;
    resize: vertical;
  }
  input[type=number]{
    width: 100%;
    padding: 12px;
    border: 1px solid #ccc;
    border-radius: 4px;
    box-sizing: border-box;
```

```
  margin-top: 6px;
  margin-bottom: 16px;
  resize: vertical;
}
#test{
  padding: 0 7% 0;
  color: #fff;
  text-align: center;
}
.parallax {
  background-attachment: fixed;
  background-position: center;
  background-repeat: no-repeat;
  background-size: cover;
  padding: 9%;
}
#footer {
  text-align: center;
  padding: 4% 15%;
  background: #fff;
}
.social-icon {
  margin: 20px 10px;
}
#error_message{
  margin-bottom: 20px;
  background: #fe8b8e;
  padding: 0px;
  text-align: center;
  font-size: 14px;
  transition: all 0.5s ease;
}
```

JAVASCRIPT CODES:

1)javascript.js

```
document.addEventListener("DOMContentLoaded", function(){
if (window.innerWidth > 992) {
	document.querySelectorAll('.navbar .nav-item').forEach(function(everyitem){
		everyitem.addEventListener('mouseover', function(e){
			let el_link = this.querySelector('a[data-bs-toggle]');
			if(el_link != null){
				let nextEl = el_link.nextElementSibling;
				el_link.classList.add('show');
				nextEl.classList.add('show');
			}
		});
		everyitem.addEventListener('mouseleave', function(e){
			let el_link = this.querySelector('a[data-bs-toggle]');
			if(el_link != null){
				let nextEl = el_link.nextElementSibling;
				el_link.classList.remove('show');
				nextEl.classList.remove('show');
			}
		})
	});
}
}
);
```

2)javascript2.js

```
function getCheckedValue( radioName ){
   var radios = document.getElementsByName( radioName ); // Get radio group by-name
   for(var y=0; y<radios.length; y++)
     if(radios[y].checked)
       return radios[y].value;
}
function getScore(){
  var score = 0;
```

```
  for (var i=0; i<10; i++){
    if(getCheckedValue("question"+i)=="A"){
      score += 2;
    }
    else if(getCheckedValue("question"+i)=="B"){
      score += 1;
    }
  }
  return score/2;
}
function returnScore(){
  $(".minimal").hide();
  $(".moderate").hide();
  $(".severe").hide();
  if(getScore()>=0 && getScore()<3){
    $( "#result:hidden" ).show( "fast" );
    $( ".minimal:hidden" ).show( "fast" );
    $( ".info:hidden" ).show( "fast" );
  }
  else if (getScore()>=3 && getScore()<7){
    $( "#result:hidden" ).show( "fast" );
    $( ".moderate:hidden" ).show( "fast" );
    $( ".info:hidden" ).show( "fast" );
  }
  else{
    $( "#result:hidden" ).show( "fast" );
    $( ".severe:hidden" ).show( "fast" );
    $( ".info:hidden" ).show( "fast" );
  }
}
```

3)contactUs.js

```
function validate(){
    var fname = document.getElementById("fname").value;
    var lname = document.getElementById("lname").value;
```

```
  var email = document.getElementById("email").value;
  var phone = document.getElementById("mno").value;
  var message = document.getElementById("subject").value;
  var error_message = document.getElementById("error_message");

  var text;
 if(fname.length >15 || fname.length<3){
  text = "Please Enter valid Name";
  error_message.innerHTML = text;
  return false;
 }
 if(lname.length > 15 || lname.length<3){
  text = "Please Enter valid Name";
  error_message.innerHTML = text;
  return false;
 }
 if(email.indexOf("@") == -1 || email.length < 6){
  text = "Please Enter valid Email";
  error_message.innerHTML = text;
  return false;
 }
 if(isNaN(phone) || phone.length != 10 ) {
  text = "Please Enter valid Phone Number";
  error_message.innerHTML = text;
  return false;
 }
 if(message.length <= 10){
  text = "Please Enter More Than 10 Characters";
  error_message.innerHTML = text;
  return false;
 }
 alert("Form Submitted Successfully!");
 return true;
}
```

HTML CODE:

We have created 10 html pages namely:

1)welcome.html

2)about-us.html

3)depression.html

4)loneliness.html

5)addiction.html

6)relationship.html

7)career.html

8)parenting.html

9)self-test.html

10)contactUs.html

CODES OF THESE WEBPAGES:

1)welcome.html

```
<!DOCTYPE html>

<html lang="en" dir="ltr">

<head>

  <meta charset="utf-8">

  <meta name="viewport" content="width=device-width, initial-scale=1">

  <title>MIND | A way to happy life</title>

  <link rel="stylesheet" href="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/css/bootstrap.min.css"
integrity="sha384-JcKb8q3iqJ61gNV9KGb8thSsNjpSL0n8PARn9HuZOnIxN0hoP+VmmDGMN5t9UJ0Z"
crossorigin="anonymous">

  <link rel="stylesheet" href="CSS\styles1.css">

  <script src="Javascripts\javascript1.js"></script>

  <script src="https://code.jquery.com/jquery-3.5.1.slim.min.js" integrity="sha384-
DfXdz2htPH0lsSSs5nCTpuj/zy4C+OGpamoFVy38MVBnE+IbbVYUew+OrCXaRkfj" crossorigin="anonymous"></script>

  <script src="https://cdn.jsdelivr.net/npm/popper.js@1.16.1/dist/umd/popper.min.js" integrity="sha384-
9/reFTGAW83EW2RDu2S0VKaIzap3H66lZH81PoYlFhbGU+6BZp6G7niu735Sk7lN"
crossorigin="anonymous"></script>

  <script src="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/js/bootstrap.min.js" integrity="sha384-
B4gt1jrGC7Jh4AgTPSdUtOBvfO8shuf57BaghqFfPlYxofvL8/KUEfYiJOMMV+rV" crossorigin="anonymous"></script>

</head>

<body>

  <section id="title">
```

```
<div class="container-fluid navigation">
  <nav class="navbar navbar-expand-lg navbar-light">
    <a class="navbar-brand name" href="welcome.html">MIND</a>
    <button class="navbar-toggler" type="button" data-toggle="collapse" data-target="#navbarSupportedContent"
aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
      <span class="navbar-toggler-icon"></span>
    </button>
    <div class="collapse navbar-collapse" id="navbarSupportedContent">
      <ul class="navbar-nav ml-auto">
        <li class="nav-item">
          <a class="nav-link" href="welcome.html">Welcome</a>
        </li>
        <li class="nav-item">
          <a class="nav-link" href="about-us.html">About Us</a>
        </li>
        <li class="nav-item dropdown">
          <a class="nav-link  dropdown-toggle" href="#" data-bs-toggle="dropdown">Services</a>
          <ul class="dropdown-menu">
            <li><a class="dropdown-item" href="depression.html">Depression</a></li>
            <li><a class="dropdown-item" href="loneliness.html">Loneliness</a></li>
            <li><a class="dropdown-item" href="addiction.html">Addiction</a></li>
            <li><a class="dropdown-item" href="relationship.html">Relationship</a></li>
            <li><a class="dropdown-item" href="career.html">Career Problem</a></li>
            <li><a class="dropdown-item" href="parenting.html">Parenting</a></li>
          </ul>
        </li>
        <li class="nav-item">
          <a class="nav-link" href="self-test.html">Self Test</a>
        </li>
        <li class="nav-item">
          <a class="nav-link" href="contactUs.html">Contact</a>
        </li>
      </ul>
    </div>
```

```
    </nav>
  </div>
</section>
<section id="information">
  <div id="myCarousel" class="carousel slide" data-ride="carousel">
    <ol class="carousel-indicators" id="myCarousel-indicators">
      <li data-target="#myCarousel" data-slide-to="0" class="active"></li>
      <li data-target="#myCarousel" data-slide-to="1"></li>
    </ol>
    <div class="carousel-inner">
      <div class="carousel-item active" data-bs-interval="1000" style="background-image: url(Images/photo-5.jpg);
opacity:85%; color:white; border-radius:2%">
        <h2>We know what we are, but know not what we may be.</h2>
        <em>William Shakespeare</em>
      </div>
      <div class="carousel-item" data-bs-interval="1000" style="background-image: url(Images/photo-1.jpg);
opacity:85%; color:black; border-radius:2%">
        <h2>If you look the right way, you can see that the whole world is a garden.</h2>
        <em>Frances Hodgson Burnett</em>
      </div>
    </div>
    <a class="carousel-control-prev" href="#myCarousel" role="button" data-slide="prev">
      <span class="carousel-control-prev-icon"></span>
    </a>
    <a class="carousel-control-next" href="#myCarousel" role="button" data-slide="next">
      <span class="carousel-control-next-icon"></span>
    </a>
  </div>
</section>
<section id="about-us">
  <div class="container-fluid about">
    <div class="row">
      <div class="col-lg-6">
        <img src="Images/photo-7.jpg" alt="photo-6" width="100%">
      </div>
```

```
      <div class="col-lg-6" style="padding: 4%;">
        <h2>ABOUT US</h2><br>
        <p>We are a community of likeminded individuals who have come together to create a positive
          impact in the world of mental health through collaborative efforts. We aim to take a multidimensional
          approach to address mental health and emotional wellbeing issues, and positively influence the community
          on the importance of it. This organisation is one of the leading mental health organisations working in
          India and providing mental health facilities not just in metro cities but also in remote areas of the
          country.</p>
      </div>
    </div>
  </div>
</section>
<section id="purpose">
  <div class="container-fluid">
    <h2 align="center">OUR PURPOSE</h2>
    <div class="row">
      <div class="col-lg-4 purpose-item">
        <div class="card">
          <img src="Images/aware.jpg" class="card-img-top" width="100%" height="250px">
          <div class="card-body">
            <p class="card-text">To create awareness regarding the importance of mental health and emotional well
being.</p>
          </div>
        </div>
      </div>
      <div class="col-lg-4 purpose-item">
        <div class="card">
          <img src="Images/educate.jpg" class="card-img-top" width="100%" height="250px">
          <div class="card-body">
            <p class="card-text">To advocate mental health education and suicide prevention through collaborative
efforts.</p>
          </div>
        </div>
      </div>
      <div class="col-lg-4 purpose-item">
```

```
        <div class="card">
          <img src="Images/empower.png" class="card-img-top" width="100%" height="250px">
          <div class="card-body">
            <p class="card-text">To empower communities by providing information and opportunities to seek help.</p>
          </div>
        </div>
      </div>
    </div>
  </div>
 </section>
 <section id="facility">
  <h2 align="center">OUR SERVICES</h2>
  <div class="facilities">
    <img src="Images/fac-1.jpg" class="fac-img">
    <span><b>PSYCHOTHERAPY</b></span>
    <img src="Images/fac-2.jpg" class="fac-img">
    <span><b>SUPPORT GROUPS</b></span>
    <img src="Images/fac-3.jpg" class="fac-img">
    <span><b>ONLINE COUNSELING</b></span>
    <img src="Images/fac-4.webp" class="fac-img">
    <span><b>EAP PROGRAMS</b></span>
    <img src="Images/fac-5.jpg" class="fac-img">
    <span><b>STRESS BUSTER ACTIVITES</b></span>
  </div>
 </section>
 <section id="test">
  <div class="parallax" style="background-image: url('Images/bg.jpg');">
    <h5>Want to test your mental health?</h5><br><br>
    <h3>Here Are Some Tests That Will Help You Discover Yourself</h3>
    <br><br>
    <a href="self-test.html">
      <button type="button" class="btn btn-outline-light btn-lg">SELF TEST</button>
    </a>
```

```
  </div>
</section>
<section id="therapy">
  <div class="">
    <h6 align="center">WHAT WE OFFER FOR YOU</h6>
    <h2 align="center">Therapies & Treatments</h2>
  </div>
  <div class="row">
    <div class="col-lg-4 col-md-6 t-col">
      <img src="Images/t-1.jpg" class="t-img" alt="depression" width="100%"><br><br>
      <h5>DEPRESSION</h5>
      <a href="depression.html" class="t-link">Learn More</a>
    </div>
    <div class="col-lg-4 col-md-6 t-col">
      <img src="Images/t-2.jpg" class="t-img" alt="loneliness" width="100%" height="250px"><br><br>
      <h5>LONELINESS</h5>
      <a href="loneliness.html" class="t-link">Learn More</a>
    </div>
    <div class="col-lg-4 col-md-6 t-col">
      <img src="Images/t-3.jpg" class="t-img" alt="addiction" width="100%"><br><br>
      <h5>ADDICTION</h5>
      <a href="addiction.html" class="t-link">Learn More</a>
    </div>
    <div class="col-lg-4 col-md-6 t-col">
      <img src="Images/t-4.jpg" class="t-img" alt="relationship" width="100%"><br><br>
      <h5>RELATIONSHIP</h5>
      <a href="relationship.html" class="t-link">Learn More</a>
    </div>
    <div class="col-lg-4 col-md-6 t-col">
      <img src="Images/t-5.jpg" class="t-img" alt="career" width="100%" height="250px"><br><br>
      <h5>CAREER PROBLEM / CONFUSION</h5>
      <a href="career.html" class="t-link">Learn More</a>
    </div>
    <div class="col-lg-4 col-md-6 t-col">
```

```
      <img src="Images/t-6.jpg" class="t-img" alt="parenting" width="100%"><br><br>
      <h5>PARENTING</h5>
      <a href="parenting.html" class="t-link">Learn More</a>
    </div>
  </div>
</section>
<section id="articles">
  <h2>ARTICLES FOR YOU<a href="#" class="read">READ ></a></h2>
  <div class="row">
    <div class="col-lg-4">
      <div class="card">
        <img src="Images/a-1.jpg" class="card-img-top" width="100%" height="250px">
        <div class="card-body">
          <h5 class="card-text">What Does Depression Feels Like?</h5>
          <p class="card-text">Depression is not just saddness. People experience depression in different ways. It may interfere with your daily work, resulting in lost time and lower productivity.</p>
        </div>
      </div>
    </div>
    <div class="col-lg-4">
      <div class="card">
        <img src="Images/a-2.jpg" class="card-img-top" width="100%" height="250px">
        <div class="card-body">
          <h5>How Does Counseling Help?</h5>
          <p class="card-text">Counselling is a kind of talking therapy which allows a person to discuss and talk about their problems and feelings in a safe, confidential and non-judgmental environment. </p>
        </div>
      </div>
    </div>
    <div class="col-lg-4">
      <div class="card">
        <img src="Images/a-3.jpg" class="card-img-top" width="100%" height="250px">
        <div class="card-body">
          <h5>Skills for Your Emotional Toolbox</h5>
```

```
        <p class="card-text">The idea of an ‘Emotional Toolbox’ is to develop different types of tools that will help with the struggles associated with negative emotions.</p>
        </div>
      </div>
    </div>
  </div>
 </section>
 <footer id="footer">
  <i class="social-icon fab fa-twitter"></i>
  <i class="social-icon fab fa-facebook-f"></i>
  <i class="social-icon fab fa-instagram"></i>
  <i class="social-icon fas fa-envelope"></i>
  <p>© Copyright 2021 Mind</p>
 </footer>
</body>
</html>
```

2)about-us.html

```
<!DOCTYPE html>
<html lang="en" dir="ltr">
<head>
 <meta charset="utf-8">
 <meta name="viewport" content="width=device-width, initial-scale=1">
 <title>MIND | A way to happy life</title>
 <link rel="stylesheet" href="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/css/bootstrap.min.css" integrity="sha384-JcKb8q3iqJ61gNV9KGb8thSsNjpSL0n8PARn9HuZOnIxN0hoP+VmmDGMN5t9UJ0Z" crossorigin="anonymous">
 <link rel="stylesheet" href="CSS\styles2.css">
 <script src="Javascripts\javascript1.js"></script>
 <script src="https://code.jquery.com/jquery-3.5.1.slim.min.js" integrity="sha384-DfXdz2htPH0lsSSs5nCTpuj/zy4C+OGpamoFVy38MVBnE+IbbVYUew+OrCXaRkfj" crossorigin="anonymous"></script>
 <script src="https://cdn.jsdelivr.net/npm/popper.js@1.16.1/dist/umd/popper.min.js" integrity="sha384-9/reFTGAW83EW2RDu2S0VKaIzap3H66lZH81PoYlFhbGU+6BZp6G7niu735Sk7lN" crossorigin="anonymous"></script>
 <script src="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/js/bootstrap.min.js" integrity="sha384-B4gt1jrGC7Jh4AgTPSdUtOBvfO8shuf57BaghqFfPlYxofvL8/KUEfYiJOMMV+rV" crossorigin="anonymous"></script>
</head>
<body>
```

```
<section id="title">
  <div class="container-fluid navigation">
    <nav class="navbar navbar-expand-lg navbar-light">
      <a class="navbar-brand name" href="welcome.html">MIND</a>
      <button class="navbar-toggler" type="button" data-toggle="collapse" data-target="#navbarSupportedContent"
aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
        <span class="navbar-toggler-icon"></span>
      </button>
      <div class="collapse navbar-collapse" id="navbarSupportedContent">
        <ul class="navbar-nav ml-auto">
          <li class="nav-item">
            <a class="nav-link" href="welcome.html">Welcome</a>
          </li>
          <li class="nav-item">
            <a class="nav-link" href="about-us.html">About Us</a>
          </li>
          <li class="nav-item dropdown">
            <a class="nav-link  dropdown-toggle" href="#" data-bs-toggle="dropdown">Services</a>
            <ul class="dropdown-menu">
              <li><a class="dropdown-item" href="depression.html">Depression</a></li>
              <li><a class="dropdown-item" href="loneliness.html">Loneliness</a></li>
              <li><a class="dropdown-item" href="addiction.html">Addiction</a></li>
              <li><a class="dropdown-item" href="relationship.html">Relationship</a></li>
              <li><a class="dropdown-item" href="career.html">Career Problem</a></li>
              <li><a class="dropdown-item" href="parenting.html">Parenting</a></li>
            </ul>
          </li>
          <li class="nav-item">
            <a class="nav-link" href="self-test.html">Self Test</a>
          </li>
          <li class="nav-item">
            <a class="nav-link" href="contactUs.html">Contact</a>
          </li>
        </ul>
```

```
      </div>
    </nav>
  </div>
</section>
<section id="about-us">
  <h1 align="center">ABOUT US</h1>
  <br>
  <div class="row">
    <div class="col-lg-6">
      <img src="Images\pic-1.png" alt="pic-1" width="100%">
    </div>
    <div class="col-lg-6">
      <p class="about">All our counsellors and therapists are master graduates from different countries like the United Kingdom, U.S.A, Canada, and India. Our team consists of experts highly trained and experienced in dealing with a variety of

        issues faced by individuals of all age groups. As our counsellors have studied in different nations, they very well understand the needs of people belonging to different cultural background.</p>

      <p class="about">The majority of drugs intended to treat psychological disorders are not prescribed by mental health experts, but by physicians who in 15 minutes or less dispense therapy in a bottle without trying to address the patient's

        thoughts or feelings. counsellor states, 'no medicine can heal a person if his/her innermost thoughts and feelings are not addressed properly. Therefore, it is vital to find the root cause of the problem by using psychotherapy. Moreover,

        psychotherapy is cheaper than prescription medications particularly when you consider the impact on your ability to achieve your long-term life goals.'</p>

      <p class="about"><b>We, at MIND take the responsibility of your happiness.</b></p>
    </div>
  </div>
</section>
<section id="therapy">
  <div class="">
    <h6 align="center">WHAT WE OFFER FOR YOU</h6>
    <h2 align="center">Therapies & Treatments</h2>
  </div>
  <div class="row">
    <div class="col-lg-4 col-md-6 t-col">
      <img src="Images/t-1.jpg" class="t-img" alt="depression" width="100%"><br><br>
```

```
      <h5>DEPRESSION</h5>
      <a href="depression.html" class="t-link">Learn More</a>
    </div>
    <div class="col-lg-4 col-md-6 t-col">
      <img src="Images/t-2.jpg" class="t-img" alt="loneliness" width="100%" height="250px"><br><br>
      <h5>LONELINESS</h5>
      <a href="loneliness.html" class="t-link">Learn More</a>
    </div>
    <div class="col-lg-4 col-md-6 t-col">
      <img src="Images/t-3.jpg" class="t-img" alt="addiction" width="100%"><br><br>
      <h5>ADDICTION</h5>
      <a href="addiction.html" class="t-link">Learn More</a>
    </div>
    <div class="col-lg-4 col-md-6 t-col">
      <img src="Images/t-4.jpg" class="t-img" alt="relationship" width="100%"><br><br>
      <h5>RELATIONSHIP</h5>
      <a href="relationship.html" class="t-link">Learn More</a>
    </div>
    <div class="col-lg-4 col-md-6 t-col">
      <img src="Images/t-5.jpg" class="t-img" alt="career" width="100%" height="250px"><br><br>
      <h5>CAREER PROBLEM / CONFUSION</h5>
      <a href="career.html" class="t-link">Learn More</a>
    </div>
    <div class="col-lg-4 col-md-6 t-col">
      <img src="Images/t-6.jpg" class="t-img" alt="parenting" width="100%"><br><br>
      <h5>PARENTING</h5>
      <a href="parenting.html" class="t-link">Learn More</a>
    </div>
  </div>
</section>
<section id="trust">
  <div class="">
    <h6 align="center">WHY PEOPLE TRUST US</h6>
    <h2 align="center">People Trust Us</h2>
```

```
    <br>
    <p align="center" class="about">We understand each client is an individual carrying its unique weaknesses and strengths. Therefore each client should be given unique therapy through which they can overcome their life problems and reach their
      highest potential. Unlike other mental health organisations where same therapy is given to every client; We at MIND provide client centred therapies only</p>
  </div>
 </section>
 <section id="contact">
  <div class="parallax" style="background-image: url('Images/bg-1.jpg');">
    <h2>Get a Consultation Right Now! Call: <b>+91 99999 99999</b></h2><br><br>
    <p>WE ARE A GROUP OF PROFESSIONAL AND EXPERIENCED PSYCHOLOGISTS</p>
    <br><br>
    <a href="contactUs.html">
      <button type="button" class="btn btn-outline-light btn-lg">MAKE AN APPOINTMENT</button>
    </a>
  </div>
 </section>
 <footer id="footer">
  <i class="social-icon fab fa-twitter"></i>
  <i class="social-icon fab fa-facebook-f"></i>
  <i class="social-icon fab fa-instagram"></i>
  <i class="social-icon fas fa-envelope"></i>
  <p>© Copyright 2021 Mind</p>
 </footer>
</body>
</html>
```

3)depression.html

```
<!DOCTYPE html>
<html lang="en" dir="ltr">
<head>
 <meta charset="utf-8">
 <meta name="viewport" content="width=device-width, initial-scale=1">
 <title>MIND | A way to happy life</title>
```

```
  <link rel="stylesheet" href="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/css/bootstrap.min.css"
integrity="sha384-JcKb8q3iqJ61gNV9KGb8thSsNjpSL0n8PARn9HuZOnIxN0hoP+VmmDGMN5t9UJ0Z"
crossorigin="anonymous">

  <link rel="stylesheet" href="CSS\styles3.css">

  <script src="Javascripts\javascript1.js"></script>

  <script src="https://code.jquery.com/jquery-3.5.1.slim.min.js" integrity="sha384-
DfXdz2htPH0lsSSs5nCTpuj/zy4C+OGpamoFVy38MVBnE+IbbVYUew+OrCXaRkfj" crossorigin="anonymous"></script>

  <script src="https://cdn.jsdelivr.net/npm/popper.js@1.16.1/dist/umd/popper.min.js" integrity="sha384-
9/reFTGAW83EW2RDu2S0VKaIzap3H66lZH81PoYlFhbGU+6BZp6G7niu735Sk7lN"
crossorigin="anonymous"></script>

  <script src="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/js/bootstrap.min.js" integrity="sha384-
B4gt1jrGC7Jh4AgTPSdUtOBvfO8shuf57BaghqFfPlYxofvL8/KUEfYiJOMMV+rV" crossorigin="anonymous"></script>

</head>

<body>

  <section id="title">

    <div class="container-fluid navigation">

      <nav class="navbar navbar-expand-lg navbar-light">

        <a class="navbar-brand name" href="welcome.html">MIND</a>

        <button class="navbar-toggler" type="button" data-toggle="collapse" data-target="#navbarSupportedContent"
aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">

          <span class="navbar-toggler-icon"></span>

        </button>

        <div class="collapse navbar-collapse" id="navbarSupportedContent">

          <ul class="navbar-nav ml-auto">

            <li class="nav-item">

              <a class="nav-link" href="welcome.html">Welcome</a>

            </li>

            <li class="nav-item">

              <a class="nav-link" href="about-us.html">About Us</a>

            </li>

            <li class="nav-item dropdown">

              <a class="nav-link  dropdown-toggle" href="#" data-bs-toggle="dropdown">Services</a>

              <ul class="dropdown-menu">

                <li><a class="dropdown-item" href="depression.html">Depression</a></li>

                <li><a class="dropdown-item" href="loneliness.html">Loneliness</a></li>

                <li><a class="dropdown-item" href="addiction.html">Addiction</a></li>

                <li><a class="dropdown-item" href="relationship.html">Relationship</a></li>
```

```
            <li><a class="dropdown-item" href="career.html">Career Problem</a></li>
            <li><a class="dropdown-item" href="parenting.html">Parenting</a></li>
          </ul>
        </li>
        <li class="nav-item">
          <a class="nav-link" href="self-test.html">Self Test</a>
        </li>
        <li class="nav-item">
          <a class="nav-link" href="#">Contact</a>
        </li>
      </ul>
    </div>
  </nav>
 </div>
</section>
<section id="about">
 <h1 align="center">DEPRESSION</h1>
 <br>
 <img src="Images\t-1.jpg" alt="depression" width="100%">
 <br><br>
 <p>Do you feel sad all the time? Have you lost interest in activities that you used to enjoy? Has it started to interfere in your daily activities? Do you feel your life is meaningless?</p>
 <p>These might be signs of depression. Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act (American Psychological Association).</p>
 <p>According to World Health Organisation, more than 300 million people were suffering from depression worldwide in 2015, which is equivalent to 4.4% of the World's total population. Depression is one of the most widespread mental health
   disorders . Unfortunately, it is largely undiagnosed and seldom treated.</p>
 <p>A research estimates that 1 in 5 individuals living will experience some kind of depression during their lifetime. In a country of 127 million people, nearly one in four people have considered committing suicide due to either depression or
   anxiety or both.</p>
 <br>
 <h4>SYMPTOMS</h4>
 <p>Depression can be defined as persistent sadness for weeks or months, rather than just a few days. It is being more than simply unhappy or fed up for a few days. Some of the common symptoms of depression are:</p>
```

<ul>

<li>

Feelings of helplessness and hopelessness – A bleak outlook—nothing will ever get better and there’s nothing you can do to improve your situation.

</li>

<li>

Loss of interest in daily activities You don’t care anymore about former hobbies, pastimes or social activities. You’ve lost your ability to feel joy and pleasure.

</li>

<li>

Appetite or weight changes. Significant weight loss or weight gain—a change of more than 5% of body weight in a month.

</li>

<li>

Sleep changes. Either insomnia, especially waking in the early hours of the morning, or oversleeping.

</li>

<li>

Anger or irritability. Feeling agitated, restless, or even violent. Your tolerance level is low, your temper short, and everything and everyone gets on your nerves.

</li>

<li>

Loss of energy. Feeling fatigued, sluggish, and physically drained. Your whole body may feel heavy, and even small tasks are exhausting or take longer to complete.

</li>

<li>

Self-loathing. Strong feelings of worthlessness or guilt. You harshly criticize yourself for perceived faults and mistakes.

</li>

<li>

Reckless behavior. You engage in escapist behavior such as substance abuse, compulsive gambling, reckless driving, or dangerous sports.

</li>

<li>

Concentration problems. Trouble focusing, making decisions, or remembering things.

</li>

<li>

```
      <p><b>Unexplained aches and pains.</b> An increase in physical complaints such as headaches, back pain, aching muscles, and stomach pain.</p>
     </li>
    </ul>
    <br>
    <p>Some people think depression is petty and not a genuine health condition. They are wrong – it is a real illness with real symptoms. Depression is not a sign of weakness or something you can "snap out of" by "pulling yourself together".</p>
    <p>The good news is that with the right treatment and support, most people with depression can make a full recovery. Here, at Lyfsmile we provide you with best counselling (Cognitive Behavioural therapy) along with some spiritual practices that
     can help overcome depression and lead a more meaningful life.</p>
  </section>
  <section id="contact">
    <div class="parallax" style="background-image: url('Images/bg-1.jpg');">
     <h2>Get a Consultation Right Now! Call: <b>+91 99999 99999</b></h2><br><br>
     <p>WE ARE A GROUP OF PROFESSIONAL AND EXPERIENCED PSYCHOLOGISTS</p>
     <br><br>
     <a href="contactUs.html">
      <button type="button" class="btn btn-outline-light btn-lg">MAKE AN APPOINTMENT</button>
     </a>
    </div>
  </section>
  <footer id="footer">
    <i class="social-icon fab fa-twitter"></i>
    <i class="social-icon fab fa-facebook-f"></i>
    <i class="social-icon fab fa-instagram"></i>
    <i class="social-icon fas fa-envelope"></i>
    <p>© Copyright 2021 Mind</p>
  </footer>
</body>
</html>
```

4)loneliness.html

```
<!DOCTYPE html>
<html lang="en" dir="ltr">
<head>
```

```
  <meta charset="utf-8">

  <meta name="viewport" content="width=device-width, initial-scale=1">

  <title>MIND | A way to happy life</title>

  <link rel="stylesheet" href="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/css/bootstrap.min.css"
integrity="sha384-JcKb8q3iqJ61gNV9KGb8thSsNjpSL0n8PARn9HuZOnIxN0hoP+VmmDGMN5t9UJ0Z"
crossorigin="anonymous">

  <link rel="stylesheet" href="CSS\styles3.css">

  <script src="Javascripts\javascript1.js"></script>

  <script src="https://code.jquery.com/jquery-3.5.1.slim.min.js" integrity="sha384-
DfXdz2htPH0lsSSs5nCTpuj/zy4C+OGpamoFVy38MVBnE+IbbVYUew+OrCXaRkfj" crossorigin="anonymous"></script>

  <script src="https://cdn.jsdelivr.net/npm/popper.js@1.16.1/dist/umd/popper.min.js" integrity="sha384-
9/reFTGAW83EW2RDu2S0VKaIzap3H66lZH81PoYlFhbGU+6BZp6G7niu735Sk7lN"
crossorigin="anonymous"></script>

  <script src="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/js/bootstrap.min.js" integrity="sha384-
B4gt1jrGC7Jh4AgTPSdUtOBvfO8shuf57BaghqFfPlYxofvL8/KUEfYiJOMMV+rV" crossorigin="anonymous"></script>

</head>

<body>

  <section id="title">

    <div class="container-fluid navigation">

      <nav class="navbar navbar-expand-lg navbar-light">

        <a class="navbar-brand name" href="welcome.html">MIND</a>

        <button class="navbar-toggler" type="button" data-toggle="collapse" data-target="#navbarSupportedContent"
aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">

          <span class="navbar-toggler-icon"></span>

        </button>

        <div class="collapse navbar-collapse" id="navbarSupportedContent">

          <ul class="navbar-nav ml-auto">

            <li class="nav-item">

              <a class="nav-link" href="welcome.html">Welcome</a>

            </li>

            <li class="nav-item">

              <a class="nav-link" href="about-us.html">About Us</a>

            </li>

            <li class="nav-item dropdown">

              <a class="nav-link  dropdown-toggle" href="#" data-bs-toggle="dropdown">Services</a>

              <ul class="dropdown-menu">

                <li><a class="dropdown-item" href="depression.html">Depression</a></li>
```

```
            <li><a class="dropdown-item" href="loneliness.html">Loneliness</a></li>
            <li><a class="dropdown-item" href="addiction.html">Addiction</a></li>
            <li><a class="dropdown-item" href="relationship.html">Relationship</a></li>
            <li><a class="dropdown-item" href="career.html">Career Problem</a></li>
            <li><a class="dropdown-item" href="parenting.html">Parenting</a></li>
          </ul>
        </li>
        <li class="nav-item">
          <a class="nav-link" href="self-test.html">Self Test</a>
        </li>
        <li class="nav-item">
          <a class="nav-link" href="#">Contact</a>
        </li>
      </ul>
    </div>
  </nav>
 </div>
</section>
<section id="about">
 <h1 align="center">LONELINESS</h1>
 <br>
 <img src="Images\t-2-1.jpg" alt="depression" width="100%">
 <br><br>
 <h3>Felling Lonely</h3>
 <p>Most people feel lonely sometimes, for many different reasons. If loneliness is affecting your life, there are things you can try that may help. Support is also available if you're finding it hard to cope with stress, anxiety or depression.
 </p>
 <br>
 <h4>Causes of loneliness</h4>
 <p>Loneliness has many different causes and it can affect people of all ages. It's often linked with things that could prevent you spending time with other people, such as:</p>
 <ul>
  <li>
   <p>Living or working alone</p>
```

```
    </li>
    <li>
      <p>Retirement</p>
    </li>
    <li>
      <p>Illness or disability</p>
    </li>
    <li>
      <p>Bereavement (losing someone or something)</p>
    </li>
    <li>
      <p>Moving to a new area, job, school or university</p>
    </li>
    <li>
      <p>Social Anxiety (Social Phobia)</p>
    </li>
  </ul>
  <br>
  <p>However, you do not have to be on your own all the time to feel lonely. Many people feel lonely in a relationship or while spending time with friends or family. Other significant life events such as buying a house, having a baby or planning a

    wedding could also lead to feelings of loneliness.</p>
  <p>You might find it hard to explain to people why you feel this way, but talking to someone could help you find a solution. Try talking about your feelings to a friend, family member, health professional or counsellor.</p>
 </section>
 <section id="contact">
  <div class="parallax" style="background-image: url('Images/bg-1.jpg');">
    <h2>Get a Consultation Right Now! Call: <b>+91 99999 99999</b></h2><br><br>
    <p>WE ARE A GROUP OF PROFESSIONAL AND EXPERIENCED PSYCHOLOGISTS</p>
    <br><br>
    <a href="contactUs.html">
      <button type="button" class="btn btn-outline-light btn-lg">MAKE AN APPOINTMENT</button>
    </a>
  </div>
 </section>
```

```
  <footer id="footer">
    <i class="social-icon fab fa-twitter"></i>
    <i class="social-icon fab fa-facebook-f"></i>
    <i class="social-icon fab fa-instagram"></i>
    <i class="social-icon fas fa-envelope"></i>
    <p>© Copyright 2021 Mind</p>
  </footer>
</body>
</html>
```

5)addiction.html

```
<!DOCTYPE html>
<html lang="en" dir="ltr">
<head>
  <meta charset="utf-8">
  <meta name="viewport" content="width=device-width, initial-scale=1">
  <title>MIND | A way to happy life</title>
  <link rel="stylesheet" href="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/css/bootstrap.min.css"
integrity="sha384-JcKb8q3iqJ61gNV9KGb8thSsNjpSL0n8PARn9HuZOnIxN0hoP+VmmDGMN5t9UJ0Z"
crossorigin="anonymous">
  <link rel="stylesheet" href="CSS\styles3.css">
  <script src="Javascripts\javascript1.js"></script>
  <script src="https://code.jquery.com/jquery-3.5.1.slim.min.js" integrity="sha384-
DfXdz2htPH0lsSSs5nCTpuj/zy4C+OGpamoFVy38MVBnE+IbbVYUew+OrCXaRkfj" crossorigin="anonymous"></script>
  <script src="https://cdn.jsdelivr.net/npm/popper.js@1.16.1/dist/umd/popper.min.js" integrity="sha384-
9/reFTGAW83EW2RDu2S0VKaIzap3H66lZH81PoYlFhbGU+6BZp6G7niu735Sk7lN"
crossorigin="anonymous"></script>
  <script src="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/js/bootstrap.min.js" integrity="sha384-
B4gt1jrGC7Jh4AgTPSdUtOBvfO8shuf57BaghqFfPlYxofvL8/KUEfYiJOMMV+rV" crossorigin="anonymous"></script>
</head>
<body>
  <section id="title">
    <div class="container-fluid navigation">
      <nav class="navbar navbar-expand-lg navbar-light">
        <a class="navbar-brand name" href="welcome.html">MIND</a>
        <button class="navbar-toggler" type="button" data-toggle="collapse" data-target="#navbarSupportedContent"
aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
          <span class="navbar-toggler-icon"></span>
```

```
      </button>
      <div class="collapse navbar-collapse" id="navbarSupportedContent">
        <ul class="navbar-nav ml-auto">
          <li class="nav-item">
            <a class="nav-link" href="welcome.html">Welcome</a>
          </li>
          <li class="nav-item">
            <a class="nav-link" href="about-us.html">About Us</a>
          </li>
          <li class="nav-item dropdown">
            <a class="nav-link  dropdown-toggle" href="#" data-bs-toggle="dropdown">Services</a>
            <ul class="dropdown-menu">
              <li><a class="dropdown-item" href="depression.html">Depression</a></li>
              <li><a class="dropdown-item" href="loneliness.html">Loneliness</a></li>
              <li><a class="dropdown-item" href="addiction.html">Addiction</a></li>
              <li><a class="dropdown-item" href="relationship.html">Relationship</a></li>
              <li><a class="dropdown-item" href="career.html">Career Problem</a></li>
              <li><a class="dropdown-item" href="parenting.html">Parenting</a></li>
            </ul>
          </li>
          <li class="nav-item">
            <a class="nav-link" href="#">Contact</a>
          </li>
        </ul>
      </div>
    </nav>
  </div>
</section>
<section id="about">
  <h1 align="center">ADDICTION</h1>
  <br>
  <img src="Images\addiction.jpg" alt="addiction" width="100%">
  <br><br>
```

If cocaine is damaging your relationships, work, money situation or health, you can get help to stop on the lyfsmile. You do not have to be taking cocaine, or crack cocaine, every day to be addicted to it. A sign of addiction is that you've

tried to cut down or stop but are unable to. There are effective treatments available to help you stop. Which treatments work for cocaine addiction?

These might be signs of cocaine addiction.Cocaine addiction is a common and serious medical illness that negatively affects both physical and mental health of an individual.

The use of cocaine creates euphoria and high amounts of energy. If taken in large doses, it is possible to cause mood swings, paranoia, insomnia, psychosis, high blood pressure, a fast heart rate, panic attacks, cognitive impairments and

drastic changes in personality. Cocaine overdose may result in cardiovascular and brain damage, such as: constricting blood vessels in the brain, causing strokes and constricting arteries in the heart; causing heart attacks.

The Diagnostic and Statistical Manual of Mental Disorders (5th ed., abbreviated DSM-5), classifies problematic cocaine use as a "Stimulant use disorder". The International Classification of Diseases (11th rev., abbreviated ICD-11), includes

"Cocaine dependence" as a classification (diagnosis) under "Disorders due to use of cocaine".

<h4>SIGNS AND WITHDRAWAL SYMPTOMS OF COCAINE</h4>

Cocaine is a powerful stimulant known to make users feel energetic, cheerful, talkative, etc. In time, negative side effects adversely affect the health of the individual.About 30–40% of individuals with cocaine dependence will turn to other

substances such as medication and alcohol after giving up cocaine.Some of the common symptoms of cocaine addiction are:

<ul>

<li>

Paranoia

</li>

<li>

Depression

</li>

<li>

Exhaustion

</li>

<li>

Sleep changes.

</li>

<li>

Anger or irritability.

```
    </li>
    <li>
      <p><b>Anxiety</b></p>
    </li>
    <li>
      <p><b>Insomnia</b></p>
    </li>
    <li>
      <p><b>Reckless behavior.</b></p>
    </li>
    <li>
      <p><b>Concentration problems.</b></p>
    </li>
    <li>
      <p><b>Nausea and vomiting</b></p>
    </li>
  </ul>
  <br>
  <p>Some people think addiction is petty and not a genuine health condition. They are wrong – it is a real illness with real symptoms. Addiction is not a sign of weakness or something you can "snap out of" by "pulling yourself together".</p>
  <p>The good news is that with the right treatment and support, most people with addiction can make a full recovery. Here, at Lyfsmile we provide you with best counselling (Cognitive Behavioural therapy) along with some spiritual practices that
    can help overcome depression and lead a more meaningful life.</p>
 </section>
 <section id="contact">
  <div class="parallax" style="background-image: url('Images/bg-1.jpg');">
    <h2>Get a Consultation Right Now! Call: <b>+91 99999 99999</b></h2><br><br>
    <p>WE ARE A GROUP OF PROFESSIONAL AND EXPERIENCED PSYCHOLOGISTS</p>
    <br><br>
      <a href="contactUs.html">
        <button type="button" class="btn btn-outline-light btn-lg">MAKE AN APPOINTMENT</button>
      </a>
  </div>
 </section>
```

```
  <footer id="footer">
    <i class="social-icon fab fa-twitter"></i>
    <i class="social-icon fab fa-facebook-f"></i>
    <i class="social-icon fab fa-instagram"></i>
    <i class="social-icon fas fa-envelope"></i>
    <p>© Copyright 2021 Mind</p>
  </footer>
</body>
</html>
```

6)relationship.html

```
<!DOCTYPE html>
<html lang="en" dir="ltr">
<head>
  <meta charset="utf-8">
  <meta name="viewport" content="width=device-width, initial-scale=1">
  <title>MIND | A way to happy life</title>
  <link rel="stylesheet" href="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/css/bootstrap.min.css"
integrity="sha384-JcKb8q3iqJ61gNV9KGb8thSsNjpSL0n8PARn9HuZOnIxN0hoP+VmmDGMN5t9UJ0Z"
crossorigin="anonymous">
  <link rel="stylesheet" href="CSS\styles3.css">
  <script src="Javascripts\javascript1.js"></script>
  <script src="https://code.jquery.com/jquery-3.5.1.slim.min.js" integrity="sha384-
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9/reFTGAW83EW2RDu2S0VKaIzap3H66lZH81PoYlFhbGU+6BZp6G7niu735Sk7lN"
crossorigin="anonymous"></script>
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</head>
<body>
  <section id="title">
    <div class="container-fluid navigation">
      <nav class="navbar navbar-expand-lg navbar-light">
        <a class="navbar-brand name" href="welcome.html">MIND</a>
        <button class="navbar-toggler" type="button" data-toggle="collapse" data-target="#navbarSupportedContent"
aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
          <span class="navbar-toggler-icon"></span>
```

```
      </button>
      <div class="collapse navbar-collapse" id="navbarSupportedContent">
        <ul class="navbar-nav ml-auto">
          <li class="nav-item">
            <a class="nav-link" href="welcome.html">Welcome</a>
          </li>
          <li class="nav-item">
            <a class="nav-link" href="about-us.html">About Us</a>
          </li>
          <li class="nav-item dropdown">
            <a class="nav-link  dropdown-toggle" href="#" data-bs-toggle="dropdown">Services</a>
            <ul class="dropdown-menu">
              <li><a class="dropdown-item" href="depression.html">Depression</a></li>
              <li><a class="dropdown-item" href="loneliness.html">Loneliness</a></li>
              <li><a class="dropdown-item" href="addiction.html">Addiction</a></li>
              <li><a class="dropdown-item" href="relationship.html">Relationship</a></li>
              <li><a class="dropdown-item" href="career.html">Career Problem</a></li>
              <li><a class="dropdown-item" href="parenting.html">Parenting</a></li>
            </ul>
          </li>
          <li class="nav-item">
            <a class="nav-link" href="contactUs.html">Contact</a>
          </li>
        </ul>
      </div>
    </nav>
  </div>
</section>
<section id="about">
  <h1 align="center">RELATIONSHIP</h1>
  <br>
  <img src="Images\relationship.jpg" alt="relationship" width="100%">
  <br><br>
  <p>Love is one of the most profound emotions known to human beings.</p>
```

While need for human connection appears to be innate, the ability to form healthy, loving relationships is learned. Some evidence suggests that the ability to form a stable relationship starts to form in infancy, in a child's earliest

experiences with a caregiver who reliably meets the infant's needs for food, care, warmth, protection, stimulation, and social contact. Such relationships are not destiny, but they are theorized to establish deeply ingrained patterns of

relating to others. The end of a relationship, however, is often a source of great psychological anguish.

The Diagnostic and Statistical Manual of Mental Disorders (5th ed., abbreviated DSM-5), classifies problematic cocaine use as a "Stimulant use disorder". The International Classification of Diseases (11th rev., abbreviated ICD-11), includes

"Cocaine dependence" as a classification (diagnosis) under "Disorders due to use of cocaine".

<h4>PROBLEMS OBSERVED IN A RELATIONSHIP</h4>

Problems are mainly related to relationship with spouse, parents, children and friends. Some of these problems can be:

<ul>

<li>

Domestic violence by family members

</li>

<li>

Lack of trust in spouse/intimate partner

</li>

<li>

Intimate partner violence

</li>

<li>

Partner cheating on you

</li>

<li>

Having divorce/separation

</li>

<li>

Alcoholic spouse/partner

</li>

<li>

Abusive parents/children

</li>

<li>

Divoce of parents affect the relationship of parents and children

</li>

</ul>

<h4>PROCESS OF FINDING THE CRUX OF THE PROBLEM AND TRY TO SOLVE THE PROBLEM THROUGH A CERTAIN STEPS.</h4>

Problems are mainly related to relationship with spouse, parents, children and friends. Some of these problems can be:

<ul>

<li>

Session Structure History Taking-To understand since when the conflicts have been there, and who all are involved in it.

</li>

<li>

What is the conflict?-Hearing out the concern from one or both the persons to understand how a situation or circumstance has impacted him/her/them.

</li>

<li>

The impact of conflicts-To understand what is the intensity of these conflicts and how is it impacting them personally and their relationship.

</li>

<li>

Knowing Expectations-To understand the client’s expectations and those of other people involved in it.

</li>

<li>

Taking on a Neutral Perspective-To look at the situation from an emotional and Practical point of understanding

</li>

<li>

Choose the Path-The counsellor helps you identify the dysfunctional patterns that you were practicing that lead to problems.

</li>

<li>

Reflecting & Implementing On the Session-The self-work is quite important, as the individuals need to implement the understanding and insights by themselves.

```
    </li>
    <li>
      <p><b>Follow up</b>-The follow-ups are required to see how the person is doing post therapy. It allows tabbing the progress and preventing relapse if any.</p>
    </li>
  </ul>
  <br>
  <p>Effective dealing of thoughts and emotions is our main motto.</p>
  <p>Most of the people think that relationship problems can never be solved and only time can heal theose problems.But relationship problems can be solved by a simple initiative by the suffering one. Here, we provide you with best counselling
    (Cognitive Behavioural therapy) along with some spiritual practices that can help overcome depression and lead a more meaningful life.</p>
 </section>
 <section id="contact">
  <div class="parallax" style="background-image: url('Images/bg-1.jpg');">
    <h2>Get a Consultation Right Now! Call: <b>+91 99999 99999</b></h2><br><br>
    <p>WE ARE A GROUP OF PROFESSIONAL AND EXPERIENCED PSYCHOLOGISTS</p>
    <br><br>
    <a href="contactUs.html">
      <button type="button" class="btn btn-outline-light btn-lg">MAKE AN APPOINTMENT</button>
    </a>
  </div>
 </section>
 <footer id="footer">
  <i class="social-icon fab fa-twitter"></i>
  <i class="social-icon fab fa-facebook-f"></i>
  <i class="social-icon fab fa-instagram"></i>
  <i class="social-icon fas fa-envelope"></i>
  <p>© Copyright 2021 Mind</p>
 </footer>
</body>
</html>
```

7)career.html

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<!DOCTYPE html>
```

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<html lang="en" dir="ltr">
<head>
  <meta charset="utf-8">
  <meta name="viewport" content="width=device-width, initial-scale=1">
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  <link rel="stylesheet" href="CSS\styles3.css">
  <script src="Javascripts\javascript1.js"></script>
  <script src="https://code.jquery.com/jquery-3.5.1.slim.min.js" integrity="sha384-DfXdz2htPH0lsSSs5nCTpuj/zy4C+OGpamoFVy38MVBnE+IbbVYUew+OrCXaRkfj" crossorigin="anonymous"></script>
  <script src="https://cdn.jsdelivr.net/npm/popper.js@1.16.1/dist/umd/popper.min.js" integrity="sha384-9/reFTGAW83EW2RDu2S0VKaIzap3H66lZH81PoYlFhbGU+6BZp6G7niu735Sk7lN" crossorigin="anonymous"></script>
  <script src="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/js/bootstrap.min.js" integrity="sha384-B4gt1jrGC7Jh4AgTPSdUtOBvfO8shuf57BaghqFfPlYxofvL8/KUEfYiJOMMV+rV" crossorigin="anonymous"></script>
</head>
<body>
  <section id="title">
    <div class="container-fluid navigation">
      <nav class="navbar navbar-expand-lg navbar-light">
        <a class="navbar-brand name" href="welcome.html">MIND</a>
        <button class="navbar-toggler" type="button" data-toggle="collapse" data-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
          <span class="navbar-toggler-icon"></span>
        </button>
        <div class="collapse navbar-collapse" id="navbarSupportedContent">
          <ul class="navbar-nav ml-auto">
            <li class="nav-item">
              <a class="nav-link" href="welcome.html">Welcome</a>
            </li>
            <li class="nav-item">
              <a class="nav-link" href="about-us.html">About Us</a>
            </li>
            <li class="nav-item dropdown">
              <a class="nav-link  dropdown-toggle" href="#" data-bs-toggle="dropdown">Services</a>
```

```
            <ul class="dropdown-menu">
              <li><a class="dropdown-item" href="depression.html">Depression</a></li>
              <li><a class="dropdown-item" href="loneliness.html">Loneliness</a></li>
              <li><a class="dropdown-item" href="addiction.html">Addiction</a></li>
              <li><a class="dropdown-item" href="relationship.html">Relationship</a></li>
              <li><a class="dropdown-item" href="career.html">Career Problem</a></li>
              <li><a class="dropdown-item" href="parenting.html">Parenting</a></li>
            </ul>
          </li>
          <li class="nav-item">
            <a class="nav-link" href="self-test.html">Self Test</a>
          </li>
          <li class="nav-item">
            <a class="nav-link" href="#">Contact</a>
          </li>
        </ul>
      </div>
    </nav>
  </div>
 </section>
 <section id="about">
  <h1 align="center">CAREER PROBLEM / CONFUSION</h1>
  <br>
  <img src="Images\t-5.jpg" alt="confusion" width="100%">
  <br><br>
  <h4>There Are Only 4 Types of Career Problems</h4>
  <p>No matter how complex the circumstances were surrounding a particular career problem, it still boiled down to one of these four major challenges.</p>
  <ul>
    <li>
      <p><b>Career setback</b><br>You've been fired, laid off, demoted, put on a performance plan, or are experiencing a stretch of unemployment.</p>
    </li>
    <li>
```

No career direction.
You have a job, maybe you've had several jobs, but each one has you feeling underutilized, uninspired, and unappreciated. Unfortunately, you can't seem to find something that brings you satisfaction. You've

learned what you don't want in a job, but you have no idea (or confidence in) how to choose what you should do next.

</li>

<li>

Desire to change direction
You've been in a career for a while, and you think it's time to change professions. You want to break into a new industry, or use a different skill set, but can't figure out how. And you aren't in a

position to start completely over.

</li>

<li>

Anxious to accelerate.
You have a job you like and a career path in view, but you aren't moving forward at the rate you want. You're struggling to navigate the path to getting more of what you desire--and you're getting

impatient.

</li>

</ul>

Too many people are failing to fix their career problems because they've convinced themselves their situation is too complex. Why? They tried fixing it on their own but failed. Try talking to health professional or counsellor.

</section>

<section id="contact">

<h2>Get a Consultation Right Now! Call: +91 99999 99999</h2>

WE ARE A GROUP OF PROFESSIONAL AND EXPERIENCED PSYCHOLOGISTS

<a href="contactUs.html">

<button type="button" class="btn btn-outline-light btn-lg">MAKE AN APPOINTMENT</button>

</a>

</section>

<footer id="footer">

```
    <i class="social-icon fas fa-envelope"></i>
    <p>© Copyright 2021 Mind</p>
  </footer>
</body>
</html>
```

8)parenting.html

```
<!DOCTYPE html>
<html lang="en" dir="ltr">
<head>
  <meta charset="utf-8">
  <meta name="viewport" content="width=device-width, initial-scale=1">
  <title>MIND | A way to happy life</title>
  <link rel="stylesheet" href="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/css/bootstrap.min.css" integrity="sha384-JcKb8q3iqJ61gNV9KGb8thSsNjpSL0n8PARn9HuZOnIxN0hoP+VmmDGMN5t9UJ0Z" crossorigin="anonymous">
  <link rel="stylesheet" href="CSS\styles3.css">
  <script src="Javascripts\javascript1.js"></script>
  <script src="https://code.jquery.com/jquery-3.5.1.slim.min.js" integrity="sha384-DfXdz2htPH0lsSSs5nCTpuj/zy4C+OGpamoFVy38MVBnE+IbbVYUew+OrCXaRkfj" crossorigin="anonymous"></script>
  <script src="https://cdn.jsdelivr.net/npm/popper.js@1.16.1/dist/umd/popper.min.js" integrity="sha384-9/reFTGAW83EW2RDu2S0VKaIzap3H66lZH81PoYlFhbGU+6BZp6G7niu735Sk7lN" crossorigin="anonymous"></script>
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</head>
<body>
  <section id="title">
    <div class="container-fluid navigation">
      <nav class="navbar navbar-expand-lg navbar-light">
        <a class="navbar-brand name" href="welcome.html">MIND</a>
        <button class="navbar-toggler" type="button" data-toggle="collapse" data-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
          <span class="navbar-toggler-icon"></span>
```
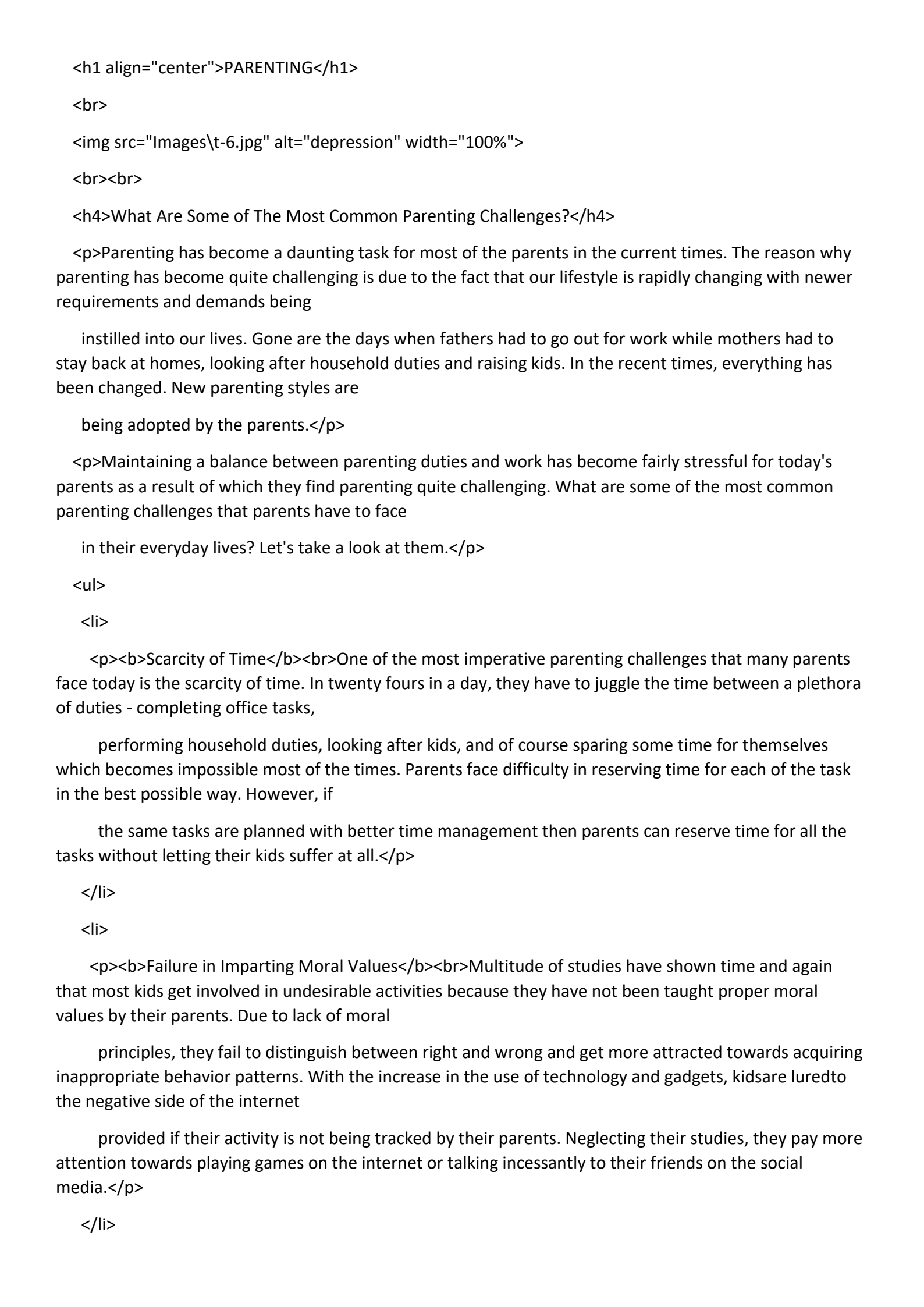

```
      </button>
      <div class="collapse navbar-collapse" id="navbarSupportedContent">
        <ul class="navbar-nav ml-auto">
          <li class="nav-item">
            <a class="nav-link" href="welcome.html">Welcome</a>
          </li>
          <li class="nav-item">
            <a class="nav-link" href="about-us.html">About Us</a>
          </li>
          <li class="nav-item dropdown">
            <a class="nav-link  dropdown-toggle" href="#" data-bs-toggle="dropdown">Services</a>
            <ul class="dropdown-menu">
              <li><a class="dropdown-item" href="depression.html">Depression</a></li>
              <li><a class="dropdown-item" href="loneliness.html">Loneliness</a></li>
              <li><a class="dropdown-item" href="addiction.html">Addiction</a></li>
              <li><a class="dropdown-item" href="relationship.html">Relationship</a></li>
              <li><a class="dropdown-item" href="career.html">Career Problem</a></li>
              <li><a class="dropdown-item" href="parenting.html">Parenting</a></li>
            </ul>
          </li>
          <li class="nav-item">
            <a class="nav-link" href="self-test.html">Self Test</a>
          </li>
          <li class="nav-item">
            <a class="nav-link" href="#">Contact</a>
          </li>
        </ul>
      </div>
    </nav>
  </div>
</section>
<section id="about">
```

<h1 align="center">PARENTING</h1>



<h4>What Are Some of The Most Common Parenting Challenges?</h4>

Parenting has become a daunting task for most of the parents in the current times. The reason why parenting has become quite challenging is due to the fact that our lifestyle is rapidly changing with newer requirements and demands being

instilled into our lives. Gone are the days when fathers had to go out for work while mothers had to stay back at homes, looking after household duties and raising kids. In the recent times, everything has been changed. New parenting styles are

being adopted by the parents.

Maintaining a balance between parenting duties and work has become fairly stressful for today's parents as a result of which they find parenting quite challenging. What are some of the most common parenting challenges that parents have to face

in their everyday lives? Let's take a look at them.

<ul>

<li>

Scarcity of Time
One of the most imperative parenting challenges that many parents face today is the scarcity of time. In twenty fours in a day, they have to juggle the time between a plethora of duties - completing office tasks,

performing household duties, looking after kids, and of course sparing some time for themselves which becomes impossible most of the times. Parents face difficulty in reserving time for each of the task in the best possible way. However, if

the same tasks are planned with better time management then parents can reserve time for all the tasks without letting their kids suffer at all.

</li>

<li>

Failure in Imparting Moral Values
Multitude of studies have shown time and again that most kids get involved in undesirable activities because they have not been taught proper moral values by their parents. Due to lack of moral

principles, they fail to distinguish between right and wrong and get more attracted towards acquiring inappropriate behavior patterns. With the increase in the use of technology and gadgets, kidsare luredto the negative side of the internet

provided if their activity is not being tracked by their parents. Neglecting their studies, they pay more attention towards playing games on the internet or talking incessantly to their friends on the social media.

</li>

```
    <li>
      <p><b>Imbalanced life</b><br>Another challenge modern parenting suffers from these days is imbalanced life. It's a fact that we cannot ignore our essential duties of life that involve house, office, kids, and other personal requirements.
        While creating an equilibrium amongst these tasks can be crucial, if they're not handled well, then you may definitely go down the drain. Parents who fail to maintain a balance between all of these requirements may have to witness a highly
        imbalanced life. In order to balance your imbalanced life and become effective parents, they have to preplan the ways of performing the essential life duties.</p>
    </li>
    <li>
      <p><b>Lack of Emotional Bonding</b><br>The lack of emotional bonding is also one of the parenting challenges that parents come across quite often. By not spending enough time with their children they might not be able to create an emotional
        bonding with them as a result kids hesitate opening up to their parents, refraining from sharing their troubles with their parents and seek attention from their peers instead. Knowing and understanding the feelings as well as emotions is
        quite essential in creating an emotional bond between two parties. When the bond between parents and kids is not there or its broken, kids usually go astray, living in their fantasy world.</p>
    </li>
  </ul>
  <br>
 </section>
 <section id="contact">
  <div class="parallax" style="background-image: url('Images/bg-1.jpg');">
    <h2>Get a Consultation Right Now! Call: <b>+91 99999 99999</b></h2><br><br>
    <p>WE ARE A GROUP OF PROFESSIONAL AND EXPERIENCED PSYCHOLOGISTS</p>
    <br><br>
    <a href="contactUs.html">
      <button type="button" class="btn btn-outline-light btn-lg">MAKE AN APPOINTMENT</button>
    </a>
  </div>
 </section>
 <footer id="footer">
  <i class="social-icon fab fa-twitter"></i>
  <i class="social-icon fab fa-facebook-f"></i>
```

```
    <i class="social-icon fab fa-instagram"></i>

    <i class="social-icon fas fa-envelope"></i>

    <p>© Copyright 2021 Mind</p>

  </footer>

</body>

</html>
```

9)self-test.html

```
<!DOCTYPE html>

<html lang="en" dir="ltr">

<head>

  <meta charset="utf-8">

  <meta name="viewport" content="width=device-width, initial-scale=1">

  <title>MIND | A way to happy life</title>

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  <script src="https://code.jquery.com/jquery-3.5.0.js"></script>

</head>

<body>

  <section id="title">

    <div class="container-fluid navigation">

      <nav class="navbar navbar-expand-lg navbar-light">

        <a class="navbar-brand name" href="welcome.html">MIND</a>

        <button class="navbar-toggler" type="button" data-toggle="collapse" data-target="#navbarSupportedContent"
aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">

          <span class="navbar-toggler-icon"></span>
```

```
      </button>
      <div class="collapse navbar-collapse" id="navbarSupportedContent">
        <ul class="navbar-nav ml-auto">
          <li class="nav-item">
            <a class="nav-link" href="welcome.html">Welcome</a>
          </li>
          <li class="nav-item">
            <a class="nav-link" href="about-us.html">About Us</a>
          </li>
          <li class="nav-item dropdown">
            <a class="nav-link  dropdown-toggle" href="#" data-bs-toggle="dropdown">Services</a>
            <ul class="dropdown-menu">
              <li><a class="dropdown-item" href="depression.html">Depression</a></li>
              <li><a class="dropdown-item" href="loneliness.html">Loneliness</a></li>
              <li><a class="dropdown-item" href="addiction.html">Addiction</a></li>
              <li><a class="dropdown-item" href="relationship.html">Relationship</a></li>
              <li><a class="dropdown-item" href="career.html">Career Problem</a></li>
              <li><a class="dropdown-item" href="parenting.html">Parenting</a></li>
            </ul>
          </li>
          <li class="nav-item">
            <a class="nav-link" href="self-test.html">Self Test</a>
          </li>
          <li class="nav-item">
            <a class="nav-link" href="ContactUs.html">Contact</a>
          </li>
        </ul>
      </div>
    </nav>
  </div>
</section>
<section id="image">
  <h1 align="center">TEST YOUR MENTAL STABILITY</h1>
  <br>
```

```
  <img src="Images/test-1.jpg" alt="image" style="width: 100%;">
</section>
<section id="test">
  <h4>1. When i'm around people, I still struggle feeling alone</h4>
  <input type="radio" name="question0" value="A">All the time<br>
  <input type="radio" name="question0" value="B">Sometimes<br>
  <input type="radio" name="question0" value="C">Not really, no<br><br>
  <h4>2. I feel alone...</h4>
  <input type="radio" name="question1" value="A">All the time<br>
  <input type="radio" name="question1" value="B">Sometimes<br>
  <input type="radio" name="question1" value="C">Not really, no<br><br>
  <h4>3. I have put my friendships on the back burner.</h4>
  <input type="radio" name="question2" value="A">Yes, clearly<br>
  <input type="radio" name="question2" value="B">A bit<br>
  <input type="radio" name="question2" value="C">No, not really<br><br>
  <h4>4. My family just doesn't have the same priority in my life as they use to.</h4>
  <input type="radio" name="question3" value="A">This is true<br>
  <input type="radio" name="question3" value="B">A bit<br>
  <input type="radio" name="question3" value="C">I disagree. My family has remained important<br><br>
  <h4>5. People exhaust me.</h4>
  <input type="radio" name="question4" value="A">Absolutely agree<br>
  <input type="radio" name="question4" value="B">Sometimes<br>
  <input type="radio" name="question4" value="C">Not really, no<br><br>
  <h4>6. I have given up doing things that I use to be excited about</h4>
  <input type="radio" name="question5" value="A">Yes, I would say so<br>
  <input type="radio" name="question5" value="B">A bit<br>
  <input type="radio" name="question5" value="C">No, not really<br><br>
  <h4>7. I feel like crying for no reason.</h4>
  <input type="radio" name="question6" value="A">Yes, this is true<br>
  <input type="radio" name="question6" value="B">Sometimes<br>
  <input type="radio" name="question6" value="C">No, not really<br><br>
  <h4>8. My tastes in audio/visual has turned "dark."</h4>
  <input type="radio" name="question7" value="A">I would say it has turned darker, yes<br>
  <input type="radio" name="question7" value="B">Maybe a bit<br>
```

```
  <input type="radio" name="question7" value="C">Not really, no<br><br>
  <h4>9. I want to runaway, but have no idea where I would go...just want to run.</h4>
  <input type="radio" name="question8" value="A">If I could, yes, I would run<br>
  <input type="radio" name="question8" value="B">Sometimes<br>
  <input type="radio" name="question8" value="C">Not really, no<br><br>
  <h4>10. I feel lost & confused and unable to think through simple tasks.</h4>
  <input type="radio" name="question9" value="A">I do feel this is true<br>
  <input type="radio" name="question9" value="B">Sometimes<br>
  <input type="radio" name="question9" value="C">Not really, no<br><br>
  <button type="button" class="btn btn-outline-dark btn-lg" onclick="returnScore()">SUBMIT</button>
 </section>
 <section id="result" style="display:none">
  <b>
   <p class="minimal" style="display:none">Your results indicate that you have none, or very few symptoms of depression.</p>
   <p class="moderate" style="display:none">Your results indicate that you may be experiencing symptoms of moderate depression. Based on your answers, living with these symptoms could be causing difficulty managing relationships and even the tasks
    of everyday life.</p>
   <p class="severe" style="display:none">Your results indicate that you may be experiencing symptoms of severe depression. Based on your answers, these symptoms seem to be greatly interfering with your relationships and the tasks of everyday
    life.</p>
  </b>
  <div class="info" style="display:none">
   <p>These results do not mean that you have depression, but it may be time to start a conversation with someone you trust.</p>
   <p>This screen is not meant to be a diagnosis. Diagnosis and care of mental health conditions can be difficult. Having symptoms of depression is different than having depression. In addition, symptoms of depression can be caused by other mental
    health conditions, such as bipolar disorder, or other health problems, like a thyroid disorder. A trained professional, such as a doctor or a mental health provider, can make this determination and finding the right support can help you feel
    more like you again.</p>
   <p>The depression symptoms you are experiencing may also indicate a different type of mental health problem related to bipolar disorder. We recommend you also take the screen for bipolar disorder to find out if your symptoms may be more similar
    to those experienced by people with bipolar disorder. People who struggle with bipolar disorder experience mood swings from extreme elation, energy, or agitation to low depressive symptoms.</p>
```

```
    </div>
  </section>
  <section id="contact">
    <div class="parallax" style="background-image: url('Images/bg-1.jpg');">
      <h2>Get a Consultation Right Now! Call: <b>+91 99999 99999</b></h2><br><br>
      <p>WE ARE A GROUP OF PROFESSIONAL AND EXPERIENCED PSYCHOLOGISTS</p>
      <br><br>
      <a href="contactUs.html">
        <button type="button" class="btn btn-outline-light btn-lg">MAKE AN APPOINTMENT</button>
      </a>
    </div>
  </section>
  <footer id="footer">
    <i class="social-icon fab fa-twitter"></i>
    <i class="social-icon fab fa-facebook-f"></i>
    <i class="social-icon fab fa-instagram"></i>
    <i class="social-icon fas fa-envelope"></i>
    <p>© Copyright 2021 Mind</p>
  </footer>
</body>
</html>
```

10)contactUs.html

```
<!DOCTYPE html>
<html lang="en" dir="ltr">
<head>
  <meta charset="utf-8">
  <meta name="viewport" content="width=device-width, initial-scale=1">
  <title>MIND | A way to happy life</title>
  <link rel="stylesheet" href="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/css/bootstrap.min.css"
integrity="sha384-JcKb8q3iqJ61gNV9KGb8thSsNjpSL0n8PARn9HuZOnIxN0hoP+VmmDGMN5t9UJ0Z"
crossorigin="anonymous">
  <link rel="stylesheet" href="CSS\contactUs.css">
  <script src="Javascripts\javascript1.js"></script>
  <script src="https://code.jquery.com/jquery-3.5.1.slim.min.js" integrity="sha384-
DfXdz2htPH0lsSSs5nCTpuj/zy4C+OGpamoFVy38MVBnE+IbbVYUew+OrCXaRkfj" crossorigin="anonymous"></script>
```

```
  <script src="https://cdn.jsdelivr.net/npm/popper.js@1.16.1/dist/umd/popper.min.js" integrity="sha384-9/reFTGAW83EW2RDu2S0VKaIzap3H66lZH81PoYlFhbGU+6BZp6G7niu735Sk7lN" crossorigin="anonymous"></script>

  <script src="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/js/bootstrap.min.js" integrity="sha384-B4gt1jrGC7Jh4AgTPSdUtOBvfO8shuf57BaghqFfPlYxofvL8/KUEfYiJOMMV+rV" crossorigin="anonymous"></script>

</head>

<body>

  <section id="title">

    <div class="container-fluid navigation">

      <nav class="navbar navbar-expand-lg navbar-light">

        <a class="navbar-brand name" href="welcome.html">MIND</a>

        <button class="navbar-toggler" type="button" data-toggle="collapse" data-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">

          <span class="navbar-toggler-icon"></span>

        </button>

        <div class="collapse navbar-collapse" id="navbarSupportedContent">

          <ul class="navbar-nav ml-auto">

            <li class="nav-item">

              <a class="nav-link" href="welcome.html">Welcome</a>

            </li>

            <li class="nav-item">

              <a class="nav-link" href="about-us.html">About Us</a>

            </li>

            <li class="nav-item dropdown">

              <a class="nav-link  dropdown-toggle" href="#" data-bs-toggle="dropdown">Services</a>

              <ul class="dropdown-menu">

                <li><a class="dropdown-item" href="depression.html">Depression</a></li>

                <li><a class="dropdown-item" href="loneliness.html">Loneliness</a></li>

                <li><a class="dropdown-item" href="addiction.html">Addiction</a></li>

                <li><a class="dropdown-item" href="relationship.html">Relationship</a></li>

                <li><a class="dropdown-item" href="career.html">Career Problem</a></li>

                <li><a class="dropdown-item" href="parenting.html">Parenting</a></li>

              </ul>

            </li>

            <li class="nav-item">

              <a class="nav-link" href="self-test.html">Self Test</a>
```

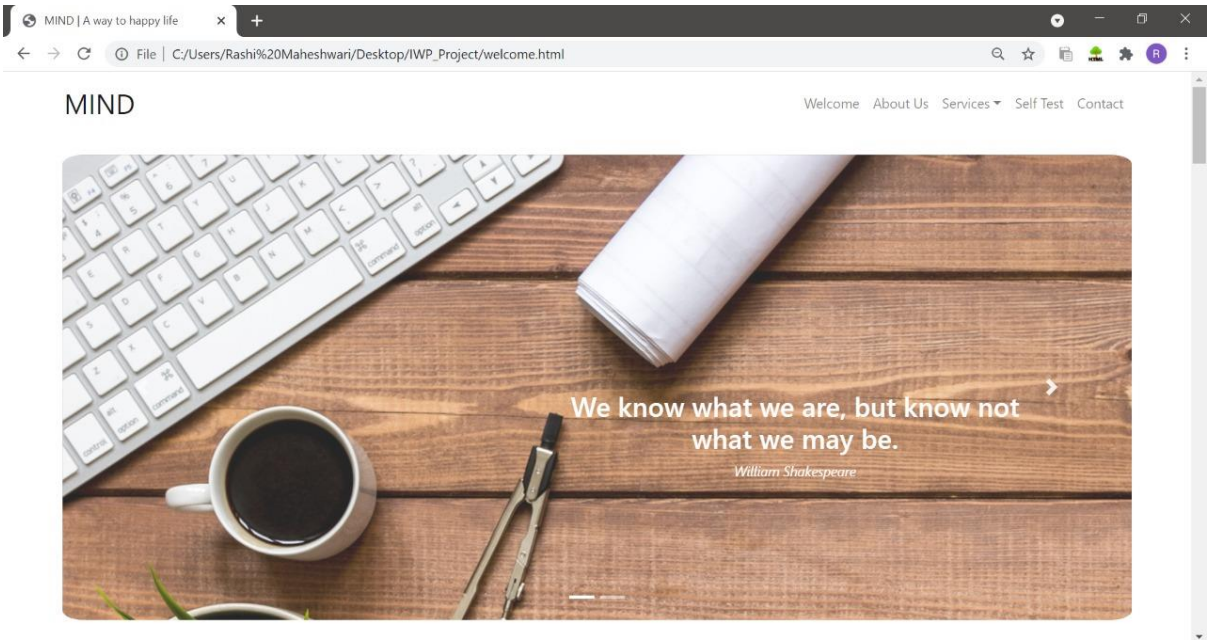
```
          </li>
          <li class="nav-item">
            <a class="nav-link" href="#">Contact</a>
          </li>
        </ul>
      </div>
    </nav>
  </div>
</section>
<section id="image">
  </br></br>
  <h1 id="heading">CONTACT US</h1>
  </br></br></br>
  <div class="contactsblock01">
    <p><b>We have world-class, flexible support via live chat, email and phone. We guarantee that you'll be able to have any issue resolved within 24 hours. You can contact support immediately here.</b></p>
  </div>
</section>
<section id="address">
  <h1 align="center">ADDRESS</h3><br><br>
    <div class="row">
      <div class="col-lg-6">
        <p class="contactlocation"><i><b>Headquarter Address:</b></i></p>
        <p class="contactlocation">116 Millhaven Close, Romford, RM6 4PN,United Kingdom</p>
        </br>
        <p class="contactlocation"><i><b>Indian Headquarter Address:</b></i></p>
        <p class="contactlocation">B-38,DLF,Gurgaon (122003) INDIA</p>
      </div>
      <div class="col-lg-6">
        <img src="Images/map.jpg" alt="map" width="100%">
      </div>
    </div>
</section>
</br>
```

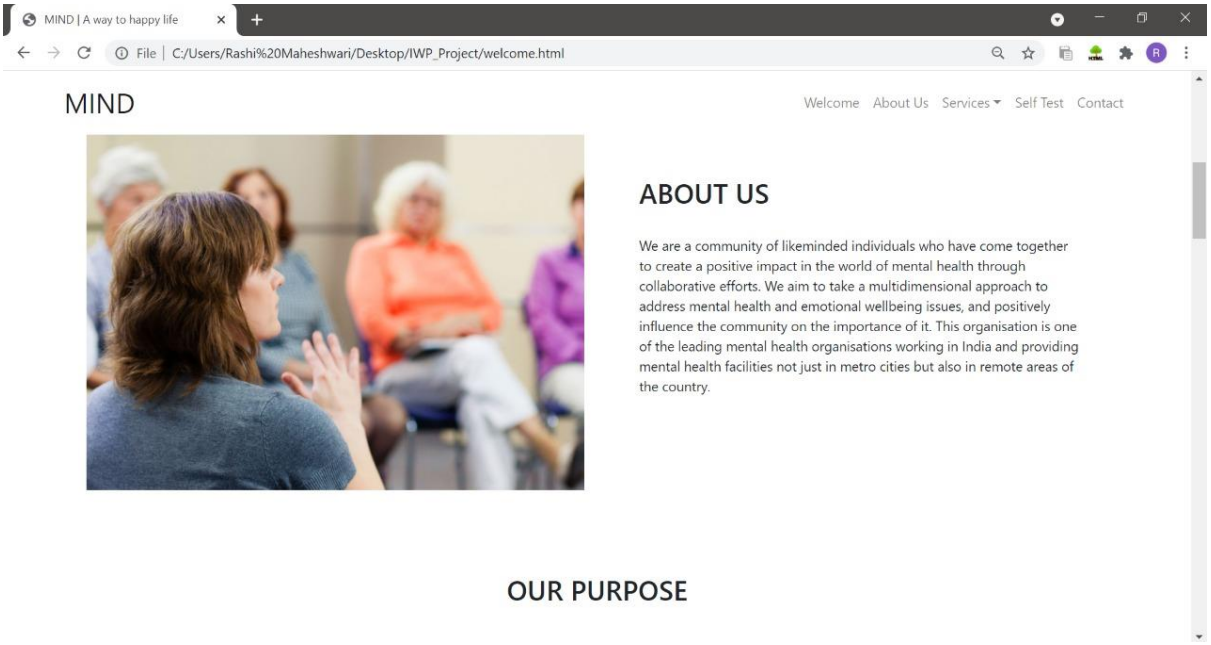
```
<section id="fill-form">
  <div class="container">
    <div id="error_message"></div>
    <form onsubmit="return validate();">
      <label for="fname">First Name</label>
      </br>
      <input type="text" id="fname" name="firstname" placeholder="First Name">
      </br></br>
      <label for="lname">Last Name</label>
      </br>
      <input type="text" id="lname" name="lastname" placeholder="Last Name">
      </br></br>
      <label for="lname">Email Address</label>
      </br>
      <input type="email" placeholder="Mail-ID" id="email" />
      </br></br>
      <label for="mno">Mobile Number</label>
      </br>
      <input type="number" id="mno" name="mobile number" placeholder="Mobile Number">
      </br></br>
      <label for="subject">Further Queries</label>
      </br>
      <textarea id="subject" name="subject" placeholder="Write your queries here.."
style="height:150px"></textarea>
      </br></br></br>
      <div class="text-center">
        <button type="submit" class="btn btn-success">SUBMIT</button>
      </div>
    </form>
  </div>
</section>
<section id="test">
  <div class="parallax" style="background-image: url('Images/bg.jpg');">
    <h5>Want to test your mental health?</h5><br><br>
```

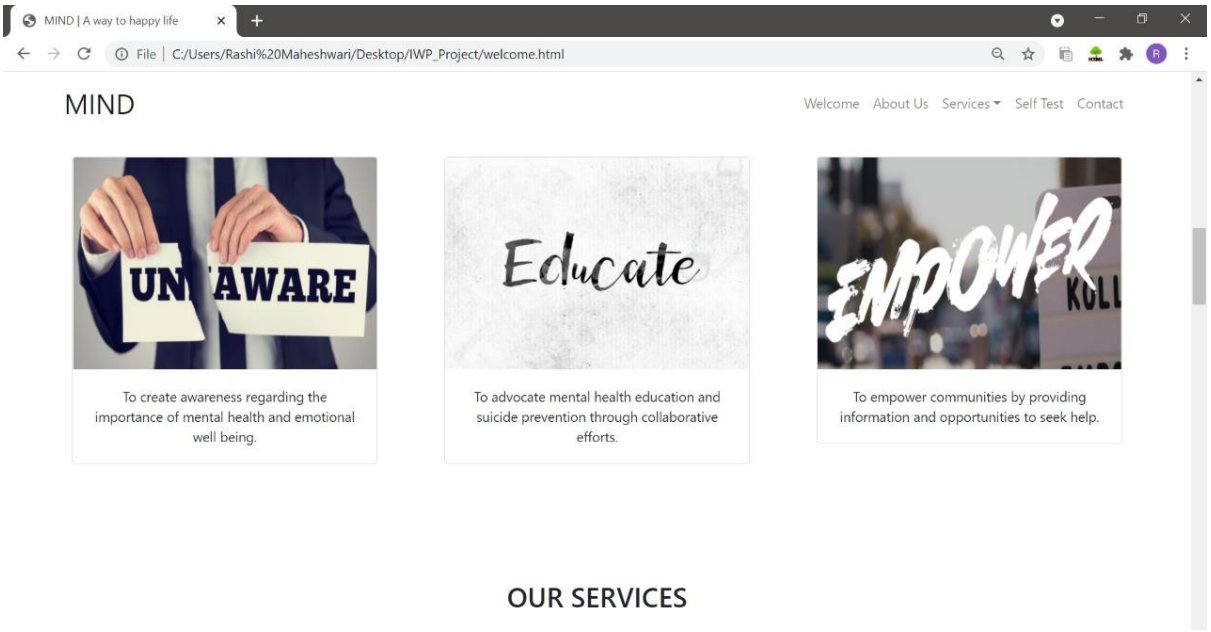
```
    <h3>Here Are Some Tests That Will Help You Discover Yourself</h3>
    <br><br>
    <a href="self-test.html">
      <button type="button" class="btn btn-outline-light btn-lg">SELF TEST</button>
    </a>
  </div>
 </section>
 <footer id="footer">
  <i class="social-icon fab fa-twitter"></i>
  <i class="social-icon fab fa-facebook-f"></i>
  <i class="social-icon fab fa-instagram"></i>
  <i class="social-icon fas fa-envelope"></i>
  <p>© Copyright 2021 Mind</p>
 </footer>
</body>
</html>
```

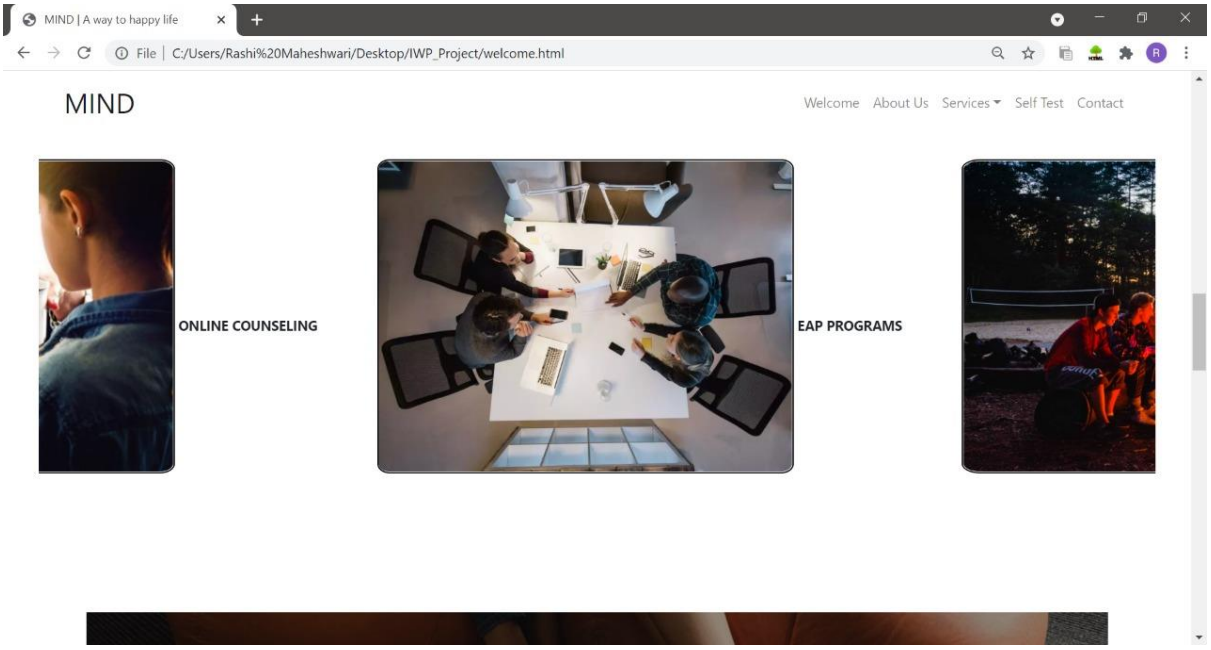
OUTPUT SCREENSOTS OF WEBSITE CREATED:

welcome.html:




MIND | A way to happy life
File | C:/Users/Rashi%20Maheshwari/Desktop/IWP_Project/welcome.html
MIND
Welcome About Us Services Self Test Contact
ABOUT US
We are a community of likeminded individuals who have come together to create a positive impact in the world of mental health through collaborative efforts. We aim to take a multidimensional approach to address mental health and emotional wellbeing issues, and positively influence the community on the importance of it. This organisation is one of the leading mental health organisations working in India and providing mental health facilities not just in metro cities but also in remote areas of the country.
OUR PURPOSE


MIND | A way to happy life
File | C:/Users/Rashi%20Maheshwari/Desktop/IWP_Project/welcome.html
MIND
Welcome About Us Services Self Test Contact
UN AWARE
To create awareness regarding the importance of mental health and emotional well being.
Educate
To advocate mental health education and suicide prevention through collaborative efforts.
EMPOWER
To empower communities by providing information and opportunities to seek help.
OUR SERVICES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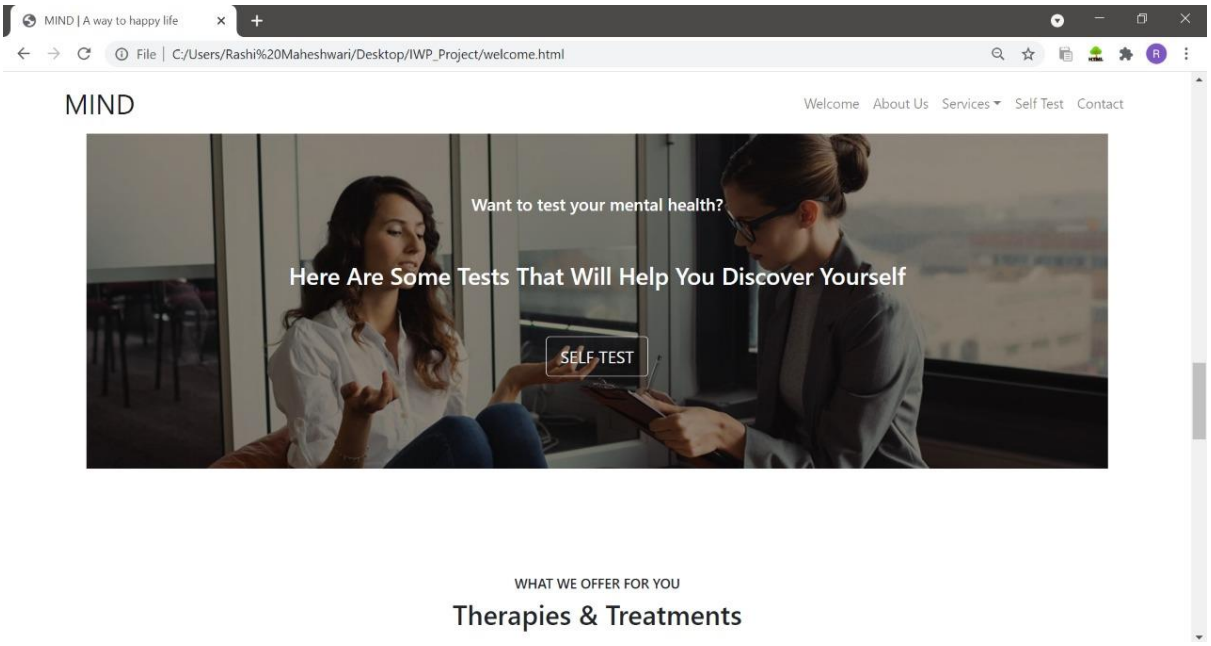
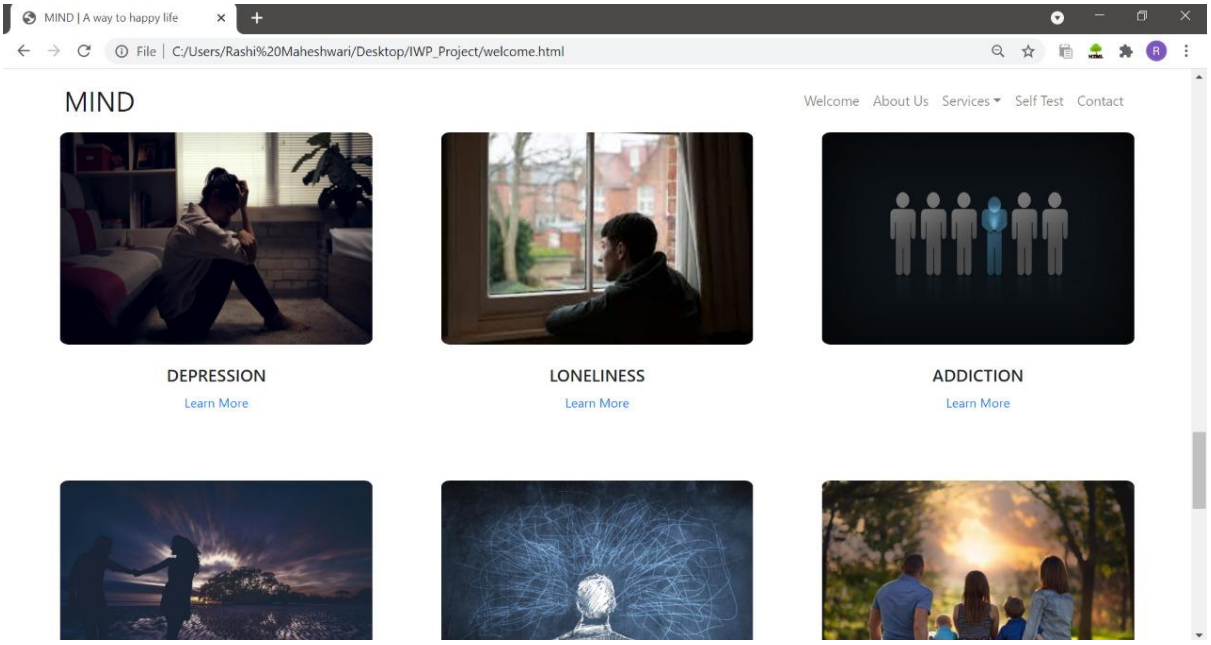
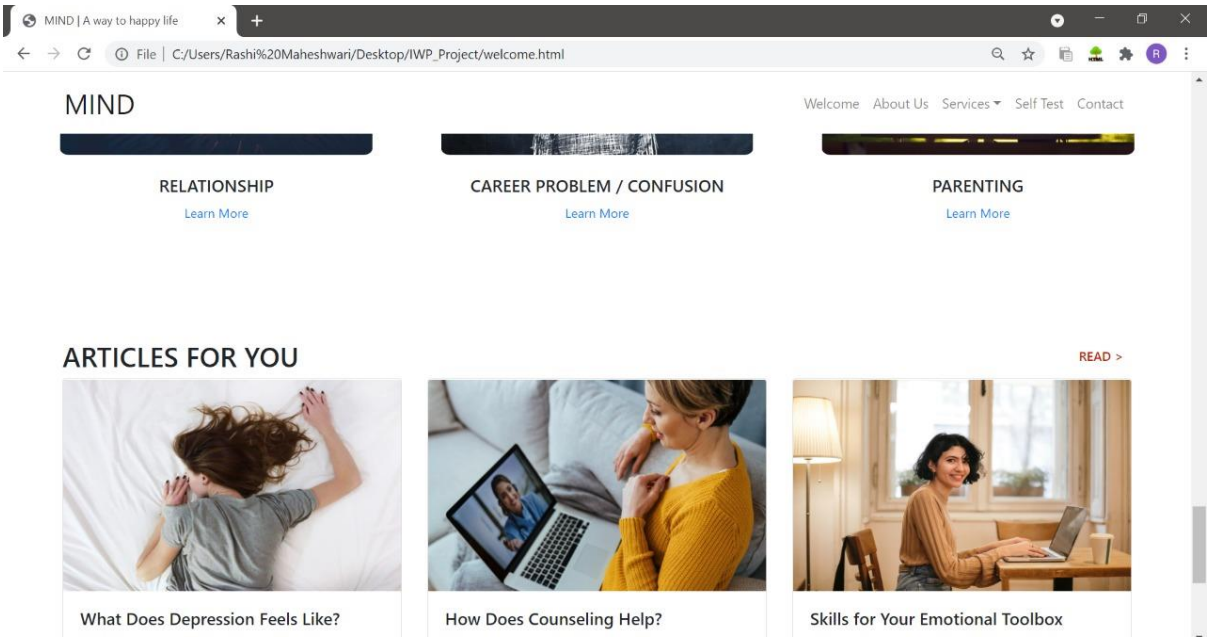
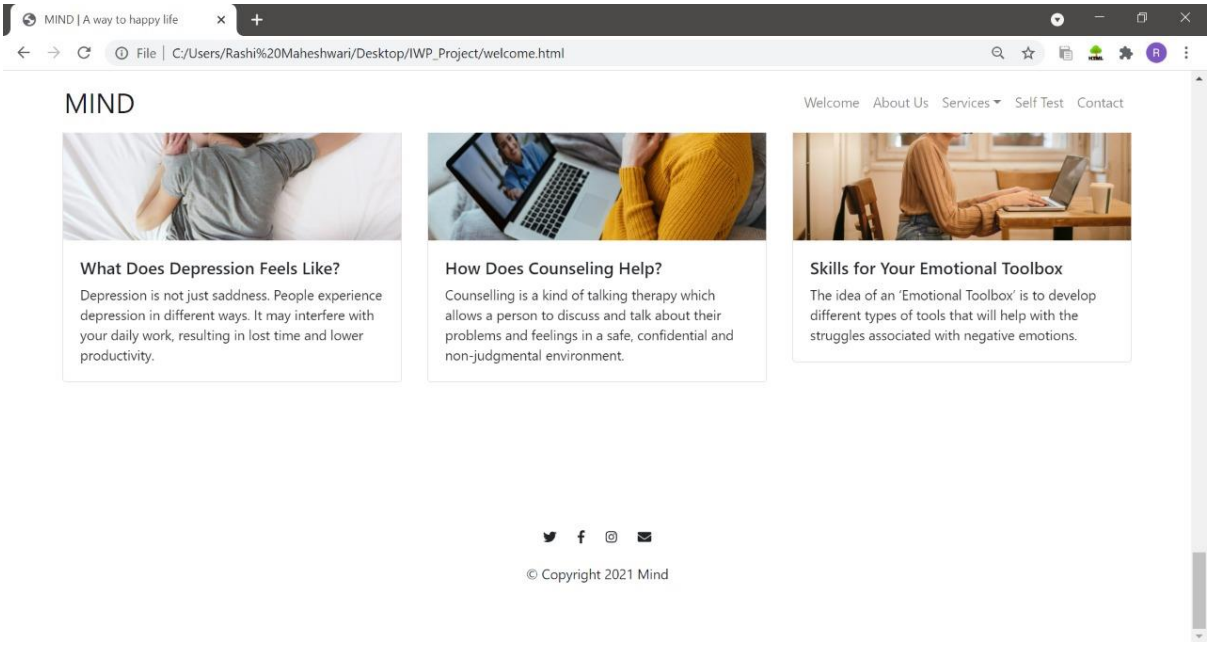
MIND
Welcome About Us Services Self Test Contact
ONLINE COUNSELING
EAP PROGRAMS


MIND | A way to happy life
File | C:/Users/Rashi%20Maheshwari/Desktop/IWP_Project/welcome.html
MIND
Welcome
About Us
Services
Self Test
Contact
Want to test your mental health?
Here Are Some Tests That Will Help You Discover Yourself
SELF TEST
WHAT WE OFFER FOR YOU
Therapies & Treatments


MIND | A way to happy life
File | C:/Users/Rashi%20Maheshwari/Desktop/IWP_Project/welcome.html
MIND
Welcome
About Us
Services
Self Test
Contact
DEPRESSION
Learn More
LONELINESS
Learn More
ADDICTION
Learn More


MIND | A way to happy life
File | C:/Users/Rashi%20Maheshwari/Desktop/IWP_Project/welcome.html
MIND
Welcome
About Us
Services
Self Test
Contact
RELATIONSHIP
Learn More
CAREER PROBLEM / CONFUSION
Learn More
PARENTING
Learn More
ARTICLES FOR YOU
READ >
What Does Depression Feels Like?
How Does Counseling Help?
Skills for Your Emotional Toolbox


MIND | A way to happy life
File | C:/Users/Rashi%20Maheshwari/Desktop/IWP_Project/welcome.html
MIND
Welcome About Us Services Self Test Contact
What Does Depression Feels Like?
Depression is not just saddness. People experience depression in different ways. It may interfere with your daily work, resulting in lost time and lower productivity.
How Does Counseling Help?
Counselling is a kind of talking therapy which allows a person to discuss and talk about their problems and feelings in a safe, confidential and non-judgmental environment.
Skills for Your Emotional Toolbox
The idea of an 'Emotional Toolbox' is to develop different types of tools that will help with the struggles associated with negative emotions.
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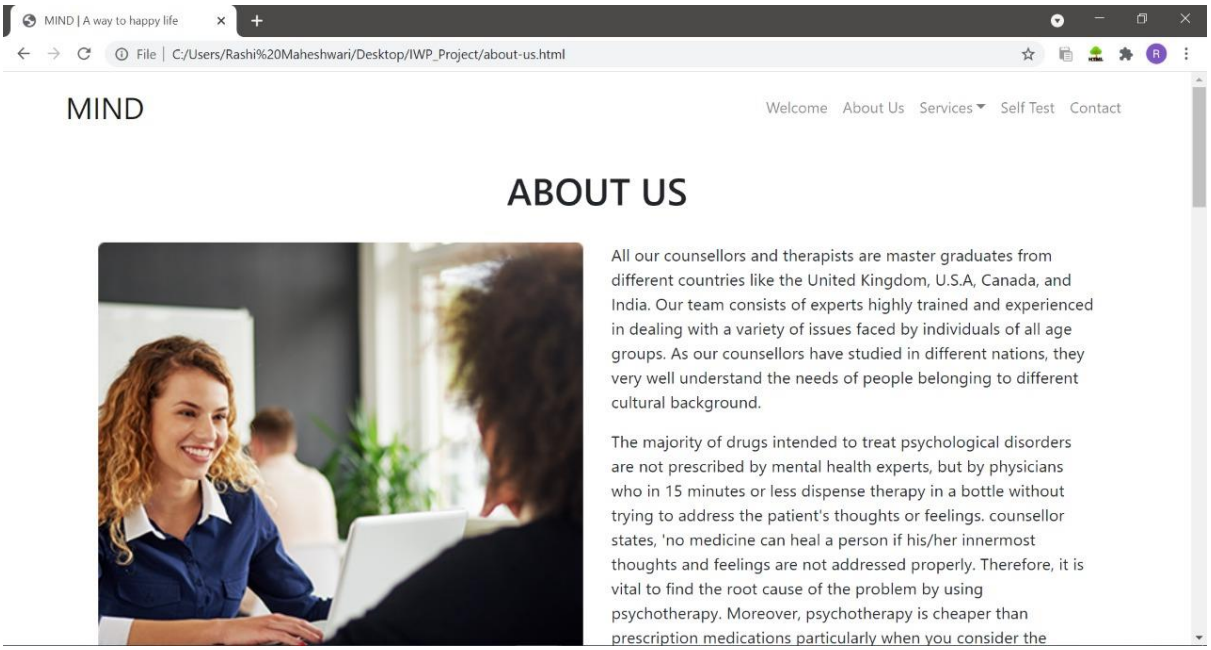
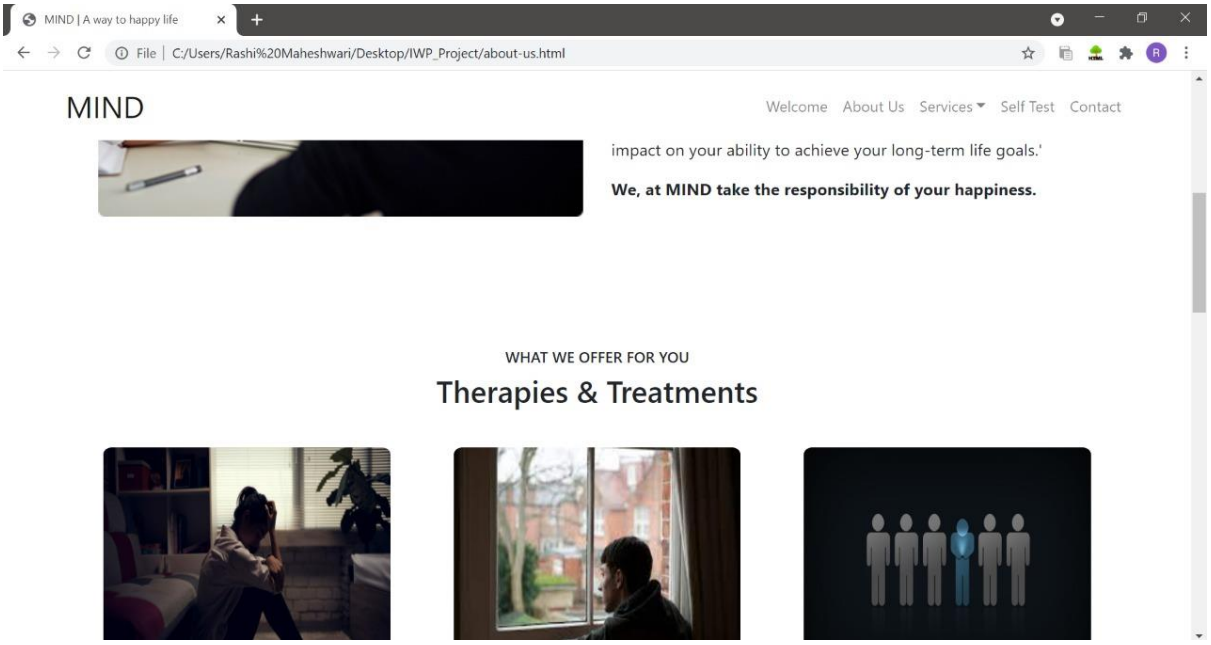
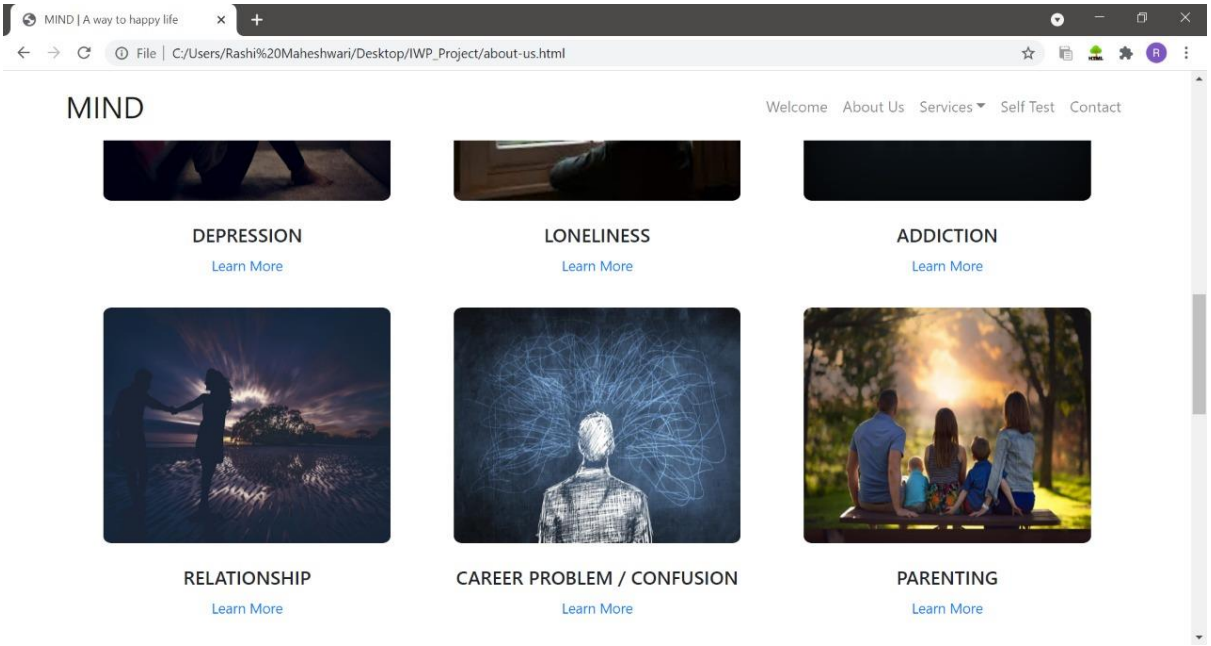
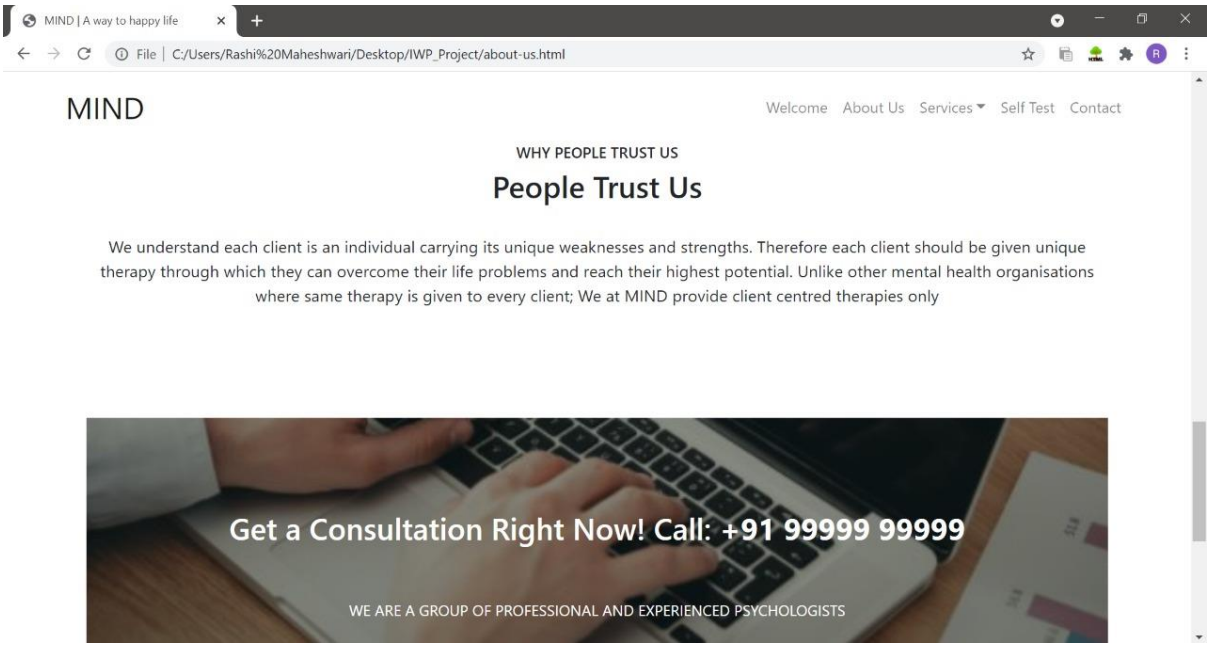
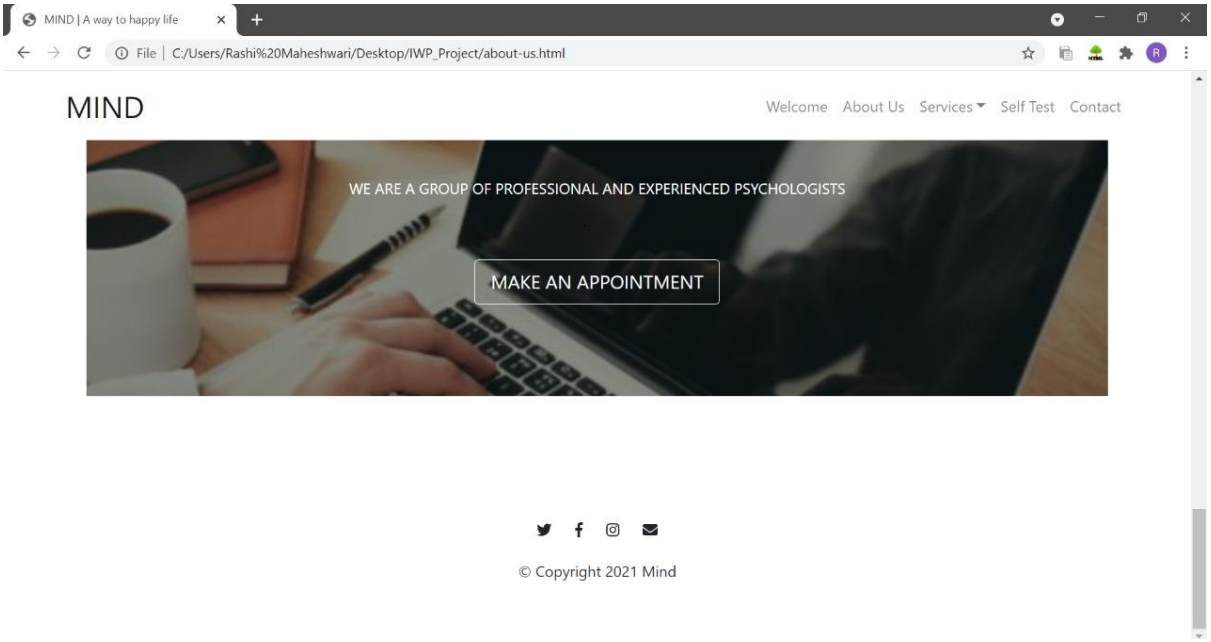
about.html:


MIND | A way to happy life
File | C:/Users/Rashi%20Maheshwari/Desktop/IWP_Project/about-us.html
MIND
Welcome About Us Services Self Test Contact
ABOUT US
All our counsellors and therapists are master graduates from different countries like the United Kingdom, U.S.A, Canada, and India. Our team consists of experts highly trained and experienced in dealing with a variety of issues faced by individuals of all age groups. As our counsellors have studied in different nations, they very well understand the needs of people belonging to different cultural background.
The majority of drugs intended to treat psychological disorders are not prescribed by mental health experts, but by physicians who in 15 minutes or less dispense therapy in a bottle without trying to address the patient's thoughts or feelings. counsellor states, 'no medicine can heal a person if his/her innermost thoughts and feelings are not addressed properly. Therefore, it is vital to find the root cause of the problem by using psychotherapy. Moreover, psychotherapy is cheaper than prescription medications particularly when you consider the

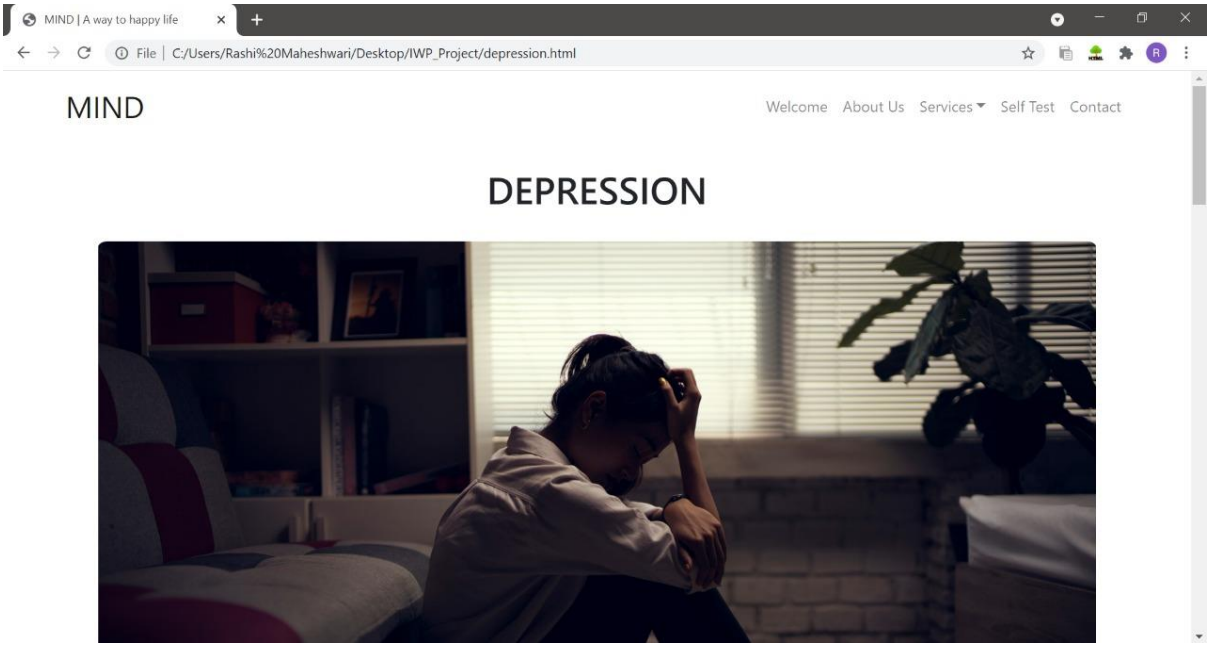

MIND | A way to happy life
File | C:/Users/Rashi%20Maheshwari/Desktop/IWP_Project/about-us.html
MIND
Welcome About Us Services Self Test Contact
impact on your ability to achieve your long-term life goals.'
We, at MIND take the responsibility of your happiness.
WHAT WE OFFER FOR YOU
Therapies & Treatments

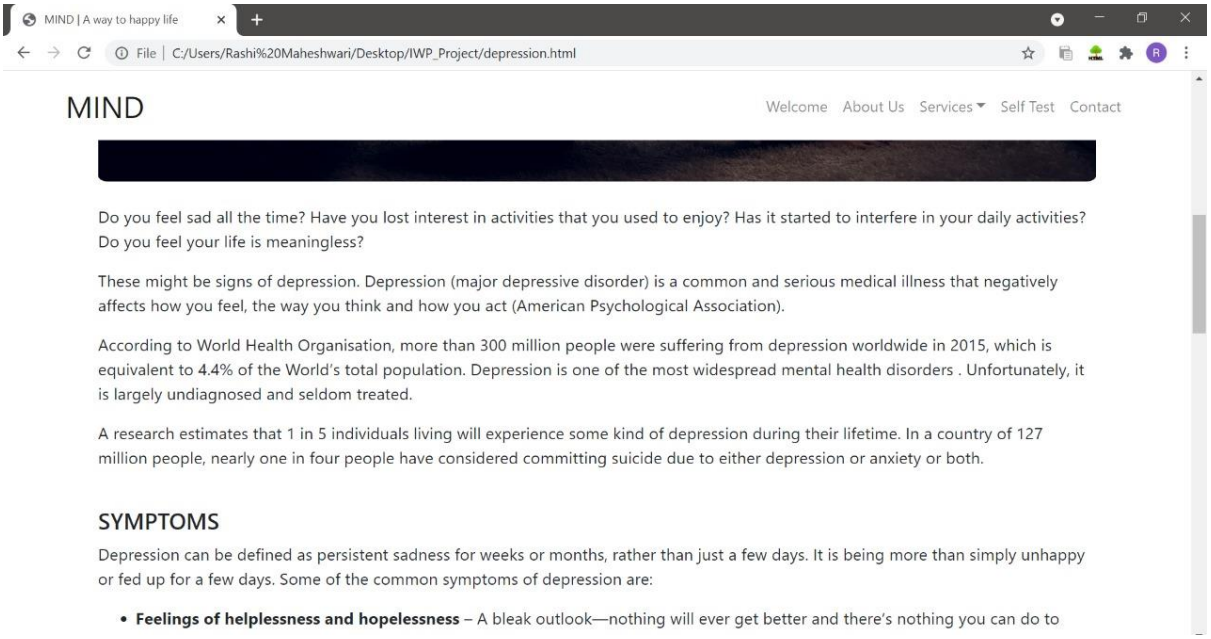

MIND | A way to happy life
File | C:/Users/Rashi%20Maheshwari/Desktop/IWP_Project/about-us.html
MIND
Welcome About Us Services Self Test Contact
DEPRESSION
Learn More
LONELINESS
Learn More
ADDICTION
Learn More
RELATIONSHIP
Learn More
CAREER PROBLEM / CONFUSION
Learn More
PARENTING
Learn More


MIND | A way to happy life
File | C:/Users/Rashi%20Maheshwari/Desktop/IWP_Project/about-us.html
MIND
Welcome About Us Services Self Test Contact
WHY PEOPLE TRUST US
People Trust Us
We understand each client is an individual carrying its unique weaknesses and strengths. Therefore each client should be given unique therapy through which they can overcome their life problems and reach their highest potential. Unlike other mental health organisations where same therapy is given to every client; We at MIND provide client centred therapies only
Get a Consultation Right Now! Call: +91 99999 99999
WE ARE A GROUP OF PROFESSIONAL AND EXPERIENCED PSYCHOLOGISTS



depression.html





MIND | A way to happy life

File | C:/Users/Rashi%20Maheshwari/Desktop/IWP_Project/depression.html

MIND

Welcome About Us Services Self Test Contact

- **Loss of interest in daily activities** You don't care anymore about former hobbies, pastimes or social activities. You've lost your ability to feel joy and pleasure.
- **Appetite or weight changes.** Significant weight loss or weight gain—a change of more than 5% of body weight in a month.
- **Sleep changes.** Either insomnia, especially waking in the early hours of the morning, or oversleeping.
- **Anger or irritability.** Feeling agitated, restless, or even violent. Your tolerance level is low, your temper short, and everything and everyone gets on your nerves.
- **Loss of energy.** Feeling fatigued, sluggish, and physically drained. Your whole body may feel heavy, and even small tasks are exhausting or take longer to complete.
- **Self-loathing.** Strong feelings of worthlessness or guilt. You harshly criticize yourself for perceived faults and mistakes.
- **Reckless behavior.** You engage in escapist behavior such as substance abuse, compulsive gambling, reckless driving, or dangerous sports.
- **Concentration problems.** Trouble focusing, making decisions, or remembering things.
- **Unexplained aches and pains.** An increase in physical complaints such as headaches, back pain, aching muscles, and stomach pain.

MIND | A way to happy life

File | C:/Users/Rashi%20Maheshwari/Desktop/IWP_Project/depression.html

MIND

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Some people think depression is petty and not a genuine health condition. They are wrong – it is a real illness with real symptoms. Depression is not a sign of weakness or something you can "snap out of" by "pulling yourself together".

The good news is that with the right treatment and support, most people with depression can make a full recovery. Here, at Lyfsmile we provide you with best counselling (Cognitive Behavioural therapy) along with some spiritual practices that can help overcome depression and lead a more meaningful life.

MIND | A way to happy life

File | C:/Users/Rashi%20Maheshwari/Desktop/IWP_Project/depression.html

MIND

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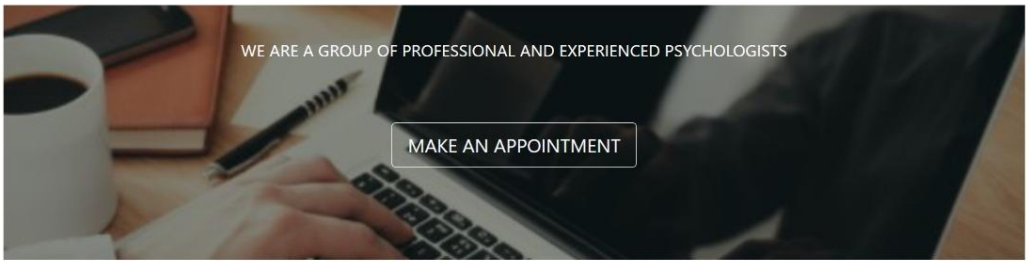

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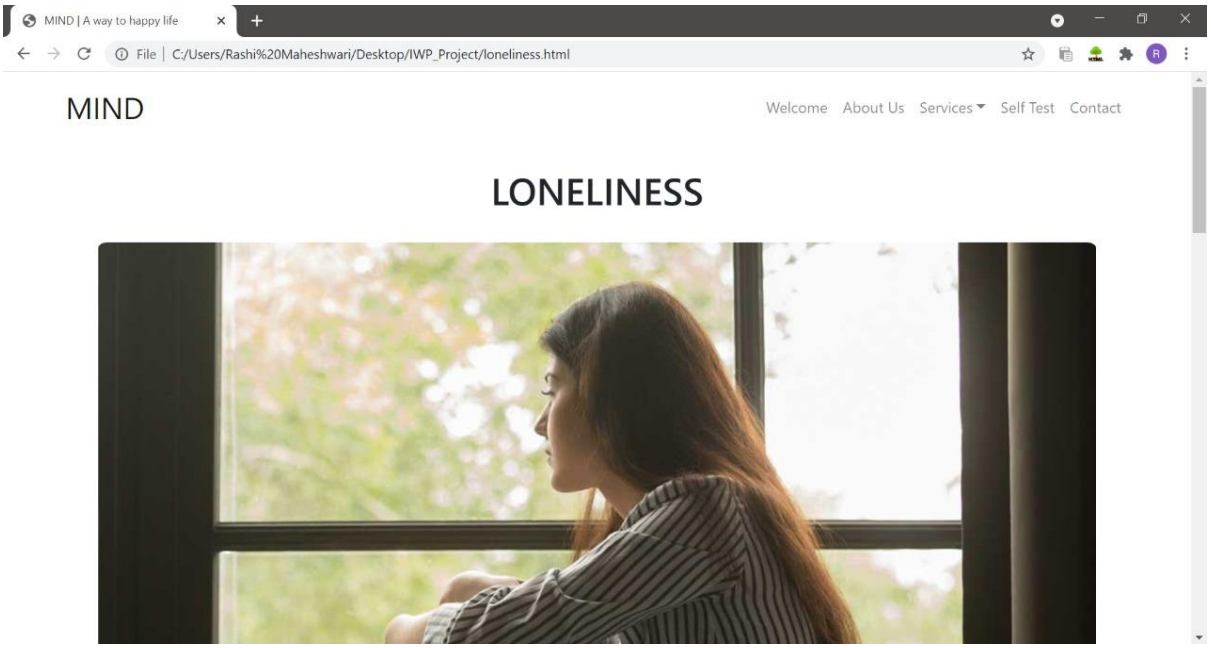
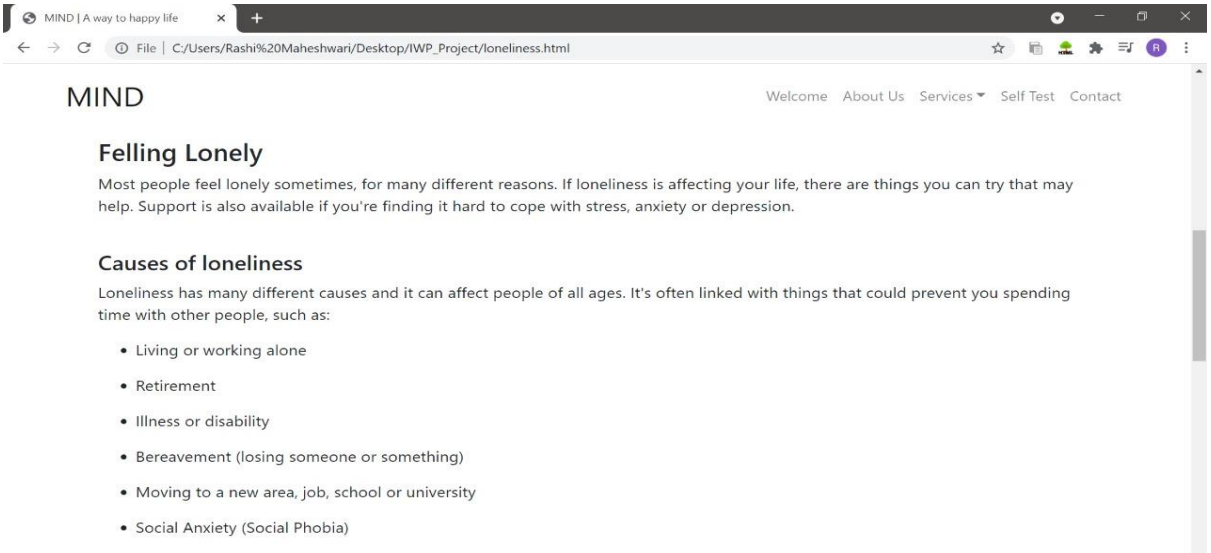
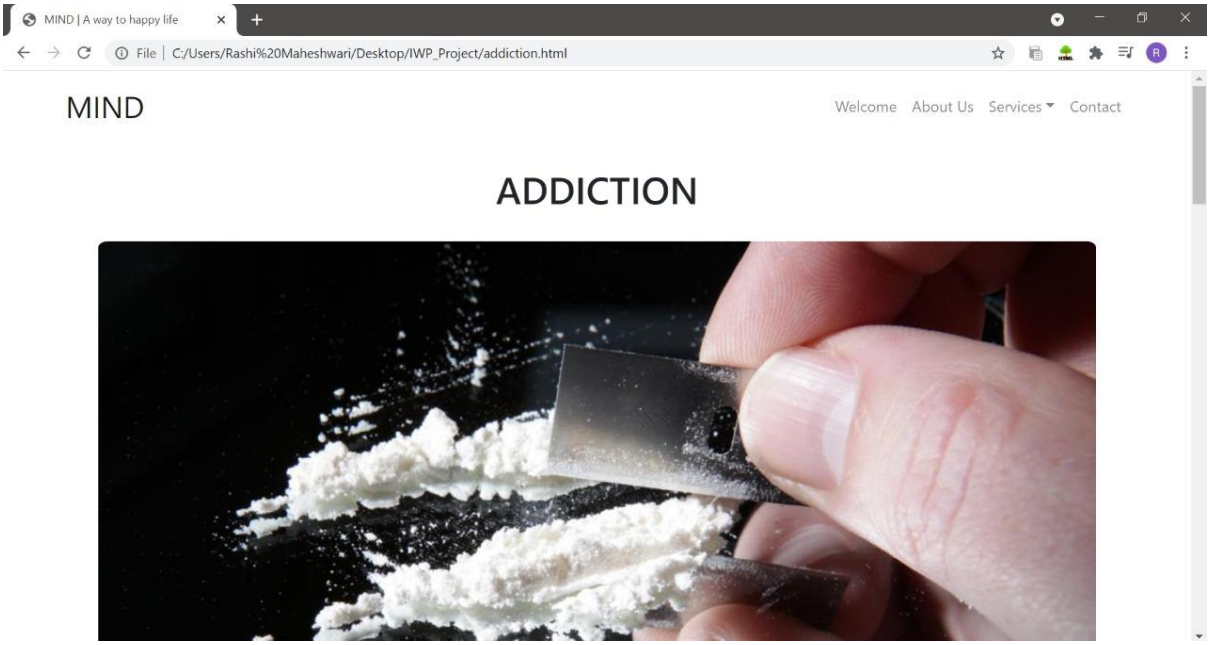
loneliness.html

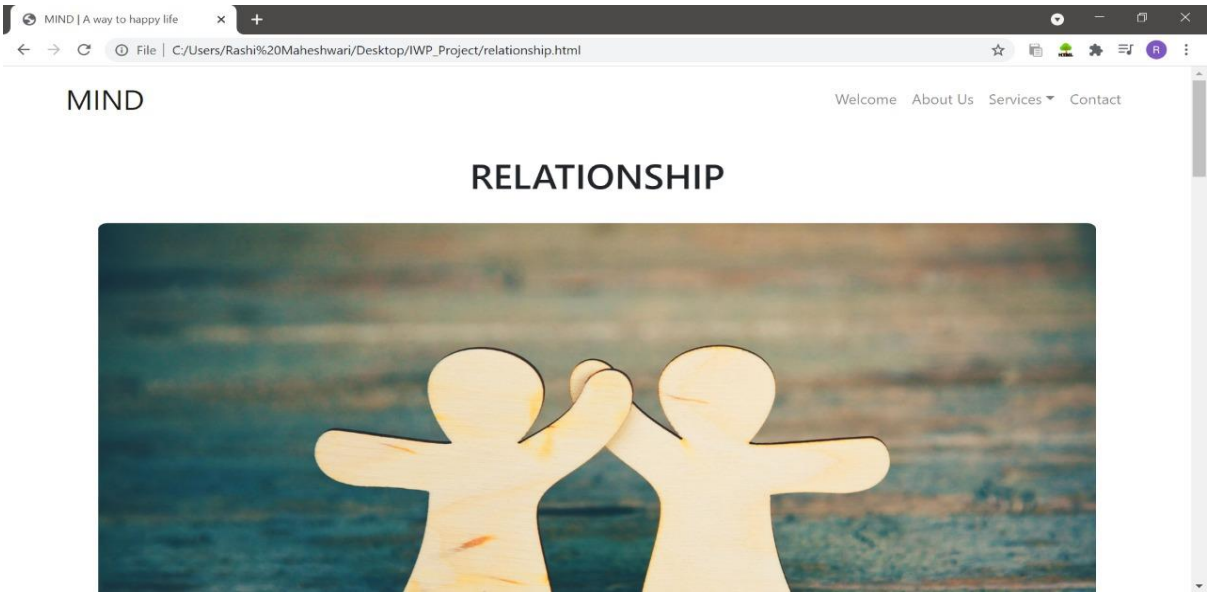




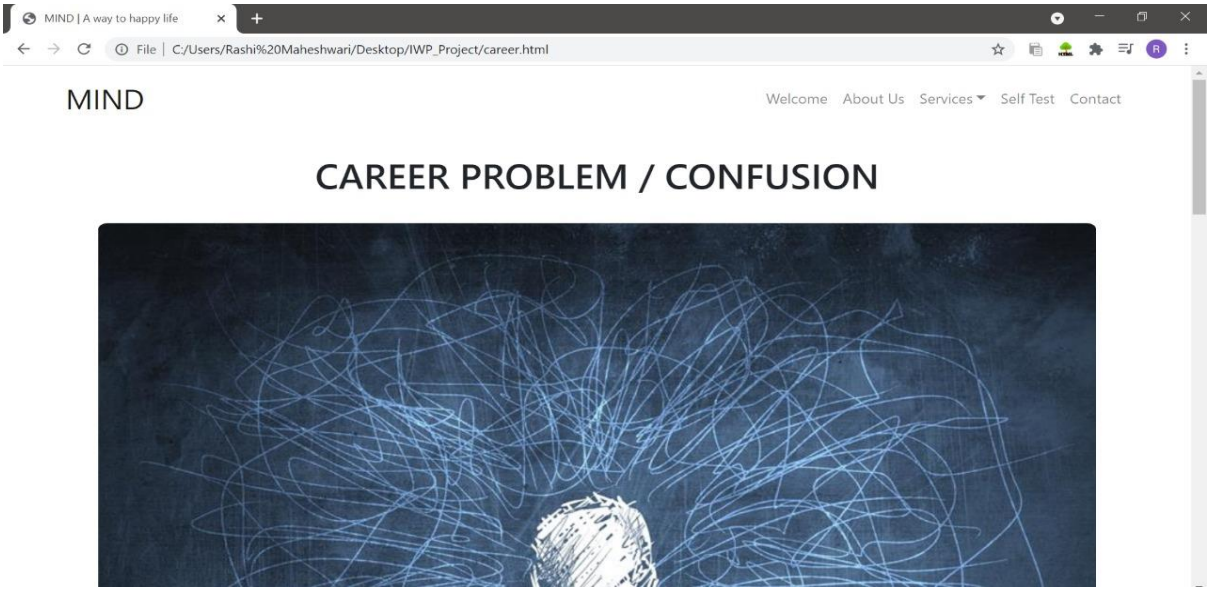
addiction.html:



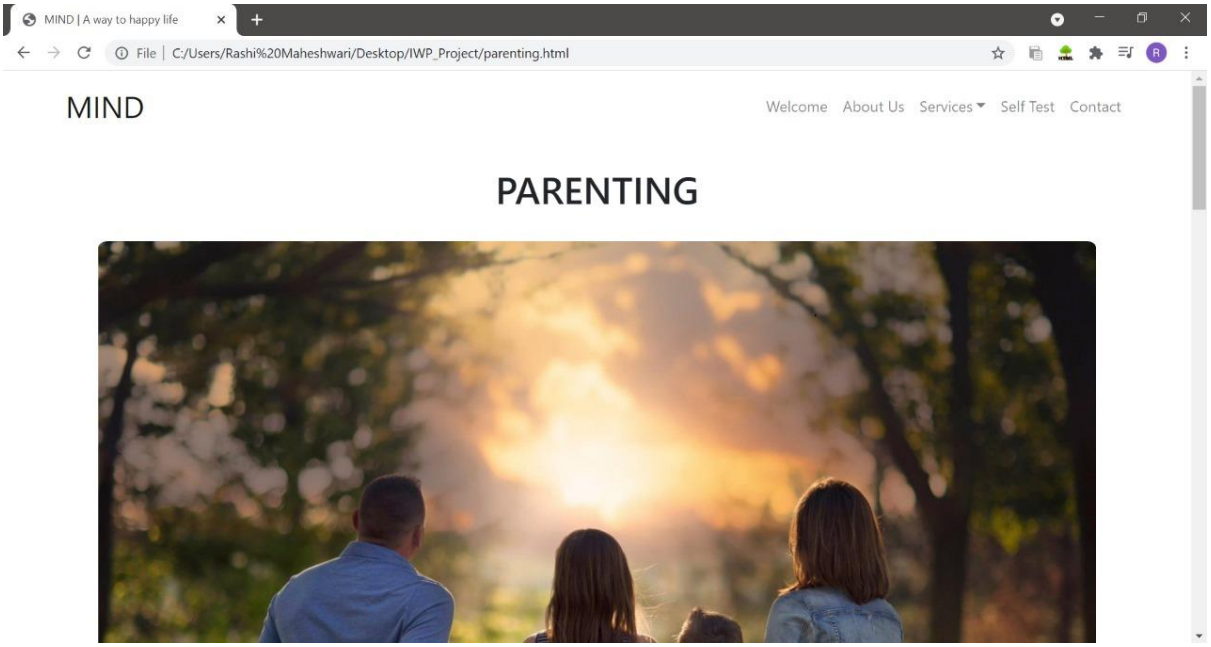
relationship.html:



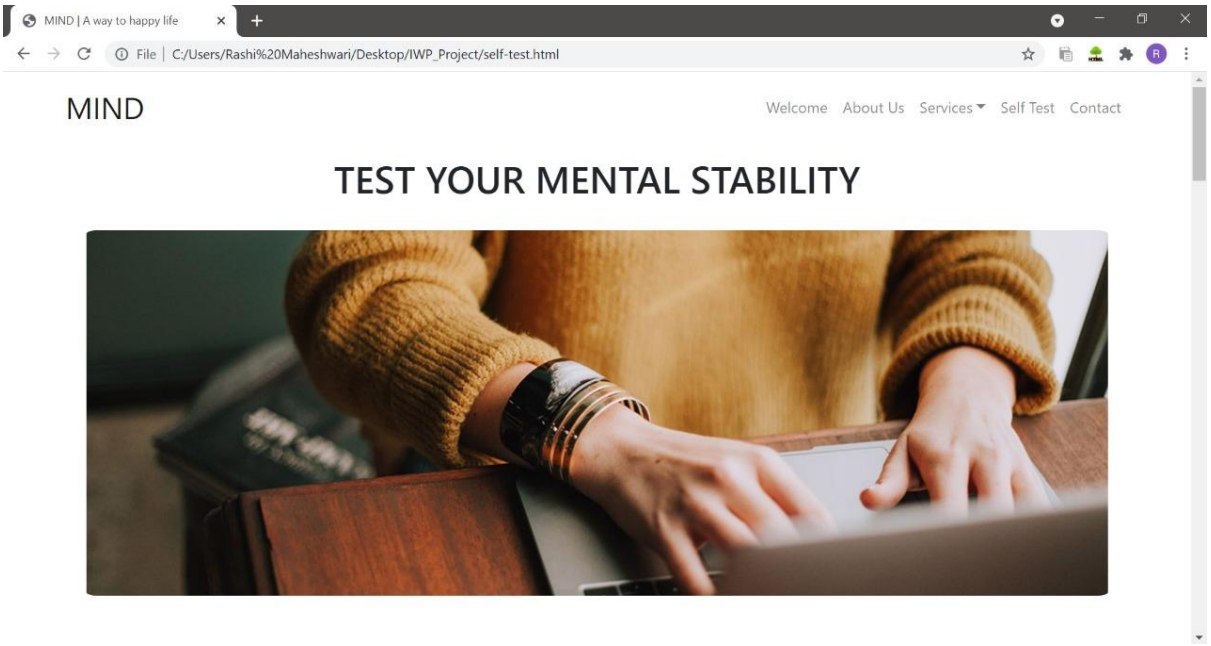
career.html:

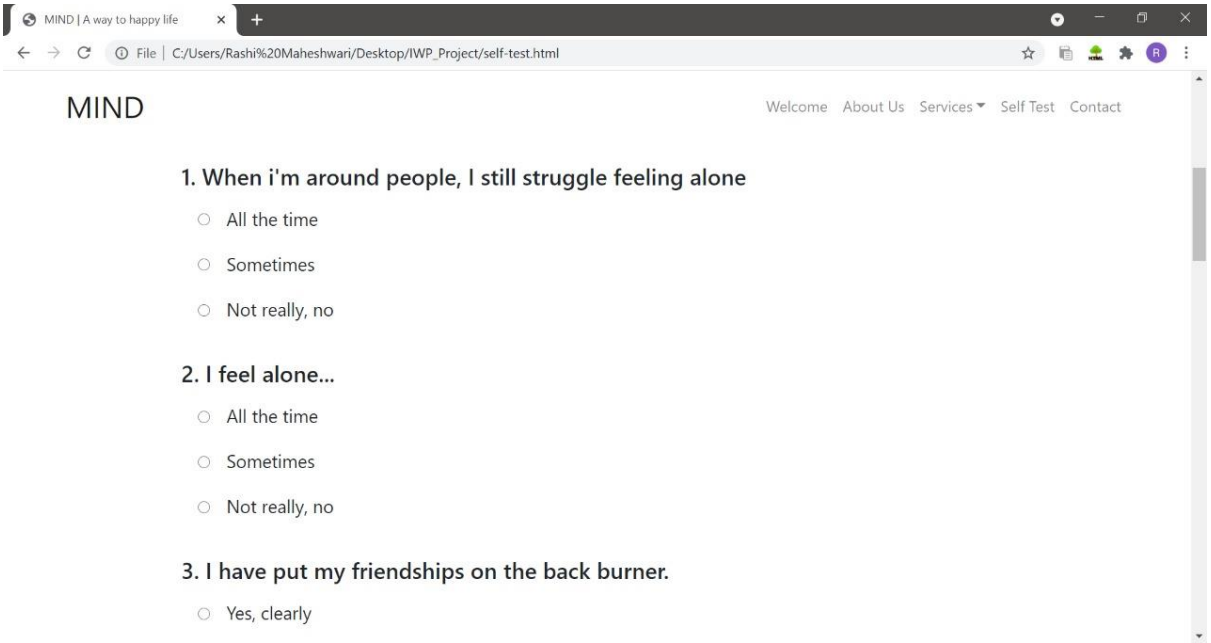


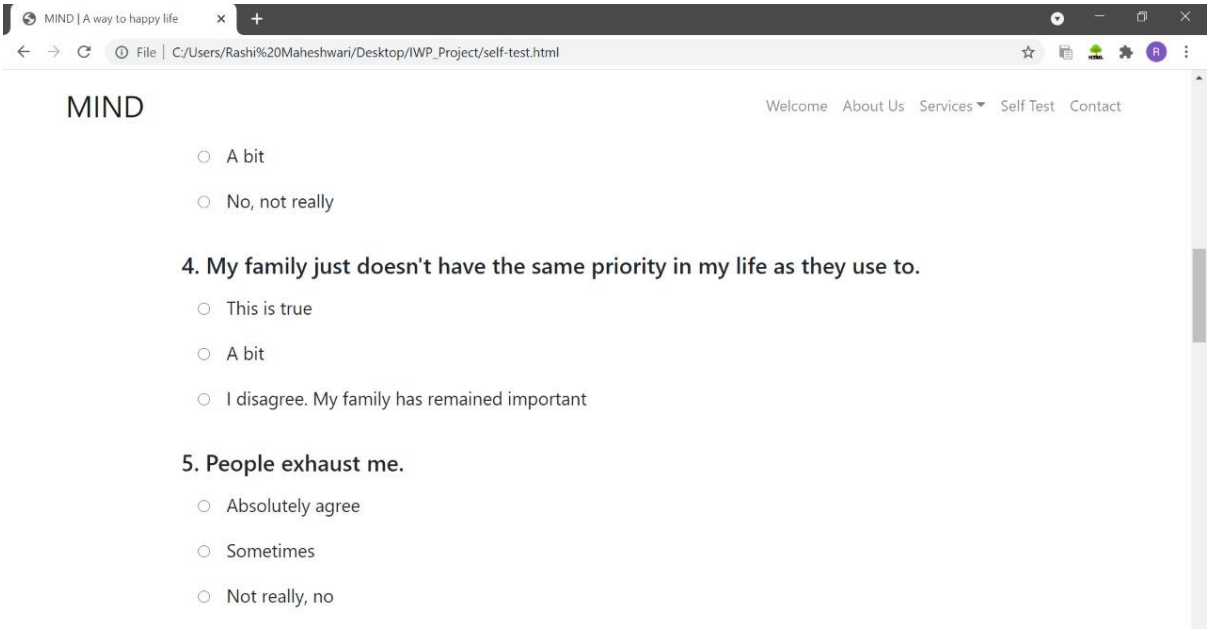
parenting.html:



self test.html:







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File | C:/Users/Rashi%20Maheshwari/Desktop/IWP_Project/self-test.html

MIND

Welcome About Us Services Self Test Contact

6. I have given up doing things that I use to be excited about

- Yes, I would say so
- A bit
- No, not really

7. I feel like crying for no reason.

- Yes, this is true
- Sometimes
- No, not really

8. My tastes in audio/visual has turned "dark."

- I would say it has turned darker, yes
- Maybe a bit

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File | C:/Users/Rashi%20Maheshwari/Desktop/IWP_Project/self-test.html

MIND

Welcome About Us Services Self Test Contact

- Not really, no

9. I want to runaway, but have no idea where I would go...just want to run.

- If I could, yes, I would run
- Sometimes
- Not really, no

10. I feel lost & confused and unable to think through simple tasks.

- I do feel this is true
- Sometimes
- Not really, no

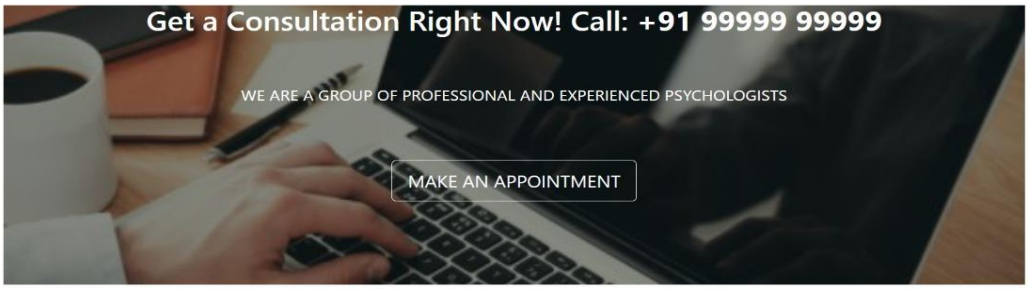
SUBMIT

MIND | A way to happy life

File | C:/Users/Rashi%20Maheshwari/Desktop/IWP_Project/self-test.html

MIND

Welcome About Us Services Self Test Contact



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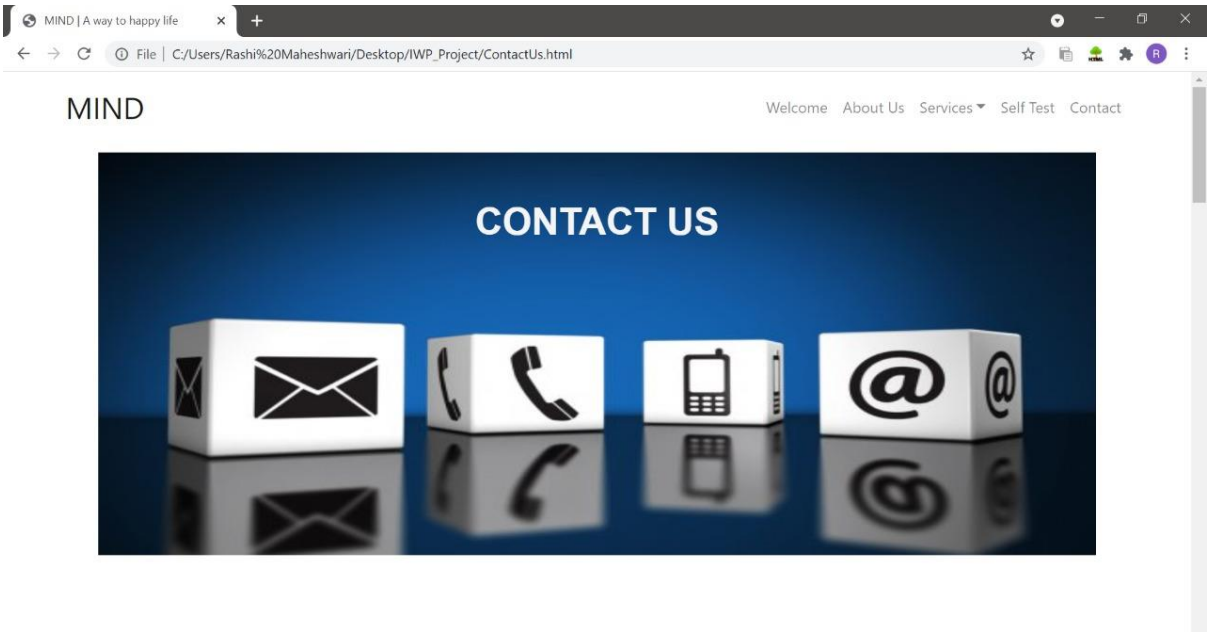
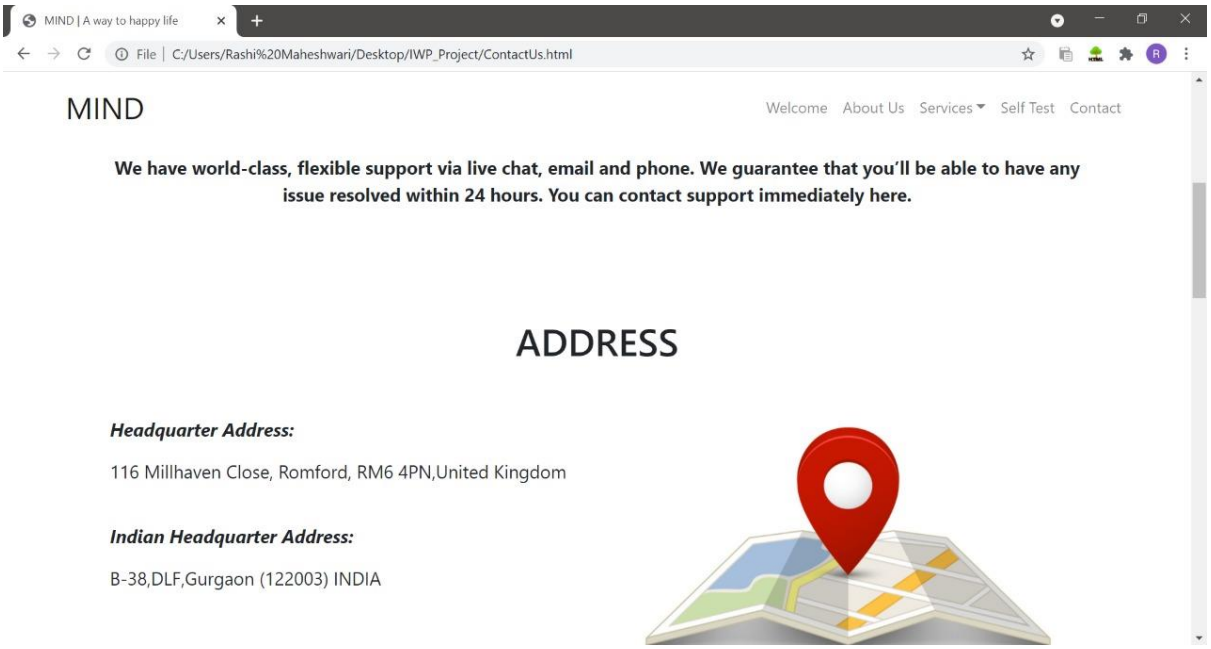
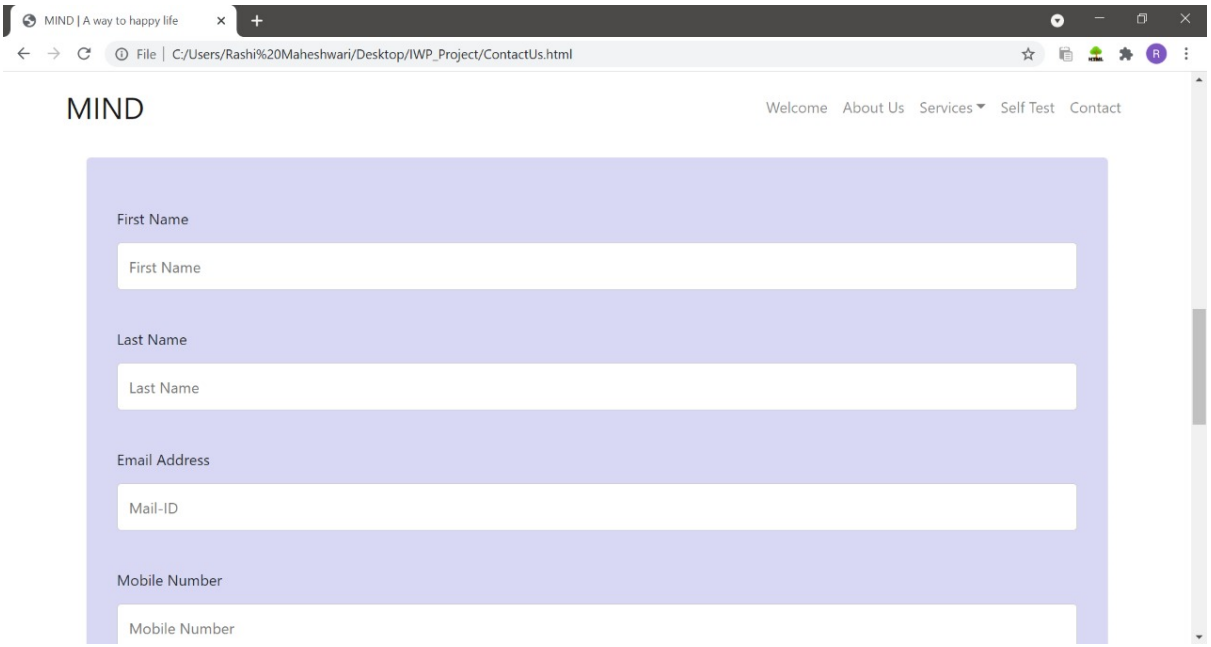
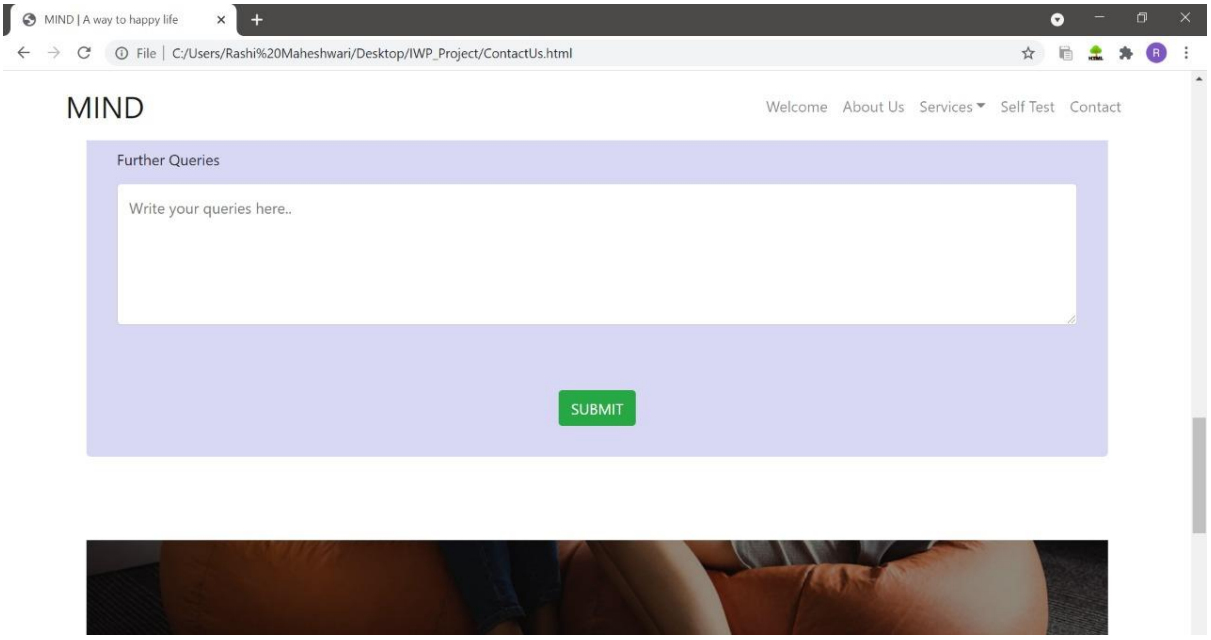
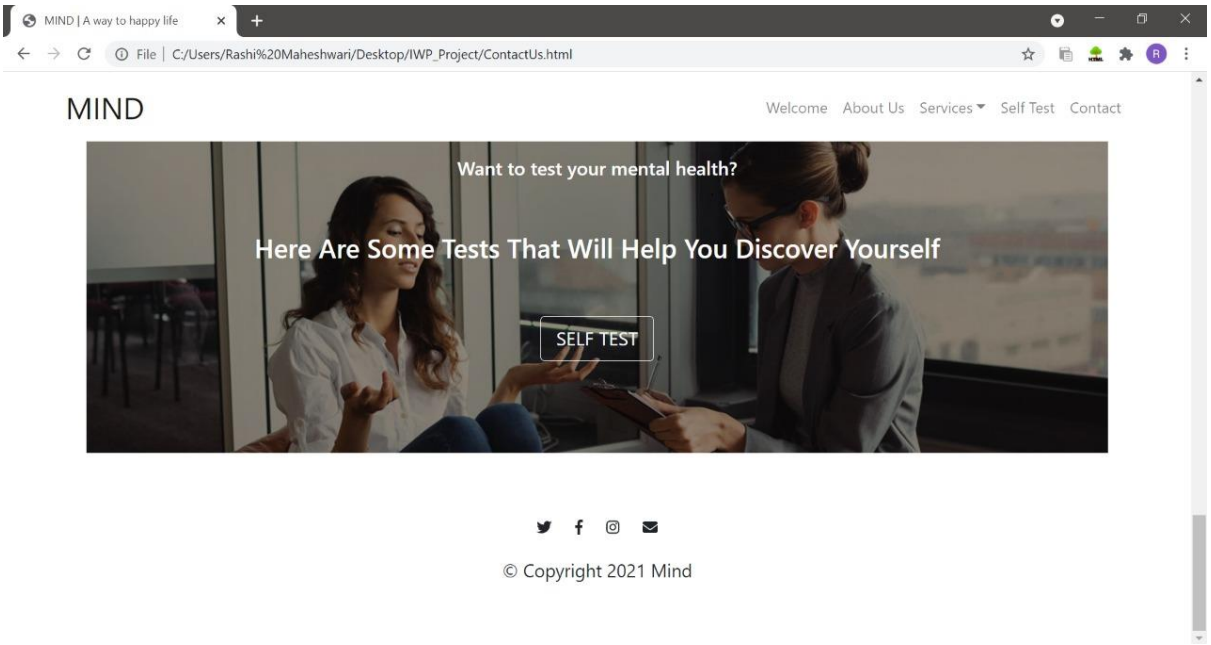
contactUs.html:








MIND | A way to happy life
File | C:/Users/Rashi%20Maheshwari/Desktop/IWP_Project/ContactUs.html
MIND
Welcome
About Us
Services
Self Test
Contact
Further Queries
Write your queries here..
SUBMIT


MIND | A way to happy life
File | C:/Users/Rashi%20Maheshwari/Desktop/IWP_Project/ContactUs.html
MIND
Welcome
About Us
Services
Self Test
Contact
Want to test your mental health?
Here Are Some Tests That Will Help You Discover Yourself
SELF TEST
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WINTER SEMESTER 2020-21

CSE 2015- INTERNET PROGRAMMING AND WEB TECHNOLOGY

DIGITAL ASSIGNMENT 2(MINI PROJECT-SERVER SIDE OF A WEBSITE)

PROJECT TITLE: MIND- A WAY TO HAPPY LIFE.

NAME: RASHI MAHESHWARI

REG NO: 19BDS0070

PROJECT TEAM MEMBERS:

RAMANPREET SINGH PANNU -19BDS0002

RASHI MAHESHWARI - 19BDS0006

ARYAN DHAWAN - 19BDS0022

KOTHA BRINDA VIVEK - 19BDS0070

SARANYA SARKAR - 19BDS0074

ABSTRACT (SHORT DESCRIPTION):

Mental health illness is about a person's mental and emotional well-being. Good mental health or being mentally sound would mean that one possesses a balanced mind, confidence and self-esteem. A mental illness is a problem that significantly affects how a person thinks, perceives and reacts. Statistics show that 1 in every 5 individuals suffers from some form of mental health illness symptoms. 50% of mental health conditions begin by age 14 and 75% of mental health conditions develop by age 24. WHO statistics say the average suicide rate in India is 10.9 for every lakh people. Mental illness can be triggered by multiple factors. Complex interactions between mind, body and environment result in psychological disorders.

According to our research as a part of this project, we have discovered that, there is only one psychiatrist for four lakh Indians. The prevalent reason that contributes this serious problem is lack of help from the psychiatrists and parents. Rising prevalence of mental health diseases is a serious problem for society.

Everybody needs someone who can listen to them. A listener without judgement maybe the tool for finding a solution to the many confusions, tough times or important decisions that we all have to go through at every moment of our life. This website is to become a tool to help them to listen to them, understand their problems and help them overcome those by moulding them to become mentally strong. Online web counselling is the fastest way in which people who need online counselling can reach out at their convenience. People can greatly succeed from issues such as sadness, worrying, stress, depression, phobias, marital problems, self-esteem problems and many more issues. This project is an attempt to provide safe and secure online counselling services to the needed from the comforts of their home. Mental health counsellors talk to you via phone, chat or email, and talk about matters. We help them to cope with them in the most effective manner.

Our project aims to change our understanding of mental health problems and improve the short and long term future of the nation's mental wellbeing.

AIM OF DIGITAL ASSIGNMENT 2:

To complete the backend part of the website and to ensure the working of this website.

To correctly connect backend and frontend for precise working.

The **backend** (or “server-side”) is the portion of the website you don’t see. It’s responsible for storing and organizing data, and ensuring everything on the client-side actually works. The backend communicates with the front-end, sending and receiving information to be displayed as a web page. Whenever you fill out a contact form, type in a web address, or make a purchase (any user interaction on the client-side), your browser sends a request to the server-side, which returns information in the form of frontend code that the browser can interpret and display.

Backend functionalities to be completed:

1)Store the user information (that was filled by the user in the form) in mongodb

2)Retrive the email id’s from the database and send a email to their email with information of the MIND.

IMPLEMENTATION:

All the backend functionalities are implemented by using node js,express and mongodb.

CODES:

1)index.js:

```
const express = require("express");

const bodyParser = require("body-parser");

var MongoClient = require('mongodb').MongoClient;

const app = express();


app.use(bodyParser.urlencoded({extended: true}));


app.use(express.static("public"));


app.get("/", function(req, res) {

  res.sendFile(__dirname + "/welcome.html");

});


app.get("/about-us.html", function(req, res) {

  res.sendFile(__dirname + "/about-us.html");

});


app.get("/addiction.html", function(req, res) {

  res.sendFile(__dirname + "/addiction.html");
```

```
});

app.get("/career.html", function(req, res) {
  res.sendFile(__dirname + "/career.html");
});

app.get("/contactUs.html", function(req, res) {
  res.sendFile(__dirname + "/contactUs.html");
});

app.post("/contactUs.html", function(req, res) {
  var fname = req.body.firstname;
  var lname = req.body.lastname;
  var email = req.body.email;
  var mobileNo = req.body.mobile;
  var queries = req.body.queries;
  MongoClient.connect("mongodb://localhost:27017", function(err, client) {
    var db = client.db('ClientDB');
    db.collection('Clients', function(err, collection) {
      collection.insert({
        fname: fname,
        lname: lname,
        email: email,
        mobileNo: mobileNo,
        queries: queries,
      });
      if (err) throw err;
      res.sendFile(__dirname + "/contactUs.html");
    });
  });
  var nodemailer = require('nodemailer');
  var transporter = nodemailer.createTransport({
   service: 'gmail',
   auth: {
```

```
  user: 'rashimaheshwari3110@gmail.com',
  pass: 'im********'
  }
 });
 var mailOptions = {
  from: 'rashimaheshwari3110@gmail.com',
  to: email,
  subject: 'Welcome to MIND | A way to happy life',
  html: '<p>Hi ' + fname + ' ' + lname + ',<br>Welcome to MIND | A way to happy life.</p>' +
      '<p>We have world-class, flexible support via live chat, email and phone. We guarantee that you'll be able to have any issue resolved within 24 hours. You can contact support immediately here.</p>'
 };
 transporter.sendMail(mailOptions, function(error, info){
  if (error) {
  console.log(error);
  } else {
  console.log('Email sent: ' + info.response);
  }
 });
});

app.get("/depression.html", function(req, res) {
 res.sendFile(__dirname + "/depression.html");
});

app.get("/loneliness.html", function(req, res) {
 res.sendFile(__dirname + "/loneliness.html");
});

app.get("/parenting.html", function(req, res) {
 res.sendFile(__dirname + "/parenting.html");
});

app.get("/relationship.html", function(req, res) {
 res.sendFile(__dirname + "/relationship.html");
```

```
});

app.get("/self-test.html", function(req, res) {
  res.sendFile(__dirname + "/self-test.html");
});

app.get("/welcome.html", function(req, res) {
  res.sendFile(__dirname + "/welcome.html");
});

app.listen(3000, function() {
  console.log("Server is running on 3000.");
});
```

2)contactUs.html

```
<!DOCTYPE html>
<html lang="en" dir="ltr">

<head>
  <meta charset="utf-8">
  <meta name="viewport" content="width=device-width, initial-scale=1">

  <title>MIND | A way to happy life</title>
  <link rel="stylesheet" href="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/css/bootstrap.min.css" integrity="sha384-JcKb8q3iqJ61gNV9KGb8thSsNjpSL0n8PARn9HuZOnIxN0hoP+VmmDGMN5t9UJ0Z" crossorigin="anonymous">
  <link rel="stylesheet" href="CSS\contactUs.css">

  <script defer src="https://use.fontawesome.com/releases/v5.0.7/js/all.js"></script>

  <script src="https://code.jquery.com/jquery-3.5.1.slim.min.js" integrity="sha384-DfXdz2htPH0lsSSs5nCTpuj/zy4C+OGpamoFVy38MVBnE+IbbVYUew+OrCXaRkfj" crossorigin="anonymous"></script>
  <script src="https://cdn.jsdelivr.net/npm/popper.js@1.16.1/dist/umd/popper.min.js" integrity="sha384-9/reFTGAW83EW2RDu2S0VKaIzap3H66lZH81PoYlFhbGU+6BZp6G7niu735Sk7lN" crossorigin="anonymous"></script>
  <script src="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/js/bootstrap.min.js" integrity="sha384-B4gt1jrGC7Jh4AgTPSdUtOBvfO8shuf57BaghqFfPlYxofvL8/KUEfYiJOMMV+rV" crossorigin="anonymous"></script>
```

```
  <script src="Javascripts\javascript1.js"></script>


</head>


<body>


  <section id="title">

    <div class="container-fluid navigation">

      <nav class="navbar navbar-expand-lg navbar-light">

        <a class="navbar-brand name" href="welcome.html">MIND</a>

        <button class="navbar-toggler" type="button" data-toggle="collapse" data-target="#navbarSupportedContent"
aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">

          <span class="navbar-toggler-icon"></span>

        </button>

        <div class="collapse navbar-collapse" id="navbarSupportedContent">

          <ul class="navbar-nav ml-auto">

            <li class="nav-item">

              <a class="nav-link" href="welcome.html">Welcome</a>

            </li>

            <li class="nav-item">

              <a class="nav-link" href="about-us.html">About Us</a>

            </li>

            <li class="nav-item dropdown">

              <a class="nav-link  dropdown-toggle" href="#" data-bs-toggle="dropdown">Services</a>

              <ul class="dropdown-menu">

                <li><a class="dropdown-item" href="depression.html">Depression</a></li>

                <li><a class="dropdown-item" href="loneliness.html">Loneliness</a></li>

                <li><a class="dropdown-item" href="addiction.html">Addiction</a></li>

                <li><a class="dropdown-item" href="relationship.html">Relationship</a></li>

                <li><a class="dropdown-item" href="career.html">Career Problem</a></li>

                <li><a class="dropdown-item" href="parenting.html">Parenting</a></li>

              </ul>

            </li>

            <li class="nav-item">
```

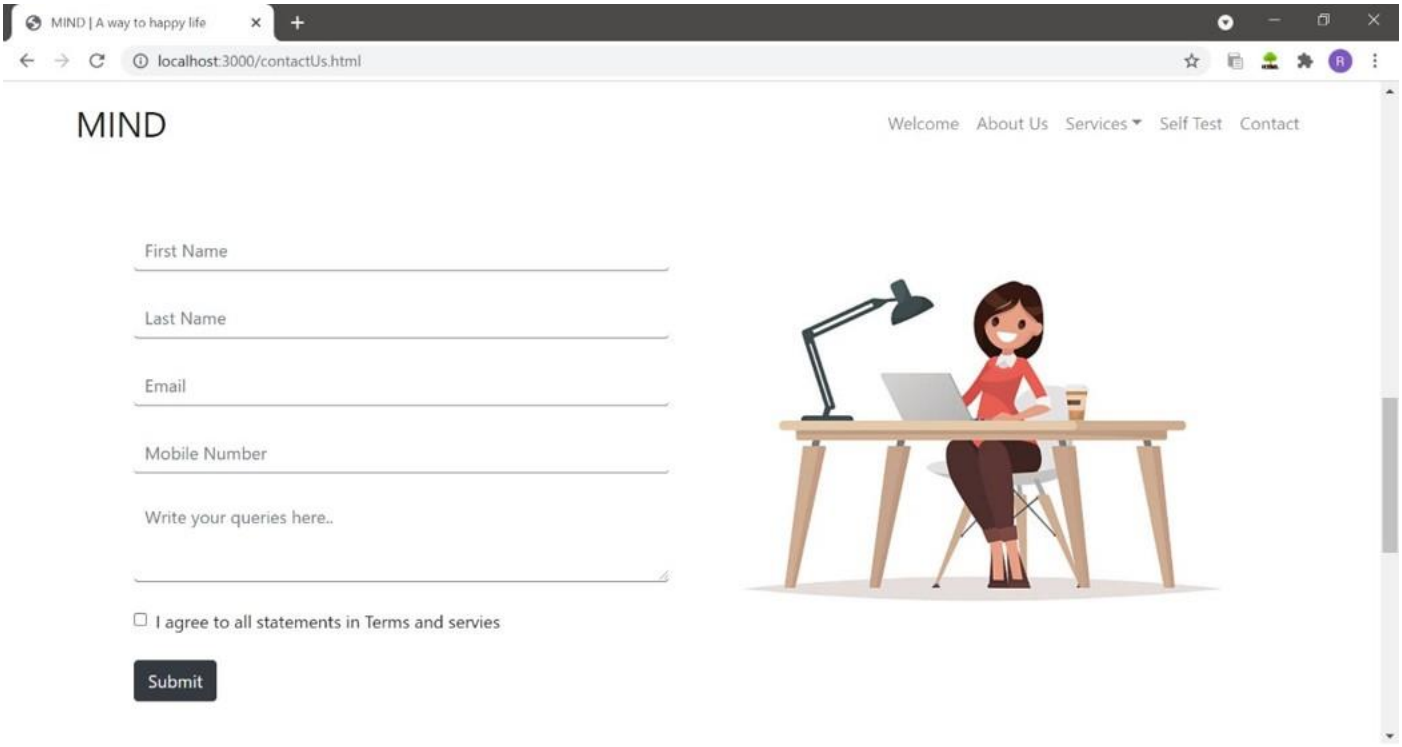
```
          <a class="nav-link" href="self-test.html">Self Test</a>
        </li>
        <li class="nav-item">
          <a class="nav-link" href="#">Contact</a>
        </li>
      </ul>
    </div>
  </nav>
 </div>
</section>

<section id="image">
 <h1>CONTACT US</h1><br>
 <img src="Images/contact_3.jpg" alt="contact Us" width="100%">
 <br><br><br><br><br><br>
 <div class="contactsblock01">
   <h5><b>We have world-class, flexible support via live chat, email and phone. We guarantee that you'll be able to have any issue resolved within 24 hours. You can contact support immediately here.</b></h5>
 </div>
</section>

<section id="address">
 <h2 align="center">ADDRESS</h2><br><br>
  <div class="row">
    <div class="col-lg-5">
      <img src="Images/map.jpg" alt="map" width="100%">
    </div>
    <div class="col-lg-7">
      <p class="contactlocation"><b>Headquarter Address:</b></p>
      <p class="contactlocation">116 Millhaven Close, Romford, RM6 4PN,United Kingdom</p>
      </br>
      <p class="contactlocation"><b>Indian Headquarter Address:</b></p>
      <p class="contactlocation">B-38,DLF,Gurgaon (122003) INDIA</p>
    </div>
  </div>
```

```
  </section>


  <section id="fill-form">
    <div class="row">
      <div class="col-lg-6 sign-up">
        <form class="row g-3 needs-validation" novalidate method="post">
          <div class="col-sm-12 position-relative mb-4">
            <input type="text" class="form-control text-line" name="firstname" id="fname" placeholder="First Name" required autocomplete="off">
          </div>
          <div class="col-sm-12 position-relative mb-4">
            <input type="text" class="form-control text-line" name="lastname" id="lname" placeholder="Last Name" required autocomplete="off">
          </div>
          <div class="col-sm-12 position-relative mb-4">
            <input type="email" class="form-control text-line" name="email" id="email" placeholder="Email" required autocomplete="off">
            <div class="invalid-tooltip">
              Please provide a valid email.
            </div>
          </div>
          <div class="col-sm-12 position-relative mb-4">
            <input type="tel" class="form-control text-line" name="mobile" id="mobile" placeholder="Mobile Number" pattern="[0-9]{10}" required autocomplete="off">
            <div class="invalid-tooltip">
              Please provide a valid mobile number.
            </div>
          </div>
          <div class="col-sm-12 position-relative mb-4">
            <textarea type="text" style="height:75px" class="form-control text-line" name="queries" id="queries" placeholder="Write your queries here.." required></textarea>
          </div>
          <div class="col-12 mb-4">
            <div class="form-check">
              <input class="form-check-input" type="checkbox" value="" id="invalidCheck" required>
              <label class="form-check-label" for="invalidCheck">
```

```
            I agree all statements in Terms and servies
          </label>
        </div>
      </div>
      <div class="col-12">
        <button class="btn btn-dark" type="submit">Submit</button>
      </div>
    </form>
  </div>
  <div class="col-lg-6">
    <img src="Images/image1.jpg" alt="image" width=100%>
  </div>
 </div>
</section>

<section id="test">
 <div class="parallax" style="background-image: url('Images/bg.jpg');">
  <h5>Want to test your mental health?</h5><br><br>
  <h3>Here Are Some Tests That Will Help You Discover Yourself</h3>
  <br><br>
  <a href="self-test.html">
    <button type="button" class="btn btn-outline-light btn-lg">SELF TEST</button>
  </a>
 </div>
</section>

<footer id="footer">
 <i class="social-icon fab fa-twitter"></i>
 <i class="social-icon fab fa-facebook-f"></i>
 <i class="social-icon fab fa-instagram"></i>
 <i class="social-icon fas fa-envelope"></i>
 <p>© Copyright 2021 Mind</p>
</footer>
```

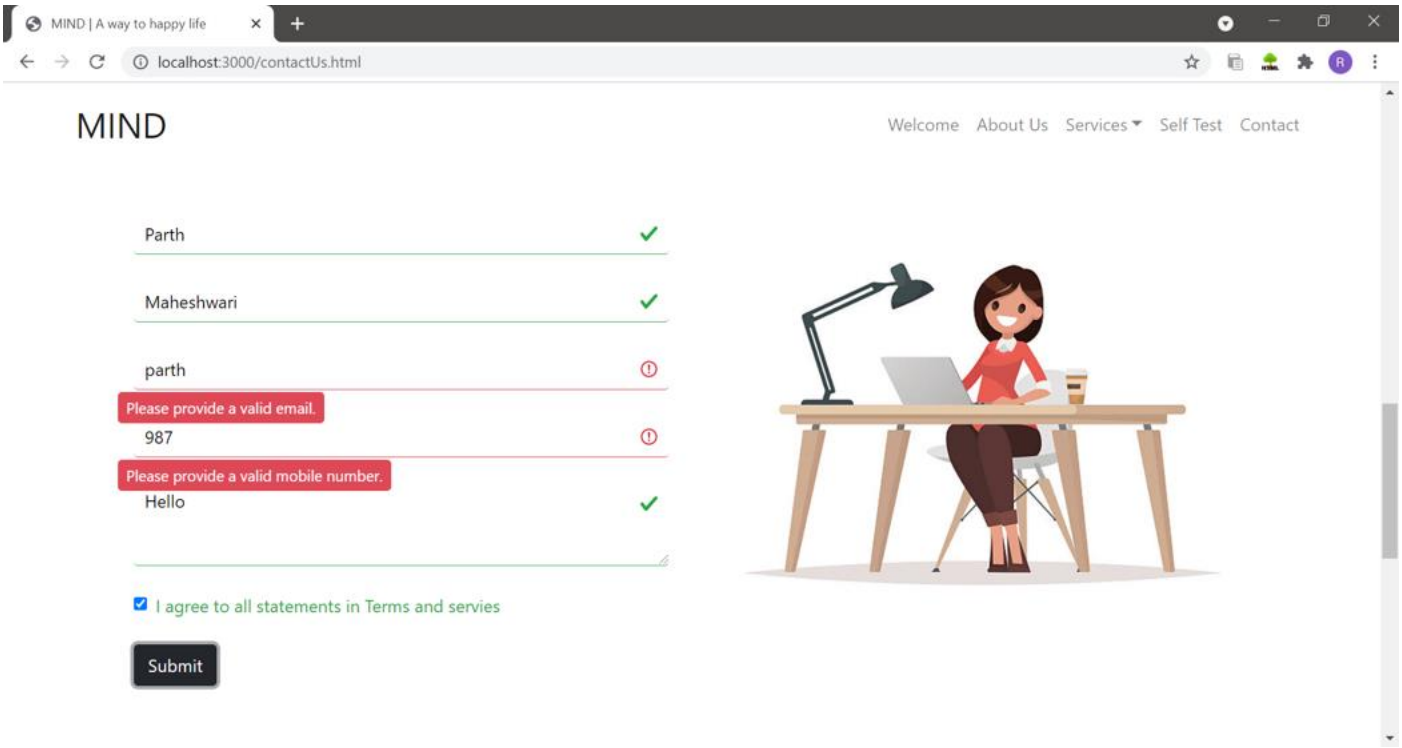
```
<script>
  (function() {
    'use strict';
    window.addEventListener('load', function() {
      var forms = document.getElementsByClassName('needs-validation');
      var validation = Array.prototype.filter.call(forms, function(form) {
        form.addEventListener('submit', function(event) {
          if (form.checkValidity() === false) {
            event.preventDefault();
            event.stopPropagation();
          }
          form.classList.add('was-validated');
        }, false);
      });
    }, false);
  })();
 </script>
</body>
</html>
```

CONTACT US WEBPAGE INITIAL:

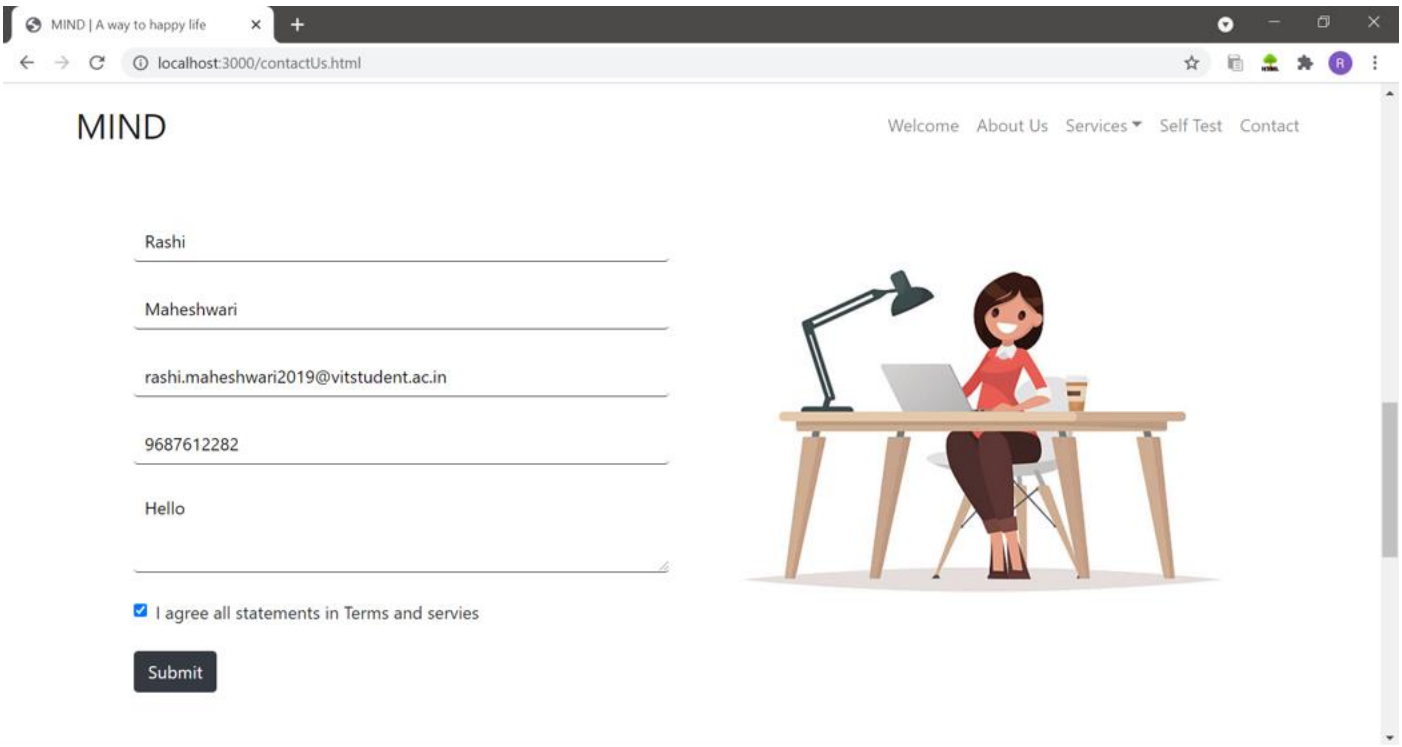


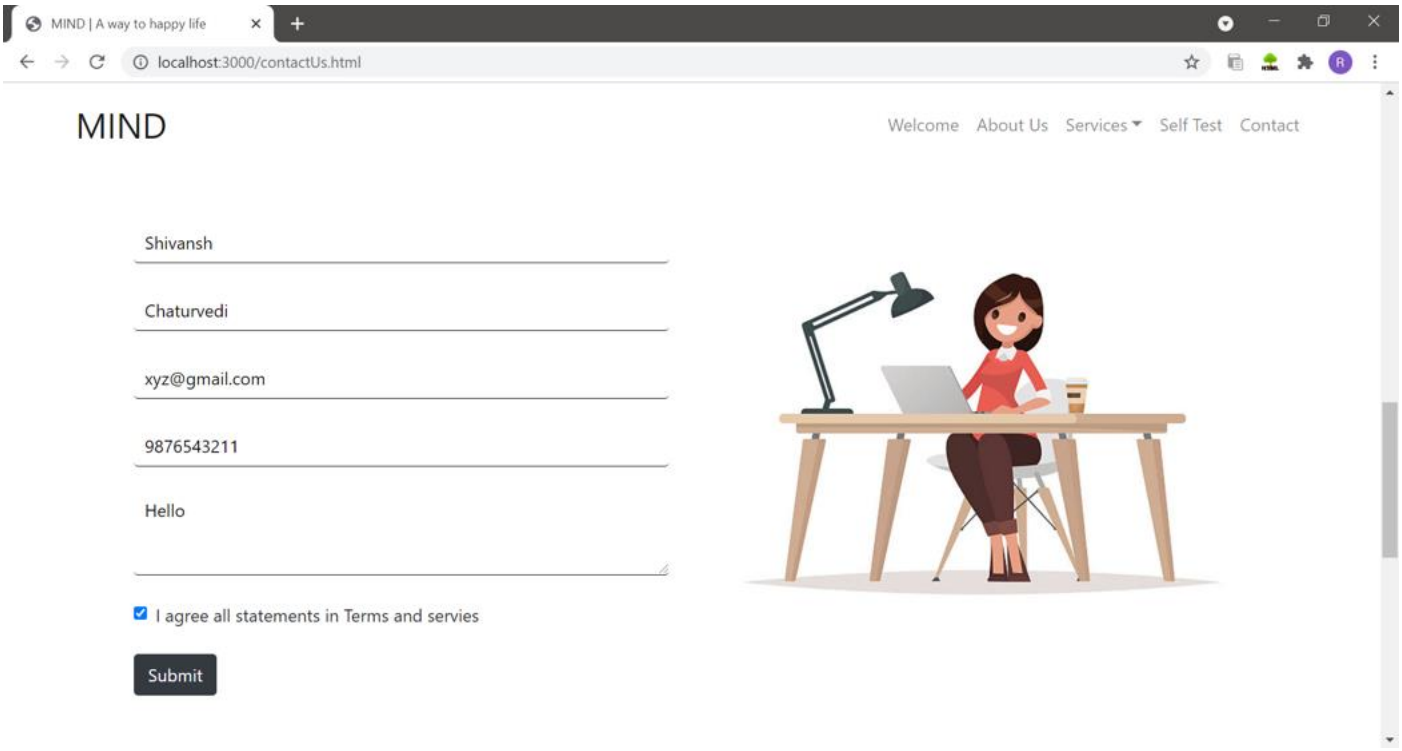
SCREENSHOTS:

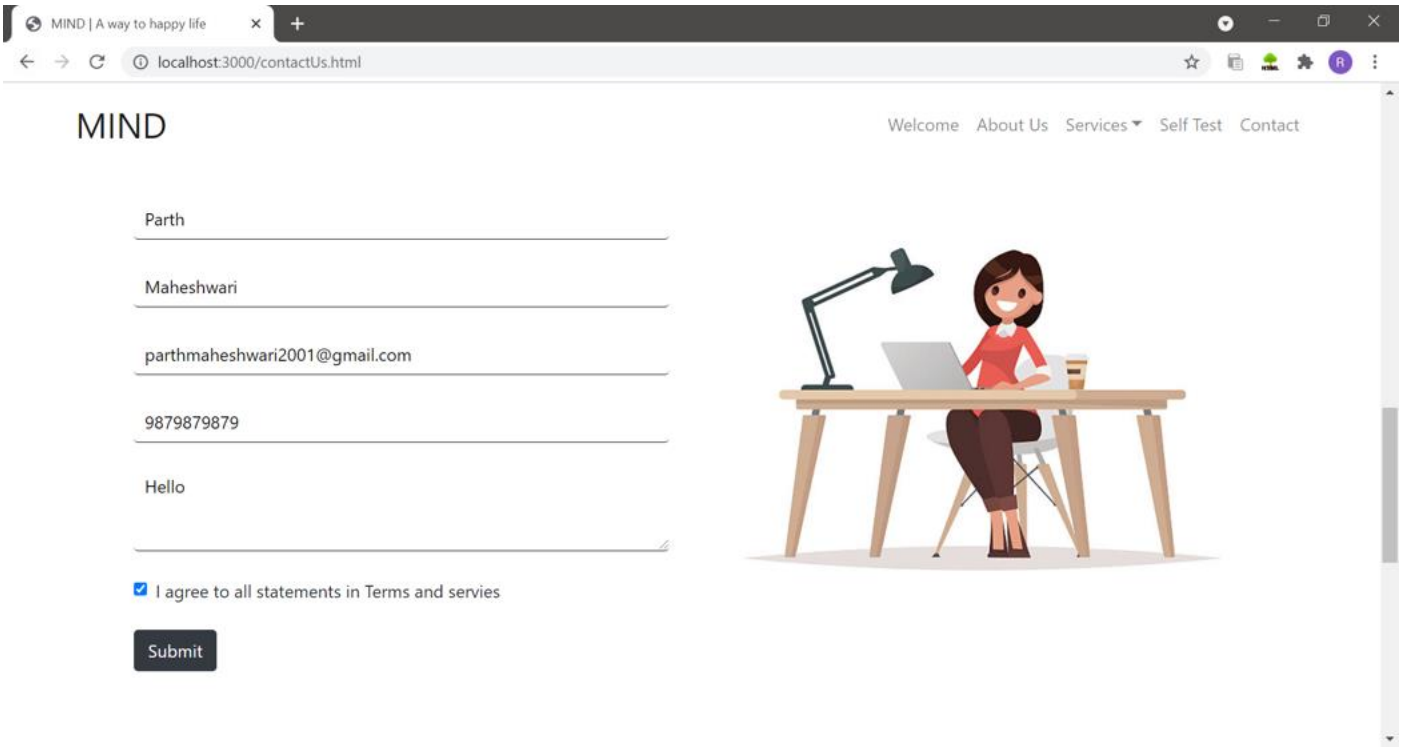
It ensures correct format of email and verify phone number(10 digits)



Fill the details from the frontend form and submit the form.




MIND | A way to happy life
localhost:3000/contactUs.html
MIND
Welcome
About Us
Services
Self Test
Contact
Shivansh
Chaturvedi
xyz@gmail.com
9876543211
Hello
I agree all statements in Terms and servies
Submit


MIND | A way to happy life
localhost:3000/contactUs.html
MIND
Welcome
About Us
Services
Self Test
Contact
Parth
Maheshwari
parthmaheshwari2001@gmail.com
9879879879
Hello
I agree to all statements in Terms and servies
Submit

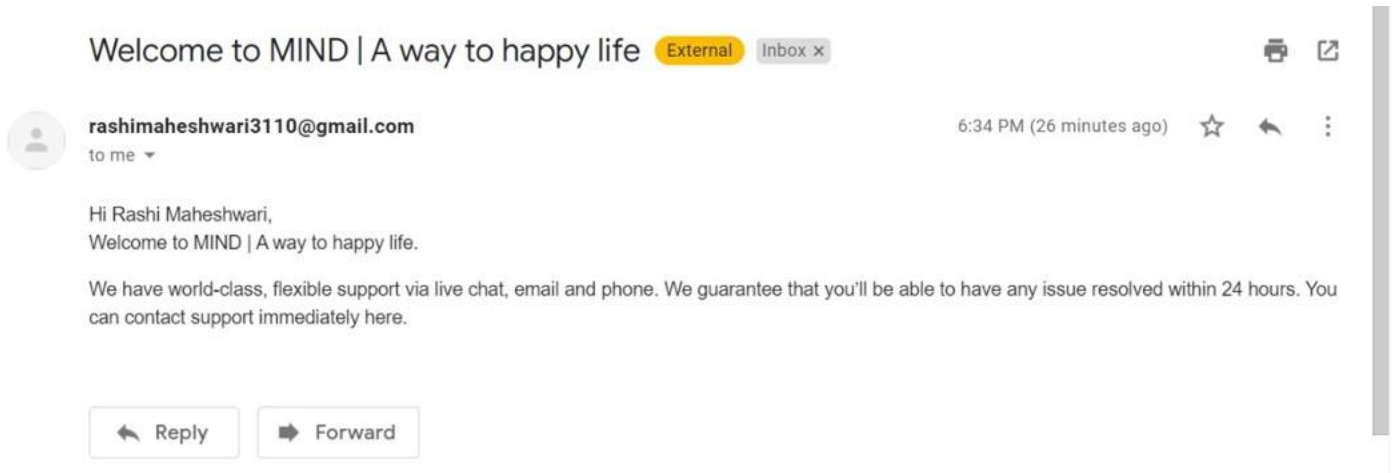
All the submitted details of users through form are stored in the backend .

The stored details are stored in this form:

```
Command Prompt - mongo
{
        "_id" : ObjectId("60b26f70656d1f3830452a67"),
        "fname" : "Rashi",
        "lname" : "maheshwari",
        "email" : "rashi.maheshwari2019@vitstudent.ac.in",
        "mobileNo" : "9876543210",
        "queries" : "bhfkdb fdavbjnfda"
}
{
        "_id" : ObjectId("60b26f90656d1f3830452a68"),
        "fname" : "Rashi",
        "lname" : "maheshwari",
        "email" : "rashi.maheshwari2019@vitstudent.ac.in",
        "mobileNo" : "9876543210",
        "queries" : "hbvjkafnkjfvn fjkanofnaav jvinrovna iaihvori"
}
{
        "_id" : ObjectId("60b4deb1d2848a0eb424af57"),
        "fname" : "Rashi",
        "lname" : "Maheshwari",
        "email" : "rashi.maheshwari2019@vitstudent.ac.in",
        "mobileNo" : "9687612282",
        "queries" : "Hello"
}
{
        "_id" : ObjectId("60b4e110d2848a0eb424af58"),
        "fname" : "Shivansh",
        "lname" : "Chaturvedi",
        "email" : "xyz@gmail.com",
        "mobileNo" : "9876543211",
        "queries" : "Hello"
}
{
        "_id" : ObjectId("60b4e350d2848a0eb424af59"),
        "fname" : "Parth",
        "lname" : "Maheshwari",
        "email" : "parthmaheshwari2001@gmail.com",
        "mobileNo" : "9879879879",
        "queries" : "Hello"
}
>
```

By retrieving the email id of the user, and send an email to the user about the information of this website uses and importance.

THIS IS THE FORMAT OF EMAIL SENT TO THE USER:



WINTER SEMESTER 2020-21

NAME: RASHI MAHESHWARI

REG NO: 19BDS0006

CSE2015- INTERNET PROGRAMMING AND WEB TECHNOLOGY

PROJECT TITLE: MIND | A WAY TO HAPPY LIFE.

INTRODUCTION:

CODE:

- **self-test.html**

```
<!DOCTYPE html>

<html lang="en" dir="ltr">


<head>

  <meta charset="utf-8">

  <meta name="viewport" content="width=device-width, initial-scale=1">


  <title>MIND | A way to happy life</title>

  <link rel="stylesheet" href="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/css/bootstrap.min.css"
integrity="sha384-JcKb8q3iqJ61gNV9KGb8thSsNjpSL0n8PARn9HuZOnIxN0hoP+VmmDGMN5t9UJ0Z"
crossorigin="anonymous">

  <link rel="stylesheet" href="CSS\styles3.css">


  <script src="Javascripts\javascript1.js"></script>

  <script src="Javascripts\javascript2.js"></script>


  <script defer src="https://use.fontawesome.com/releases/v5.0.7/js/all.js"></script>


  <script src="https://code.jquery.com/jquery-3.5.1.slim.min.js" integrity="sha384-
DfXdz2htPH0lsSSs5nCTpuj/zy4C+OGpamoFVy38MVBnE+IbbVYUew+OrCXaRkfj" crossorigin="anonymous"></script>
```

```
  <script src="https://cdn.jsdelivr.net/npm/popper.js@1.16.1/dist/umd/popper.min.js" integrity="sha384-9/reFTGAW83EW2RDu2S0VKaIzap3H66lZH81PoYlFhbGU+6BZp6G7niu735Sk7lN" crossorigin="anonymous"></script>

  <script src="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/js/bootstrap.min.js" integrity="sha384-B4gt1jrGC7Jh4AgTPSdUtOBvfO8shuf57BaghqFfPlYxofvL8/KUEfYiJOMMV+rV" crossorigin="anonymous"></script>


  <script src="https://code.jquery.com/jquery-3.5.0.js"></script>


</head>


<body>


  <section id="title">

    <div class="container-fluid navigation">

      <nav class="navbar navbar-expand-lg navbar-light">

        <a class="navbar-brand name" href="welcome.html">MIND</a>

        <button class="navbar-toggler" type="button" data-toggle="collapse" data-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">

          <span class="navbar-toggler-icon"></span>

        </button>

        <div class="collapse navbar-collapse" id="navbarSupportedContent">

          <ul class="navbar-nav ml-auto">

            <li class="nav-item">

              <a class="nav-link" href="welcome.html">Welcome</a>

            </li>

            <li class="nav-item">

              <a class="nav-link" href="about-us.html">About Us</a>

            </li>

            <li class="nav-item dropdown">

              <a class="nav-link  dropdown-toggle" href="#" data-bs-toggle="dropdown">Services</a>

              <ul class="dropdown-menu">

                <li><a class="dropdown-item" href="depression.html">Depression</a></li>

                <li><a class="dropdown-item" href="loneliness.html">Loneliness</a></li>

                <li><a class="dropdown-item" href="addiction.html">Addiction</a></li>

                <li><a class="dropdown-item" href="relationship.html">Relationship</a></li>

                <li><a class="dropdown-item" href="career.html">Career Problem</a></li>
```

```
            <li><a class="dropdown-item" href="parenting.html">Parenting</a></li>
          </ul>
        </li>
        <li class="nav-item">
          <a class="nav-link" href="self-test.html">Self Test</a>
        </li>
        <li class="nav-item">
          <a class="nav-link" href="ContactUs.html">Contact</a>
        </li>
      </ul>
    </div>
  </nav>
 </div>
</section>

<section id="image">
 <h1 align="center">TEST YOUR MENTAL STABILITY</h1>
 <br>
 <img src="Images/test-1.jpg" alt="image" style="width: 100%;">
</section>

<section id="test">
 <h4>1. When i'm around people, I still struggle feeling alone</h4>
 <input type="radio" name="question0" value="A">All the time<br>
 <input type="radio" name="question0" value="B">Sometimes<br>
 <input type="radio" name="question0" value="C">Not really, no<br><br>

 <h4>2. I feel alone...</h4>
 <input type="radio" name="question1" value="A">All the time<br>
 <input type="radio" name="question1" value="B">Sometimes<br>
 <input type="radio" name="question1" value="C">Not really, no<br><br>

 <h4>3. I have put my friendships on the back burner.</h4>
 <input type="radio" name="question2" value="A">Yes, clearly<br>
```

<input type="radio" name="question2" value="B">A bit

<input type="radio" name="question2" value="C">No, not really

<h4>4. My family just doesn't have the same priority in my life as they use to.</h4>

<input type="radio" name="question3" value="A">This is true

<input type="radio" name="question3" value="B">A bit

<input type="radio" name="question3" value="C">I disagree. My family has remained important

<h4>5. People exhaust me.</h4>

<input type="radio" name="question4" value="A">Absolutely agree

<input type="radio" name="question4" value="B">Sometimes

<input type="radio" name="question4" value="C">Not really, no

<h4>6. I have given up doing things that I use to be excited about</h4>

<input type="radio" name="question5" value="A">Yes, I would say so

<input type="radio" name="question5" value="B">A bit

<input type="radio" name="question5" value="C">No, not really

<h4>7. I feel like crying for no reason.</h4>

<input type="radio" name="question6" value="A">Yes, this is true

<input type="radio" name="question6" value="B">Sometimes

<input type="radio" name="question6" value="C">No, not really

<h4>8. My tastes in audio/visual has turned "dark."</h4>

<input type="radio" name="question7" value="A">I would say it has turned darker, yes

<input type="radio" name="question7" value="B">Maybe a bit

<input type="radio" name="question7" value="C">Not really, no

<h4>9. I want to runaway, but have no idea where I would go...just want to run.</h4>

<input type="radio" name="question8" value="A">If I could, yes, I would run

<input type="radio" name="question8" value="B">Sometimes

<input type="radio" name="question8" value="C">Not really, no

<h4>10. I feel lost & confused and unable to think through simple tasks.</h4>

```
  <input type="radio" name="question9" value="A">I do feel this is true<br>
  <input type="radio" name="question9" value="B">Sometimes<br>
  <input type="radio" name="question9" value="C">Not really, no<br><br>
  <button type="button" class="btn btn-outline-dark btn-lg" onclick="returnScore()">SUBMIT</button>
 </section>

 <section id="result" style="display:none">
  <b>
   <p class="minimal" style="display:none">Your results indicate that you have none, or very few symptoms of depression.</p>
   <p class="moderate" style="display:none">Your results indicate that you may be experiencing symptoms of moderate depression. Based on your answers, living with these symptoms could be causing difficulty managing relationships and even the tasks
    of everyday life.</p>
   <p class="severe" style="display:none">Your results indicate that you may be experiencing symptoms of severe depression. Based on your answers, these symptoms seem to be greatly interfering with your relationships and the tasks of everyday
    life.</p>
  </b>

  <div class="info" style="display:none">
   <p>These results do not mean that you have depression, but it may be time to start a conversation with someone you trust.</p>
   <p>This screen is not meant to be a diagnosis. Diagnosis and care of mental health conditions can be difficult. Having symptoms of depression is different than having depression. In addition, symptoms of depression can be caused by other mental
    health conditions, such as bipolar disorder, or other health problems, like a thyroid disorder. A trained professional, such as a doctor or a mental health provider, can make this determination and finding the right support can help you feel
    more like you again.</p>
   <p>The depression symptoms you are experiencing may also indicate a different type of mental health problem related to bipolar disorder. We recommend you also take the screen for bipolar disorder to find out if your symptoms may be more similar
    to those experienced by people with bipolar disorder. People who struggle with bipolar disorder experience mood swings from extreme elation, energy, or agitation to low depressive symptoms.</p>
  </div>
 </section>

 <section id="contact">
```

```
    <div class="parallax" style="background-image: url('Images/bg-1.jpg');">
      <h2>Get a Consultation Right Now! Call: <b>+91 99999 99999</b></h2><br><br>
      <p>WE ARE A GROUP OF PROFESSIONAL AND EXPERIENCED PSYCHOLOGISTS</p>
      <br><br>
      <a href="contactUs.html">
        <button type="button" class="btn btn-outline-light btn-lg">MAKE AN APPOINTMENT</button>
      </a>
    </div>
  </section>

  <footer id="footer">
    <i class="social-icon fab fa-twitter"></i>
    <i class="social-icon fab fa-facebook-f"></i>
    <i class="social-icon fab fa-instagram"></i>
    <i class="social-icon fas fa-envelope"></i>
    <p>© Copyright 2021 Mind</p>
  </footer>

</body>

</html>
```

- **styles.css**

```
.navigation{
  background-color: #fff;
  position: fixed;
  z-index: 2;
  padding: 0 4%;
}

.name{
  font-size: 2rem;
}
```

```
#about{
  padding: 8%;
}

#image{
  padding: 7%;
  padding-bottom: 0;
}

#test{
  padding: 6% 15% 6%;
  font-size: 1.2rem;
}

#result{
  padding: 6%;
  padding-top: 0;
}

#result p{
  font-size: 1.2rem;
}

input{
  margin: 2%;
  cursor: pointer;
}
input:checked {
    background: red;
}

img{
  border-radius: 1%;
}
```

```
p{
  font-size: 1.1rem;
}

#contact{
  padding: 0 7% 0;
  color: #fff;
  text-align: center;
}

.parallax {
  background-attachment: fixed;
  background-position: center;
  background-repeat: no-repeat;
  background-size: cover;
  padding: 9%;
}

#footer {
  text-align: center;
  padding: 9% 15% 4%;
  background: #fff;
}

.social-icon {
  margin: 20px 10px;
}
```

- **javascript1.js**

```
document.addEventListener("DOMContentLoaded", function(){
if (window.innerWidth > 992) {
        document.querySelectorAll('.navbar .nav-item').forEach(function(everyitem){
                everyitem.addEventListener('mouseover', function(e){
```

```
                let el_link = this.querySelector('a[data-bs-toggle]');
                if(el_link != null){
                        let nextEl = el_link.nextElementSibling;
                        el_link.classList.add('show');
                        nextEl.classList.add('show');
                }
        });
        everyitem.addEventListener('mouseleave', function(e){
                let el_link = this.querySelector('a[data-bs-toggle]');
                if(el_link != null){
                        let nextEl = el_link.nextElementSibling;
                        el_link.classList.remove('show');
                        nextEl.classList.remove('show');
                }
        })
    });
}
});
```

- **javascript2.css**

```
function getCheckedValue( radioName ){
   var radios = document.getElementsByName( radioName ); // Get radio group by-name
   for(var y=0; y<radios.length; y++)
     if(radios[y].checked)
       return radios[y].value;
}

function getScore(){
  var score = 0;
  for (var i=0; i<10; i++){
    if(getCheckedValue("question"+i)=="A"){
      score += 2;
    }
    else if(getCheckedValue("question"+i)=="B"){
```

```
      score += 1;
    }
  }
  return score/2;
}

function returnScore(){
  $(".minimal").hide();
  $(".moderate").hide();
  $(".severe").hide();
  if(getScore()>=0 && getScore()<3){
    $( "#result:hidden" ).show( "fast" );
    $( ".minimal:hidden" ).show( "fast" );
    $( ".info:hidden" ).show( "fast" );
  }
  else if (getScore()>=3 && getScore()<7){
    $( "#result:hidden" ).show( "fast" );
    $( ".moderate:hidden" ).show( "fast" );
    $( ".info:hidden" ).show( "fast" );
  }
  else{
    $( "#result:hidden" ).show( "fast" );
    $( ".severe:hidden" ).show( "fast" );
    $( ".info:hidden" ).show( "fast" );
  }
}
```

- **index.js**

```
const express = require("express");
const bodyParser = require("body-parser");
var MongoClient = require('mongodb').MongoClient;
const app = express();
```

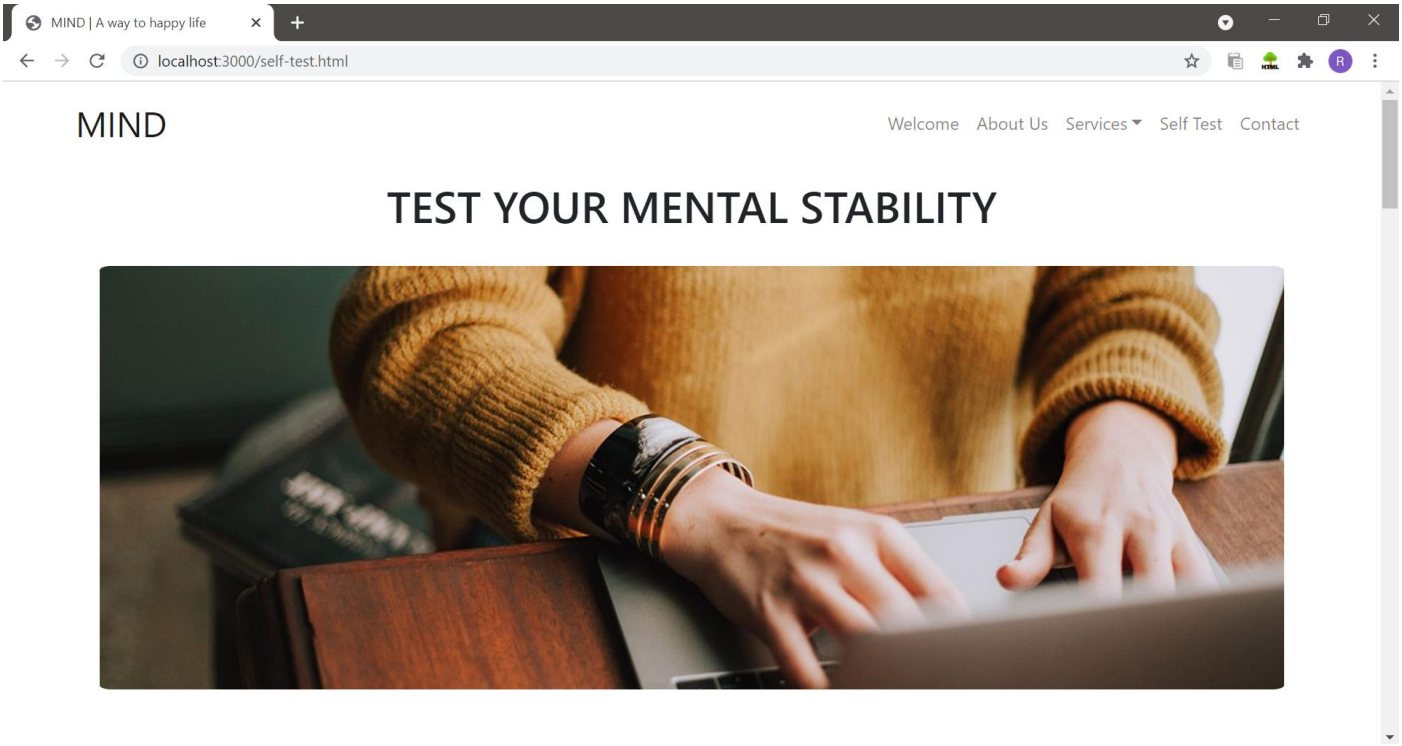
```
app.use(bodyParser.urlencoded({extended: true}));

app.use(express.static("public"));

app.get("/", function(req, res) {
  res.sendFile(__dirname + "/welcome.html");
});

app.get("/about-us.html", function(req, res) {
  res.sendFile(__dirname + "/about-us.html");
});

app.get("/addiction.html", function(req, res) {
  res.sendFile(__dirname + "/addiction.html");
});

app.get("/career.html", function(req, res) {
  res.sendFile(__dirname + "/career.html");
});

app.get("/contactUs.html", function(req, res) {
  res.sendFile(__dirname + "/contactUs.html");
});

app.post("/contactUs.html", function(req, res) {
  var fname = req.body.firstname;
  var lname = req.body.lastname;
  var email = req.body.email;
  var mobileNo = req.body.mobile;
  var queries = req.body.queries;
  MongoClient.connect("mongodb://localhost:27017", function(err, client) {
    var db = client.db('ClientDB');
    db.collection('Clients', function(err, collection) {
      collection.insert({
```

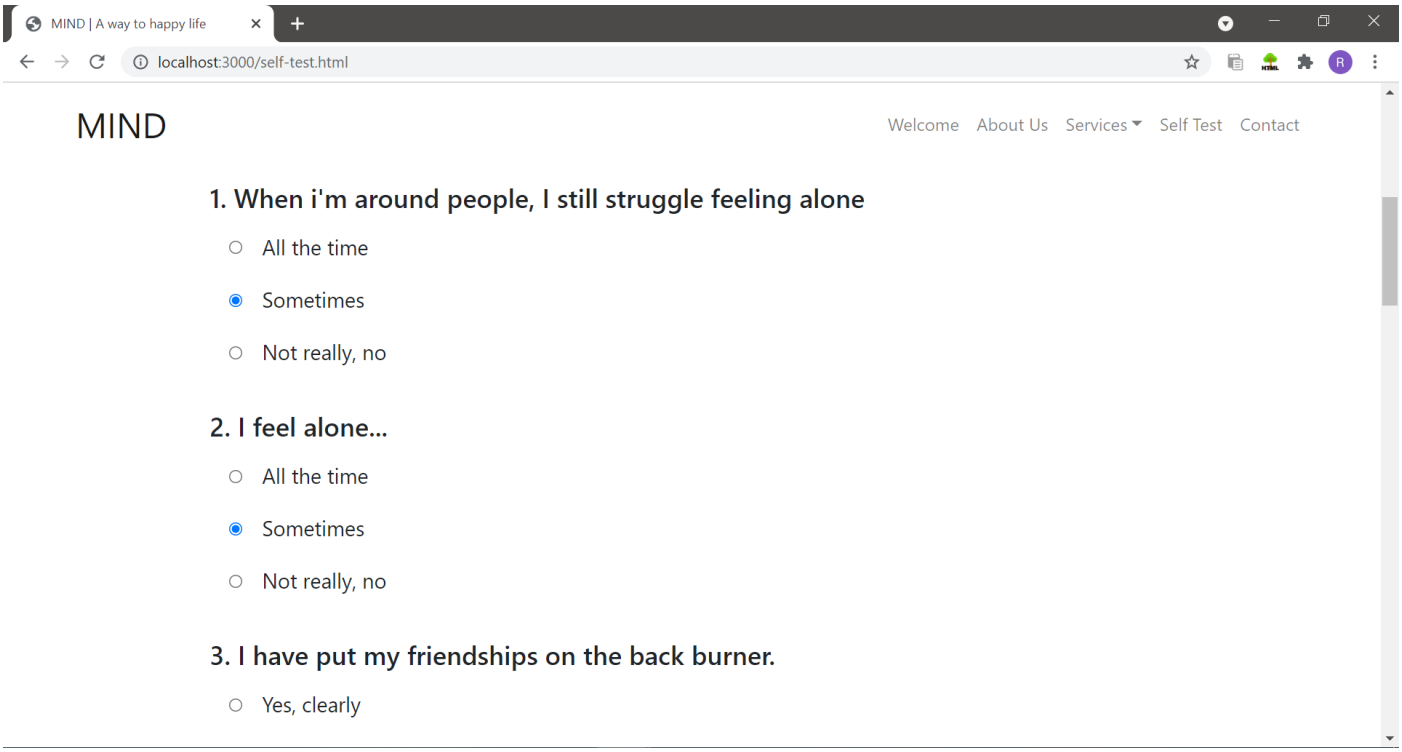
```
      fname: fname,
      lname: lname,
      email: email,
      mobileNo: mobileNo,
      queries: queries,
    });
    if (err) throw err;
    res.sendFile(__dirname + "/contactUs.html");
  });
});
var nodemailer = require('nodemailer');
var transporter = nodemailer.createTransport({
 service: 'gmail',
 auth: {
 user: 'rashimaheshwari3110@gmail.com',
 pass: 'imrashi123'
 }
});
var mailOptions = {
 from: 'rashimaheshwari3110@gmail.com',
 to: email,
 subject: 'Welcome to MIND | A way to happy life',
 html: '<p>Hi ' + fname + ' ' + lname + ',<br>Welcome to MIND | A way to happy life.</p>' +
       '<p>We have world-class, flexible support via live chat, email and phone. We guarantee that you'll be able to have any issue resolved within 24 hours. You can contact support immediately here.</p>'
};
transporter.sendMail(mailOptions, function(error, info){
 if (error) {
 console.log(error);
 } else {
 console.log('Email sent: ' + info.response);
 }
});
});
```

```
app.get("/depression.html", function(req, res) {
  res.sendFile(__dirname + "/depression.html");
});

app.get("/loneliness.html", function(req, res) {
  res.sendFile(__dirname + "/loneliness.html");
});

app.get("/parenting.html", function(req, res) {
  res.sendFile(__dirname + "/parenting.html");
});

app.get("/relationship.html", function(req, res) {
  res.sendFile(__dirname + "/relationship.html");
});

app.get("/self-test.html", function(req, res) {
  res.sendFile(__dirname + "/self-test.html");
});

app.get("/welcome.html", function(req, res) {
  res.sendFile(__dirname + "/welcome.html");
});

app.listen(3000, function() {
  console.log("Server is running on 3000.");
});
```

OUTPUT SCREENSHOTS:

self-test.html


MIND | A way to happy life
localhost:3000/self-test.html
MIND
Welcome
About Us
Services
Self Test
Contact
TEST YOUR MENTAL STABILITY


MIND | A way to happy life
localhost:3000/self-test.html
MIND
Welcome
About Us
Services
Self Test
Contact
1. When i'm around people, I still struggle feeling alone
All the time
Sometimes
Not really, no
2. I feel alone...
All the time
Sometimes
Not really, no
3. I have put my friendships on the back burner.
Yes, clearly

MIND | A way to happy life

localhost:3000/self-test.html

MIND

Welcome About Us Services Self Test Contact

- (●) A bit
- ( ) No, not really

4. My family just doesn't have the same priority in my life as they use to.

- ( ) This is true
- (●) A bit
- ( ) I disagree. My family has remained important

5. People exhaust me.

- ( ) Absolutely agree
- (●) Sometimes
- ( ) Not really, no

MIND | A way to happy life

localhost:3000/self-test.html

MIND

Welcome About Us Services Self Test Contact

6. I have given up doing things that I use to be excited about

- ( ) Yes, I would say so
- (●) A bit
- ( ) No, not really

7. I feel like crying for no reason.

- ( ) Yes, this is true
- (●) Sometimes
- ( ) No, not really

8. My tastes in audio/visual has turned "dark."

- ( ) I would say it has turned darker, yes

MIND | A way to happy life

localhost:3000/self-test.html

MIND

Welcome About Us Services Self Test Contact

- (●) Maybe a bit
- ( ) Not really, no

9. I want to runaway, but have no idea where I would go...just want to run.

- ( ) If I could, yes, I would run
- (●) Sometimes
- ( ) Not really, no

10. I feel lost & confused and unable to think through simple tasks.

- ( ) I do feel this is true
- (●) Sometimes
- ( ) Not really, no

MIND | A way to happy life

localhost:3000/self-test.html

MIND

Welcome About Us Services Self Test Contact

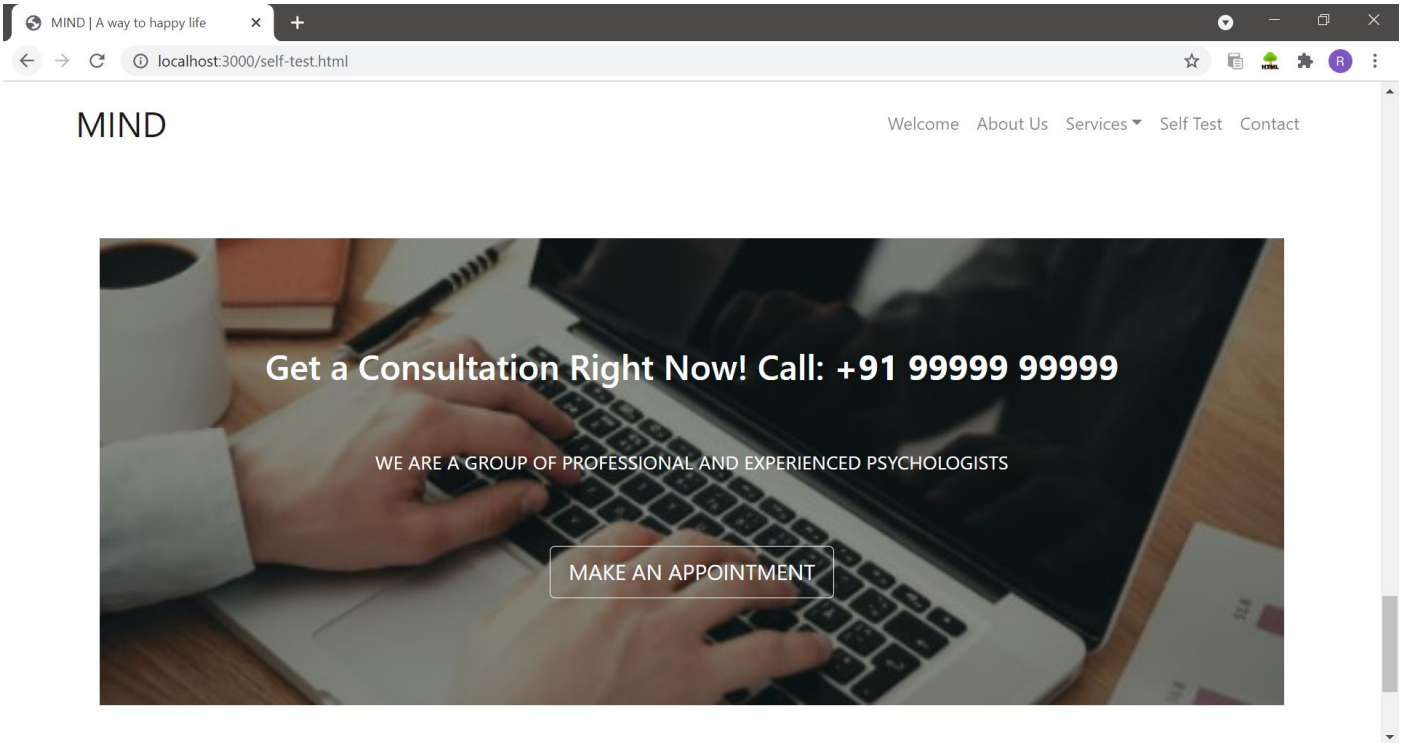
SUBMIT

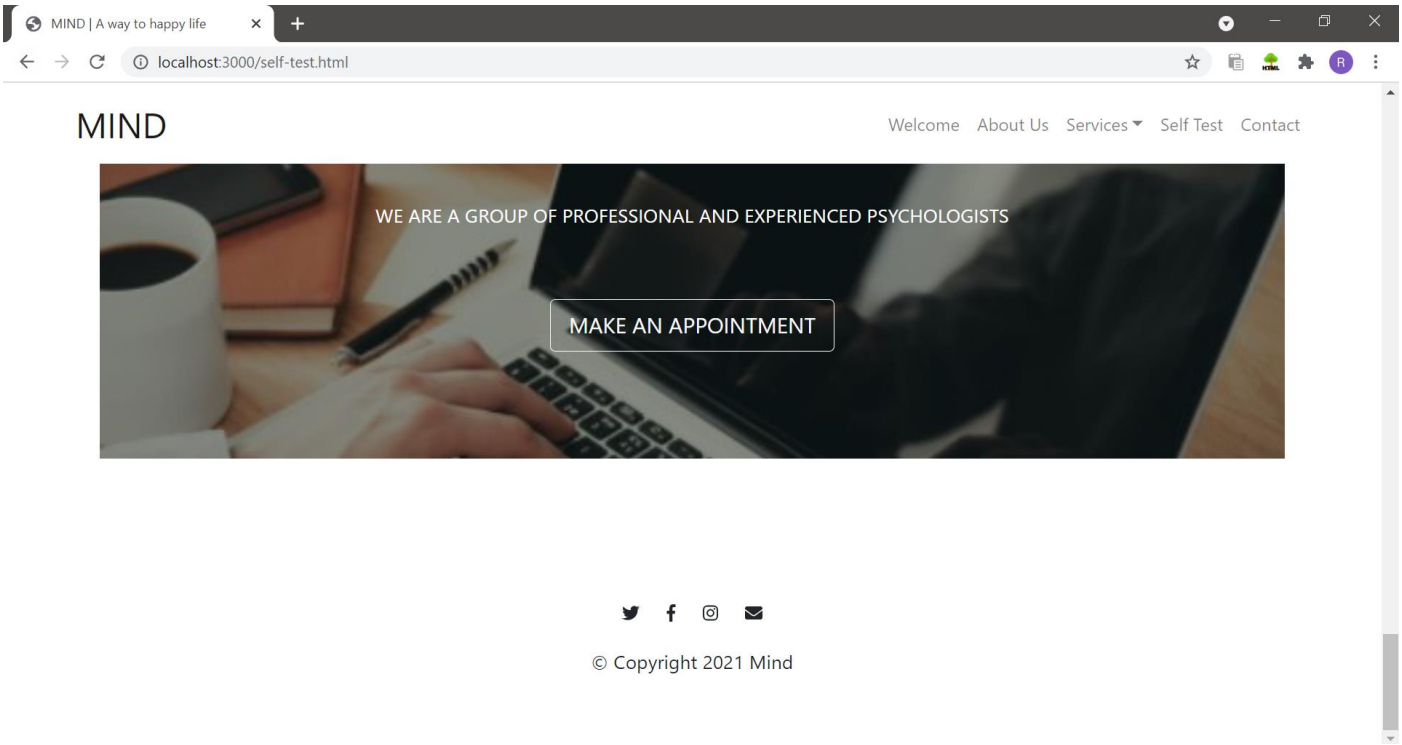
Your results indicate that you may be experiencing symptoms of moderate depression. Based on your answers, living with these symptoms could be causing difficulty managing relationships and even the tasks of everyday life.

These results do not mean that you have depression, but it may be time to start a conversation with someone you trust.

This screen is not meant to be a diagnosis. Diagnosis and care of mental health conditions can be difficult. Having symptoms of depression is different than having depression. In addition, symptoms of depression can be caused by other mental health conditions, such as bipolar disorder, or other health problems, like a thyroid disorder. A trained professional, such as a doctor or a mental health provider, can make this determination and finding the right support can help you feel more like you again.

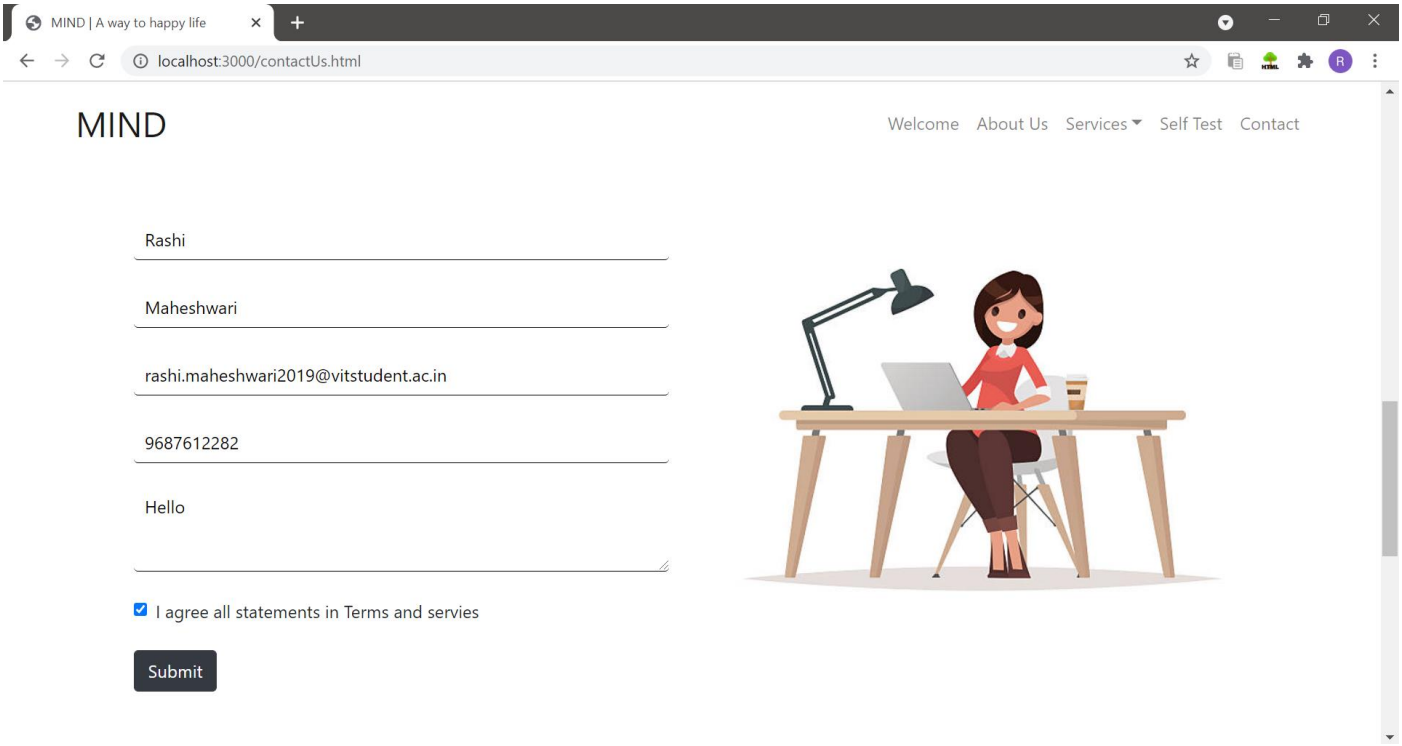
The depression symptoms you are experiencing may also indicate a different type of mental health problem related to bipolar disorder. We recommend you also take the screen for bipolar disorder to find out if your symptoms may be more similar to those experienced by people with bipolar disorder. People who struggle with bipolar disorder experience mood swings from extreme elation, energy, or agitation to low depressive symptoms.

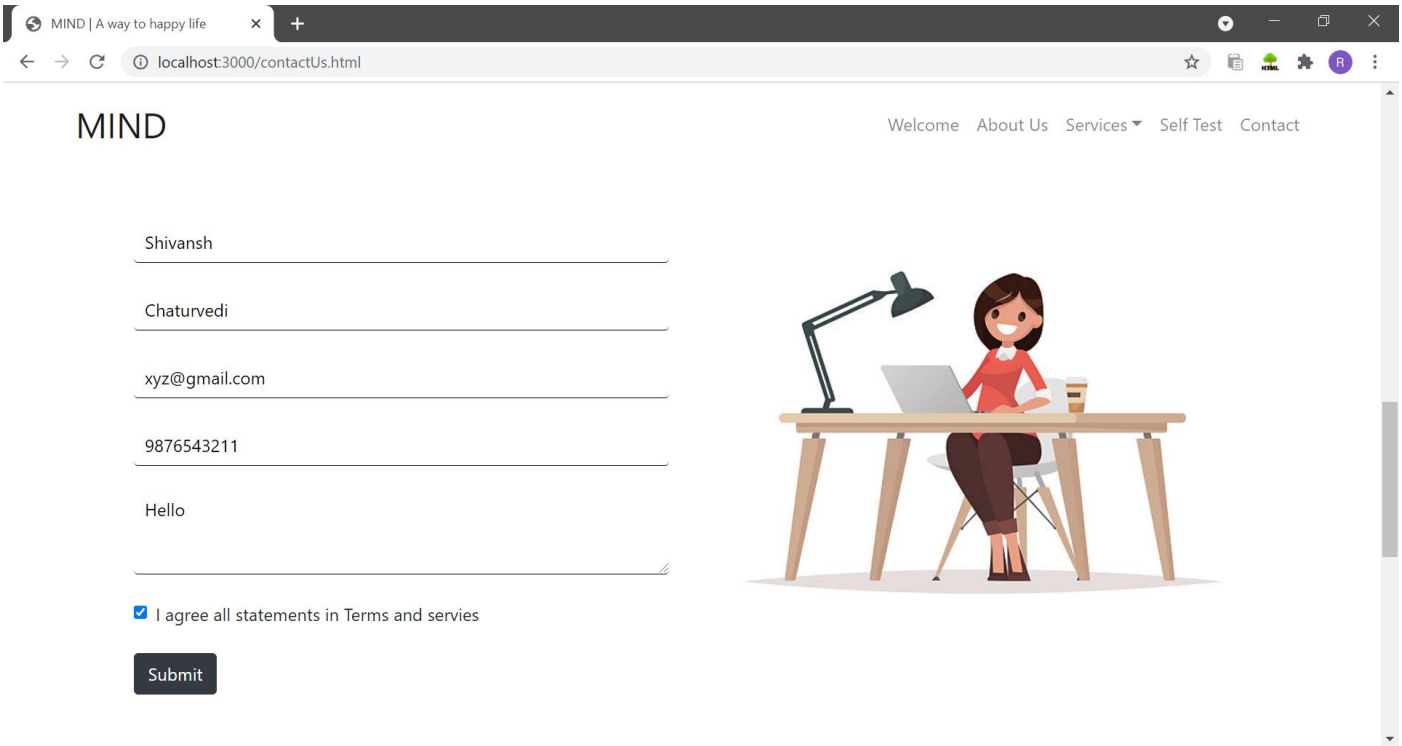


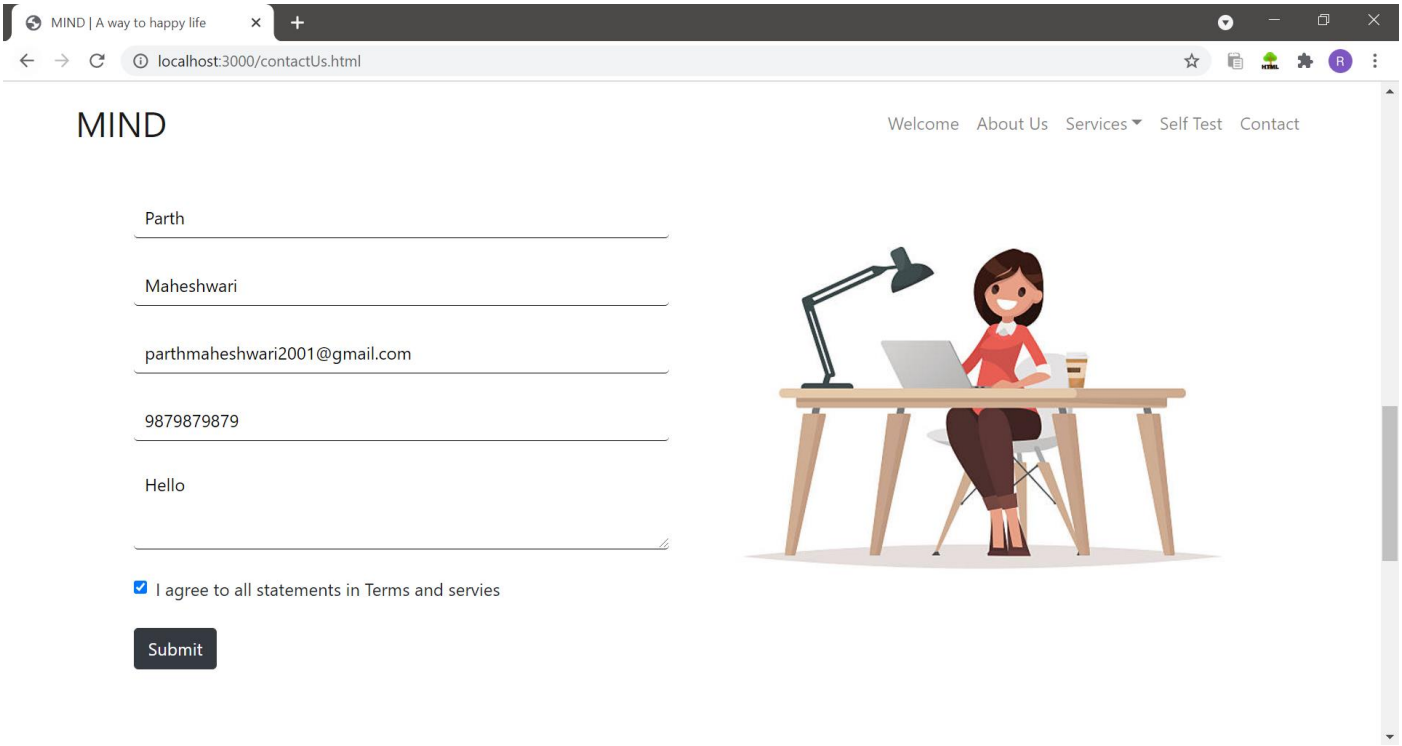


Backend:

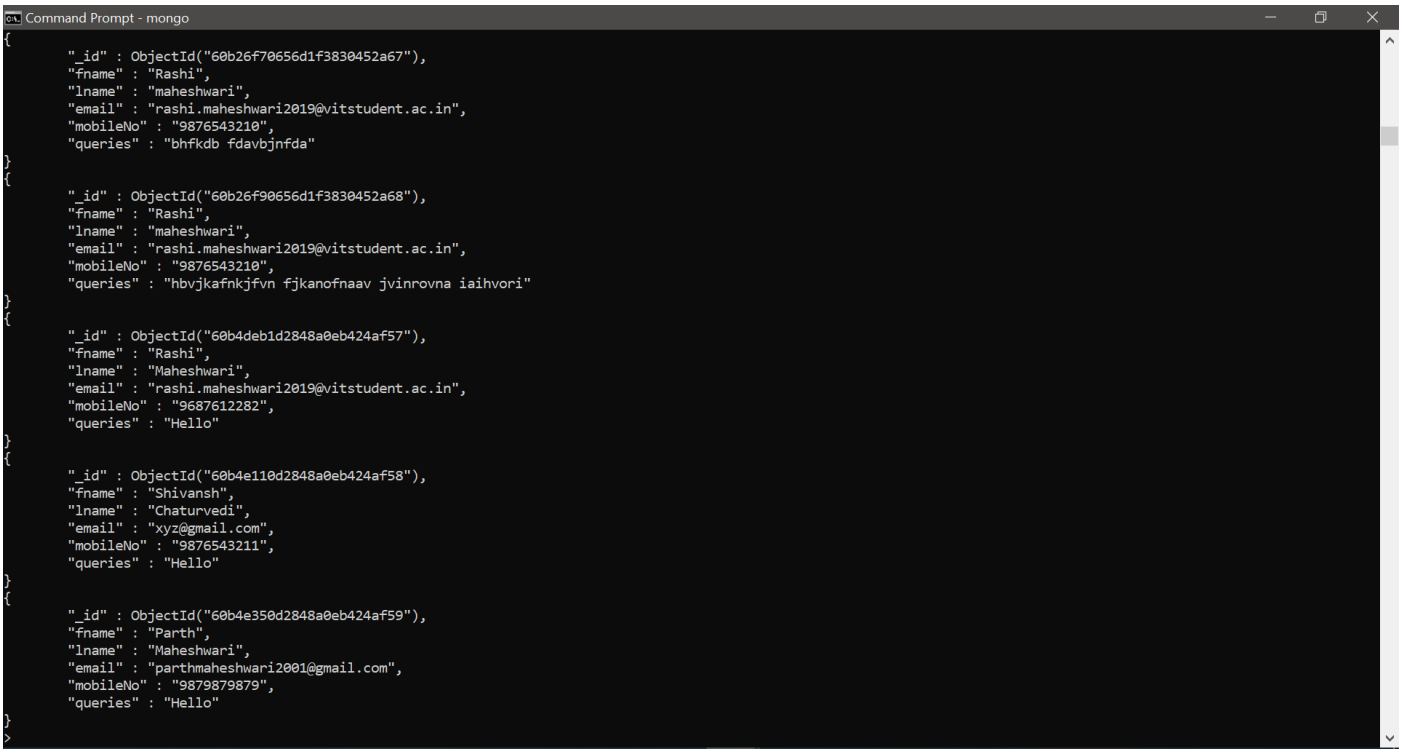
Some form inputs


MIND | A way to happy life
localhost:3000/contactUs.html
MIND
Welcome
About Us
Services
Self Test
Contact
Rashi
Maheshwari
rashi.maheshwari2019@vitstudent.ac.in
9687612282
Hello
I agree all statements in Terms and servies
Submit

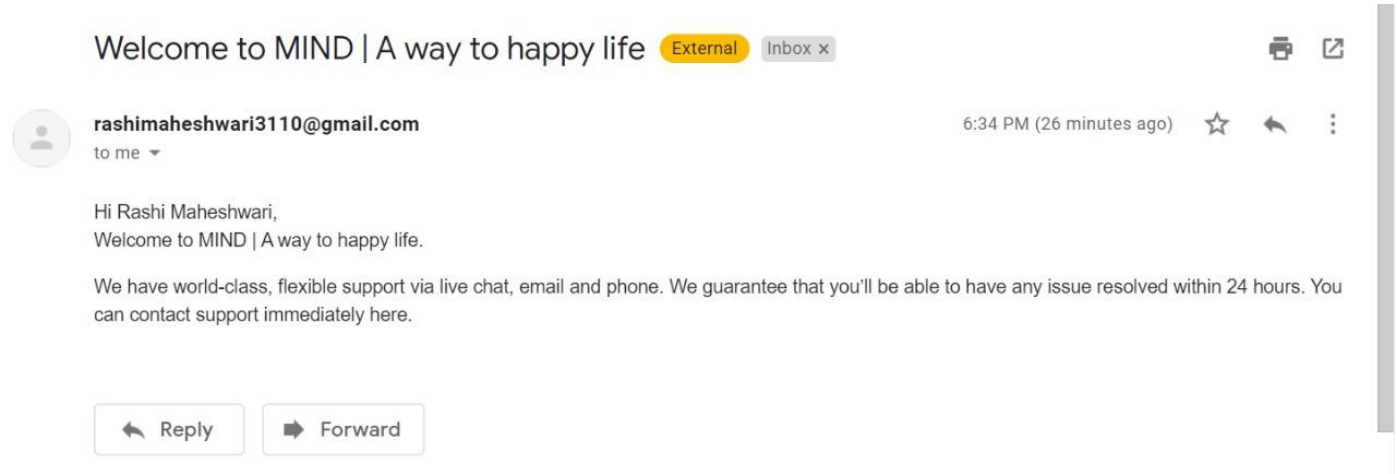

MIND | A way to happy life
localhost:3000/contactUs.html
MIND
Welcome
About Us
Services
Self Test
Contact
Shivansh
Chaturvedi
xyz@gmail.com
9876543211
Hello
I agree all statements in Terms and servies
Submit



Data stored in database(mongo DB)



E-mail send



Command prompt image(server)

```
C:\Users\Rashi Maheshwari\Desktop\IWP_Project>node index.js
Server is running on 3000.
(node:3764) [MONGODB DRIVER] Warning: Current Server Discovery and Monitoring engine is deprecated, and will be removed
in a future version. To use the new Server Discover and Monitoring engine, pass option { useUnifiedTopology: true } to t
he MongoClient constructor.
(Use `node --trace-warnings ...` to show where the warning was created)
(node:3764) DeprecationWarning: collection.insert is deprecated. Use insertOne, insertMany or bulkWrite instead.
Email sent: 250 2.0.0 OK  1622466240 y138sm6016677pfc.11 - gsmtp
Email sent: 250 2.0.0 OK  1622466845 k9sm11847638pgq.27 - gsmtp
Email sent: 250 2.0.0 OK  1622467420 j5sm10343796pfj.185 - gsmtp
```

CODE EXPLAINATION:

I have used bootstrap at many places. Bootstraps basically allows developer to make more beautiful webpage which can change its design depending on the user device width. I have bootstrap to make navigation bar, parallax, containers, divs, etc.I have javasricpt to calculate test result and display it on screen.

For backend I have used node js, express js, and mongodb to store data in database and to send an email to the user.

CONCLUSION:

We were successful in making a working counselling website in which user can read articles, test their mental stability, make appointment, stored the data in database, etc.

Completed our aim of project which aims to change our understanding of mental health problems and improve the short and long term future of the nation's mental wellbeing.