



Online Mental Health Counselling

AS A PROJECT WORK FOR THE COURSE

INTERNET PROGRAMING LABORATORY (CSE 326)

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DECLARATION

I hereby SATHVIK Registration No. 12304413 declare that the project work reported entitled ONLINE MENTAL HEALTH COUNSELLING in partial fulfilment of the requirement for the award of Degree for Bachelors of Technology in CSE at Lovely Professional University, Phagwara, Punjab is an authentic work carried out under supervision of my supervisor Mr **BRIJENDER PAL SINGH** . The content of this project represents authentic and honest effort conducted, in its entirety, by me. I am fully responsible for the contents of my project work.

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****ONLINE MENTAL HEALTH COUNSELLING ****

INTRODUCTION

Explore online mental health counselling for support and guidance from licensed professionals. Convenient and confidential, these virtual sessions offer a flexible way to prioritize your mental well-being. Start your journey towards mental health with accessible online counselling today.

BACKGROUND OF THE PROJECT

“Online Mental Health Counselling” usually begins with identifying a need or niche in the market. Project teams conduct market research to understand user preferences, analyse existing platform.

In my website login form for artists registration form for new creatives , about page, home page, notification page etc.

CONCEPTS USED:

In the making of this project, we have used the concepts that have been taught to us in class and we have used those conceptual learnings to improvise it.

The concepts used are:

- 1) HTML 5
- 2) CSS
- 3) External CSS
- 4) Internal CSS
- 5) Javascript



1) HTML:

HTML is a markup language used for structuring and presenting content on the World Wide Web. It is the fifth and final major HTML version that is a World Wide Web Consortium (W3C) recommendation. The current specification is known as the HTML Living Standard. It is maintained by the Web Hypertext Application Technology Working Group (WHATWG), a consortium of the major browser vendors (Apple, Google, Mozilla, and Microsoft).

2) Cascading Style Sheets:

Cascading Style Sheets (CSS) is a style sheet language used for describing the presentation of a document written in a markup language such as HTML or XML (including XML dialects such as SVG, MathML, or XHTML). CSS is a cornerstone technology of the World Wide Web, alongside HTML and JavaScript.

CSS is designed to enable the separation of content and presentation, including layout, colours, and fonts. This separation can improve content accessibility; provide more flexibility and control in the specification of presentation

characteristics; enable multiple web pages to share formatting by specifying the relevant CSS in a separate .CSS file, which reduces complexity and repetition in the structural content; and enable the .CSS file to be cached to improve the page load speed between the pages that share the file and its formatting.

3) External CSS:

An **external stylesheet** is a standalone .CSS file linked from a web page. Using external stylesheets, you can apply rules to multiple web pages. If you ever need to make widespread changes to your website design, a single change in the stylesheet can be applied to all linked pages, saving lots of time and effort.

4) Internal CSS:

An **internal stylesheet** holds CSS rules for the page in the **head** section of the HTML file. The rules only apply to that page, but you can configure CSS classes and IDs to style multiple elements in the page code. Again, a single change to the CSS rule will apply to all tagged page elements.

5) Javascript:

Javascript is a versatile programming language used for web development. It allows for dynamic, interactive websites by enabling client -side scripting.

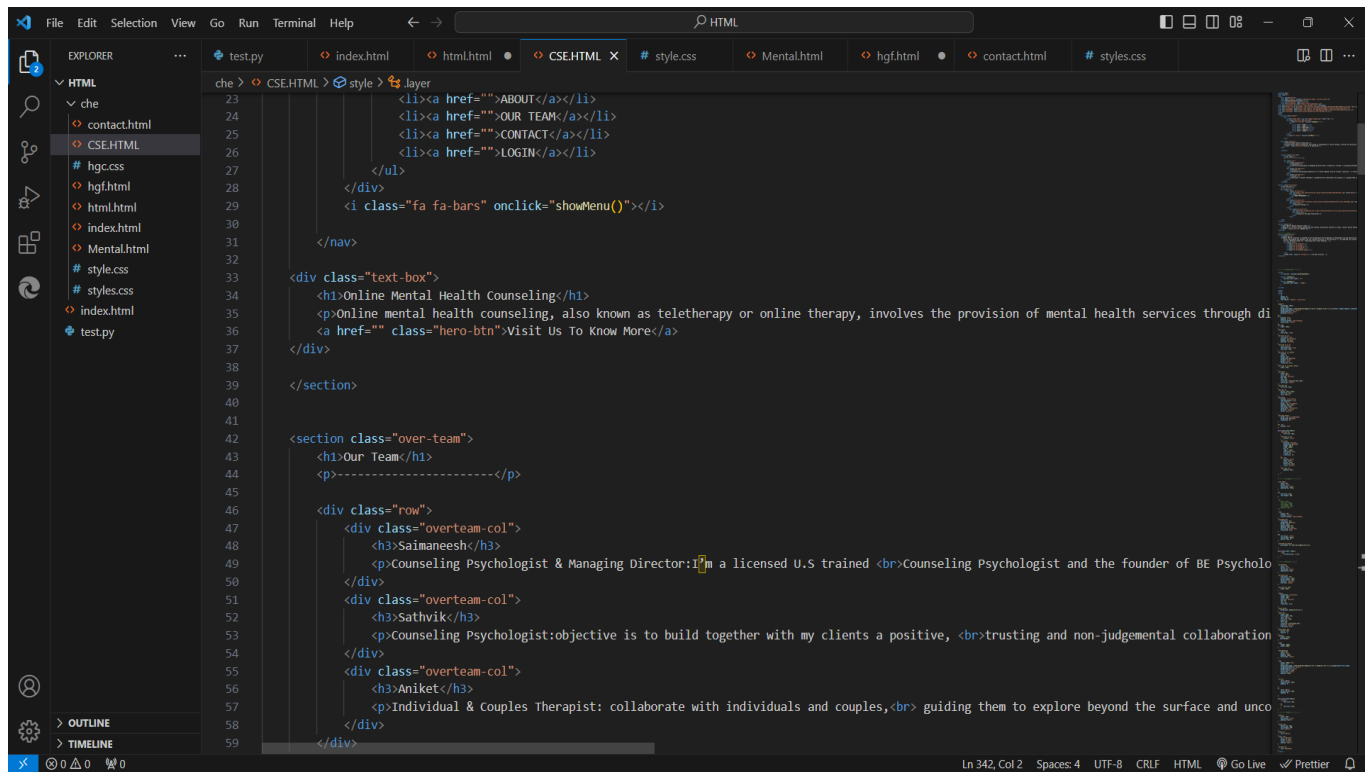
We have made 7 sections on our site:

- 1) Login page
- 2) Registration Page
- 3) Home (learning page)
- 4) About Page
- 5)Our Team Page
- 6)Contact Page

These are the images of the code:

Login Page:

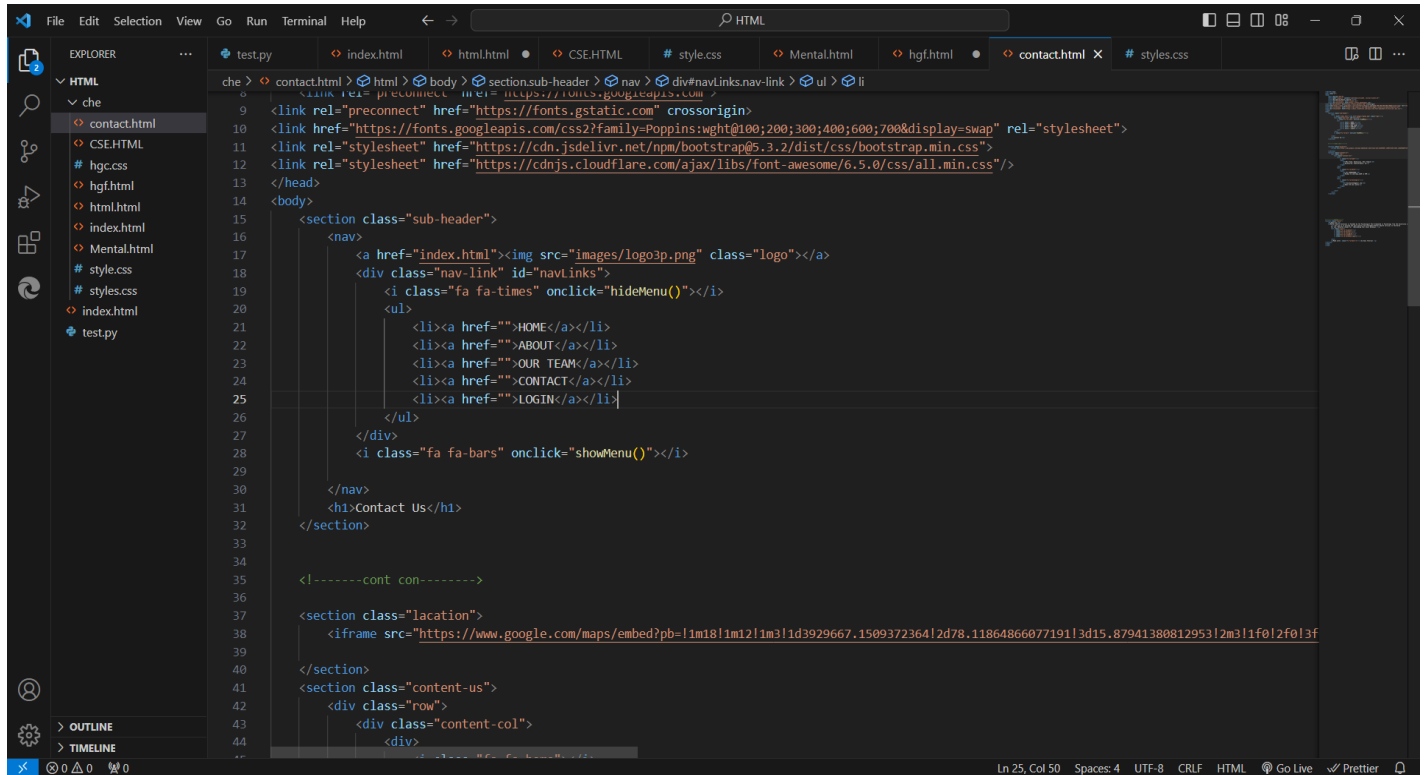
Our Team



The screenshot shows a VS Code editor with a dark theme. The Explorer sidebar on the left shows a project structure with files like `contact.html`, `CSE.HTML`, `hgfc.css`, `hgfh.html`, `html.html`, `index.html`, `Mental.html`, `style.css`, and `test.py`. The main editor window displays the `CSE.HTML` file, which contains HTML code for a navigation bar and a team section. The team section is titled "Our Team" and lists three team members: Saimaneesh, Sathvik, and Aniket. The code is as follows:

```
23 <li><a href="">ABOUT</a></li>
24 <li><a href="">OUR TEAM</a></li>
25 <li><a href="">CONTACT</a></li>
26 <li><a href="">LOGIN</a></li>
27 </ul>
28 </div>
29 <i class="fa fa-bars" onclick="showMenu()"></i>
30 </nav>
31
32 <div class="text-box">
33 <h1>Online Mental Health Counseling</h1>
34 <p>Online mental health counseling, also known as teletherapy or online therapy, involves the provision of mental health services through di
35 <a href="" class="hero-btn">Visit Us To Know More</a>
36 </div>
37
38
39 </section>
40
41
42 <section class="over-team">
43 <h1>Our Team</h1>
44 <p>-----</p>
45
46 <div class="row">
47 <div class="overtime-col">
48 <h3>Saimaneesh</h3>
49 <p>Counseling Psychologist & Managing Director: I'm a licensed U.S trained <br>Counseling Psychologist and the founder of BE Psycholo
50 </div>
51 <div class="overtime-col">
52 <h3>Sathvik</h3>
53 <p>Counseling Psychologist:objective is to build together with my clients a positive, <br>trusting and non-judgemental collaboration
54 </div>
55 <div class="overtime-col">
56 <h3>Aniket</h3>
57 <p>Individual & Couples Therapist: collaborate with individuals and couples,<br>guiding them to explore beyond the surface and unco
58 </div>
59 </div>
```

Contact



```
che > contact.html > html > body > section.sub-header > nav > div#navLinks.nav-link > ul > li
  9 <link rel="preconnect" href="https://fonts.gstatic.com" crossorigin>
 10 <link href="https://fonts.googleapis.com/css2?family=Poppins:wght@100;200;300;400;600;700&display=swap" rel="stylesheet">
 11 <link rel="stylesheet" href="https://cdn.jsdelivr.net/npm/bootstrap@5.3.2/dist/css/bootstrap.min.css">
 12 <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/6.5.0/css/all.min.css"/>
 13 </head>
 14 <body>
 15   <section class="sub-header">
 16     <nav>
 17       <a href="index.html"></a>
 18       <div class="nav-link" id="navlinks">
 19         <i class="fa fa-times" onclick="hideMenu()"></i>
 20         <ul>
 21           <li><a href="">HOME</a></li>
 22           <li><a href="">ABOUT</a></li>
 23           <li><a href="">OUR TEAM</a></li>
 24           <li><a href="">CONTACT</a></li>
 25           <li><a href="">LOGIN</a></li>
 26         </ul>
 27       </div>
 28       <i class="fa fa-bars" onclick="showMenu()"></i>
 29     </nav>
 30     <h1>Contact Us</h1>
 31   </section>
 32
 33   <!--cont con-->
 34
 35   <section class="lacion">
 36     <iframe src="https://www.google.com/maps/embed?pb=!1m18!1m12!1m3!1d3929667.1509372364!2d78.11864866077191!3d15.87941380812953!2m3!1f0!2f0!3f
 37   </section>
 38   <section class="content-us">
 39     <div class="row">
 40       <div class="content-col">
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Tags, Attributes, Conditions and Loops Used:

In this project we have used variety of tags, attributes, conditions and loops.

Some major tags are:

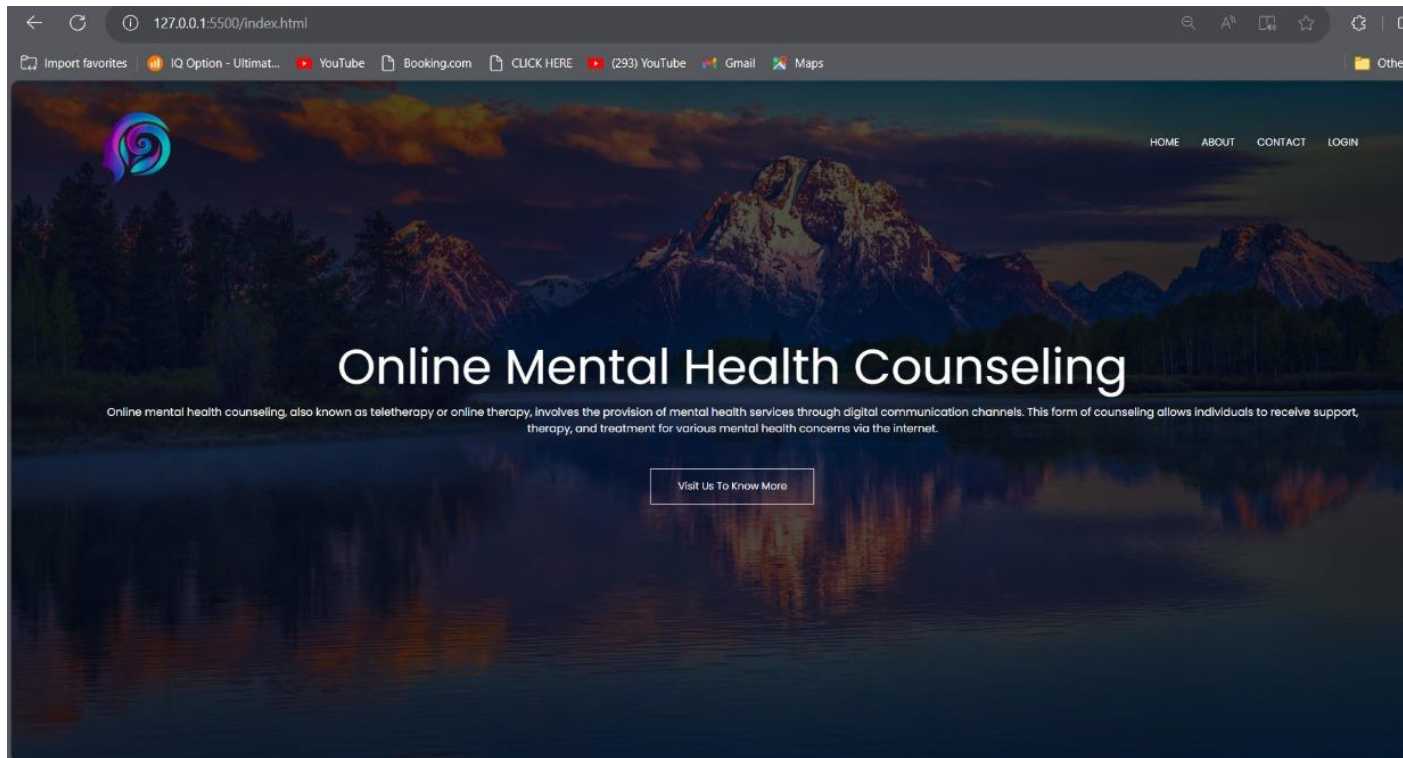
- 1) <script>
- 2) <link>
- 3) <style>
- 4) <div>
- 5)
- 6) <header>
- 7) <a>
- 8)
- 9) <center>
- 10) <button>, etc

In CSS we have used selectors such as:

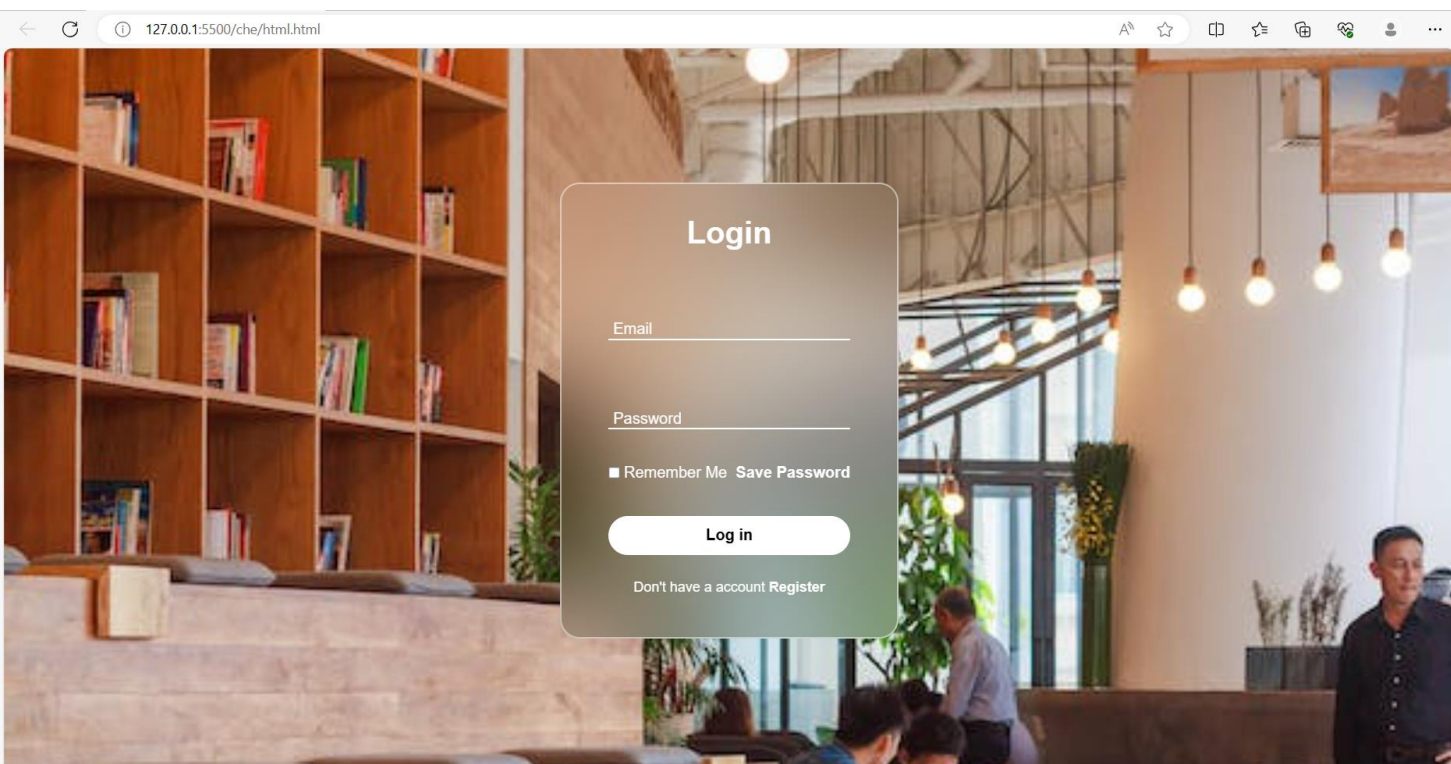
- 1) Id (#)
- 2) Class(.)
- 3) Element (with element name)
- 4) Universal (*)

Final Website Images:

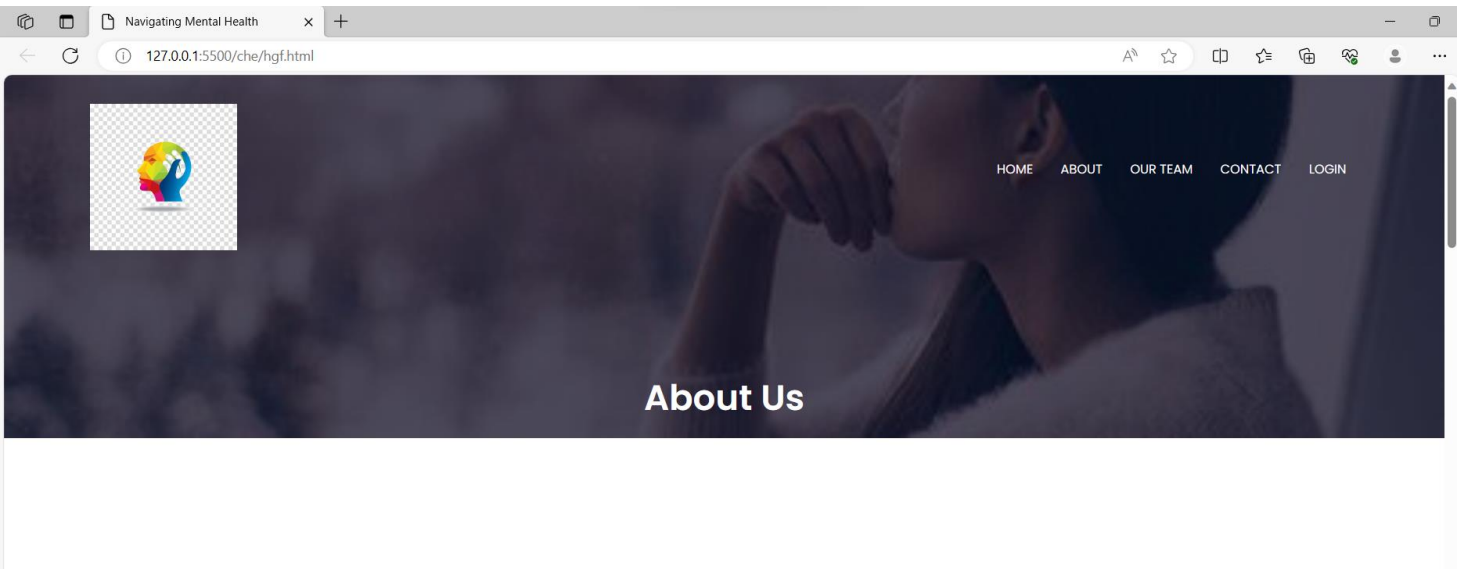
Home Page (Before LogIn/SignUp):



LogIn Page:

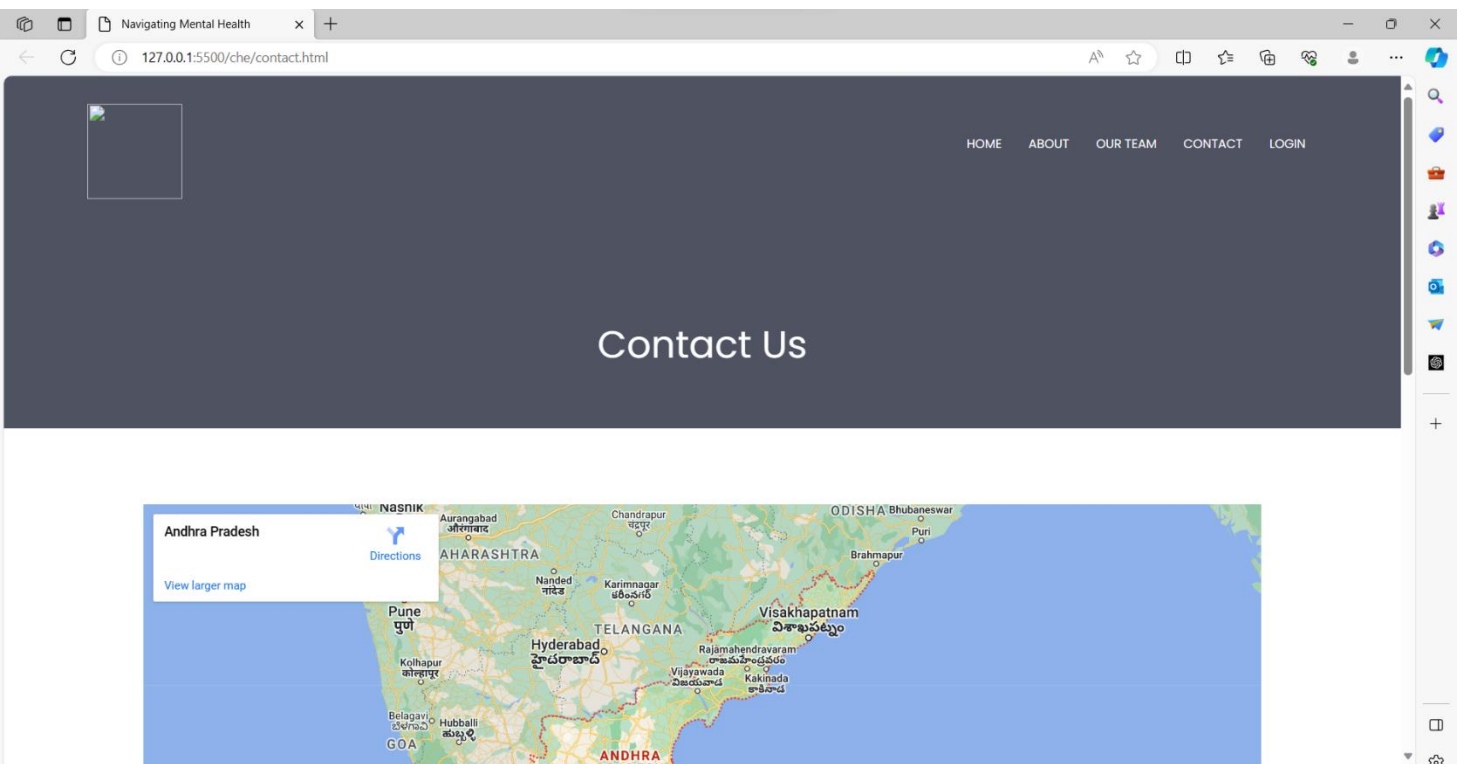


About Page:



Our Team:

Contact Us:



THANK YOU