Acknowledgment

We have been assigned with the project to create a website that is fully functional and properly operating. We would like express our sincere gratitude to our respected mentor and teacher Mr. Anil Thapa for his continuous guidance and his support towards us for completing this project. We also like to provide our thanks to our friends who exchanged their ideas with us and helped us in completing this project. Also, we would like to thank APU and Infomax college for assigning us with this project. We were able to know about various things and were able to hone our skills during this project.

Abstract

Proverb “Health is wealth” indicate how important our heath is. In the history of world, it is the time where people have become most health conscious. In other hand Internet are the in-separable part of today’s life. What we just want to do is combine these two facts to meet the today’s people desire of healthy and prosperous life. “Green well”, thus is the website which aims to promote physical and mental wellbeing of people around the globe irrespective of their nationality, religion or economic background.

Green Well aims to help people locally and globally. We want to spread information and educational material, may be text audio or video material regarding different aspects of healthy living such as yoga’s, physical exercises, meditation, drug addiction, proper hygiene and sanitation, nutrition and diet, ayurveda etc. It also aims in global fund raising to help people around the world in need of basic health needs when we are seeking for best physical and mental well-being.

The entire web page is created by using H.T.M.L, CSS, JS and the initiation of all of these is the HTML codes. The CSS gives an instruction to the site to set up the style and the HTML adds the texture to the CSS.

Entire web page is made responsive to different digital devices. Since most used devices are mobile phones and laptops it is taken into consideration. Graphics are best designed for better user experience.

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1.0 Introduction

Name of the organization: Green Well

Organization's Logo:

fig: i: Logo

Green Well was developed by the four members of the team (Sajag, Safal, Mahesh and Rangin) to help the users to remain fit and healthy. The main goal of our site Green Well is to provide its users with necessary plan and information to help people maintain their good health. Green Well is an amazing platform for those people who want to lead a healthier life and want to get rid of addictions like smoking, alcoholism and etc. This website organizes fitness programs for its clients with the help of professionals and help them to transform their lives through the power of exercise. This website also educates its clients on healthy eating and provide nutrition plan so as to reduce the risks for heart disease and other health conditions. It also provides its users with fun and engaging approach so that they can reduce their addiction like smoking or alcoholism and providing them with enough courage to socialize with other people around them. It will also help its client to lead them out of isolation and dependencies.

Objectives

The objective of this website is listed below:

- To help the users lead a healthier life.
- To provide the clients with professional trainings with the help of expertise.
- To ensure that the clients are following their daily routines and maintaining their nutrition plans.
- To spread awareness programs so as to promote improved health status.
- To provide support to the system of health.
- To develop practical attitude towards health issues.
- To promote and improve the health of an individual or a group.

Storyboard And Design Documents

We conducted our research and choose our topic and as a group, we had our discussions on what we were going to create. We then decided to write about the topic we choose i.e., Health and Wellness. We designed the contents that matched the theme of our website and added the necessary materials. We designed our website to look it clear and attractive. However, our design was simple so we had to work hard to make it look attractive. We added different HTML, CSS and JS codes to make it user-friendly.

Wireframing

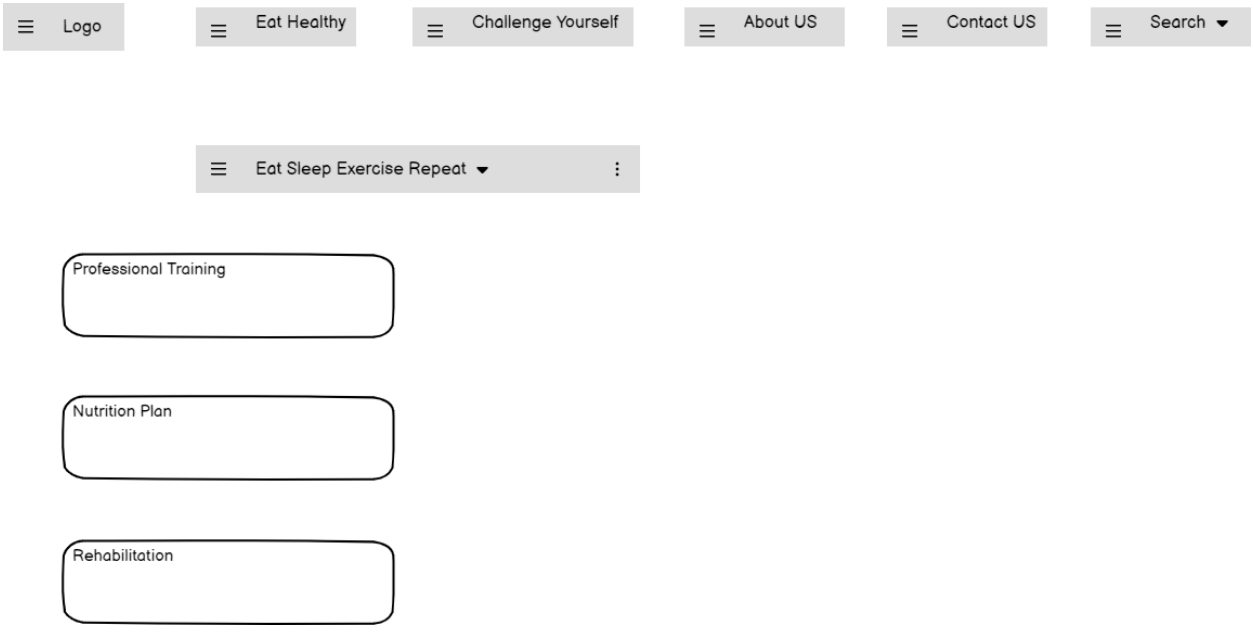


fig: ii: Wireframing of the website

The wireframe of our website has been shown in the above figure. We collected the required information and the above wireframe was created before we had started creating the web.

Storyboard

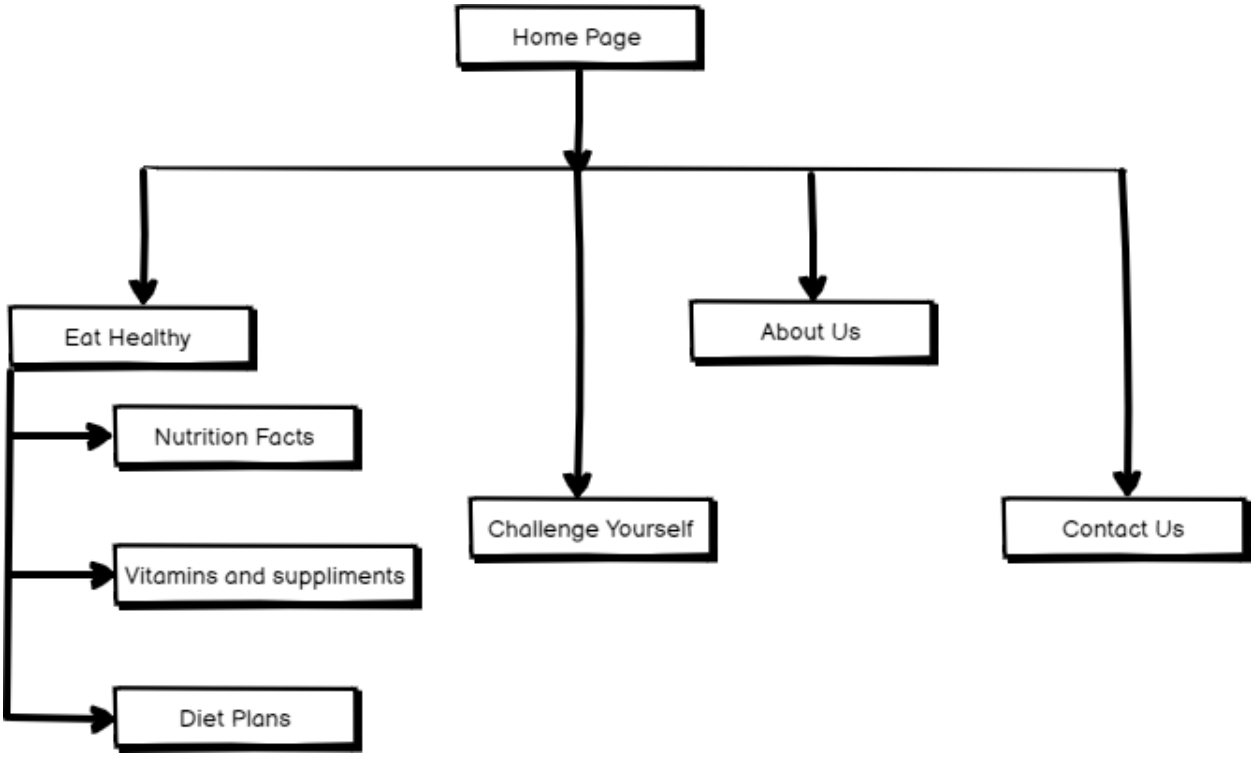


fig: iii: Home Page

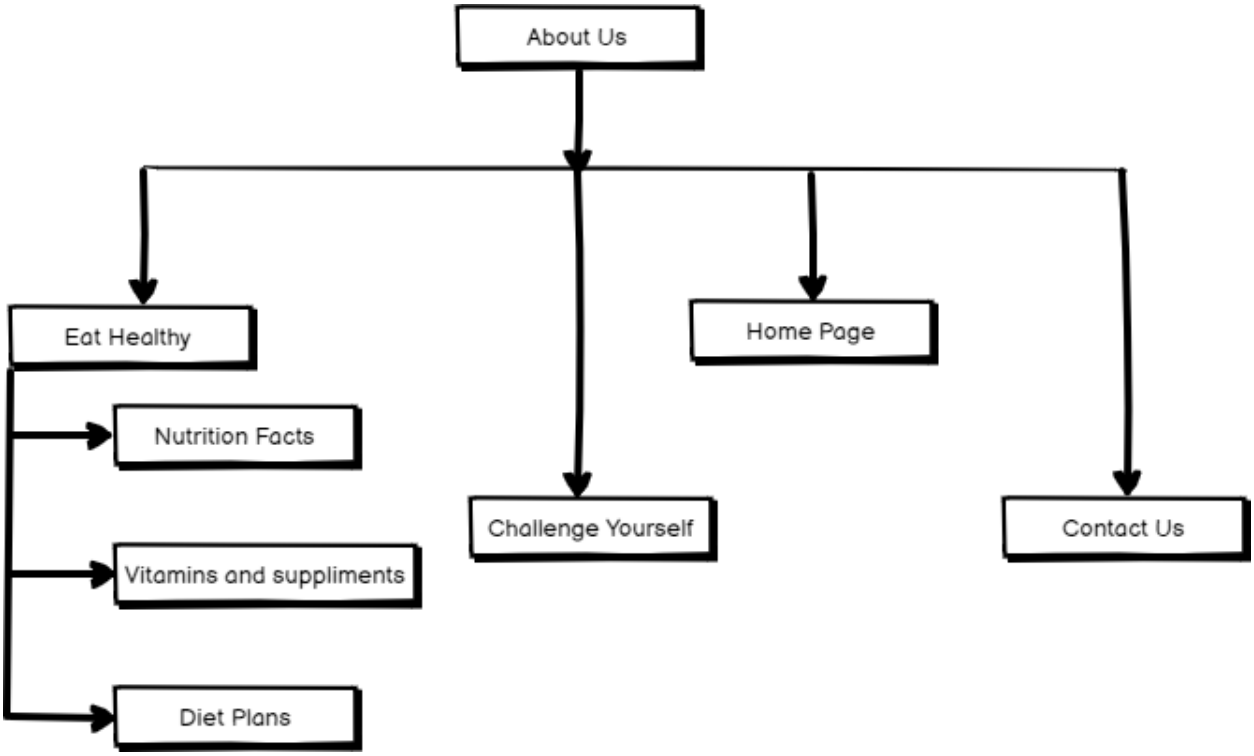


fig: iv: About us

Design of the Interface or Prototypes

1. Home page

1.1. Display In the laptop of 1024 px

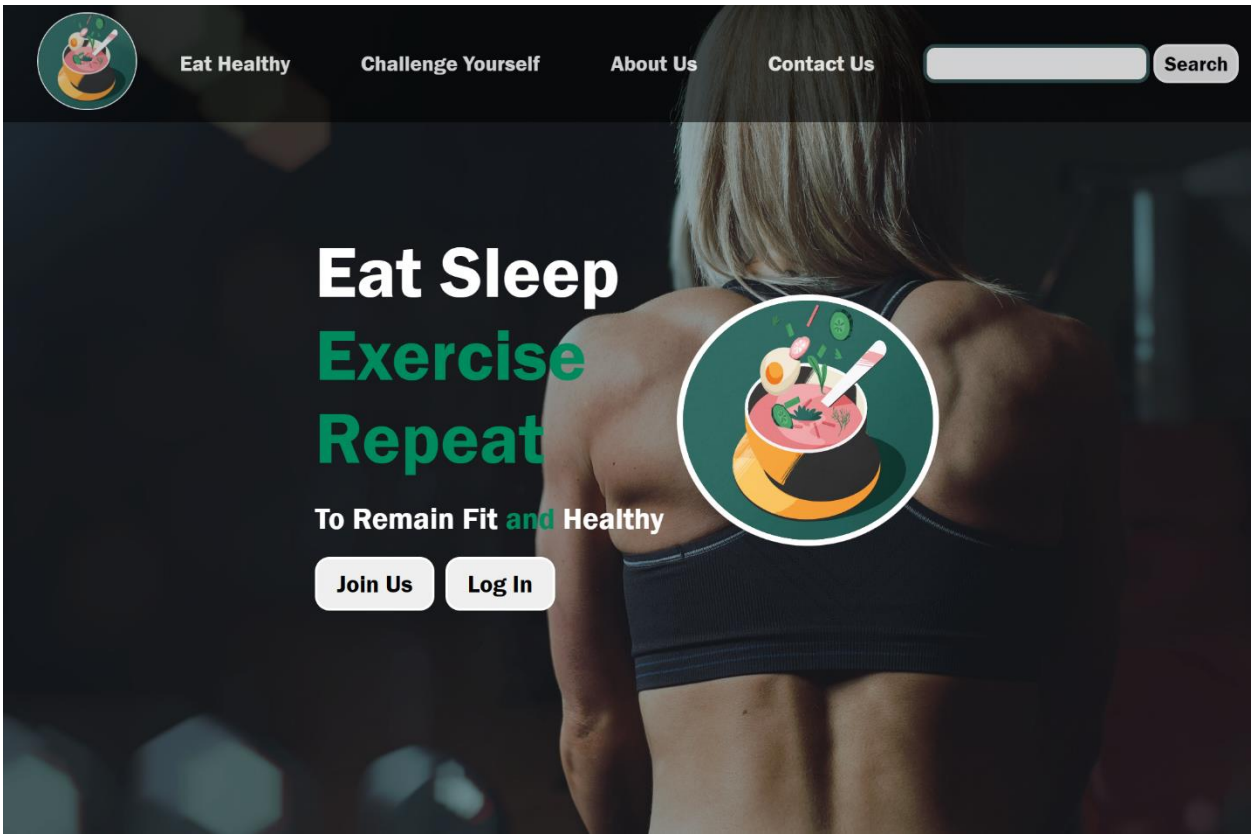


fig: v: Home Page display in 1024px

Display In the laptop of 1366 px

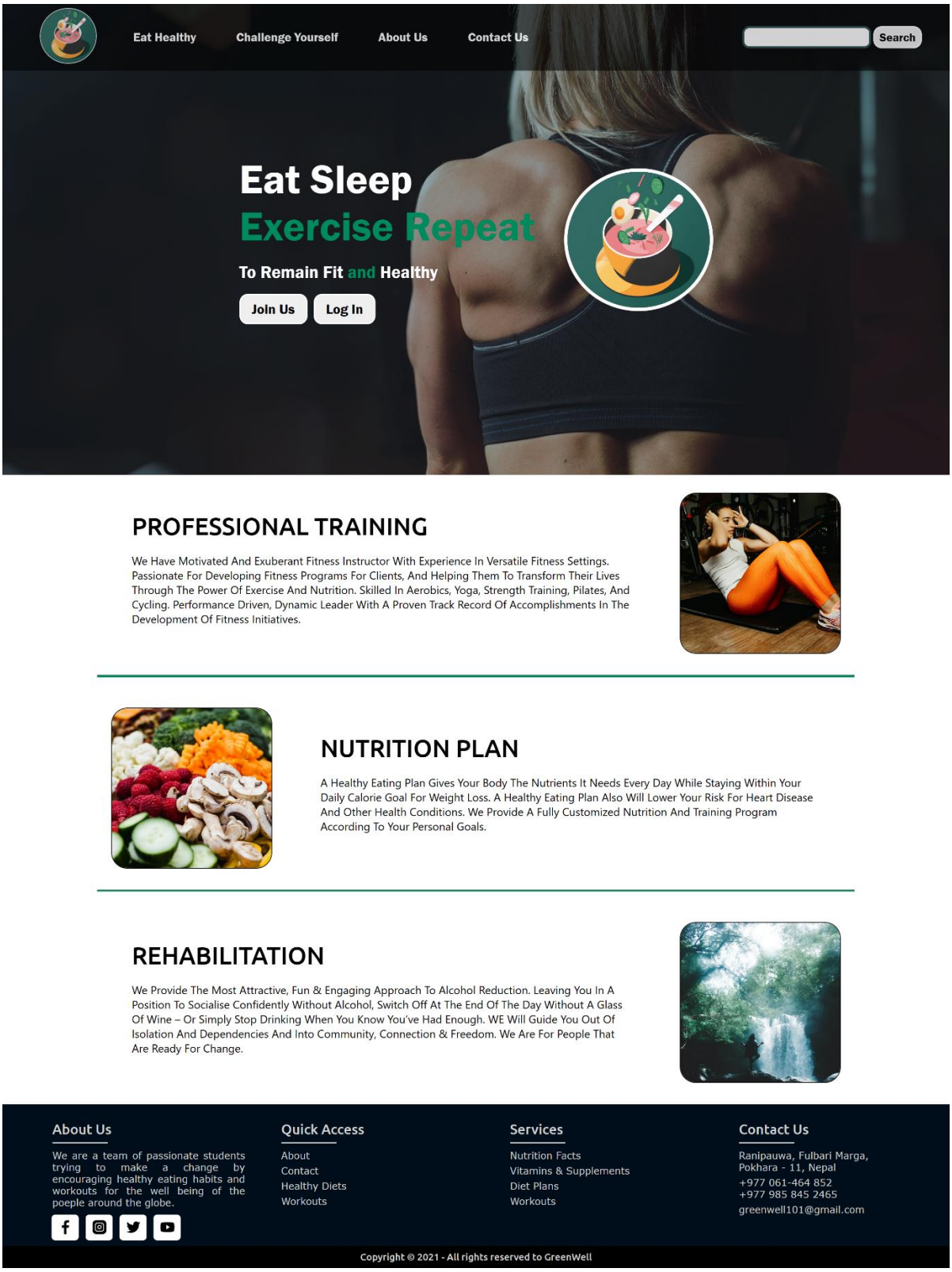


fig: vi: Home Page display in 1366px

1.2. Display in the Galaxy fold of 280px

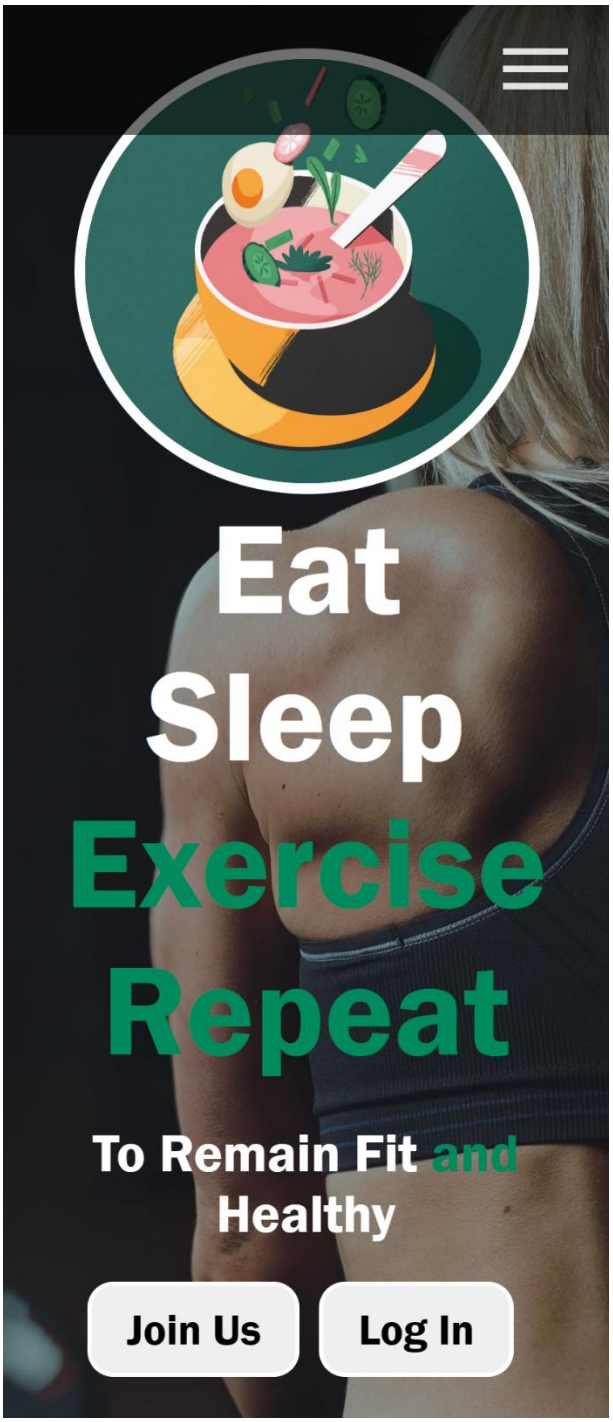


fig: vii: Home Page display in 280px

Description

We created the logo of our company by considering the organizations emblem as it makes the site attractive and also enhances the charm of the site. The organization that we choose was non-profitable and our site was related to Health and Wellness and we created our website to look it simple but attractive. We did not make it flashy nor used some complex design. After some research, wireframe was also made with the help of balsamiq.cloud. We added the company logo on the top along with navbar, photos, and other external links.

After that, we created the rough image of the site and we did a wireframe and based on the wireframe we added colors and the content. On the site Green Well, basic information regarding the good health is provided. The other pages of this site are linked with the main page using the Hypertext References i.e., href. Form the main page or home page, users can access other pages such as eat healthy, get in shape or even the page about contact us or about us. This website mainly focuses on the good health of its users and also helps the people to get rid of addictions. Additionally, Green Well also organizes necessary training for its users with the help of professionals.

Green Well is a website that is created using the HTML codes, CSS and java script to encourage and help new users or guests. We have also added footers at the bottom and they provide the users with exact information they seek and can also be used to open other pages.

2. Services

2.1. Display In the laptop of 1024 px

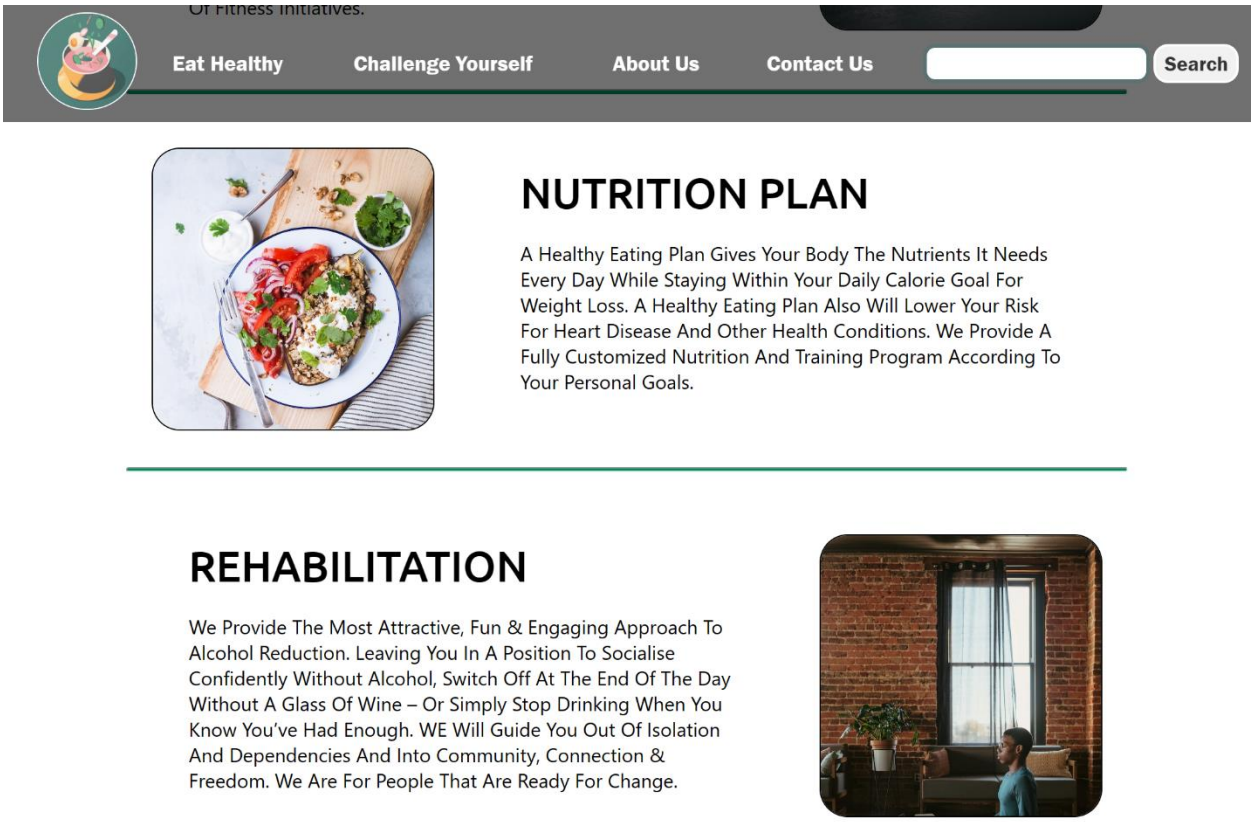


fig: viii: Services Provided displayed in 1024px (1)

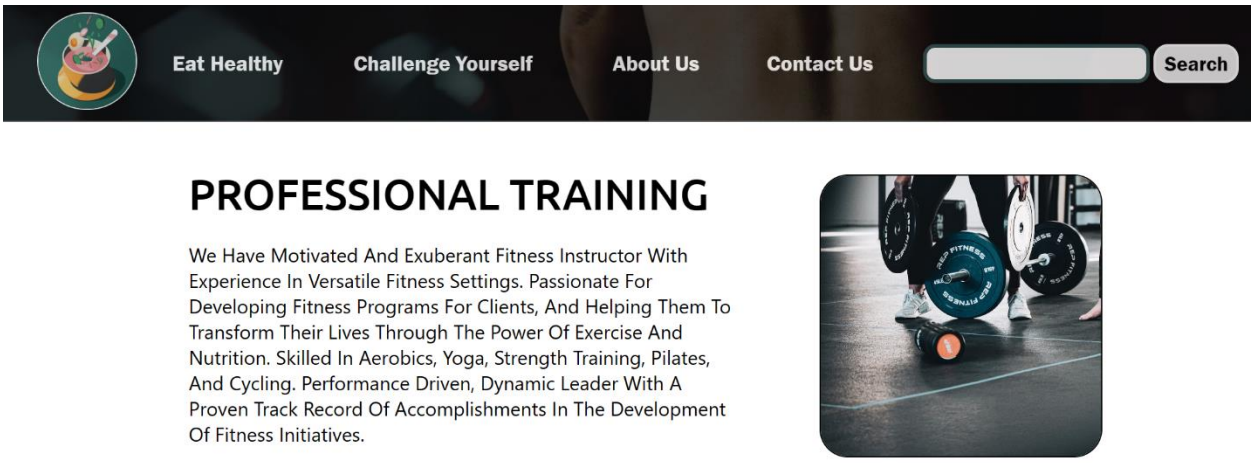


fig: ix: Services Provided displayed in 1024px (2)

2.2.Display In the laptop of 1366 px

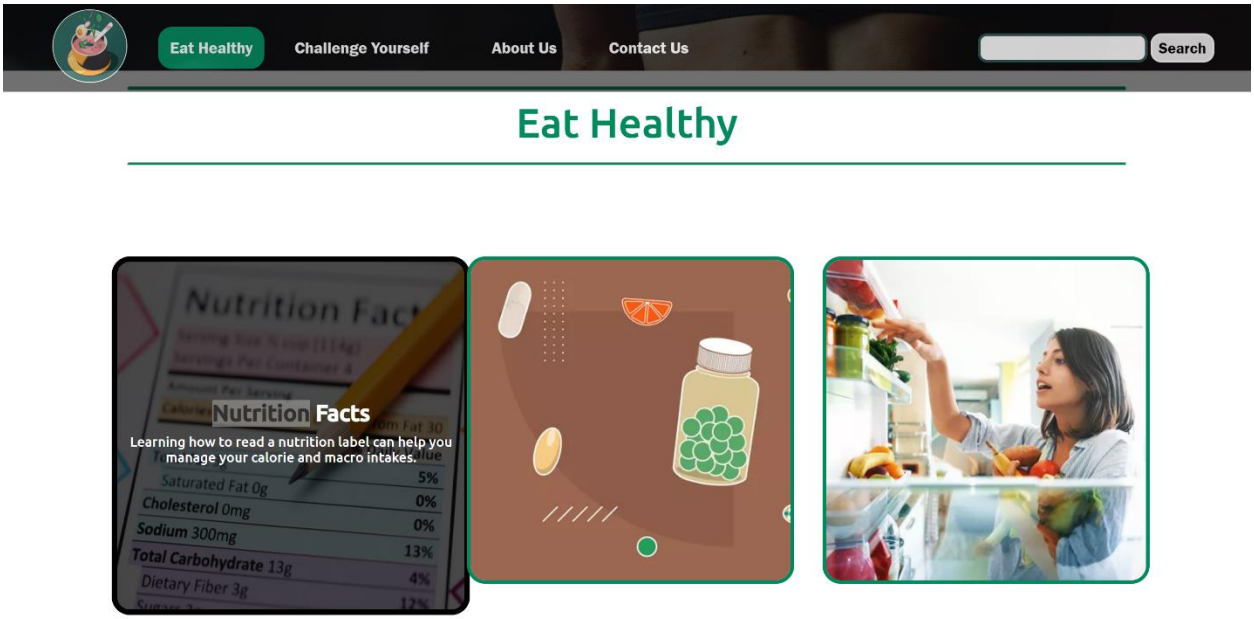


fig: x: Services Provided – Nutrition Facts displayed in 1366px

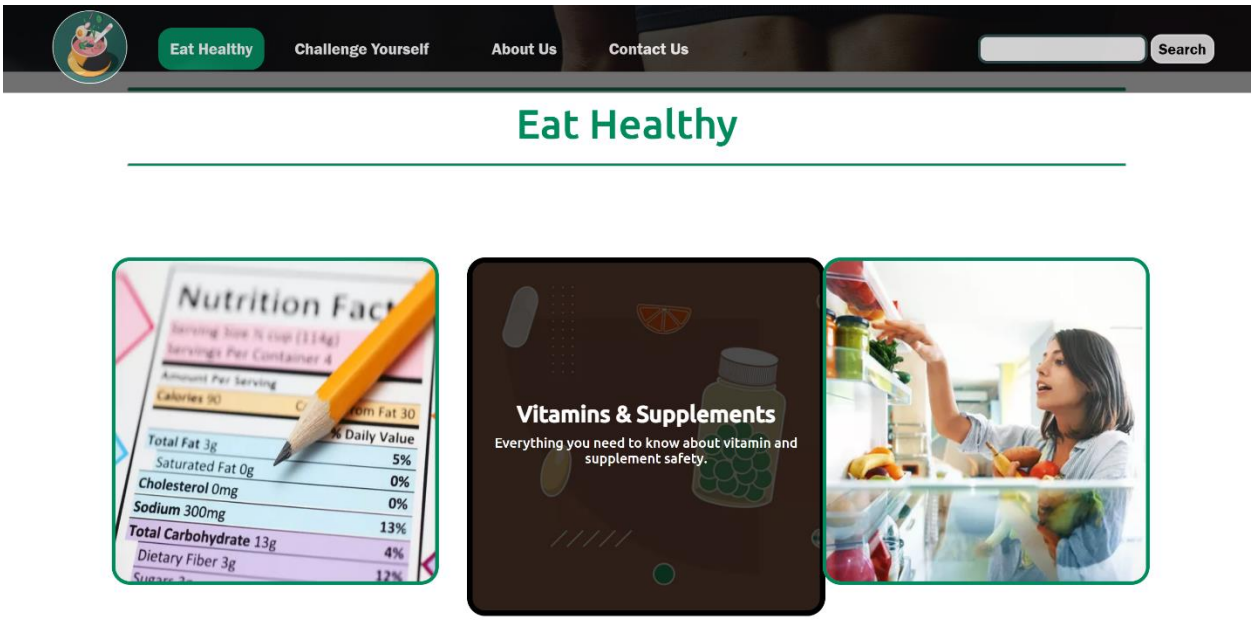


fig: xi: Services Provided – Vitamins & Supplements displayed in 1366px

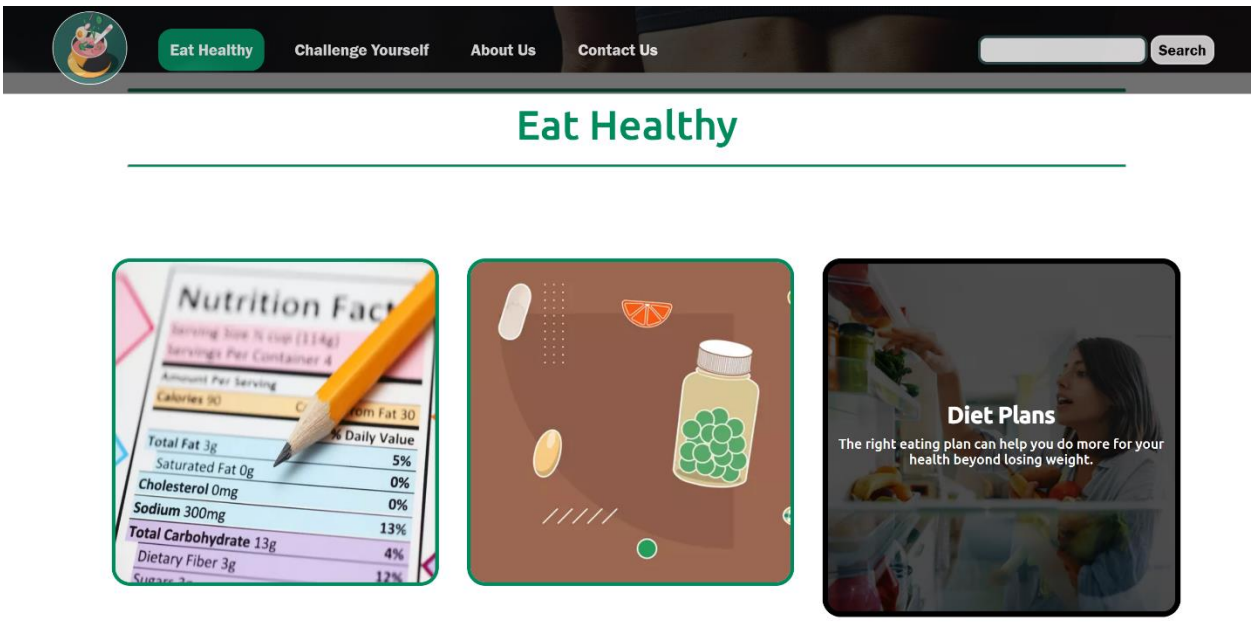


fig: xii: Services Provided - Diet Plans displayed in 1366px

2.3.Display In the iPad Mini of 768px

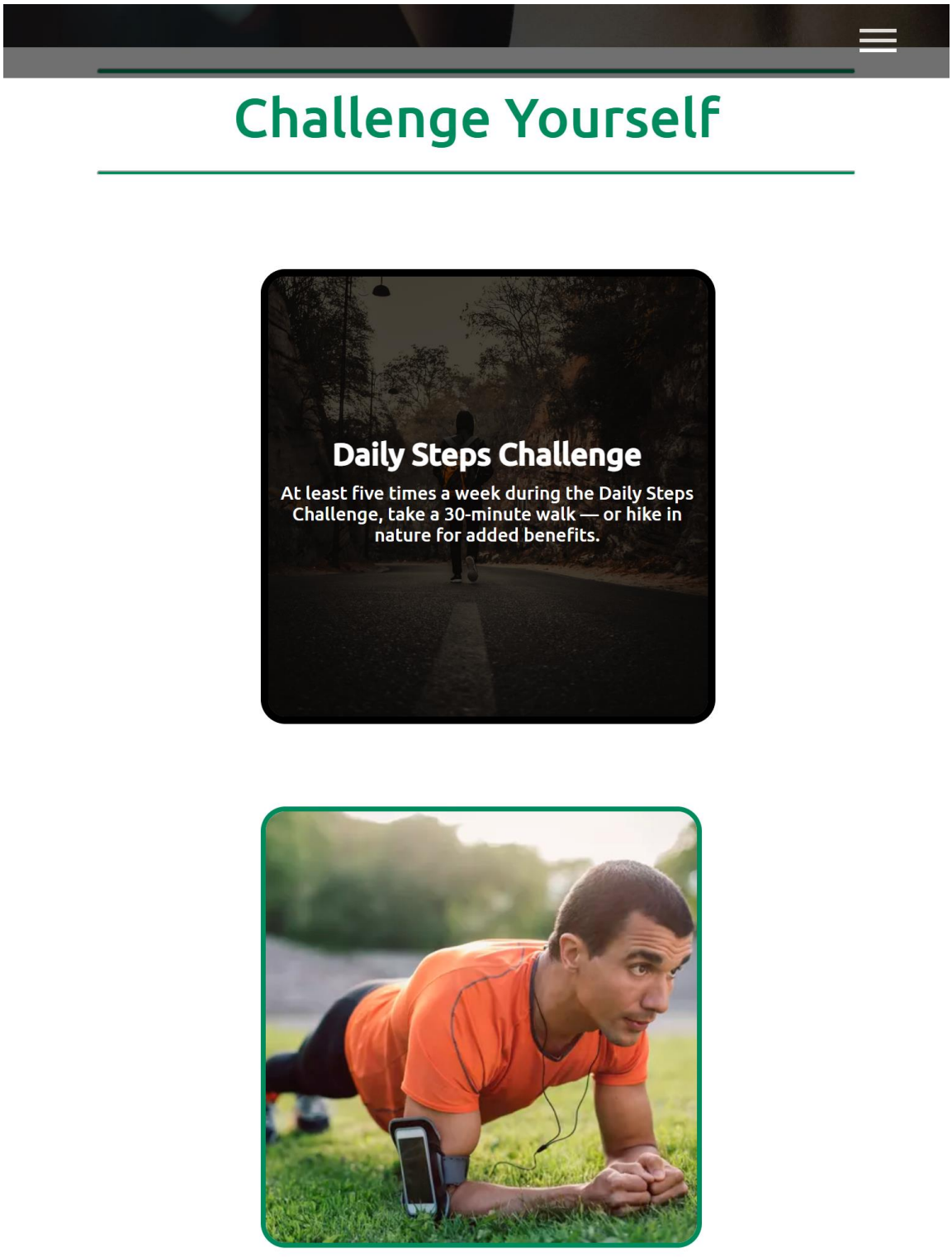


fig: xiii: Challenges - Daily Steps display in 768px

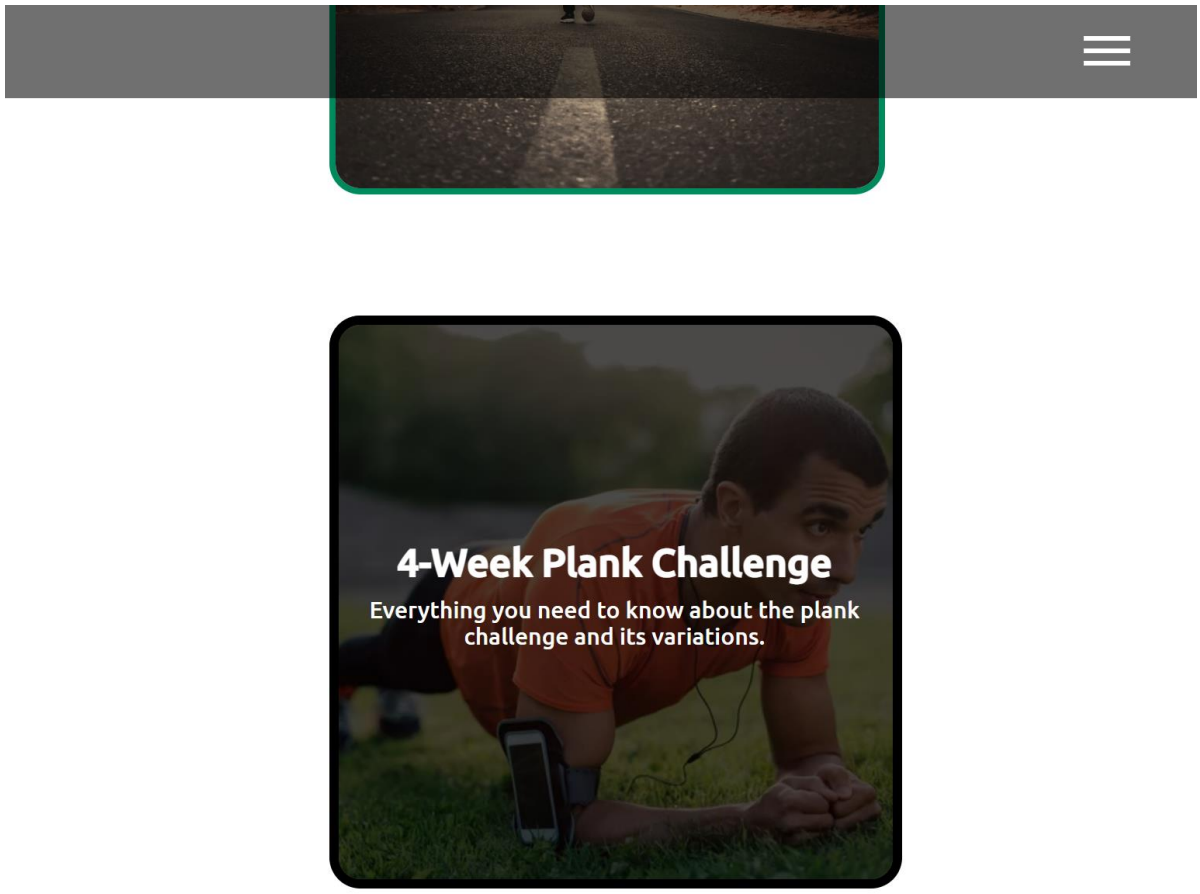
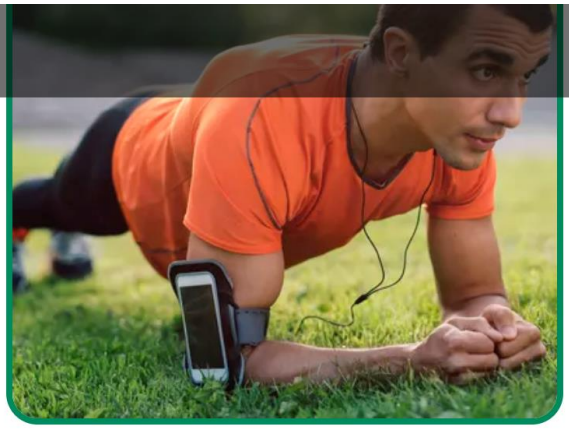
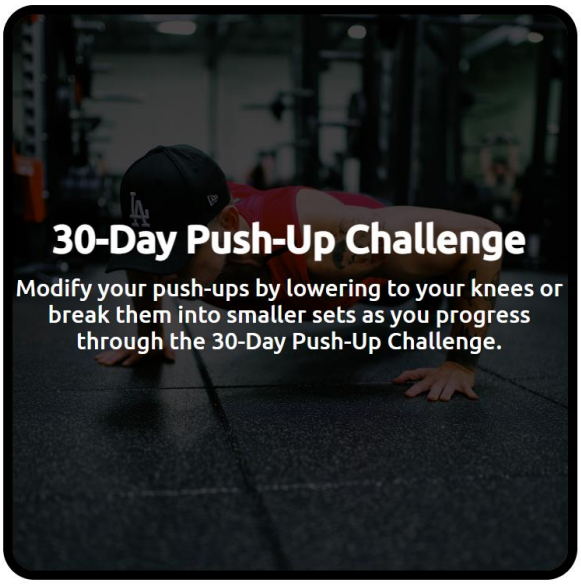


fig: xiv: Challenges - 4 Week Plank display in 768px





About Us

We are a team of passionate students trying to make a change by encouraging healthy eating habits and workouts for the well being of the poeple around the globe.

fig: xv: Challenges - 30 Day Pushup display in 768px

Description

This website provides its users with some awesome services like professional training and provides knowledge on the nutrition plan. The main objective of this site is to help the users maintain their health through some proper knowledge. Trainings are also launched with the help of some of professionals and it also helps its clients to transfer their lives with the power of exercises. The users can also access information on the nutrition plan and help themselves to maintain their diet. Also, this site provides special services to those clients who wants to get rid of their addiction on alcohol and other stuffs.

3. About Us

3.1. Display In the laptop of 1024 px

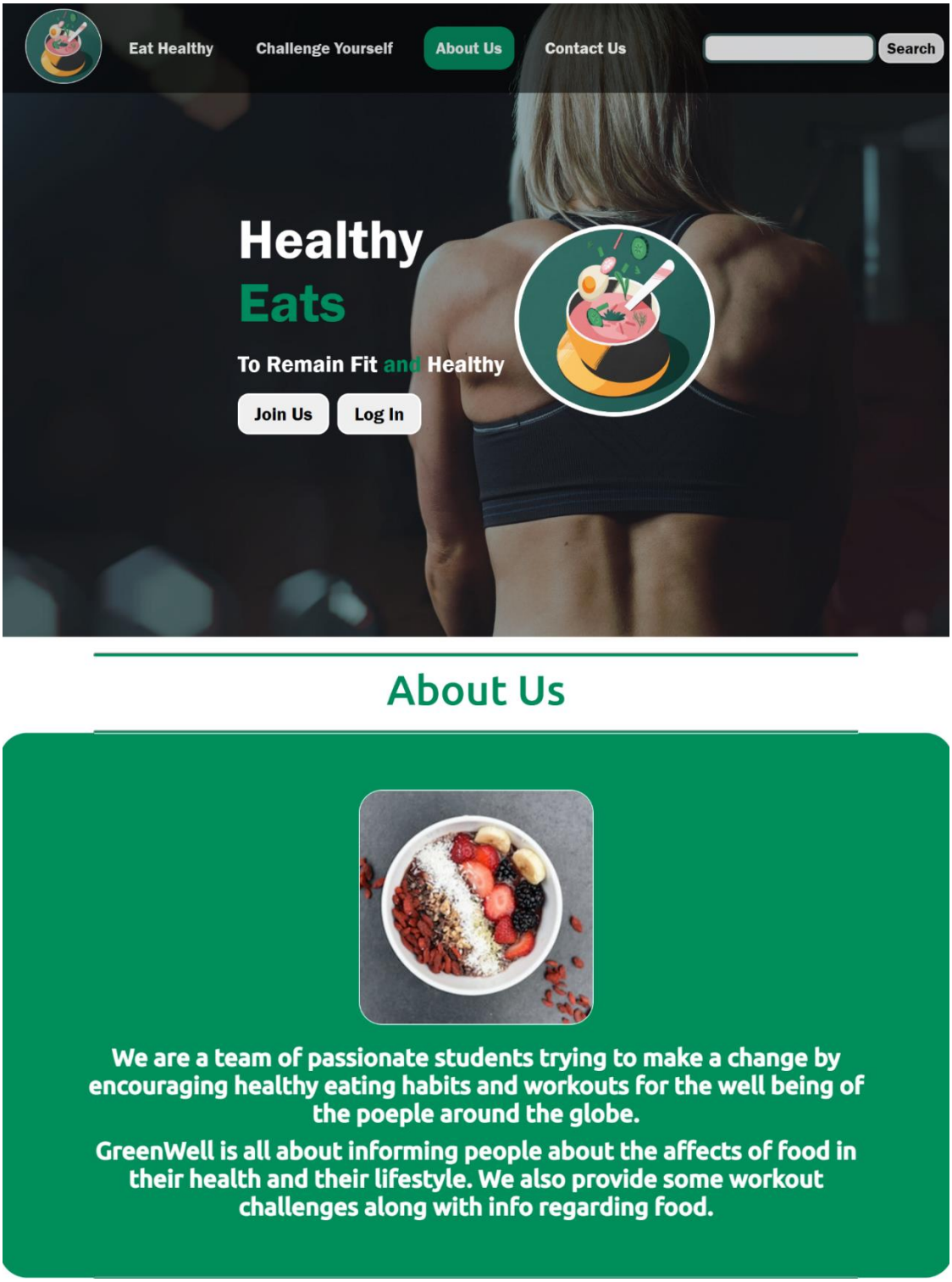


fig: xvi: About Us Page in 1024px

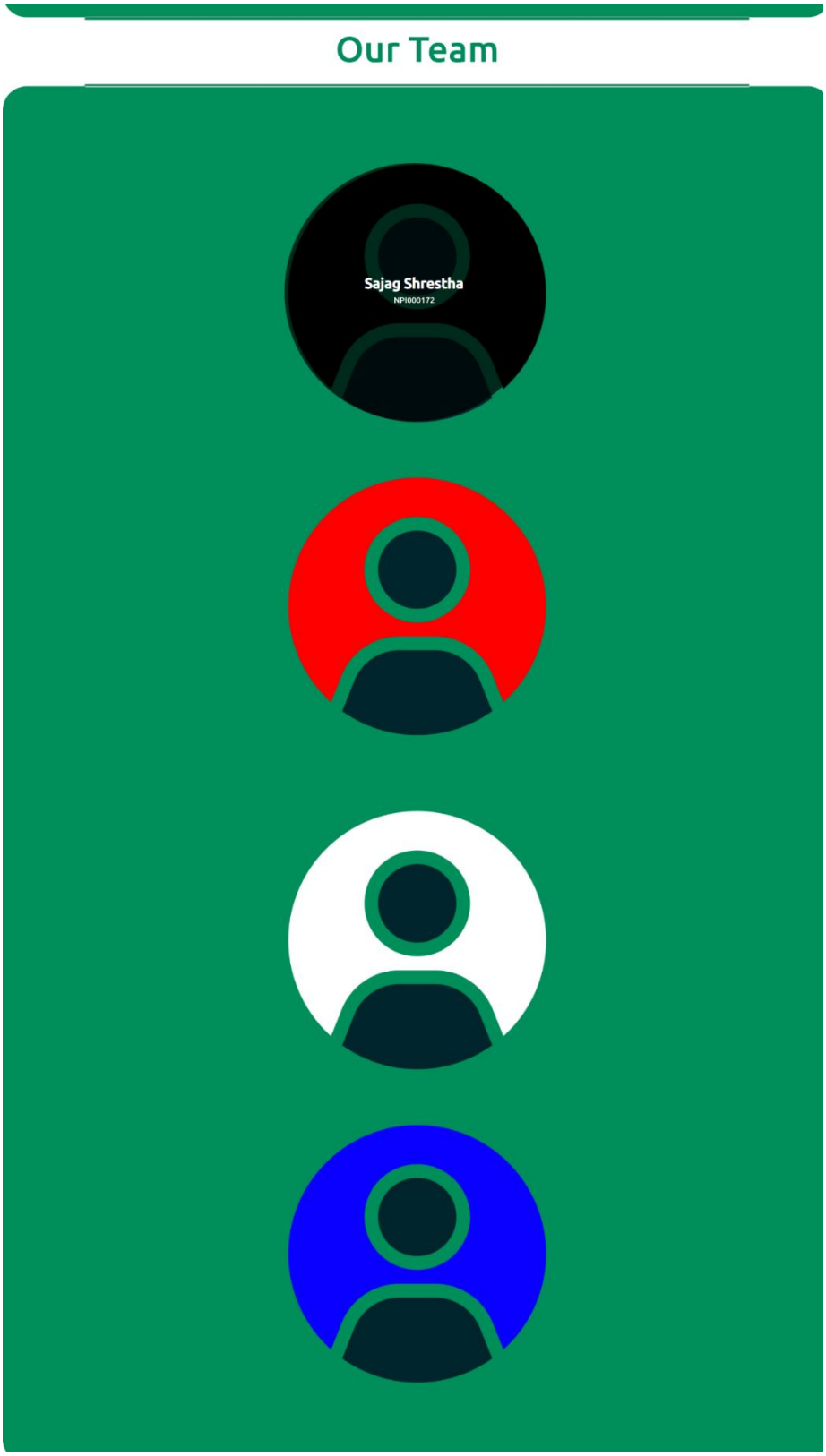


fig: xvii: Our Team - Sajag Shrestha

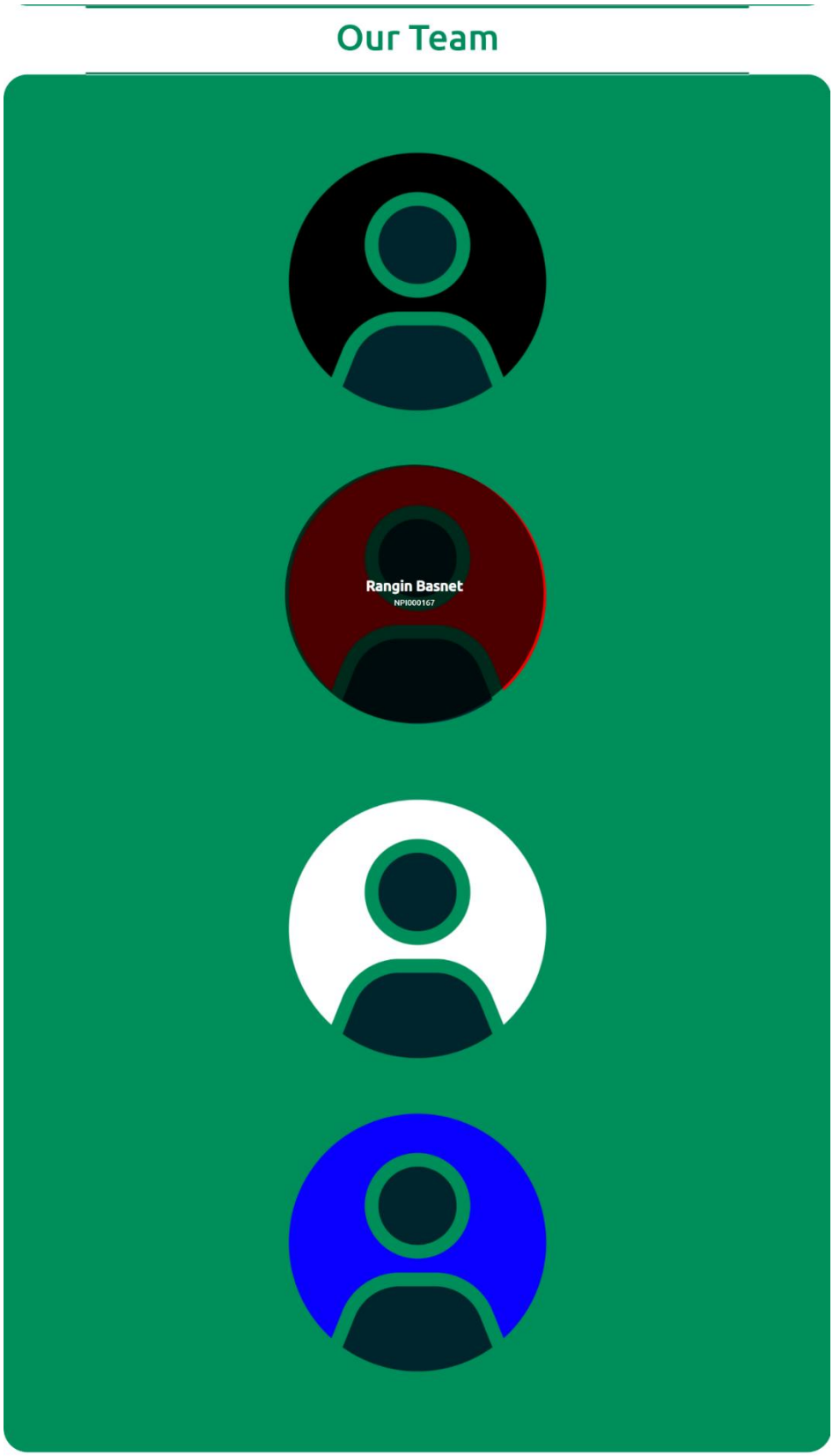


fig: xviii: Our Team - Ragin Basnet

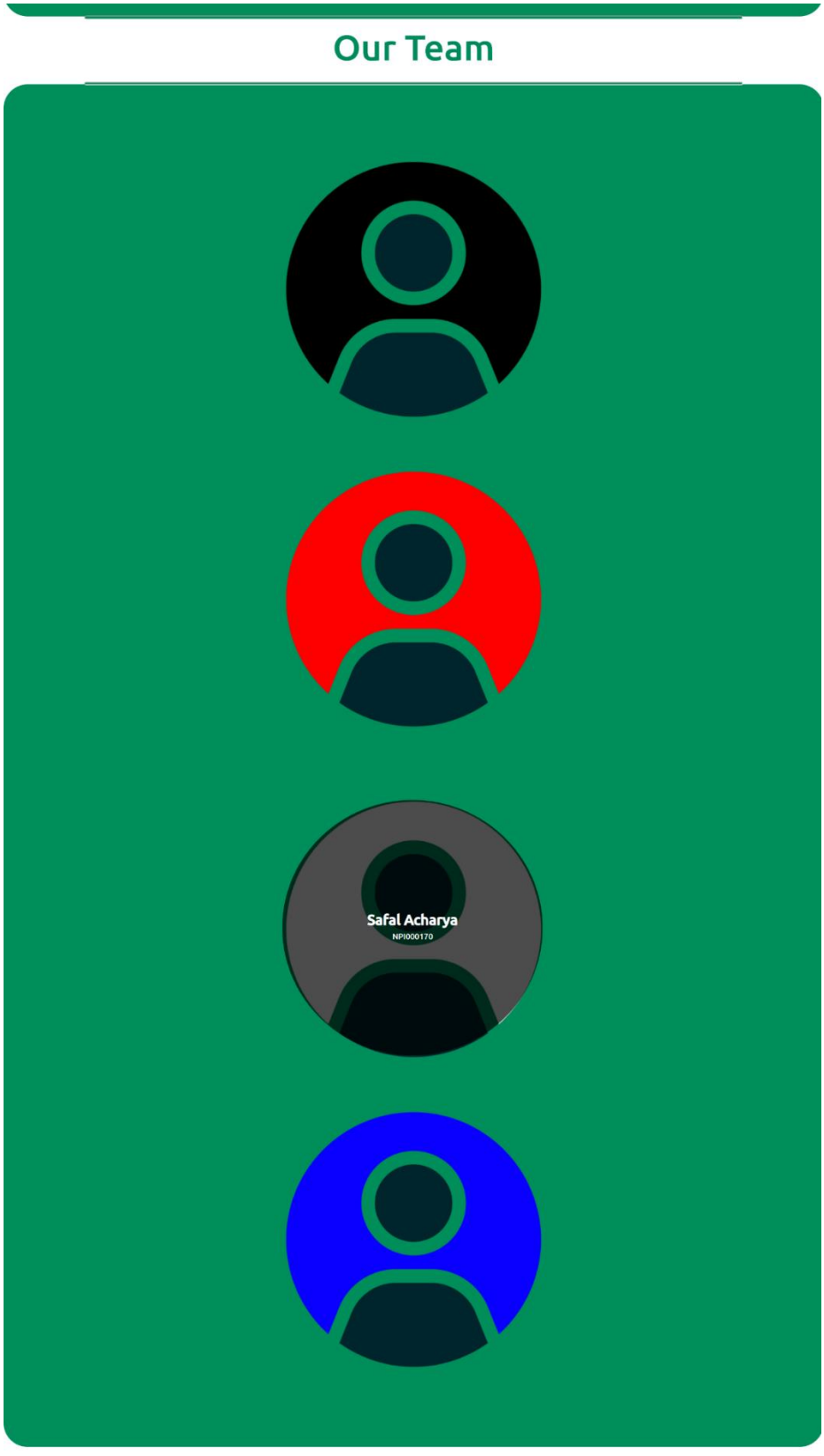


fig: xix: Our Team - Safal Acharya

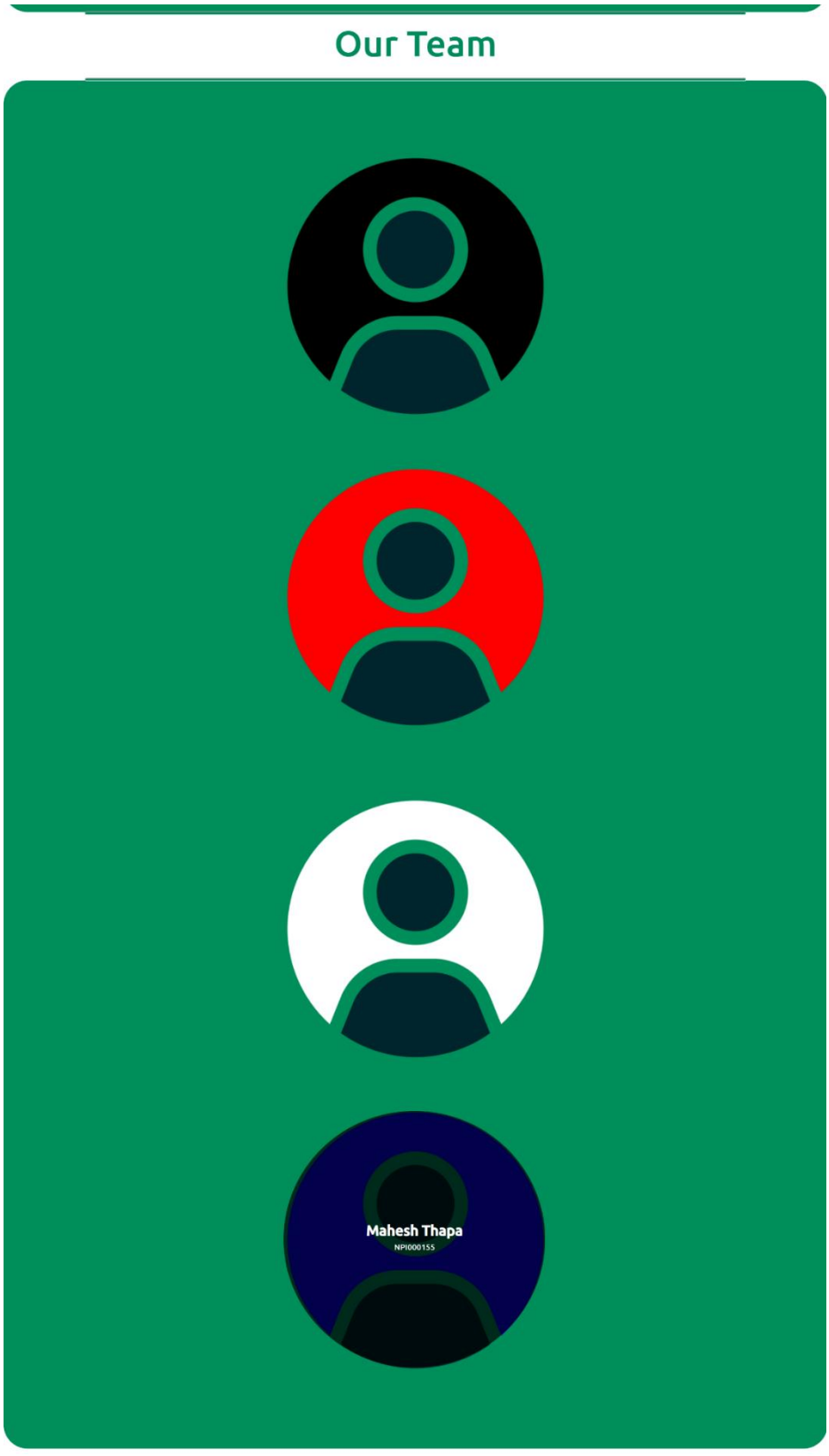


fig: xx: Our Team – Mahesh Thapa

3.2. Display In the laptop of 1366 px

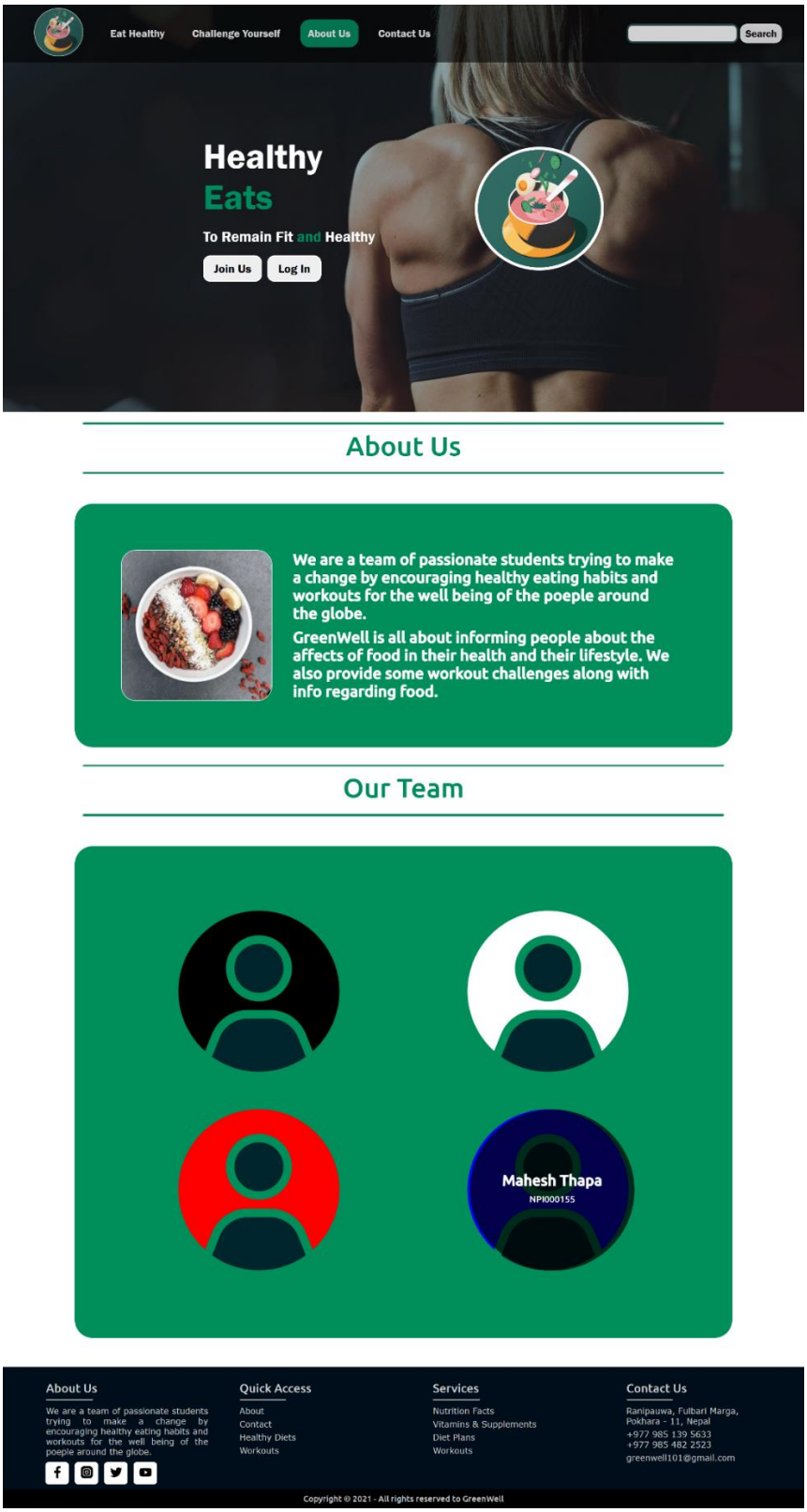


fig: xxi: About us in 1366px

3.3. Display In the Galaxy fold of 280 px

fig: xxii: About us in 280px

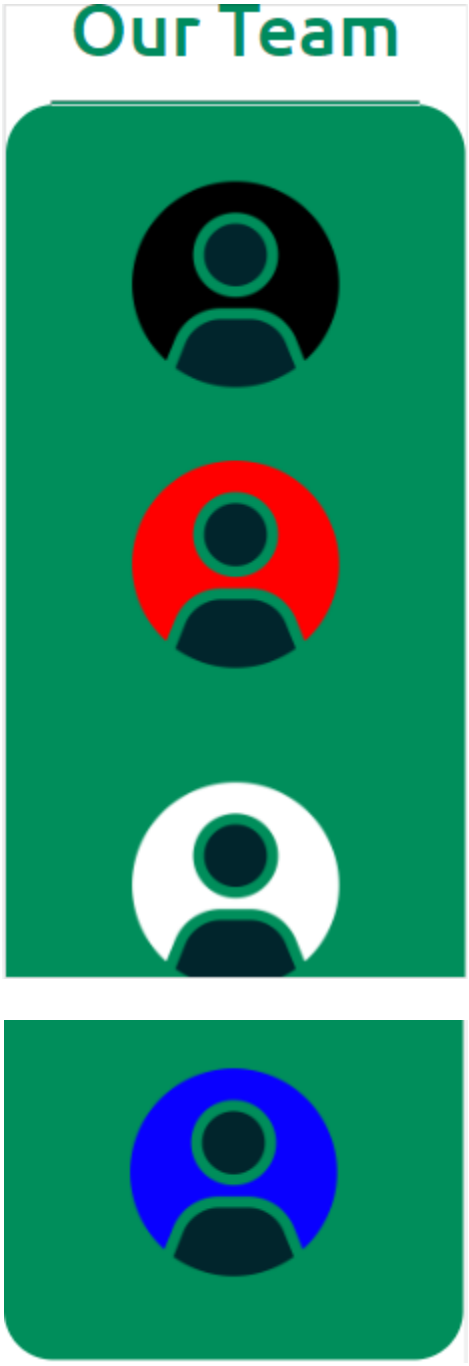


fig: xxiii: Our Team in 280px

Description

The About US page in our website Green Well is usually made for those clients who seek to know about our company's reputation and achievements. We have tried our best to deliver our information regarding the company's achievements. About us Page is actually added in the page with one main view that is the attention of the people who wants to enroll themselves with the company. This website has made it possible for its customers to find out more about the company and it has also answered most of the queries of the customers. We have also left the contact info so that the users can clear their doubts that they have.

4. Contact Us

4.1.Display In the laptop of 1024 px

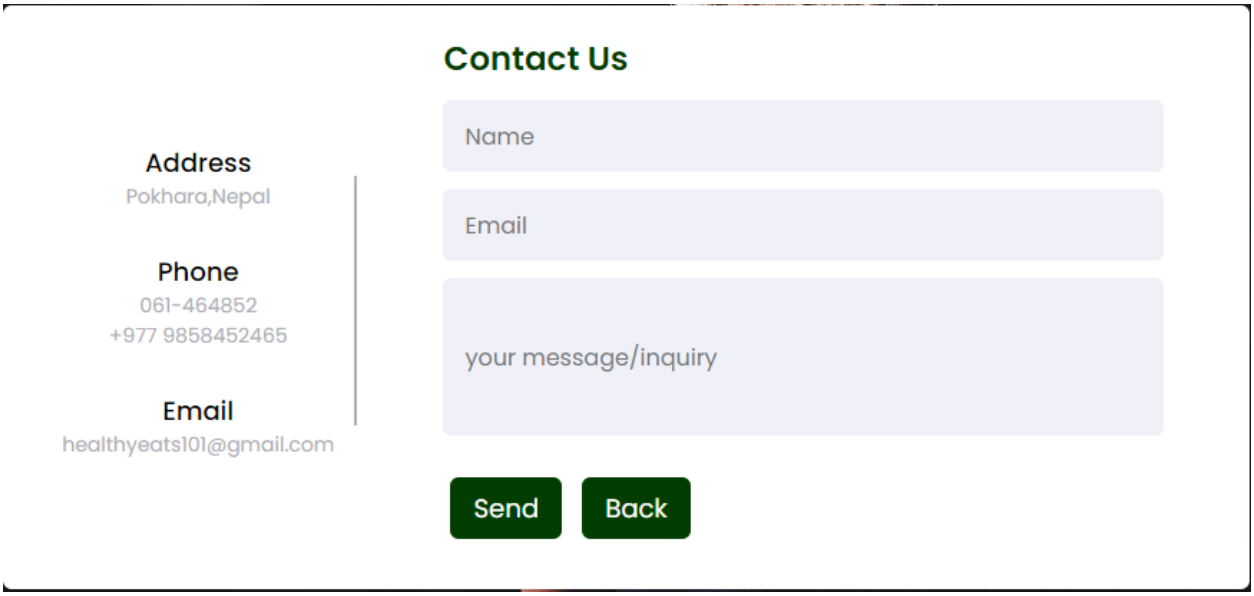


fig: xxiv: Contact us in 102

4.2.Display In the laptop of 1366 px

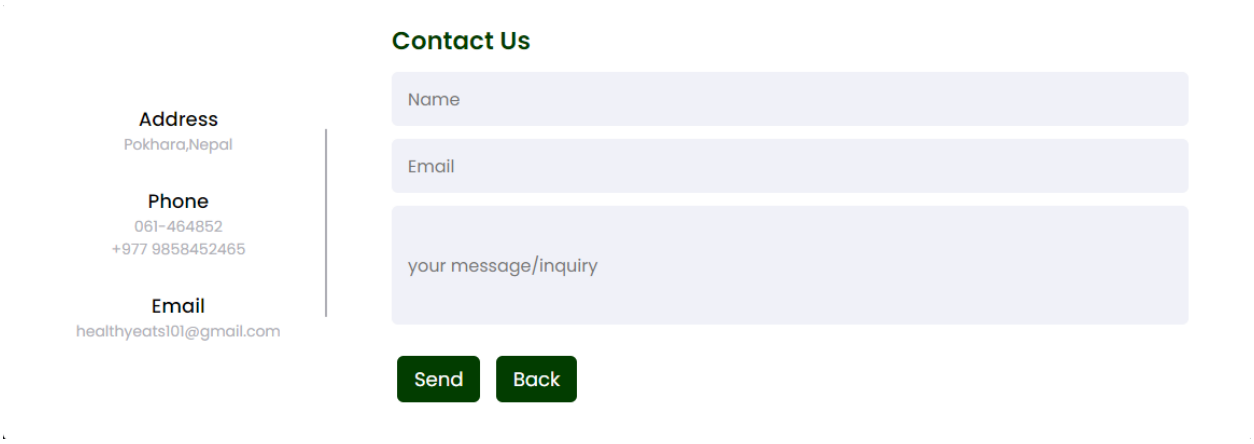


fig: xxv: Contact us in 1366px

4.3.Display In the Galaxy fold of 280 px

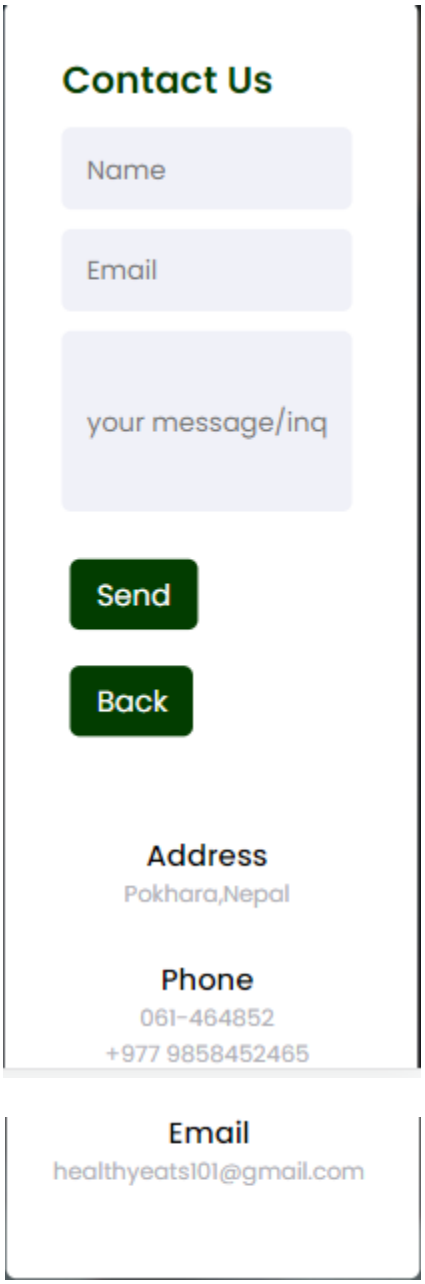


fig: xxvi: Contact us in 280px

Description

Contact Us page is prepared with the intention of letting the users to contact or approach our company who wants to lead a healthy life ahead. This will be helpful for the users who are curious about the ways we perform our activities or the facilities we deliver. For this page too, we used the HTML codes and CSS to complete our tasks.

5. Log In & Registration

5.1. Display In the laptop of 1024 px

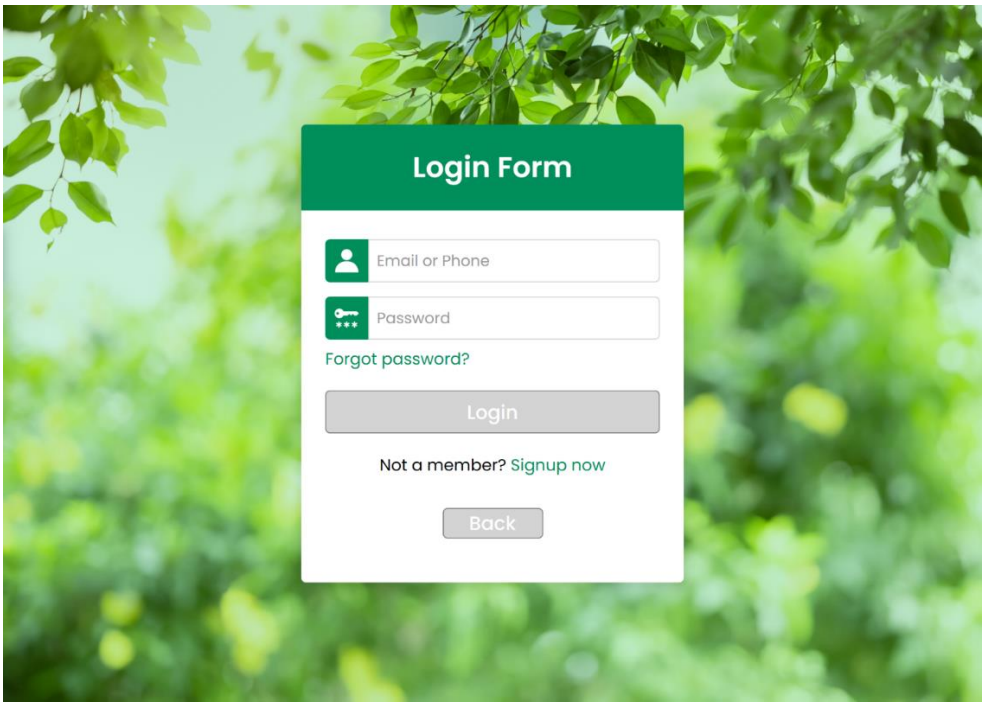


fig: xxvii: Login Form in 1024px

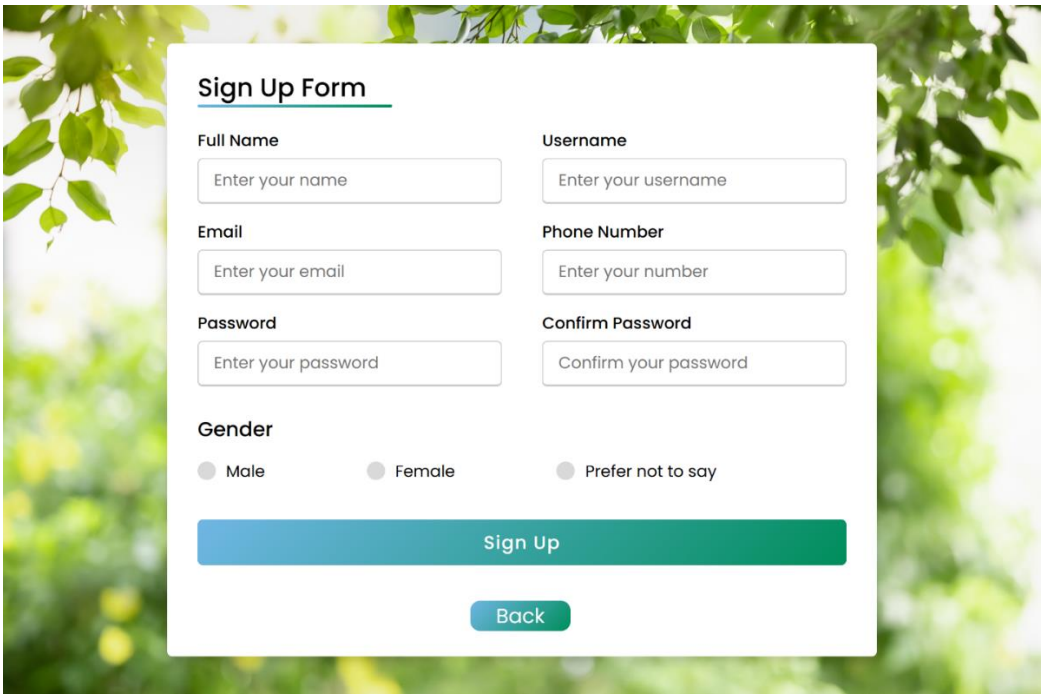


fig: xxviii: Sign up Form in 1024px

5.2. Display In the laptop of 1366 px

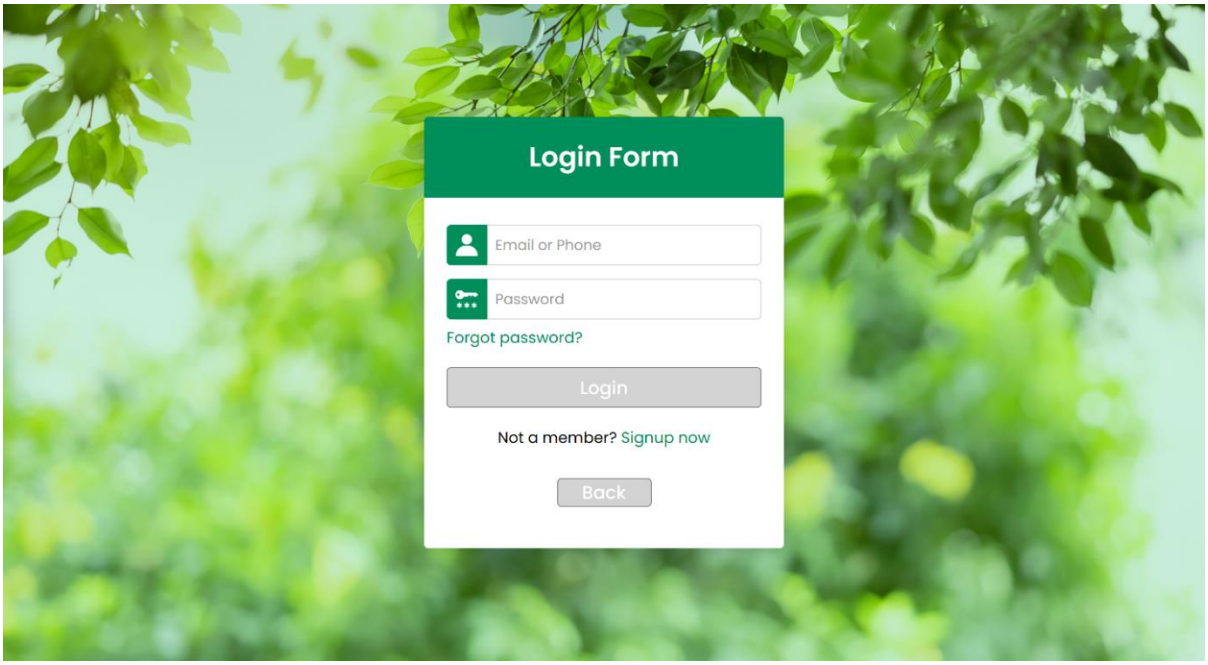


fig: xxix: Login Form in 1366px

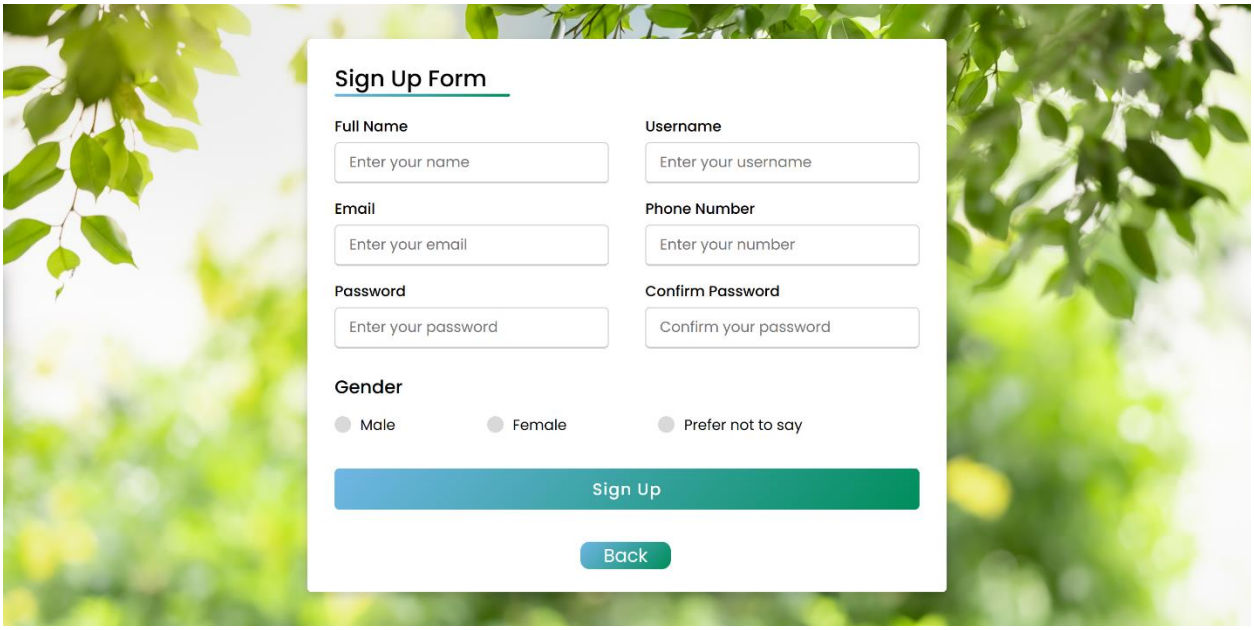


fig: xxx: Sign Up Form in 1366px

5.3. Display In the Galaxy fold of 280 px

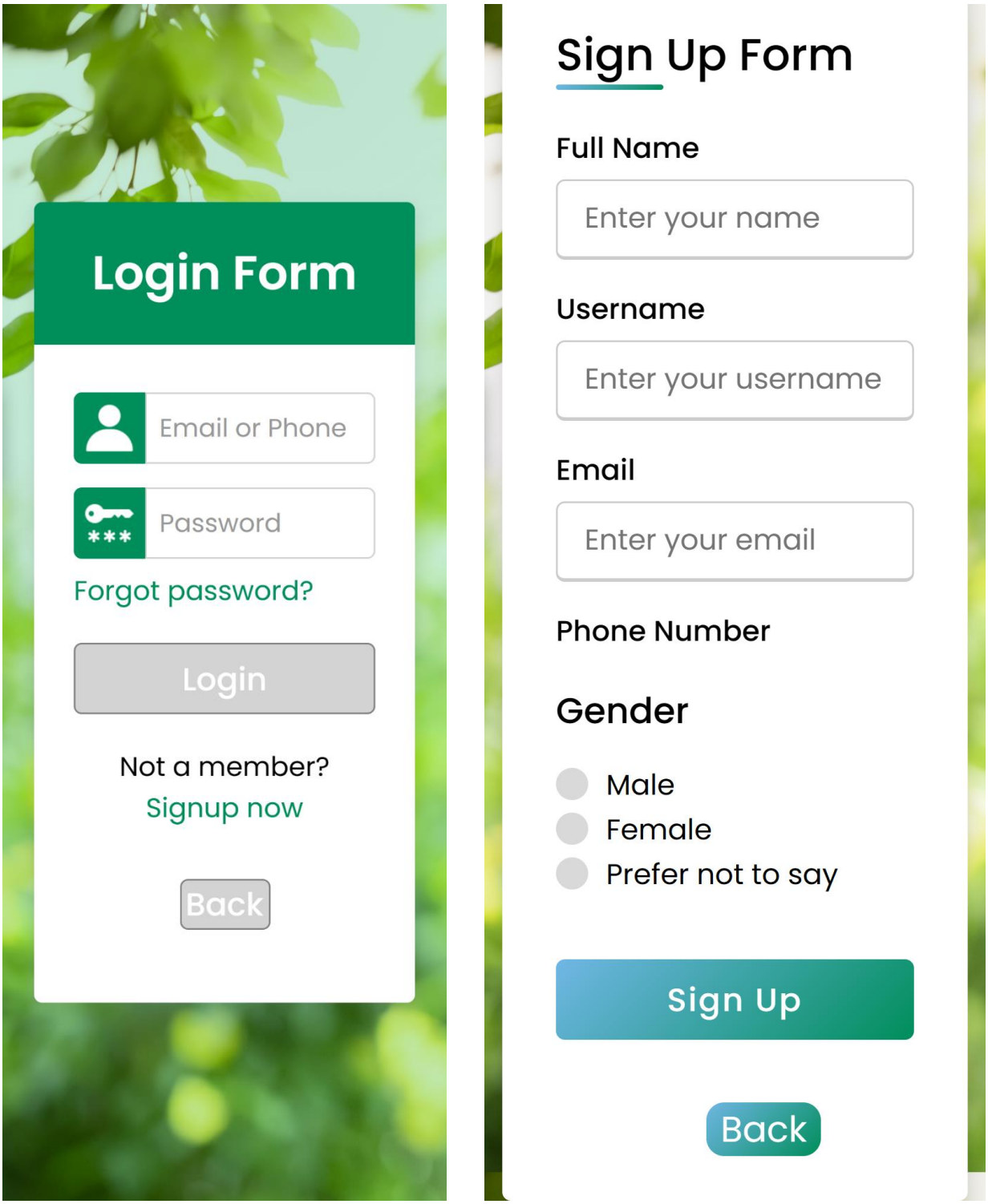


fig: xxxi: Login & Sign Up Form in 280px

Description

This site allows the users to create the account and lets them to sign up. For the new users, the website asks the users to create a new account to sign up and for the old users, they can simply login to the system. This site also lets the users to use their social media account like Facebook, Instagram as well as Gmail to sign up in to the system. This registration page is also created by using CSS, JS and the initiation of all of these is the HTML codes. The CSS gives an instruction to the site to set up the style and the HTML adds the texture to the CSS.

6. Footer

6.1. Display In the laptop of 1024 px

fig: xxxii: Footer in 1024px

6.2. Display In the laptop of 1366 px

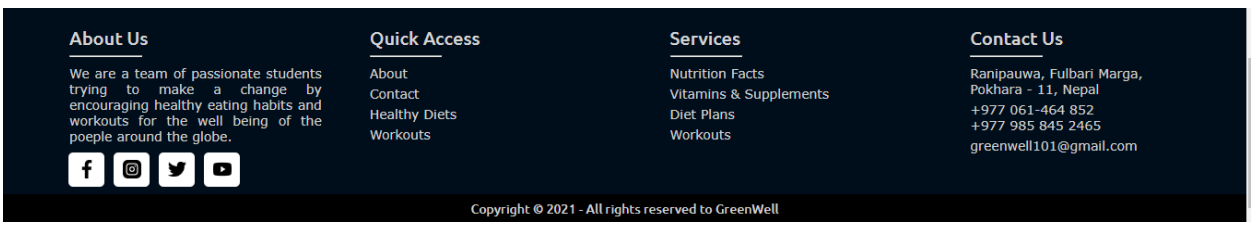


fig: xxxiii: Footer in 1366px

6.3. Display In the Galaxy fold of 280 px

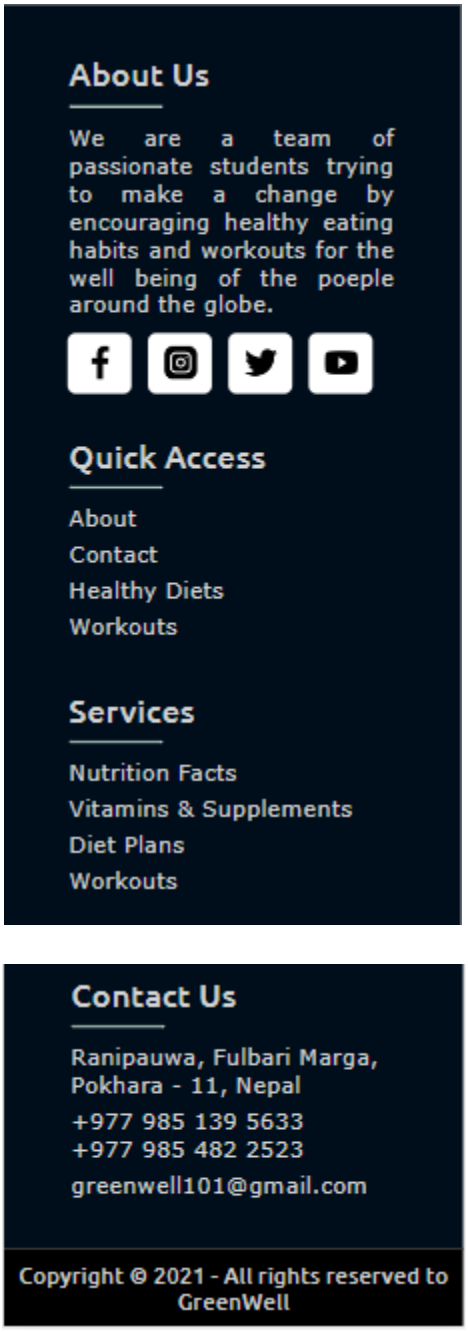


fig: xxxiv: Footer in 280 px

Description

The footer on the site contains the information about our page. We have attached our official social media pages such as Facebook, Instagram, Twitter, and You Tube. Some additional links are also attached to the footer, so that the users can access the information about us through different pages. The services that our company offers are also listed next to the Quick Access. We have also attached our contact info so that it would be easier for the users or new visitors to contact us about our facilities that we provide them. We created the footer by using HTML and CSS. By using the hyperlinks with the help of CSS, the logos of the social media was applied.

7. Navigation Bar

7.1. Display In the laptop of 1024 px

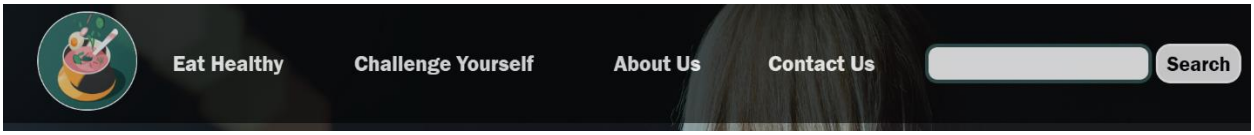


fig: xxxv: Navigation Bar in 1024px

7.2. Display In the laptop of 1366 px

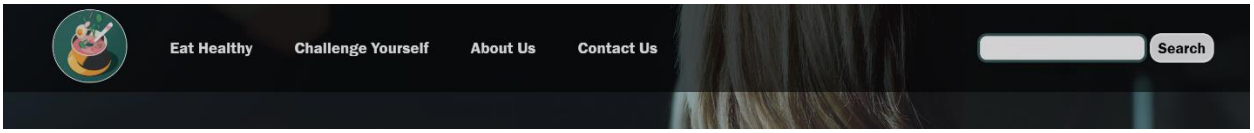


fig: xxxvi: Navigation Bar in 1366px

7.3. Display In the Galaxy fold of 280 px

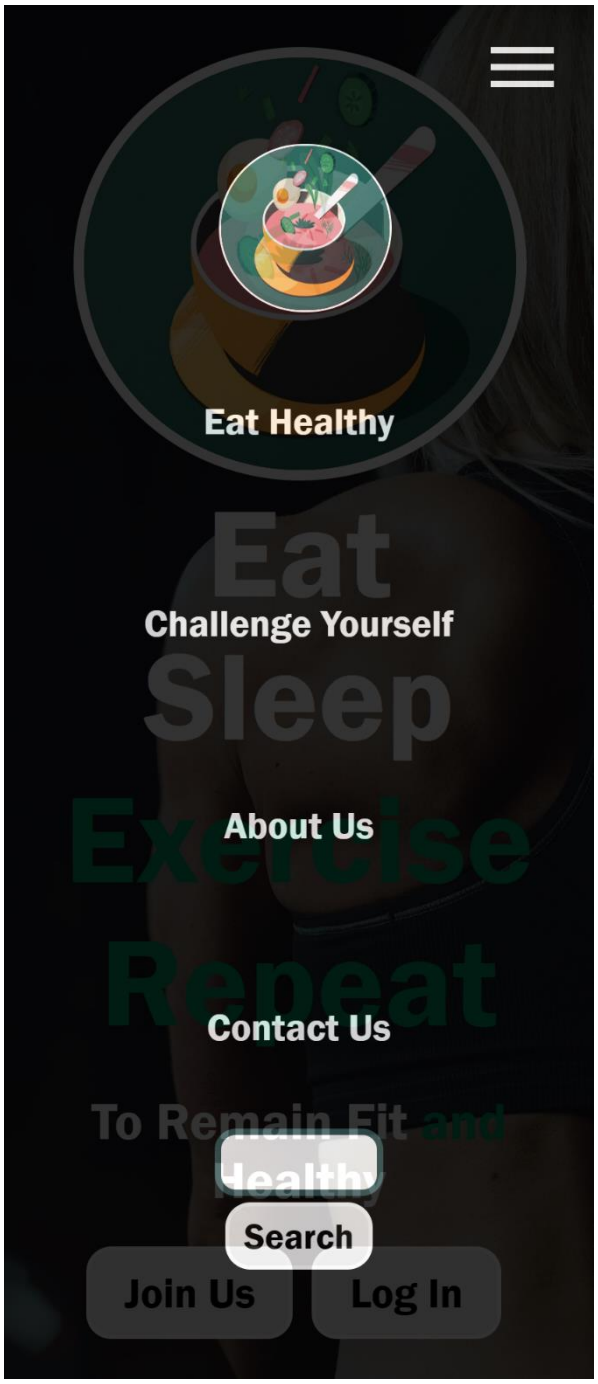


fig: xxxvii: Navigation Bar in 280px

Description

The contents or buttons that are available at the top of the home page is called navigation bar. Navigation bar is what the users sees first and through the navigation bar the users might get access to the information. We made the site in such a way that the navigation bar remains simple and provides more information that the users desires. The navigation bar is also added with the search bar so that the clients or users can easily search for things that they need. It also includes our company's logo on the right. And as we move towards the right, it contains eat healthy that will direct the users to the page where the information about the nutrition and healthy eating habits are provided. Then we have listed challenge yourself, which basically means that users are given with some challenging assignments to help them lead into a habit of healthy eating. Then we have added about us and contact us. These things are added to provide the users with the company's information.

8. Eat Healthy

8.1.Display In the laptop of 1024 px

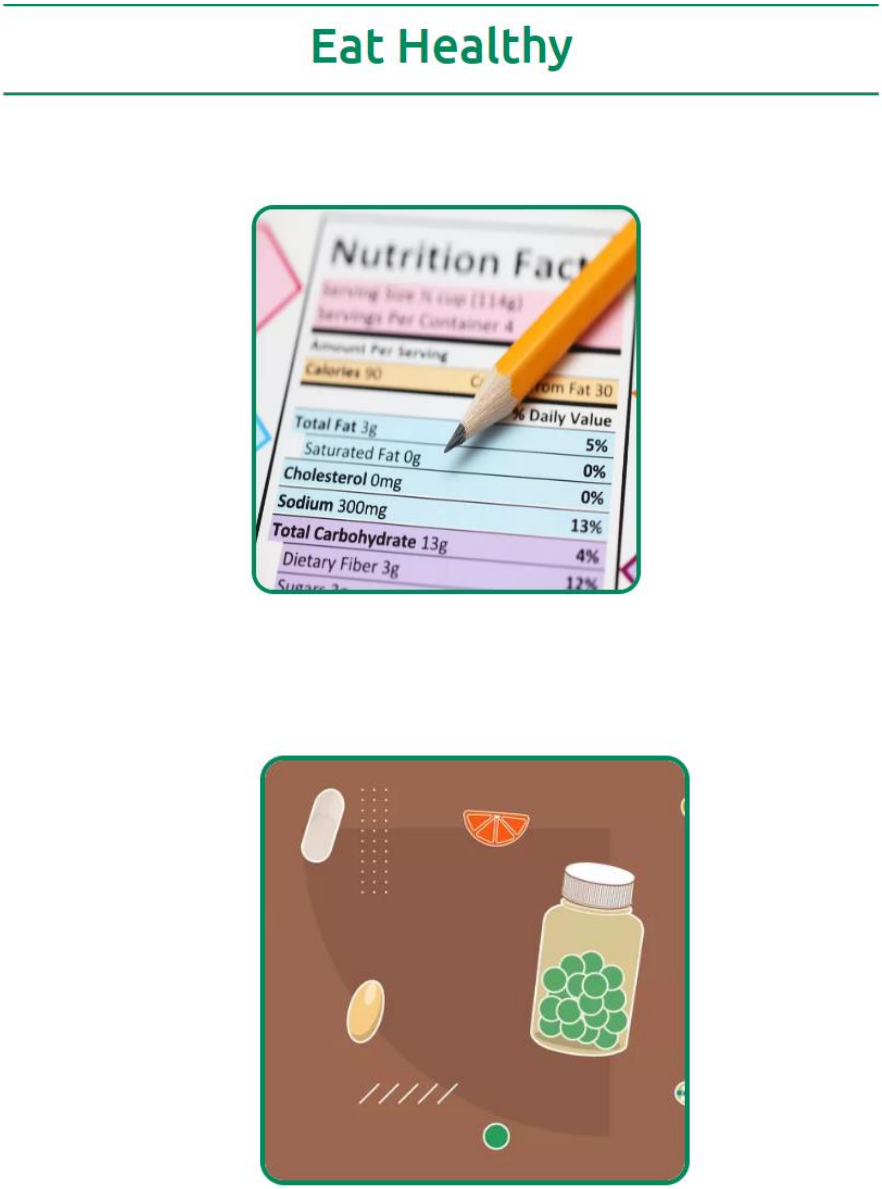


fig: xxxviii: Eat Healthy in 1024px

8.2.Display In the laptop of 1366 px

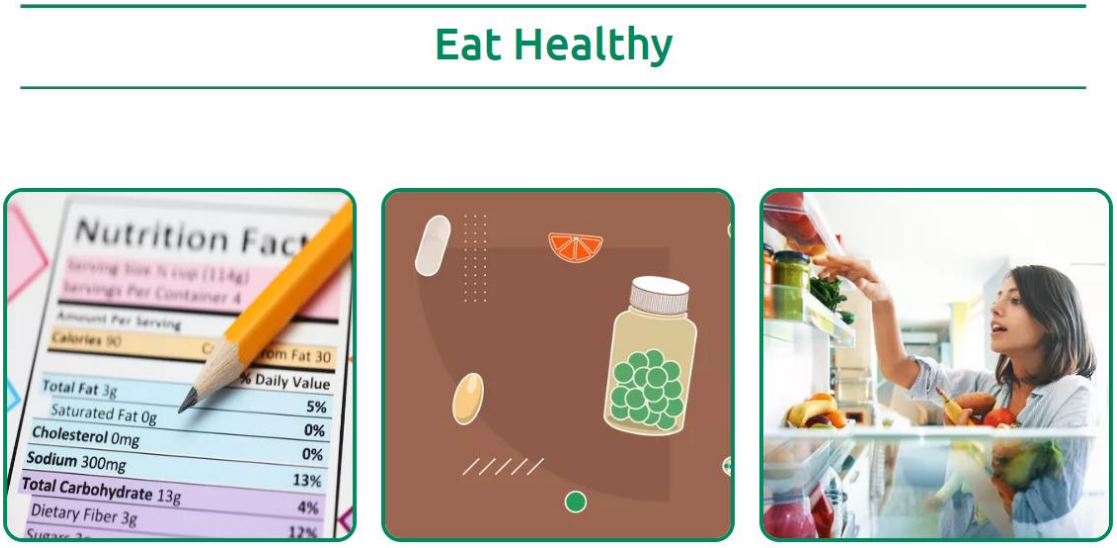


fig: xxxix: Eat Healthy in 1366px

8.3.Display In the Galaxy fold of 280 px

fig: xl: Eat Heathy in 280px

Description

Green Well company offers different set of instructions that are beneficial for the health of a user. It provides information on nutrition facts. Learning how to read a nutrition label can help the clients to manage the calories and macro intakes. Everything the client needs to about vitamins and supplement safety is provided along with the right eating plan that can be beneficial in numerous ways.

9. Challenge Yourself

9.1. Display In the laptop of 1024 px

Challenge Yourself

fig: xli: Challenges in 1024px

9.2. Display In the laptop of 1366 px

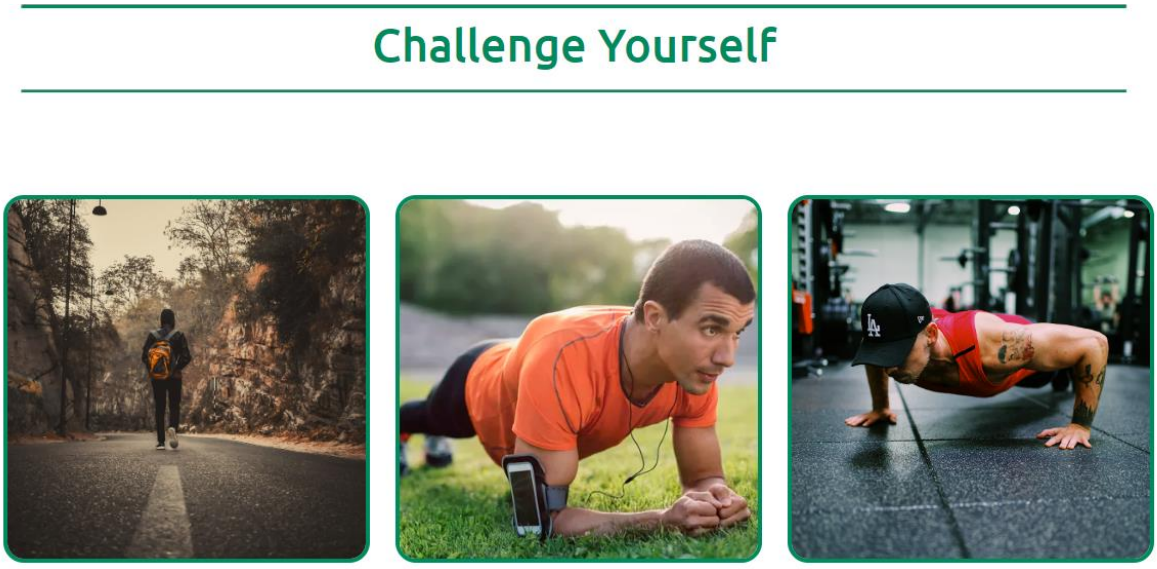


fig: xlii: Challenges in 1366px

9.3. Display In the Galaxy fold of 280 px

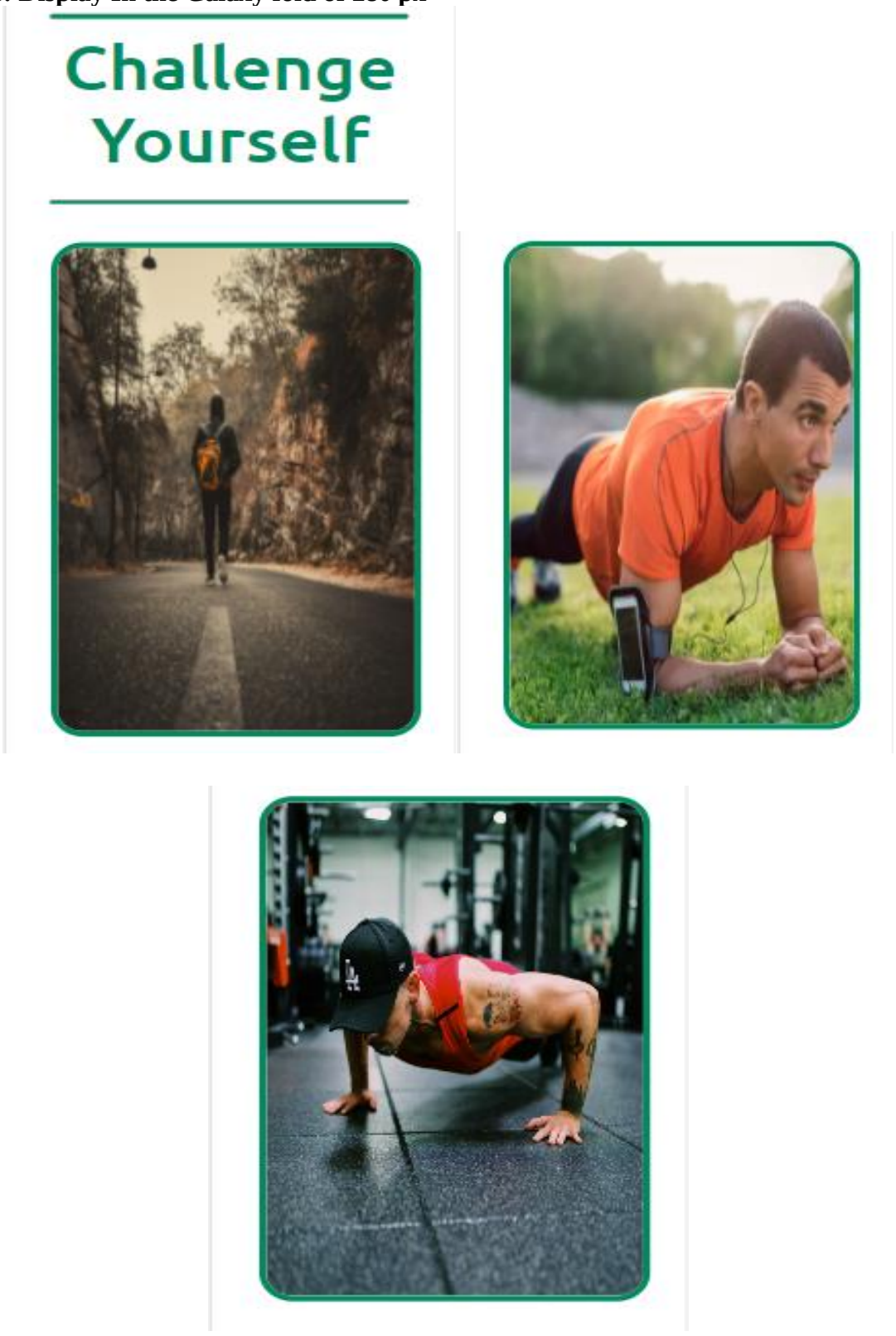


fig: xliii: Challenges in 280px

Description

The users are assigned with tasks and challenges such as 30 mins walk or hike in the nature as a daily challenge. This will help the users maintain their health as well as help them to be free from heart diseases or any other diseases. The users are also provided with the benefits of doing planks and are asked to do planks for a minute or two for 4 weeks as a challenge. Also, they are given the push up challenges to maintain the good health of the clients.

Evaluation

All in one solution:

Green well always aims to provide full information and support regarding physical and mental wellness of an individual. It has always provided authentic information from experts regarding every aspect of mental and physical health. Every aspect of physical and mental health like nutrition, yoga, meditation, physical exercises, aerobics etc. are covered by the website.

Lead by team of expertise:

Information on each section of our site like food and nutrition, exercise and yoga's, meditations are taken from the experts in the respective fields. We only provide services from the experts who have committed their life in that field and accomplished best result in their past.

Motivation:

Our main goal is to motivate every one whoever visit the site of green well towards their best physical and mental well-being. It is designed to attract them by our content and free online courses which are conducted by the experts.

Track individual to improve their experience:

We regularly do follow up of our clients and keep updating them of new contents uploaded in our sites as per their need and approvals. We keep them updating about regular program being conducted in their areas related to health and personal wellbeing.

Time and cost saving:

We save time and cost of an individual by providing the best information regarding their health issues. We cover subjects like nutrition, good food habits, yoga, meditation, physical exercises, medicinal herbs etc. We also provide information about nearest organic food stores, nearest gym, meditation or yoga centers to support people to find them easily.

Future Enhancements

- To provide better maintenance and the required updates.
- To make the website responsive in best way as possible.
- To improve the designs and style as well as placement of the contents of the site.
- To provide the deliverable in different model. (www.ncbi.nlm.nih.govn, Jan 3, 2001)
- To add more features regarding the health concern of the clients.

Conclusion

We designed this website about a health club named "Green Well". Website is developed and designed with full cooperation and effort from the team members. We developed this website using HTML, CSS and java script.

The aim is to develop a website that will work as a platform for users looking for resources and information about the company. This company encourages healthy behavior and work, in order to maintain a healthy life in a society, like for example workout, fitness, etc. and also support group for smoking and alcohol addiction. A complete functional website is designed and developed by our team. All the multimedia components are used properly and effectively. In this website, we delivered fully functional horizontal navigation bar to deliver the suitable content. Java script is also used to create dynamic and interactive web content. The clients are provided with the solutions to maintain their health through some trainings and encouraging them to have a diet and nutrition plan. The people with addiction problems are also provided with help and instruction so that they can get rid of the addictions.

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Attachments

First Meeting

We held our first meeting on MS Teams on 2022/11/13 at 4:00 pm.

Participants

- Sajag Shrestha
- Mahesh Thapa
- Safal Acharya
- Rangin Basnet

Approval of minutes

Mahesh holds the meetings for about half an hour considering everyone's time. We had our meeting from 4:00 to 4:30 pm.

Reports

Unfinished business

To choose a topic on which we were going to make a website.

New Business

Conducting Research on different topics.

Announcements

We announced to make a website on Health and Wellness.

Mahesh Thapa	**2022/11/13**
Leader	**Date of Approval**

Second Meeting

We held our second meeting on MS Teams on 2022/11/19 at 1:00 pm.

Participants

- Mahesh Thapa
- Safal Acharya

Approval of minutes

Mahesh holds the meetings with just one other member for about one and a half an hour as others were not able to attend the meetings due to their own matter. We had our meeting from 1:00 to 2:30 pm.

Reports

Unfinished business

To share the content to add in the web site.

New Business

Conducting Research on different topics regarding health and health issues.

Announcements

We announced our views and started working on that.

Mahesh Thapa	**2022/11/19**
Leader	**Date of Approval**

Third Meeting

We held our third meeting on MS Teams on 2022/11/25 at 8:00 pm.

Participants

- Mahesh Thapa
- Sajag Shrestha
- Safal Acharya
- Rangin Basnet

Approval of minutes

Mahesh holds the meetings in the presence of everyone with the management of everyone's time and it was held for an hour. We had our meeting from 8:00 to 9:00 pm.

Reports

Unfinished business

To divide the work of documentation and codes.

New Business

To design the new pages by writing codes and to discuss if any problem occurs.

Announcements

We announced to let the team members choose what topic they were interested and to work on that topic.

Mahesh Thapa	**2022/11/25**
Leader	**Date of Approval**

Fourth Meeting

We held our fourth meeting on MS Teams on 2022/12/04 at 4:00 pm.

Participants

- Mahesh Thapa
- Sajag Shrestha
- Safal Acharya
- Rangin Basnet

Approval of minutes

Mahesh holds the meetings for about an hour considering everyone's time. We had our meeting from 4:00 to 5:00 pm.

Reports

Unfinished business

To find if any problem had occurred and to check the work of every individual.

New Business

To check if the codes written work or not.

Announcements

Designs were presented in front of all members and the documentation part of every member was also compiled into one and the project was almost ready to be submitted.

Mahesh Thapa	**2022/12/04**
Leader	**Date of Approval**