

Mindful Intentions

Supervisor: *LÊ THANH NHÂN*

Semester: *01*

Batch No: *T5.2309.E0*

Group No: *05*

Order:	Full name	Roll No.
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Month: 12 Year: 2023

This is to certify that

Mr. **TRƯỜNG VÕ HỮU HUÂN**

Mr. **BÀN VĂN QUÝ**

Ms. **ĐINH VĂN THẮNG**

Have successfully Designed & Developed

MINDFUL ITENTIONS

Submitted by:

Mr. LE THANH NHAN

Date Of Issue:

Authorized Signature:

Content

Content

Acknowledge

Synopsis

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Acknowledge

As we understand that the eProject is a step-by- step learning environment that closely simulates the class-room and Lab based learning environment into actual implementation. It is a projectimplementation at your fingertips!! An electronic, live juncture on the machine that allows you to.

- ✓ Practice step by step i.e. ladder approach.
- ✓ Build a larger more robust application.
- ✓ Usage of certain utilities in applications designed by user.
- ✓ Single program to unified code leading to a complete application.
- ✓ Learn implementation of concepts in a phased manner.
- ✓ Enhance skills and add value.
- ✓ Work on real life projects.
- ✓ Give a real life scenario and help to create applications more complicated and useful.
- ✓ Mentoring through email support.

We would like to send a great thank to our professor and others student for the addorable supports during the time in project.

Beside serveral mistakes we had made in the project, we hope to have more oppotunities to widen our knowledge in web developing world.

We also thank you so much for your infomation and the “demo” project from India APTECH to help us get more reality experience in this project. Since we have gained more experience from this project, we will not stop learning any thing as much as we can to be more successful in the future.

Your Sincerely,

Team Group 05.

Synopsis

The Objective of this program we aim is to give a sample project to work on real life projects. These applications help us build a larger more robust application.

The objective is not to teach us HTML/JavaScript but to provide us with a real life scenario and help us create basic applications using the tools.

Hence, we can revise the chapters before we start with the project.

This project is meant for students like us who have completed the module of HTML5. These programs should be done in the Lab sessions with assistance of the faculty if required.

The MindfulIntentions website is a tool that provides information to users about different positions to treat specific health problems along with do's and don'ts for those same positions, and also There are videos to provide information as well as illustrations and there is a section where users can check out more in related books.

It is very essential for us that will have a clear understanding of the subject. We think we should go through the project and solve the assignments as per requirements given.

And get back *eprojects@aptech.ac.in* as the assigned schedule.

Design Plan: Mindful Intentions	Document Name: Problem Definition	SWD/Form No.01/PD/Ver1.0
Effective Date: 08-12-2023	Version 1.0	Page No: 1 of 22

Problem Definition

Aerobic exercise provides cardiovascular conditioning. The term aerobic actually means "with oxygen," which means that breathing controls the amount of oxygen that can make it to the muscles to help them burn fuel and move. Although mankind has entered an era of well advanced hi-tech medical facilities which makes life more comfortable, the expected quality of life still seems to be far from reality. Problems like stress, anxiety, restlessness, nervous break down, other stress related ailments, fatigue breaking up of families, suicides are all on an exponential rise. The frustrated patients are now moving towards alternative non-scientific therapies for a better living. Aerobics with its multifold advantages, is gaining popularity in all parts of the world. For a common man aerobic is a fashion for keeping himself healthy and fit. While for some others it's a boon for developing their concentration, memory and creativity.

The MindfulIntentions website is a tool that provides information to users about different positions to treat specific health problems along with do's and don'ts for those same positions, and also There are videos to provide information as well as illustrations and there is a section where users can check out more in related books.

- ✓ -Provide full posture information for users
- ✓ -provide users with informative and illustrative videos
- ✓ -gives users the ability to check out related books
- ✓ -Provides administrators with member management capabilities
- ✓ -Provides administrators with the ability to update posture, video, and book content

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Date		

Design Plan: Mindful Intentions	Document Name: Customer Requirements Specifications	SWD/Form No.02/CRS/Ver1.0
Effective Date: 08-12-2023	Version 1.0	Page No: 2 of 22

Customer Requirements Specifications

User:

input:

- Enter desired pose data
- Enter member registration data

Process:

- Search for posture information
- Check member information

Output:

- Display posture information
- Display successful/failed member registration

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Design Plan: Mindful Intentions	Document Name: Customer Requirements Specifications	SWD/Form No.02/CRS/Ver1.0
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Webmaster:

input:

- Enter posture data
- Import data list, video

Process:

- Add/remove pose information
- Add, edit, delete books and videos

Output:

- Notification of success or failure in adding/removing pose information
- Show more, edit, delete errors successfully

Hardware / software requirement:

Software:

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Design Plan: Mindful Intentions	Document Name: Customer Requirements Specifications	SWD/Form No.02/CRS/Ver1.0
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-Notepad/HTML editor

-Dreamweaver

-IE 5.0/ Netscape 6.0

Hardware:

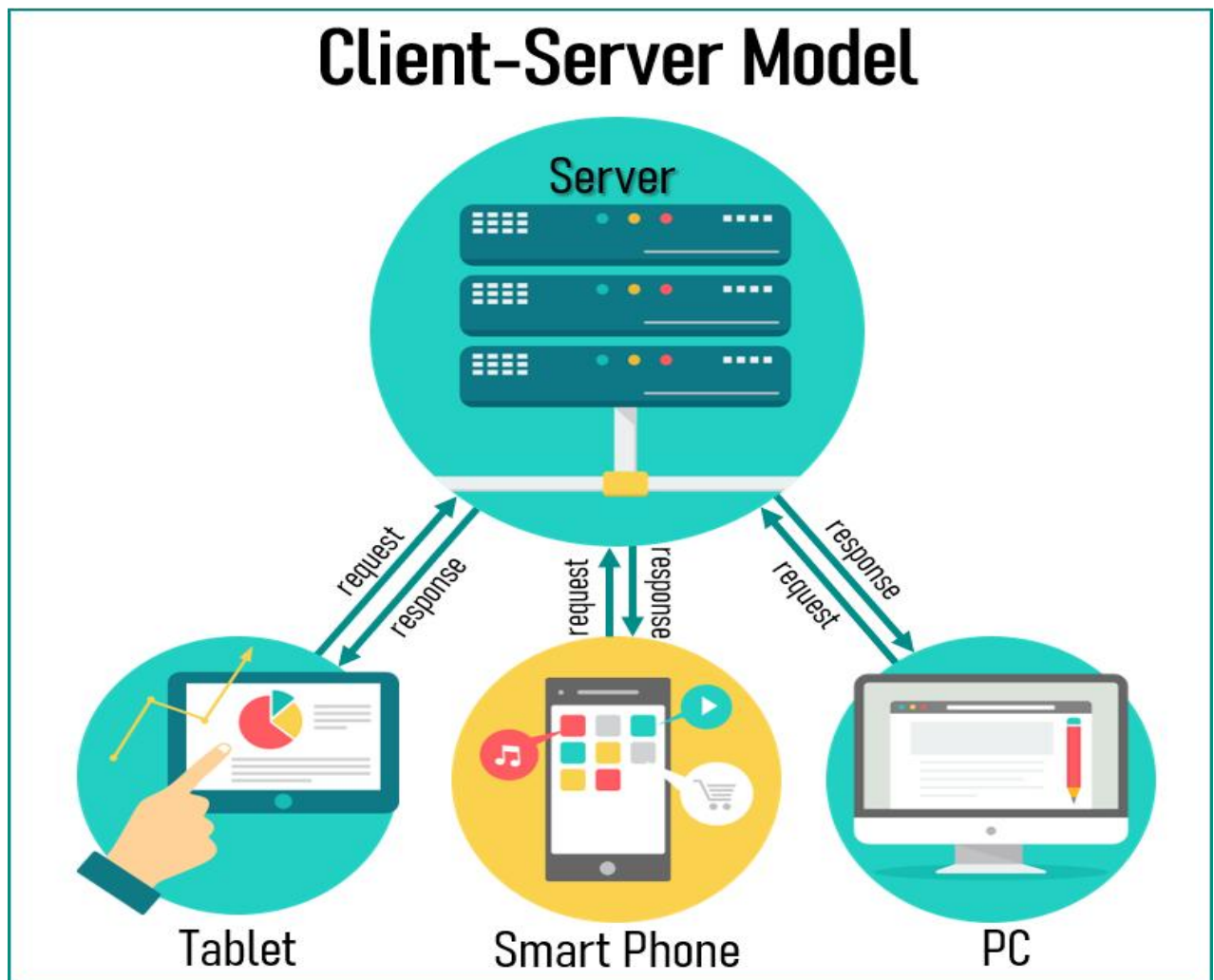
- A minimum computer system that will help you access all the tools in the courses is a Pentium 166 or better.

- 64 Megabytes of RAM or better

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Design Plan: Mindful Intentions	Document Name: Architecture and design of the project	SWD/Form No.03/ARD/Ver1.0
Effective Date: 08-12-2023	Version 1.0	Page No: 5 of 22

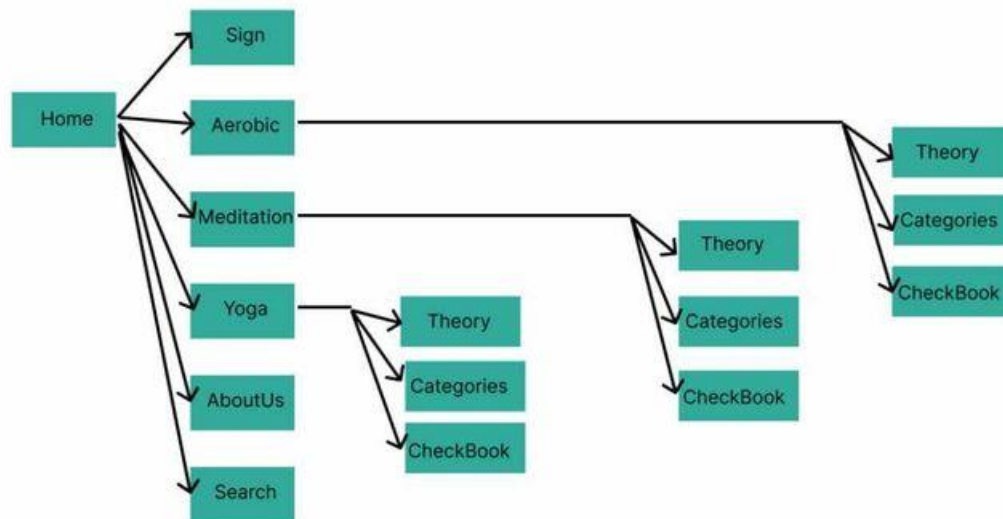
Architecture and design of the project



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Design Plan: Mindful Intentions	Document Name: SiteMap	SWD/Form No.04/SM/Ver1.0
Effective Date: 08-12-2023	Version 1.0	Page No: 6 of 22

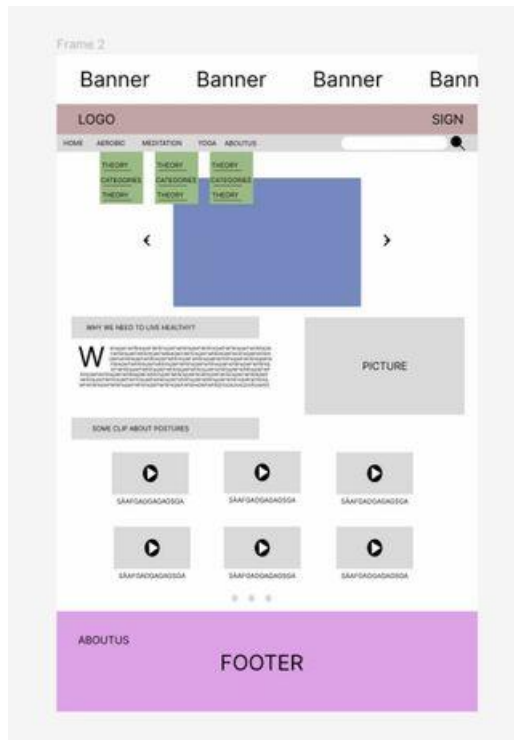
SiteMap



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Design Plan: Mindful Intentions	Document Name: Screen shots	SWD/Form No.05/SS/Ver1.0
Effective Date: 08-12-2023	Version 1.0	Page No: 7 of 22

Screen shots

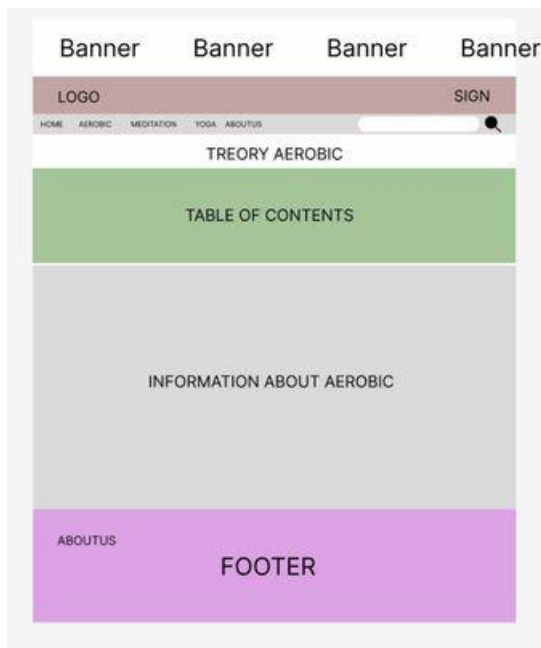


Description : Home->go to other pages

To : can go to pages:AboutUs,Search,Register,Login, Aerobic(Theory,Categories,CheckBook),Meditation(Theory,Categories,CheckBook),Y oga(Theory,Categories, CheckBook).

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Design Plan: Mindful Intentions	Document Name: Screen shots	SWD/Form No.05/SS/Ver1.0
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Description: Theory(Aerobic)->Provides theoretical information about Aerobics

From: Home

To : can go to pages:AboutUs,Search,Register,Login, Aerobic(Theory,Categories,CheckBook),Meditation(Theory,Categories,CheckBook),Y oga(Theory,Categories, CheckBook).

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Date		

Design Plan: Mindful Intentions	Document Name: Screen shots	SWD/Form No.05/SS/Ver1.0
Effective Date: 08-12-2023	Version 1.0	Page No: 9 of 22



Description: Theory(Meditation)->Provides theoretical information about Meditation

From:Home

To : can go to pages:AboutUs,Search,Register,Login, Aerobic(Theory,Categories,CheckBook),Meditation(Theory,Categories,CheckBook),Y oga(Theory,Categories, CheckBook).

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Design Plan: Mindful Intentions	Document Name: Screen shots	SWD/Form No.05/SS/Ver1.0
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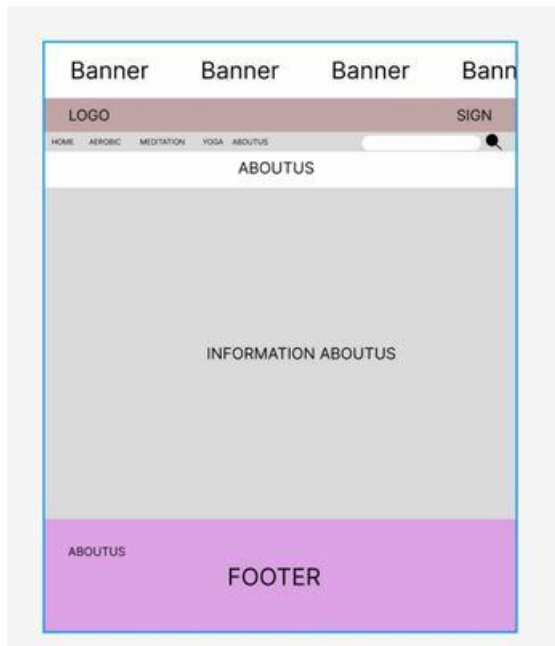
Description: Theory(Yoga)->Provides theoretical information about Yoga

From: Home

To : can go to pages: AboutUs, Search, Register, Login, Aerobic(Theory, Categories, CheckBook), Meditation(Theory, Categories, CheckBook), Yoga(Theory, Categories, CheckBook).

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Design Plan: Mindful Intentions	Document Name: Screen shots	SWD/Form No.05/SS/Ver1.0
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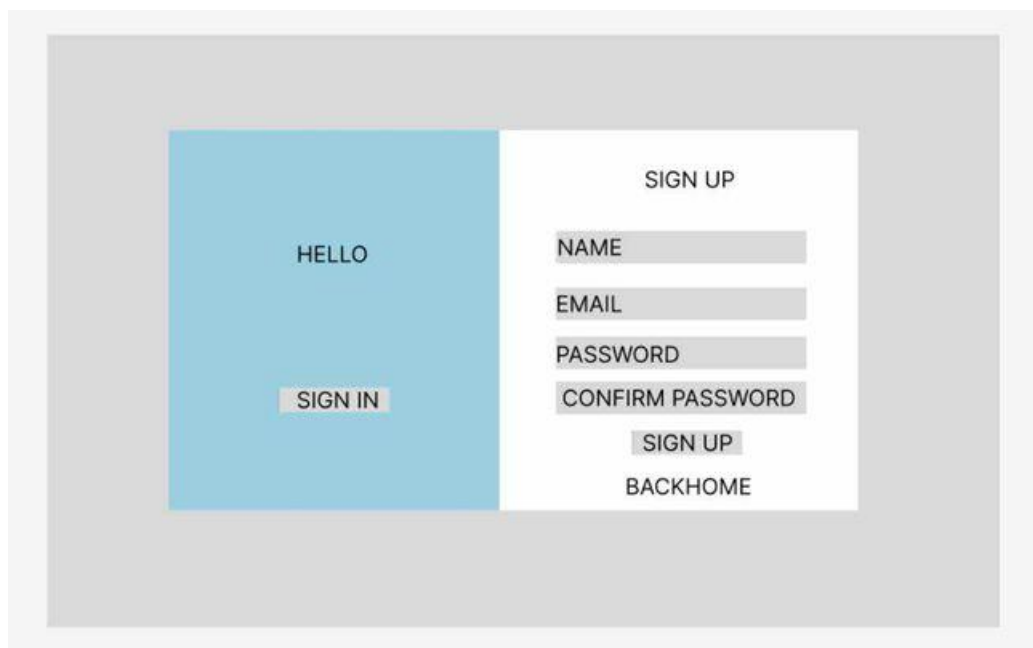
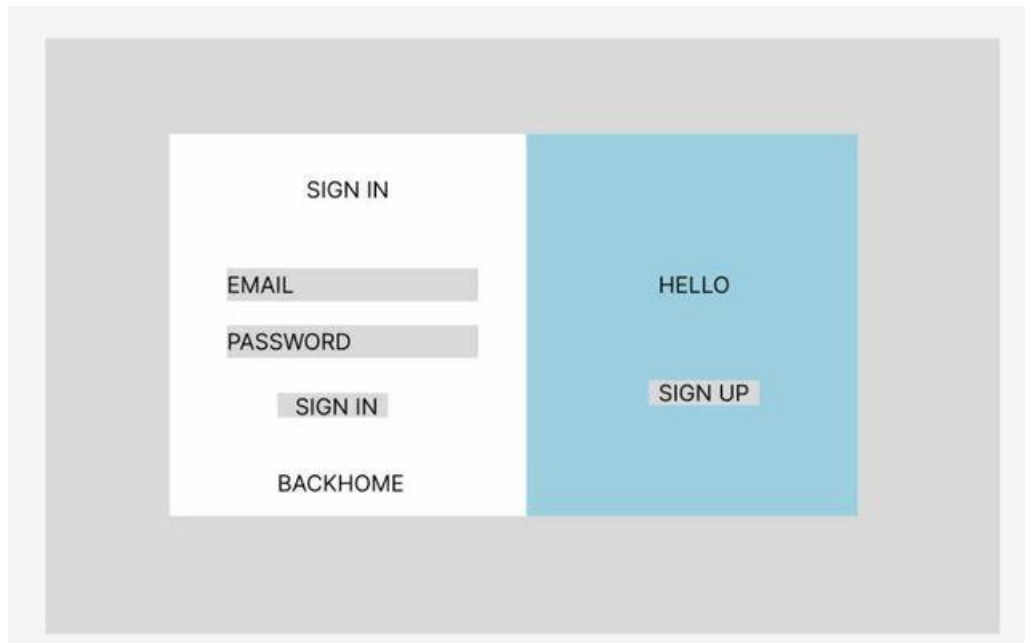
Description:AboutUs->Provides some information aboutus

From:Home

To : can go to pages:AboutUs,Search,Register,Login, Aerobic(Theory,Categories,CheckBook),Meditation(Theory,Categories,CheckBook),Y oga(Theory,Categories, CheckBook).

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Date		

Design Plan: Mindful Intentions	Document Name: Screen shots	SWD/Form No.05/SS/Ver1.0
Effective Date: 08-12-2023	Version 1.0	Page No: 12 of 22



Description:Sign->SignIn+SignUp

From:Home

To :can go to Home

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Date		

Design Plan: Mindful Intentions	Document Name: Testing document	SWD/Form No.06/TD/Ver1.0
Effective Date: 08-12-2023	Version 1.0	Page No: 13 of 22

Testing document

Sr.No	Features Tested	Remarks
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		

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Design Plan: Mindful Intentions	Document Name: Final checklist	SWD/Form No.07/FC/Ver1.0
Effective Date: 08-12-2023	Version 1.0	Page No: 14 of 22

Final checklist

Sr.No	Aspected Tested	Suggestion/ Remarks
1	Are all the users able to view the images and links?	
2	Have all the views, modules and controllers been properly integrated and is the site function as a single page application?	
3	Are the GUI content devoid of spelling mistakes?	
4	Is the application user-friendly?	
5	Is the Website launching correctly in all popular browsers?	
6	Are all the forms validated with proper criteria?	
7	Do all text links lead to the appropriate website?	
8	Do all image links lead to the appropriate website?	
9	Are all the images and links clearly visible on the page?	
10	Does the Web page work properly in all the tested browsers?	
11	Does the Web page take too long to be loaded fully?	
12	Is the navigation sequences correct through all the Web pages on the site?	
13	Is the JavaScript code working as expected in all click events?	
	(Sinh viên ghi thêm...)	

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Date		

Design Plan: Mindful Intentions	Document Name: Task Sheet	SWD/Form No.08/TS/Ver1.0
Effective Date: 08-12-2023	Version 1.0	Page No: 15 of 22

No	Member	Contents	Page Name	Activity Plan	Date of Preparation of Activity Plan		
				Planed Start Date	Actual Start Date	Actual Days	Status
1	Trương Võ Hữu Huân	Home	Home.html	20-12-2023	05-01-2024	16	OK
2		Theory(Aerobic)	Theory(Aerobic).html	20-12-2023	05-01-2024	16	OK
4		Theory(Meditation)	Theory(Meditation).html	20-12-2023	05-01-2024	16	OK
5		Theory(Yoga)	Theory(Yoga).html	20-12-2023	05-01-2024	16	OK
6		Sign	Sign.html	20-12-2023	05-01-2024	16	OK
7		AboutUs	AboutUs.html	20-12-2023	05-01-2024	16	OK
1	Bàn Văn Quý	Search	Search.html	08-12-2023	08-01-2024		NA
2		CheckBook(Aerobic)	CheckBook(Aerobic).html	08-12-2023	08-01-2024		NA
3		CheckBook(Meditation)	CheckBook(Meditation).html	08-12-2023	08-01-2024		NA
4		CheckBook(Yoga)	CheckBook(Yoga).html	08-12-2023	08-01-2024		NA
2	Đinh Văn Thắng	Categories(Aerobic)	Categories(Aerobic).html	08-12-2023	08-01-2024		NA
3		Categories(Meditation)	Categories(Meditation).html	08-12-2023	08-01-2024		NA
4		Categories(Yoga)	Categories(Yoga).html	08-12-2023	08-01-2024		NA

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Date		

Design Plan: Mindful Intentions	Document Name: Task Sheet	SWD/Form No.08/TS/Ver1.0
Effective Date: 08-12-2023	Version 1.0	Page No: 16 of 22

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Date		