**EAST WEST INSTITUTE OF TECHNOLOGY**

 

**EWIT-COE PROGRAM**

WEB DEVELOPMENT USING HTML ,CSS,

JAVA SCRIPT

Department of Information Science & Engineering

(NAAC Accredited)

2022-23

Project Name: Self Improvement

Mentor Name: Mr. Nagesh B

Semester:1st Semester

Name:

1. Anant R
2. Amartya BS
3. Dhruv DV
4. Gururaj B kashyap
5. Darshan S Mane
6. Jeevan S

HOME PAGE CODE

<html>

<head>

<title>HOME</title>

<meta charset="utf-8">

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

<style>

\* {

box-sizing: border-box;

}

body {

margin:1;

background-color:#A0D2EB;

background-image:url("https://images.pexels.com/photos/19670/pexels-photo.jpg?auto=compress&cs=tinysrgb&w=1260&h=750&dpr=1");

background-repeat: no-repeat;

background-size: 1600px 1200px;

}

/\* Style the header \*/

.header {

padding: 20px;

text-align: center;

height:10;

}

h1{

letter-spacing:0;text-shadow:10px 10px 8px

#9068be;

}

/\* Style the top navigation bar \*/

.topnav {

overflow: hidden;

background-color: #333;

}

/\* Style the topnav links \*/

.topnav a {

float: left;

display: block;

color: #f2f2f2;

text-align: center;

padding: 14px 16px;

text-decoration: none;

}

/\* Change color on hover \*/

.topnav a:hover {

background-color: #d0bdf4;

color: black;

}

ul {

list-style-type: none;

margin: 0;

padding: 0;

overflow: hidden;

background-color:#d0bdf4;

}

li {

float: left;

}

li a, .dropbtn {

display: inline-block;

color: black;

text-align: center;

padding: 14px 16px;

text-decoration: none;

}

li a:hover, .dropdown:hover .dropbtn {

background-color:#8458B3 ;

}

li.dropdown {

display: inline-block;

}

.dropdown-content {

display: none;

position: absolute;

background-color:white ;

min-width: 160px;

box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);

z-index: 1;

}

.dropdown-content a {

color: black;

padding: 12px 16px;

text-decoration: none;

display: block;

text-align: left;

}

.dropdown-content a:hover {background-color: #bccbde;}

.dropdown:hover .dropdown-content {

display: block;

}

}

</style>

</head>

<body>

<div class="header">

<h1 style="color:#8458B3;font-size:300%;">SELF IMPROVEMENT</h1>

</div><br><br><br><br><br>

<ul>

<li><a href="file:///C:/Users/apsam/OneDrive/Desktop/htmlproject/home.html">Home</a></li>

<li class="dropdown">

<a href="javascript:void(0)" class="dropbtn">Steps to attain self improvement</a>

<div class="dropdown-content">

<a href="file:///C:/Users/apsam/OneDrive/Desktop/htmlproject/persnolgrowthanddevelopment.html">Personal Development and Growth</a>

<a href="file:///C:/Users/apsam/OneDrive/Desktop/htmlproject/mentaldevelopment.html#">Mental deveplopment</a>

<a href="file:///C:/Users/apsam/OneDrive/Desktop/htmlproject/sprituallydevelop.html#">Spritually develop</a>

</div>

</li>

<li><a href="file:///C:/Users/apsam/OneDrive/Desktop/htmlproject/videos.html">Videos</a></li>

<li><a href="file:///C:/Users/apsam/OneDrive/Desktop/htmlproject/gallery.html">gallery</a></li>

</ul>

<marquee direction="left"><p lang="sa">“You have power over your mind – not outside events. Realize this, and you will find strength.” </p></marquee>

<h2><p style="font-size:160%;color:#8458B3;">What is Self improvement?</h2>

<p style="font-size:160%;color:#8458B3;"><i>Personal development or self improvement consists of activities that develop a person's capabilities and potential, build human capital, facilitate employability, and enhance quality of life and the realization of dreams and aspirations. Personal development may take place over the course of an individual's entire lifespan and is not limited to one stage of a person's life. It can include official and informal actions for developing others in roles such as teacher, guide, counselor, manager, coach, or mentor, and it is not restricted to self-help. When personal development takes place in the context of institutions, it refers to the methods, programs, tools, techniques, and assessment systems offered to support positive adult development at the individual level in organizations.</i></p>

<h3>Done By,</h3>

<table>

<tr>

<td> Anant R</td>

</tr>

<tr>

<td> Dhruv DV </td>

</tr>

<tr>

<td> Amarthya BS</td>

</tr>

<tr>

<td> Gururaj B Kashyap</td>

</tr>

<tr>

<td> Darshan S Mane</td>

</tr>

<tr>

<td> Jeevan S</td>

</tr>

</table><html>

Personal development and growth page code

<head>

<title>Personal Development and Growth</title>

<meta charset="utf-8">

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

<style>

\* {

box-sizing: border-box;

}

body {

margin:1;

background-color:#A0D2EB;

background-image:url("https://images.pexels.com/photos/19670/pexels-photo.jpg?auto=compress&cs=tinysrgb&w=1260&h=750&dpr=1");

background-repeat: no-repeat;

background-size: 1600px 1200px;

}

/\* Style the header \*/

.header {

padding: 20px;

text-align: center;

height:10;

}

h1{

letter-spacing:0;text-shadow:10px 10px 8px

#9068be;

}

/\* Style the top navigation bar \*/

.topnav {

overflow: hidden;

background-color: #333;

}

/\* Style the topnav links \*/

.topnav a {

float: left;

display: block;

color: #f2f2f2;

text-align: center;

padding: 14px 16px;

text-decoration: none;

}

/\* Change color on hover \*/

.topnav a:hover {

background-color: #d0bdf4;

color: black;

}

ul {

list-style-type: none;

margin: 0;

padding: 0;

overflow: hidden;

background-color:#d0bdf4;

}

li {

float: left;

}

li a, .dropbtn {

display: inline-block;

color: black;

text-align: center;

padding: 14px 16px;

text-decoration: none;

}

li a:hover, .dropdown:hover .dropbtn {

background-color:#8458B3 ;

}

li.dropdown {

display: inline-block;

}

.dropdown-content {

display: none;

position: absolute;

background-color:white ;

min-width: 160px;

box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);

z-index: 1;

}

.dropdown-content a {

color: black;

padding: 12px 16px;

text-decoration: none;

display: block;

text-align: left;

}

.dropdown-content a:hover {background-color: #bccbde;}

.dropdown:hover .dropdown-content {

display: block;

}

}

</style>

</head>

<body>

<div class="header">

<h1 style="color:#8458B3;font-size:300%;">PERSONAL DEVELOPMENT AND GROWTH</h1>

</div><br><br><br><br><br>

<ul>

<li><a href="file:///C:/Users/apsam/OneDrive/Desktop/htmlproject/home.html">Home</a></li>

<li class="dropdown">

<a href="javascript:void(0)" class="dropbtn">Steps to attain self improvement</a>

<div class="dropdown-content">

<a href="file:///C:/Users/apsam/OneDrive/Desktop/htmlproject/persnolgrowthanddevelopment.html">Personal Development and Growth</a>

<a href="file:///C:/Users/apsam/OneDrive/Desktop/htmlproject/mentaldevelopment.html#">Mental deveplopment</a>

<a href="file:///C:/Users/apsam/OneDrive/Desktop/htmlproject/sprituallydevelop.html#">Spritually develop</a>

</div>

</li>

<li><a href="file:///C:/Users/apsam/OneDrive/Desktop/htmlproject/videos.html">Videos</a></li>

<li><a href="file:///C:/Users/apsam/OneDrive/Desktop/htmlproject/gallery.html">gallery</a></li>

</ul>

<h2><p style="font-size:100%;color:#8458B3;"><i>1. Regular Exercise: One of the most effective ways to personally develop and grow from a physical standpoint is to engage in regular exercise. Exercise can improve your physical health, increase your energy levels, and reduce stress and anxiety. It can also help you build confidence, discipline, and resilience as you push yourself to achieve your fitness goals.<br><br><br>

2. Healthy Eating Habits: Another important way to personally develop and grow from a physical standpoint is to develop healthy eating habits. Eating a balanced diet that includes plenty of fruits, vegetables, lean proteins, and whole grains can provide your body with the nutrients it needs to function at its best. It can also help you maintain a healthy weight, boost your immunity, and reduce your risk of chronic diseases.<br><br><br>

3. Rest and Recovery: Rest and recovery are crucial aspects of personal development and growth from a physical standpoint. Getting enough sleep each night, taking regular breaks throughout the day, and engaging in activities that help you relax and unwind can all help you recharge your batteries and improve your physical and mental well-being. It can also help you perform better in other areas of your life, such as work, relationships, and personal pursuits</i></p><html>

Mental Development code page

<head>

<title>MENTAL DEVELOPMENT</title>

<meta charset="utf-8">

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

<style>

\* {

box-sizing: border-box;

}

body {

margin:1;

background-color:#A0D2EB;

background-image:url("https://images.pexels.com/photos/19670/pexels-photo.jpg?auto=compress&cs=tinysrgb&w=1260&h=750&dpr=1");

background-repeat: no-repeat;

background-size: 1600px 1200px;

}

/\* Style the header \*/

.header {

padding: 20px;

text-align: center;

height:10;

}

h1{

letter-spacing:0;text-shadow:10px 10px 8px

#9068be;

}

/\* Style the top navigation bar \*/

.topnav {

overflow: hidden;

background-color: #333;

}

/\* Style the topnav links \*/

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float: left;

display: block;

color: #f2f2f2;

text-align: center;

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text-decoration: none;

}

/\* Change color on hover \*/

.topnav a:hover {

background-color: #d0bdf4;

color: black;

}

ul {

list-style-type: none;

margin: 0;

padding: 0;

overflow: hidden;

background-color:#d0bdf4;

}

li {

float: left;

}

li a, .dropbtn {

display: inline-block;

color: black;

text-align: center;

padding: 14px 16px;

text-decoration: none;

}

li a:hover, .dropdown:hover .dropbtn {

background-color:#8458B3 ;

}

li.dropdown {

display: inline-block;

}

.dropdown-content {

display: none;

position: absolute;

background-color:white ;

min-width: 160px;

box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);

z-index: 1;

}

.dropdown-content a {

color: black;

padding: 12px 16px;

text-decoration: none;

display: block;

text-align: left;

}

.dropdown-content a:hover {background-color: #bccbde;}

.dropdown:hover .dropdown-content {

display: block;

}

}

</style>

</head>

<body>

<div class="header">

<h1 style="color:#8458B3;font-size:300%;">MENTAL DEVELOPMENT</h1>

</div><br><br><br><br><br>

<ul>

<li><a href="file:///C:/Users/apsam/OneDrive/Desktop/htmlproject/home.html">Home</a></li>

<li class="dropdown">

<a href="javascript:void(0)" class="dropbtn">Steps to attain self improvement</a>

<div class="dropdown-content">

<a href="file:///C:/Users/apsam/OneDrive/Desktop/htmlproject/persnolgrowthanddevelopment.html">Personal Development and Growth</a>

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<a href="file:///C:/Users/apsam/OneDrive/Desktop/htmlproject/sprituallydevelop.html#">Spritually develop</a>

</div>

</li>

<li><a href="file:///C:/Users/apsam/OneDrive/Desktop/htmlproject/videos.html">Videos</a></li>

<li><a href="file:///C:/Users/apsam/OneDrive/Desktop/htmlproject/gallery.html">gallery</a></li>

</ul>

<h2><p style="font-size:100%;color:#8458B3;"><i>1. One of the best ways to mentally develop is to continuously learn new things. You can read books, attend workshops and seminars, take online courses, and engage in discussions with people who have different perspectives than your own. This will help you broaden your knowledge, enhance your critical thinking skills, and challenge your assumptions.<br><br><br>

2. Meditation and mindfulness practices have been shown to enhance mental development by improving concentration, reducing stress, and increasing self-awareness. These practices involve focusing your attention on your breath or an object, and observing your thoughts without judgment. With regular practice, you can improve your ability to stay focused, regulate your emotions, and make better decisions.<br><br><br>

3.Mental exercises are activities that challenge your brain and improve your cognitive abilities. Examples of mental exercises include solving puzzles, playing strategy games, learning a new language, and practicing mental arithmetic. These exercises can help improve memory, concentration, problem-solving skills, and overall mental agility.</i></p><html>

GALLERY

<head>

<title>gallery</title>

</head>

<body>

<style>

body {

margin:1;

background-color:#A0D2EB;

background-image:url("https://images.pexels.com/photos/19670/pexels-photo.jpg?auto=compress&cs=tinysrgb&w=1260&h=750&dpr=1");

background-repeat: no-repeat;

background-size: 1600px 1200px;

background-attachment:fixed;

}

.row {

display: flex;

flex-wrap: wrap;

padding: 0 4px;

}

/\* Create two equal columns that sits next to each other \*/

.column {

flex: 50%;

padding: 0 4px;

}

.column img {

margin-top: 8px;

vertical-align: middle;

}

</style>

<div class="row">

<div class="column">

<img src="https://images.pexels.com/photos/2730212/pexels-photo-2730212.jpeg?auto=compress&cs=tinysrgb&w=1260&h=750&dpr=1 width="300" height="600"">

<img src="https://images.pexels.com/photos/3025562/pexels-photo-3025562.jpeg?auto=compress&cs=tinysrgb&w=1260&h=750&dpr=1 width="300" height="600"">

<img src="https://images.pexels.com/photos/950859/pexels-photo-950859.jpeg?auto=compress&cs=tinysrgb&w=1260&h=750&dpr=1 width="300" height="600"">

<img src="https://images.pexels.com/photos/13679977/pexels-photo-13679977.png?auto=compress&cs=tinysrgb&w=600 width="300" height="600"">

</div>

<div class="column">

<img src="https://images.pexels.com/photos/3872373/pexels-photo-3872373.jpeg?auto=compress&cs=tinysrgb&w=1260&h=750&dpr=1 width="300" height="600"">

<img src="https://images.pexels.com/photos/3297882/pexels-photo-3297882.jpeg?auto=compress&cs=tinysrgb&w=1260&h=750&dpr=1 width="300" height="600"">

<img src="https://images.pexels.com/photos/806427/pexels-photo-806427.jpeg?auto=compress&cs=tinysrgb&w=1260&h=750&dpr=1 width="300" height="600"">

<img src="https://images.pexels.com/photos/2803158/pexels-photo-2803158.jpeg?auto=compress&cs=tinysrgb&w=1260&h=750&dpr=1 width="300" height="600"">

</div>

<div class="column">

<img src="https://images.pexels.com/photos/3541771/pexels-photo-3541771.jpeg?auto=compress&cs=tinysrgb&w=1260&h=750&dpr=1 width="300" height="600"">

<img src="https://images.pexels.com/photos/2834918/pexels-photo-2834918.jpeg?auto=compress&cs=tinysrgb&w=1260&h=750&dpr=1 width="300" height="600"">

<img src="https://images.pexels.com/photos/48604/pexels-photo-48604.jpeg?auto=compress&cs=tinysrgb&w=1260&h=750&dpr=1 width="300" height="600"">

<img src="https://images.pexels.com/photos/189268/pexels-photo-189268.jpeg?auto=compress&cs=tinysrgb&w=1260&h=750&dpr=1 width="300" height="600"">

</div>

<div class="column">

<img src="https://images.pexels.com/photos/2128249/pexels-photo-2128249.jpeg?auto=compress&cs=tinysrgb&w=1260&h=750&dpr=1 width="300" height="600"">

<img src="https://images.pexels.com/photos/4164761/pexels-photo-4164761.jpeg?auto=compress&cs=tinysrgb&w=1260&h=750&dpr=1 width="300" height="600"">

<img src="https://images.pexels.com/photos/1390403/pexels-photo-1390403.jpeg?auto=compress&cs=tinysrgb&w=1260&h=750&dpr=1 width="300" height="600"">

<img src="https://images.pexels.com/photos/159866/books-book-pages-read-literature-159866.jpeg?auto=compress&cs=tinysrgb&w=1260&h=750&dpr=1 width="300" height="600"">

</div>

</body>

</html>

VIDEO CODE PAGE

<html>

<head>

<title>video</title>

<style>

body{

background-color:#0099ff;

background-image:url("https://images.pexels.com/photos/19670/pexels-photo.jpg?auto=compress&cs=tinysrgb&w=1260&h=750&dpr=1");

background-repeat: no-repeat;

background-size: 1600px 3000px;

}

</style>

<body>

<div style="text-align: center">

<iframe width="900" height="500" src="https://www.youtube.com/embed/ysV9FbqBgF0" title="A Recipe for Self-Transformation | Sadhguru" frameborder="0" allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture; web-share" allowfullscreen; align:"center";></iframe><br><hr>

<iframe width="900" height="500" src="https://www.youtube.com/embed/5CoKwpezDFE" title="Personality Development #1 Improve Your Sense of Humour - By Sandeep Maheshwari I Hindi" frameborder="0" allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture; web-share" allowfullscreen></iframe>

</br></hr>

<br><hr>

<iframe width="900" height="500" src="https://www.youtube.com/embed/AmTbx\_8SMMw" title="How to Focus on your Goal? By Sandeep Maheshwari I Hindi" frameborder="0" allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture; web-share" allowfullscreen></iframe></br></hr>

<br><hr>

<iframe width="900" height="500" src="https://www.youtube.com/embed/g7yFvd7\_KVw" title="Mindfulness meditation: How it works and why it&#39;s so popular" frameborder="0" allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture; web-share" allowfullscreen></iframe></br></hr>

<br><hr>

<iframe width="900" height="500" src="https://www.youtube.com/embed/Hzi3PDz1AWU" title="&#39;How to Meditate&#39; for Beginners | Sadhguru" frameborder="0" allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture; web-share" allowfullscreen></iframe>

</br></hr>

</div>

</style>

</body>

<head>

<html>