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“HEALTH AND FITNESS DATAHUB”

SUPERVISED BY

HARISH ROHAN.K



GOKARAJU RANGARAJU
INSTITUTE OF ENGINEERING AND TECHNOLOGY
AUTONOMOUS

Advanced Academic Center

(A Center For Inter-Disciplinary Research)

This is to certify that the project titled

“HEALTH AND FITNESS

DATAHUB”

is a bonafide work carried out by the following students in partial fulfilment of the requirements for Advanced Academic Center intern, submitted to the chair, AAC during the academic year 2020-21.

NAME	ROLL NO	BRANCH
YELURU SRINIVAS	20241A05T9	CSE
SINGOTAM HARSHA TEJA	20241A05S8	CSE
VYDUGULA REVANTH REDDY	20241A05T8	CSE

TERALA DANUSH	20241A0552	CSE
MOHAN KRISHNATHIRMULAGIRI	20241A0553	CSE

This work was not
submitted or published
earlier for any study.

Dr./Ms./Mr.
Harish Roshan.K
Project Supervisor

Dr.B.R.K.Reddy

Program
Coordinator

Dr.Ramamurthy S

Associate
Dean,AAC.



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ABSTRACT :

In this project " Health and fitness Databhub ", we are designing a website and our site will provide the users information around solid nourishments and wellness.

In sound nourishments there will be solid grains for which there's a few data about the grain conjointly few top notch recipies. In wellness You'll be attempting to find other ways to be more spurred and fit work out into your way of life or possibly you want to memorize how to work out legitimately and alter your workouts up a bit. As a active individual you don't have time to work out. Our objective is to assist you discover ways to be more dynamic and fit.

Physical activity results in increased exercise capacity and physical fitness, which may lead to many health benefits. Individuals who are more physically active appear to have lower rates of all-cause mortality, probably due to a decrease in chronic diseases including coronary artery disease (CAD). This may result from an improvement in cardiovascular risk factors in addition to enhanced fibrinolysis, improved endothelial function, decreased sympathetic tone, and other yet undetermined factors.

Adequate nutrition is one of the pillars of public health. Before developing and implementing effective intervention programmes to improve nutrition at the population level, it is important to know the nutritional situation of the target group. The estimation of nutrient intake from food consumption requires reliable data on food composition. These data are also the fundamentals of food-based dietary guidelines for healthy nutrition, containing the necessary information on food sources for different nutrients. Furthermore, food composition tables can provide information on chemical forms of nutrients and the presence and amounts of interacting components, and thus provide information on their bioavailability.

Information about food composition is necessary for the assessment of diet quality and the development and application of food-based dietary guidelines, providing a useful tool for the field of public health nutrition. In this regard, more attention should be paid to the preparation, extension and maintenance of FCBs. Physical inactivity is now considered a risk factor for Cardiovascular diseases (CVD). Regular exercise results in an increase in exercise capacity and lower myocardial oxygen demand leading to cardiovascular benefits, including lower mortality rates. Physically active individuals suffer from fewer ailments than do less-active individuals. Physical activity reduces cardiovascular risk through lowering of blood pressure, improved glucose tolerance, reduced obesity, improvement in lipid profile, enhanced fibrinolysis, improved endothelial function and enhanced parasympathetic autonomic tone.

Physical exercise has many health benefits and the evidence for this continues to accumulate. Health care professionals should incorporate counselling to patients for physical exercise in their daily clinical practice, while health policy makers and community physicians should see to implementation of this at the community level. We have created a webpage about nutrition and fitness. We have created a homepage which redirects to nutrition page and fitness page. In nutrition, we mainly concentrated on preparation of millets and some natural foods which helps in maintaining a proper health and being fit. In fitness page, we maintained a detailed information on exercises, workouts, yoga and meditation.

INTRODUCTION:

In brief we created a website about health and fitness datahub. Now-a-days it became very important for everyone to maintain a proper health and being physically fit. Many people are addicted to the junk food which causes obesity. Without consulting any experts, they can know different exercises through our website. They access different exercises, workouts, meditation and yoga through our website. In our website, they access youtube videos about performing workouts. In our nutrition page, we kept a detailed information of preparation of 4 millets which are helpful in maintaining a proper health. In fitness page they can follow a day-wise schedule of doing exercises. Firstly we created a main page of our website which again redirectes to three different pages. One is NUTRITION page, other is FITNESS page and another one is YOGA page. After redirecting to fitness page, we made a fitness page and again we can directs it to cardiac and meditation. Everyone should know the importance of doing exercises which helps to be fit and maintain a proper health.

NUTRITION:

Nutrition is the biochemical and physiological process by which an organism uses food to support its life. It includes ingestion, absorption, assimilation, biosynthesis, catabolism and excretion.

Nutrients are substances used by an organism to survive, grow, and reproduce. The seven major classes of relevant nutrients for animals (including humans) are carbohydrates, dietary fiber, fats, proteins, minerals, vitamins, and water. Nutrients can be grouped as either macronutrients (carbohydrates, dietary fiber, fats, proteins, and water needed in gram quantities) or micronutrients (vitamins and minerals needed in milligram or microgram quantities).

Human nutrition deals with the provision of essential nutrients from food that are necessary to support human life and good health.

In humans, poor nutrition can cause deficiency-related diseases such as blindness, anemia, scurvy, preterm birth, stillbirth and cretinism, or nutrient excess health-threatening conditions such as obesity and metabolic syndrome; and such common chronic systemic diseases as cardiovascular disease, diabetes and osteoporosis. Undernutrition can lead to wasting in acute cases, and stunting of marasmus in chronic cases of malnutrition.

Nutrition is one of the most important contributors to human health. In addition to managing weight, blood pressure and cholesterol, a healthy diet can help prevent and manage of a number of noncommunicable diseases (NCDs) such as diabetes, heart disease, stroke, and some cancers. We predict that by 2030, NCDs will account for almost three-quarters of all deaths worldwide, so ensuring people have proper nutrition is becoming even more important in both developed and developing countries. We spoke with Dr. Francesco Branca, Director of Nutrition at WHO, to learn more about how eating pulses can have a positive impact on nutrition and health.

Why is GOOD NUTRITION so Important for Health?

Good nutrition is really important for physical and mental development, and it allows people to reach their full potential (e.g. in school and at work). It also underpins a strong immune system, which protects us from both communicable and noncommunicable diseases. Undernutrition is a major contributor to the burden of disease. Almost half (45%) of all deaths among children under the age of five are linked to undernutrition. Unhealthy diet is the greatest underlying cause of deaths worldwide, accounting for 11 million deaths each year. Another measure of the burden of disease is the disability-adjusted life year (DALY), which is the number of years lost due to poor health, disability or early death. Unhealthy diet is responsible for 241.4 million DALYs; child and maternal malnutrition accounts for 176.9 million DALYs.

Pulses contain many nutrients, one of the most important of which is fibre. Can you explain some of the health benefits of a diet rich in fibre?

When someone has a diet that is high in fibre, this can help prevent him or her from becoming obese, especially when s/he also does sports or other physical activity. Studies suggest that one of the reasons that type 2 diabetes was relatively rare in rural Africa 40 years ago was because people there were eating a diet that was high in fibre. More recent studies in the United States also indicate that diets that are high in fibre reduce the chances of developing diabetes. Eating foods like pulses that are high in fibre can help bring down blood glucose and insulin levels, which is crucial for people who are diabetic or pre-diabetic.

Many studies indicate that diets high in fibre can reduce the risk of heart disease and reduce blood pressure. One of the ways this works is because many types of fibre reduce the levels of LDL cholesterol (the 'bad' cholesterol) in a person's blood, which in turn lowers his or her risk of heart disease.

In this nutrition page, we mainly concentrated on preparation of four millets which helps to maintain proper health and fitness.

- 1.Foxtail millet
- 2.Finger millet
- 3.Sorghum
- 4.pearl millet

Embrace the goodness of millets they are packed with nutrition, high in fibre and gluten-free. Millets are coarse grains and a repository of protein, fibre, vitamins and minerals. They include jowar (sorghum), ragi (finger millet), korra (foxtail millet), arke (kodo millet), sama (little millet), bajra (pearl millet), chena/barr (proso millet) and sanwa (barnyard millet).

1.FOXTAIL MILLET:

Foxtail millet is an annual grass grown for human food. It is the second-most widely planted species of millet, and the most grown millet species in Asia. The oldest evidence of foxtail millet cultivation was found along the ancient course of the Yellow River in Cishan, China, carbon dated to be from around 8,000 years before present. Foxtail millet has also been grown in India since antiquity. It is also Called As Makra & Murat in Hindi and korrelu in telugu. The earliest evidence for foxtail millet cultivation outside of its native distribution is at Chengtoushan in the Middle Yangtze River region, dating to around 4000 BC.

BENEFITS:

Millets are anti acidic and gluten free. Millets detoxify body. Niacin (vitamin B3) in

millet can help lower cholesterol. Prevents breast cancer. It Helps to prevent type 2 diabetes. Effective in reducing blood pressure. Helps to protect against heart diseases. These are helpful in treating respiratory conditions such as asthma and Optimize kidney, liver and immune system health. These reduces risk of gastrointestinal conditions like gastric ulcers or colon cancer. Eliminates problems like constipation, excess gas, bloating and cramping. Millet acts as a prebiotic feeding microflora in your inner ecosystem.

CULTIVATION:

Direct seed (recommended): Sow seeds 1/8" deep after the last frost. Cover seeds lightly. Transplant: Sow 4-6 weeks before last frost date. Can be planted in individual containers and then planted out in the field without dividing or they may be seeded in seedling trays. Small seedlings can be separated and transplanted directly from seedling tray to garden or field.

LIGHT PREFERENCE: Sun.

SOIL REQUIREMENTS: Any ordinary, reasonably well-drained soil.

PLANT SPACING: Hardiness Zones: Annual HARVEST.

Fresh or dried: Fully open, but not yet fluffy.

"recipies": "Foxtail Millet Upma / Thinai Vegetable Upma Recipe, Foxtail Millet Upma or Thinai Vegetable Upma is a Wholesome healthy and filling South Indian Vegetarian Millet Breakfast Recipe. Step by Step recipe include how to these millet and it is present in the future references.



2.FINGER MILLET:

Finger Millet, also known as Ragi is an important millet grown extensively in various regions of India and Africa. Its scientific name is *Eleusine coracana*. It ranks sixth in production after wheat, rice, maize, sorghum and bajra in India. In India, ragi (finger millet) is mostly grown and consumed in Karnataka, and to a limited extent in Andhra Pradesh, Tamil Nadu, Odisha, Maharashtra, Uttarakhand and Goa. It has different names in local languages. In India finger millet is commonly called by various names like ragi (in Kannada, Telugu and Hindi), also Mandua/Mangal in Hindi, Kodra (Himachal Pradesh), Mandia (Oriya), Taidalu (in Telangana region), Kezhvaragu in Tamil etc."

BENEFITS:

Finger millet is an excellent source of natural calcium which helps in strengthening bones for growing children and aging people. Regular consumption of finger millet is good for bone health and keeps diseases such as osteoporosis at bay and could reduce risk of fracture.

It is now established that phytates, polyphenols and tannins can contribute to antioxidant activity of the millet foods, which is an important factor in health, aging and metabolic diseases. Finger millet's phytochemicals help in slowing digestion process. This helps in controlling blood sugar level in condition of diabetes. It has been found that finger millet based diet helps diabetics as it contains higher fibre than rice and wheat. Also, the study found that diet based on whole finger millet has lower glycemic response i.e. lower ability to increase blood sugar level. This is due to presence of factors in finger millet flour which lower digestibility and absorption of starch. Because of its high nutritional content ragi flour is recommended as a weaning food especially in the southern parts of India. Finger millet is a very good source of natural Iron and its consumption helps in recovery of Anemia. The Ragi based foods are highly suited for expectant mothers and elderly due to there high calcium and iron content. Finger millet consumption helps in relaxing body naturally. It is beneficial in conditions of anxiety, depression and insomnia. It is also useful for migraines. Green ragi (finger millet) is recommended for conditions of blood pressure, liver disorders, asthma and heart weakness. Green ragi is also recommended to lactating mothers in condition of lack of milk production. If consumed regularly, finger millet could help in keeping malnutrition, degenerative diseases and premature aging at bay.

CULTIVATION:

Ragi may be grown as a hot weather crop, from May to September, using long duration varieties and as a cold season crop, from November and December, using early types. Ragi is monocropped in India under irrigation or transplantation. Rainfed it is mostly intercropped with cereals, castor bean, niger, groundnut and pulses. The most common subsidiary crops grown with ragi are fieldbean (*Lablab purpureus*), pigeon pea (*Cajanus cajan*), cowpea (*Vigna sinensis*), and niger (*Guizotia abyssinnica*). With groundnuts, ragi is the subsidiary crop. Liberal manure, mainly sheep and cattle, is applied. Green manures such as cowpeas, sunnhemp, artificial manures and oil cakes, have been used on both irrigated and unirrigated crops. Ragi is chopped and weeded at intervals of 14 days or so. The number and frequency of irrigations varies with seasonal conditions.



Recipe of finger millet is Ragi Malt. It is a healthy breakfast drink made with ragi flour or sprouted ragi flour, water or milk and jaggery. It can be made in less than 15 minutes. Detailed preparation of ragi malt is kept in the future references.

3.SORGHUM:

Sorghum, *Sorghum bicolor*, is an annual or perennial grass in the family Poaceae grown

primarily for its grain. Sorghum has an erect solid stem with one or more tillers (additional shoot that grows subsequent to the parent shoot) and curving leaves which are arranged alternately on the stems and are lance-like in shape, measuring 30–135 cm (12–53 in) in length. The inflorescence of the plant consists of racemes of spikelets arranged on branches at the head of the plant. The spikelets are paired and have 2 florets. When the plant flowers, yellow anthers begin to appear on the head. Sorghum is usually grown as an annual, harvested after one growing season and can grow to a height of 4 m (13 ft). Sorghum may also be referred to as broomcorn and may have been cultivated from wild ancestors in Ethiopia.

HISTORY:

Sorghum originated in the north-eastern quadrant of Africa, where the greatest variability in wild and cultivated species is found to this day. It was probably domesticated in Ethiopia by selection from wild sorghum between 5,000 and 7,000 years ago. From this center of origin, it was distributed along trade and shipping routes throughout Africa, and through the Middle East to India at least 3,000 years ago. It reached China along the silk route. Sorghum was first taken to the Americas through the slave trade from West Africa. It was reintroduced in late 19th century for commercial cultivation and has subsequently been introduced into South America and Australia.

BENEFITS:

1. Gluten-free 2. Rich in Fiber 3. Controls Blood Sugar Levels 4. High Protein 5. Full of Iron 6. Good for Bone Health 7. Packed with Vitamins, Minerals, and Micronutrients 8. Weight Loss 9. Improves Heart Health 10. Improves Energy Levels"

CULTIVATION:

One species, *Sorghum bicolor*, native to Africa with many cultivated forms now, is an important crop worldwide, used for food (as grain and in sorghum syrup or "sorghum molasses"), animal fodder, the production of alcoholic beverages, and biofuels. Sorghum's cultivation has been linked by archeological research back to ancient Sudan around 6,000 to 7,000 BP. All sorghums contain phenolic acids, and most contain flavonoids. Sorghum grains are one of the highest food sources of the flavonoid proanthocyanidin. Total phenol content (in both phenolic acids and flavonoids) is correlated with antioxidant activity. Antioxidant activity is high in sorghums having dark pericarp and pigmented testa. The antioxidant activity of sorghum may explain the reduced incidence of certain cancers in populations consuming sorghum. Popped sorghum is popular as a snack in India. The popped sorghum is similar to popcorn, but the puffs are smaller. Recipes for popping sorghum by microwave, in a pot, etc, are readily available online. In China, sorghum flour is used in combination with wheat flour to make noodles and breads. Most varieties are drought- and heat-tolerant, nitrogen-efficient, and are especially important in arid regions, where the grain is one of the staples for poor and rural people. These varieties form important components of forage in many tropical regions. *S. bicolor* is an important food crop in Africa, Central America, and South Asia, and is the 5th most important cereal crop grown in the world. In the early stages of the plants' growth, some species of sorghum can contain levels of hydrogen cyanide, hordenine, and nitrates, which are lethal to grazing animals. When stressed by drought or heat, plants can also contain toxic levels of cyanide and nitrates at later stages in growth. Recipe Jowar Upma | Sorghum Porridge is Delicious and Healthy, Jowar upma is a savory breakfast porridge made with whole grain sorghum and seasonal vegetables. This upma is a nourishing start to your day. With sorghum and vegetables, it fills you up with energy and keeps you full for longer. It's full preparation video link is available in the references.



4.PEARL MILLET:

Bajra is a traditional Hindi name for the *Pennisetum glaucum* crop — also known as pearl millet. It's likewise known as dukn, cumbu, gero, sanio, kambu, babala, or bulrush millet. The grain is primarily grown in Africa and India, where it's a major source of nutrition. However, it's also grown and consumed in many other places around the world. Bajra refers to the edible seeds of pearl millet plants. They grow in various shades of white, yellow, gray, brown, and bluish-purple. The seeds are typically cooked as a cereal grain or sometimes finely ground and used as a flour.

HISTORY:

Pearl millet (*Pennisetum glaucum* L.) originated in tropical western Africa some 4000 years ago. From there, it divided into globosum race and moved to western side, and a new race typhoid also appeared that reached eastern Africa and travelled to India and southern Africa about 2000–3000 years ago. In between 3000 and 2500 BC, pearl millet spread rapidly to African countries through pastoralists, spurred by the increasing desiccation of the Sahara desert at that time. Vavilov in his classic work on 'Origins of Crops' allotted pearl millet on the Ethiopian centre of domestication, the ancient highlands of Ethiopia are modern agriculturally diverse region in which crops from many parts of the world are continuously grown successfully (Vavilov, 1926). There are two evidences which argue against an Ethiopian origin of pearl millet. First, the wild progenitor (*Pennisetum americanum* subsp. *monodii*) is rare east of Sudan and has never been collected in the Ethiopian highlands. Wild progenitor is adapted to the sandy semi-arid conditions of the Sahel and very likely would have been absent from the high rainfall and high altitude environment of the Ethiopian highlands. Secondly, the pearl millet of Ethiopia lacks sufficient morphological diversity. Now days, pearl millet is a minor crop in Ethiopia and is probably the product of post domestication introduction. A second theory as to the origin of pearl millet was proposed by Mudrock (1959). As per initial linguistic evidence, he proposed that pearl millet was one of the several West African crops domesticated by Mande people near the head waters of the Niger River between 4000 and 5000 BC. The general hypothesis postulated by Mudrock (1959) has been the centre of considerable controversy since its publication (Brunken et al., 1977). During the period suggested by Mudrock, the head waters of the Niger probably exhibited a climax, tropical rain forest type of vegetation.

BENEFITS:

Good for diabetic diet – Pearl millets contain carbohydrates that are digested slowly and maintain a stable glucose level for a long period. This makes them a healthy food option for diabetics. Beneficial for heart health – Rich in dietary fibres and cholesterol-lowering

properties of these grains are good for heart patients. Perfect for Celiac disease and gluten intolerance – patients with celiac disease and gluten intolerance can opt for a pearl millet-based diet as it is gluten-free and easily tolerated by everyone. Therapeutic for people with frequent acidity and stomach ulcers – Pearl millets are one of the few foods which reduce the acidity of the stomach thereby limiting ulcer formation and discomfort due to frequent bouts of acidity. Makes bone stronger – The high phosphorus content of bajra helps in making your bones stronger. Helps in relieving constipation – A good amount of dietary fibres aid in the bulk formation and provide relief from constipation. Lowers cholesterol- Pearl millets contain an adequate amount of good fat which is the desired quality of food for high cholesterol patients. Nutritious baby food – Pearl millets are easily digested and well tolerated by little ones which make them a mandatory ingredient for baby food preparations during the weaning period and even later on. Rich in antioxidants – Lessens free radical damage in the body and prevents early ageing, Alzheimer's Disease, Parkinson's Disease, cardiovascular diseases, and aids in wound healing. Ideal for weight management and obesity. Reduces the risk of colon cancers – It makes the stomach pH alkaline, and thus reduces the risk of colon cancers. A healthy choice of food for pregnant women and nursing mothers due to iron and folic acid contents.

CULTIVATION:

Pearl millet is well adapted to growing areas characterized by drought, low soil fertility, and high temperature. It performs well in soils with high salinity or low pH. Because of its tolerance to difficult growing conditions, it can be grown in areas where other cereal crops, such as maize or wheat, would not survive. Pearl millet is a summer annual crop well-suited for double cropping and rotations. Today pearl millet is grown on over 260,000 km² of land worldwide. It accounts for about 50% of the total world production of millets.

Recipe Vegetable Pearl Millet Recipe - Bajra Khichdi (One Pot Meal) Bajra (Pearl Millet) Khichdi makes a perfect, diabetic friendly and healthy one pot meal. Pearl Millet (Bajra) is among the grains with highest protein content. It is also high in fiber and contains many essential vitamins and minerals. In authentic recipe rice is used, which has been replaced by Freekeh over here, which is the latest addition to the category of super-foods. Freekeh is a wheat grain harvested while young and green. It is obtained by roasting the harvested grain over the open fire and then removing the burned straw and chaff from it. Freekeh is high in fiber, proteins, calcium, lutein (for eye health) and low in available carbs. Not to mention, the addition of all the mix-vegetables add to the overall nutritional value of the dish. It's step-to-step preparation process can be found in references.



YOGA:

The ultimate goal of Yoga is stilling the mind and gaining insight, resting in detached awareness, released Moksha from samsara and dukkha. The formulation of this goal varies with the philosophical or theological system with which it is conjugated. In the classical Astanga yoga system, the ultimate goal of yoga practice is to achieve the state of Samadhi and abide in that state as pure awareness.

According to Jacobsen, Yoga has five principal traditional meanings:

- A disciplined method for attaining a goal.
- Techniques of controlling the body and the mind.
- A name of a school or system of philosophy .
- With prefixes such as "hatha-, mantra-, and laya-, traditions specialising in particular techniques of yoga.
- The goal of Yoga practice.

According to David Gordon White, from the 5th century CE onward, the core principles of "yoga" were more or less in place, and variations of these principles developed in various forms over time:

- A meditative means of discovering dysfunctional perception and cognition, as well as overcoming it to release any suffering, find inner peace and salvation. Illustration of this principle is found in Hindu texts such as the Bhagavad Gita and Yogasutras, in a number of Buddhist works, as well as Jain texts.
- The raising and expansion of consciousness from oneself to being coextensive with everyone and everything. These are discussed in sources such as in Hinduism Vedic literature and its Epic Mahābhārata, Jainism Praśamaratiprakarana, and Buddhist Nikaya texts.
- A path to omniscience and enlightened consciousness enabling one to comprehend the impermanent (illusory, delusive) and permanent (true, transcendent) reality. Examples of this are found in Hinduism Nyaya and Vaisheshika school texts as well as Buddhism Mādhyamaka texts, but in different ways.
- A technique for entering into other bodies, generating multiple bodies, and the attainment of other supernatural accomplishments. These are, states White, described in Tantric literature of Hinduism and Buddhism, as well as the Buddhist Sāmaññaphalasutta. James Mallinson, however, disagrees and suggests that such fringe practices are far removed from the mainstream Yoga's goal as meditation-driven means to liberation in Indian religions.

White clarifies that the last principle relates to legendary goals of "yogi practice", different from practical goals of "yoga practice," as they are viewed in South Asian thought and practice

since the

PHYSICAL BENEFITS:

The relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome,” explains Dr. Nevins. “Yoga can also lower blood pressure and reduce insomnia.”

Other physical benefits of yoga include:

- increased flexibility
- increased muscle strength and tone
- improved respiration, energy and vitality
- maintaining a balanced metabolism
- weight reduction
- cardio and circulatory health
- improved athletic performance
- protection from injury

MENTAL BENEFITS:

Aside from the physical benefits, one of the best benefits of yoga is how it helps a person manage stress, which is known to have devastating effects on the body and mind. “Stress can reveal itself in many ways, including back or neck pain, sleeping problems, headaches, drug abuse, and an inability to concentrate,” says Dr. Nevins. “Yoga can be very effective in developing coping skills and reaching a more positive outlook on life.”

Yoga’s incorporation of meditation and breathing can help improve a person’s mental well-being. “Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration,” says Dr. Nevins. Body- and self-awareness are particularly beneficial, she adds, “because they can help with early detection of physical problems and allow for early preventive action.”

BENEFITS OF YOGA SUPPORTED BY SCIENCE:

- Can Decrease Stress
- Relieves Anxiety
- May Reduce Inflammation
- Could Improve Heart Health
- Improves Quality of Life

- May Fight Depression
- Could Reduce Chronic Pain
- Could Promote Sleep Quality
- Improves Flexibility and Balance
- Could Help Improve Breathing
- May Relieve Migraines
- Promotes Healthy Eating Habits
- Can Increase Strength



FITNESS:

In the fitness, we created pages about the importance of fitness, meditation and cardiac or workouts. Everyone should be physically fit for proper body functioning. In fitness page we concentrated on mental and physical fitness. Not only physically fit we should be mentally strong. Through our they can do workouts according to day-wise schedule.

“For me, fitness is first and foremost about feeling good and being able to move without pain,” says the certified strength and conditioning specialist Grayson Wickham, a New YorkCity-based physical therapist and the founder of Movement Vault, a mobility and movement company. He explains that true fitness is about feeling healthy and being in sufficient shape to do the activities you want to do and live the lifestyle you want to live. Can you play with your kids orgrandkids? If hiking the Inca Trail is on your bucket list, can you do it? Do you feel good after a day spent gardening? Are you able to climb all the necessary the stairs in your life without getting winded or having to take a break?

PHYSICAL FITNESS:

“Physical fitness should be considered a balance of many of the aforementioned measures, but also many more intangible measures, too,” Jonesco explains, including “your outlook on not just your body, but your attitude toward your own health and wellness.”

Traditionally, experts have defined five key components of physical fitness: body composition (the relative proportion of fat and fat-free tissue in the body), cardiorespiratory or aerobic fitness, flexibility, muscular strength, and muscular endurance, according to the American College of Sports Medicine (3). But you can’t discount the impact of

nutrition, sleep, and mental and emotional health on fitness either, says Jeffrey E. Oken, MD, deputy chief of staff at the Edward Hines Jr. VA Hospital in Hines, Illinois.

That means looking fit doesn't mean you actually are.

"Some individuals obsess on their physical appearance and numbers but are motivated by low self-esteem and criticize the flaws of their physical appearance. Some sacrifice rest and sleep in order to achieve further success but, in turn, drive their body into illness or burnout," Jonesco says. "Fitness is a truly a spectrum of physical well-being that must balance our physical and emotional motivations."

MENTAL FITNESS:

Mental fitness can be defined as having and maintaining a state of well-being and cultivating awareness of how we think, behave and feel.

Just as physical fitness provides us with an increased ability to respond to life in all its richness, mental fitness helps in the same way. It provides us more space to choose how to respond to a situation, whether that situation is a forethought, an external stimulus or a feeling. As a result, we are less likely to sustain (or cause) emotional and relational injury.

Consider what happens if you find yourself in an argument with your spouse. Mental fitness gives you the ability to pause and respond in the way you would like, in the moment, rather than having to reset or mend fences later. In some ways, it's like accessing the wisdom of hindsight in the present moment.

How does mental fitness work?

Our brains carry thoughts along neural pathways. These pathways are like ruts that have been created and reinforced over time. If you always take the same route to work, you may notice that you can get there on "autopilot." When we repeat a certain thought pattern many times, that neural pathway is reinforced, and the thinking becomes automatic.

The issue with automatic thinking (or thinking fast, as Daniel Kahnemann calls it) is when it causes us to react in ways that are unhelpful in the current situation. Our reactions are based on well-worn pathways to past emotion or triggers.

As you build mental fitness, you have the awareness, strength, and agility to identify options and choose another route. What would I like to have happen here? Where would I like to go? Too often, we are acting, speaking, and thinking automatically or unconsciously.

Automatic thinking comes from our survival brain, the limbic system. It is constantly scanning the environment for threats and has been throughout evolution. We inherited the limbic system from chimps and it can protect us. But in the modern world, it can give rise to thoughts and actions that hurt us, too.

It is the human part of the brain that we can develop and re-program. With the same deliberateness that we strengthen certain muscles or fine-tune a movement, we can create neural pathways that better serve us and benefit our lives.

BENEFITS OF MENTAL FITNESS:

Developing the skills for better mental fitness can benefit you and everyone around you.

- **Being present:** In a mindful state we can better retain information, listen, and be aware of, but not sabotaged by, distractions. This results in more enjoyment of life and better relationships and ability to relate to others.
- **The ability to respond, not react:** When we have more control over our automatic thoughts, we can choose to respond in a more rational and less emotive way. This improves our relationships and the way we think about the world, and preserves more options in any environment.
- **Improved cognitive function:** Better focus, processing speed, memory, concentration, time management, and communication have a positive impact, personally and professionally. Relationships improve as a result of remembering information about friends and family, important events, and being on time.
- **Increased positive emotions:** optimism. With increased awareness comes the ability to notice and reframe thoughts in more helpful ways. Kinder thoughts and compassion shape optimistic mindsets that lead to more positive behavior.
- **More confidence:** With optimism, our relationship with ourselves becomes stronger. Self-esteem and self-efficacy - the belief in our abilities - increase, and we may focus more on our strengths. Self-compassion and empathy increase as a result of practicing mindfulness.
- **Ability to develop positive habits in all areas of life:** The need to form new, better-adapted habits never stops. Self-efficacy, mindfulness, and time management improve our ability to build habits.
- **Improved sleep:** As with physical fitness, mental fitness also contributes to better quality sleep.

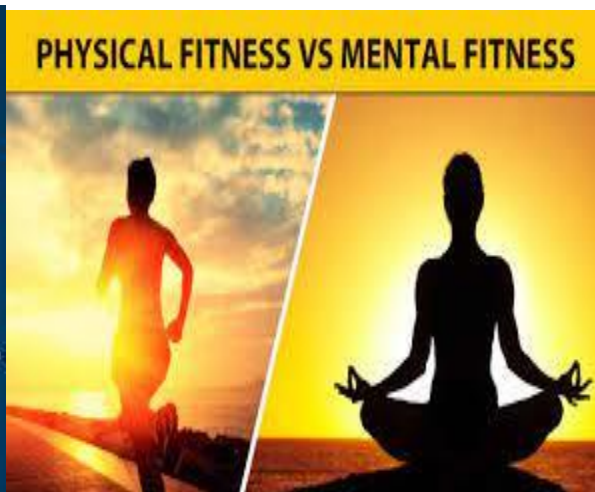
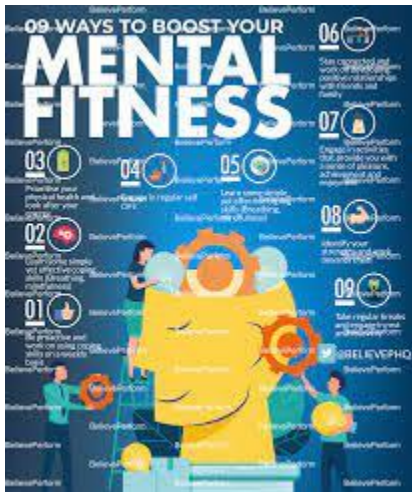
Why it's important to pay attention to your mental fitness?

Our chimp brain produces a negativity bias — we have one positive thought to every three negative thoughts. This can result in cognitive errors. Common biases include “all or nothing” or polarized thinking, where we label situations as absolutes. We say, “she never listens” or “I am always late” instead of addressing the present situation.

Assumption is also rooted in the chimp brain. We store unconscious bias here and jump to conclusions without looking for evidence first. Mind-reading, or believing we can guess the feelings or thoughts of others, is another cognitive error — we suspect threat and aim to protect against it. We also fall into language that carries obligation and guilt, such as must/should.

If we remain unaware of them, these cognitive errors can wreak havoc in relationships, at work, on our self-esteem and in all areas of life. Working with a coach can help you to recognize your cognitive errors when they are happening. Adopting a regular meditation practice can also increase your awareness.

Although we cannot control the nature of our chimp brain, we are responsible for learning its tendencies and managing it, like owning a dog.



MEDITATION:

You learn to meditate by meditating. The silence and stillness you experience in meditation and the increased happiness and diminished stress you experience outside meditation are so attractive and welcomed that you naturally teach yourself how to go deeper into that silence and stillness each time you meditate. We have kept some related meditation videos in the webpage.

To begin meditating, find a place where you can sit comfortably and quietly. Then close your eyes and do nothing for a minute or so. Thoughts may come during that time, and that is okay. Then start the audio below and play your mantra** at a whisper. Each time you hear your mantra, say it quietly inside without moving your tongue or lips. After one minute the audio will fade to silence. Then continue saying your mantra quietly inside for four more minutes. If thoughts come during that time, gently return to saying your mantra quietly inside. The audio will tell you when four minutes is over. Follow this instruction for your first meditation only.

After your first meditation, follow the instructions in the Daily Practice of Meditation section below.

Daily Practice of Meditation

Meditate every morning and every evening for 15-30 minutes. It is best to meditate before you eat. Try to meditate in a quiet place but if you do not have a quiet place to meditate that is okay. Noise is not a barrier to meditating.

Sit quietly, close your eyes, and do nothing for a minute or so. Thoughts will come and that is okay. It is natural to have thoughts during meditation. After a minute or so, in the same natural way that thoughts come, and without moving your tongue or lips, quietly inside start saying your mantra. Slowly repeat your mantra until you are done meditating. When thoughts come, gently return to saying your mantra. When you finish meditating, lay down and rest for 4-5 minutes.

At times you may be saying your mantra unclearly, and that is okay. At times you may not be saying your mantra at all, and instead your mantra may be a sense or a feeling of your mantra, and that is okay. At times all thoughts and your mantra may disappear and you may simply be aware, and that is okay. You may go to sleep during meditation, and that is okay. When you wake up after being asleep, meditate for a few more minutes and then lay down and rest for 4-5 minutes.

The benefits of meditation come from meditating regularly. The benefits come naturally over time, and there is nothing you can do to MAKE those benefits come. So avoid looking for particular experiences or signs of progress or failure with your meditation because that will block you from getting the benefits of meditation.

Meditation can make you happier, it can make you feel more at ease and calm...

“Meditation is the means by which the soul expresses its love for God”.
-SANT RAJINDER SINGH JI MAHARAJ



3.PROJECT WORKFLOW:

- Firstly we made wireframes for our pages of the website.
- Then we started UI/UX designing for our wireframes.
- After completing design we completed frontend and backend part for our website.

Frontend workflow:

- - 2 days: complete wireframes of all pages (mobile+desktop)
- - 1 day: get-together with the whole team and start brainstorming the exact designs of all the pages (including animations, colours, themes, fonts, etc.)(mobile+desktop)
- - 3 days: start designing the basic versions of each page in html and match them will the level of detail in the wireframes.
- - 2 days: complete designing and implementation of all static content and start filling in all the data.
- - 3 days: complete all animations and dynamic content and start finding images and videos that need to be showcased.
- 1 day: get-together with whole team and discuss improvements. All improvements should consider the amount of time you have left.
- 2(+1) days: implement all improvements and test your webapp in each different browser (mobile+desktop). Integrate with backend.

Backend workflow:

Step 1

Creation of a data base in Mongo DB to store the entire data. Later inserting it in JSON format.

Step 2

Writing a Rest API to access the data from the Mongo DB.

```
const MongoClient = require('mongodb').MongoClient;
```

The connection to the cluster is done by adding the below connection string into the application code

```
const url = 'mongodb+srv://srinivas:<password>@cluster0.2dvnh.mongodb.net/myFirstDatabase?retryWrites=true&w=majority';
```

Step 3

The connection of UI with the rest API is done by using

```
server.use(express.static('public'));
```

Step 4

Commit the files into the GITHUB repository and PUSH to Origin

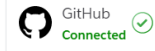
Step 5

Deploying the application using Heroku

Find the application to deploy

Choose the GITHUB method

Deployment method



Select the branch to deploy and click on deploy branch

Deploy a GitHub branch

This will deploy the current state of the branch you specify below. [Learn more.](#)

Choose a branch to deploy

Deploy Branch

The application is deployed and the link is obtained.

4.CODE:

MAIN PAGE:

HTML CODE:

```
<!DOC  
TYPE  
html>
```

```
<html>  
<head>  
  <title>HOMEPAGE</title>  
  <meta name="viewport" content="width=device-width, initial-scale=1.0">  
  <link rel="stylesheet"  
href="https://stackpath.bootstrapcdn.com/bootstrap/4.3.1/css/bootstrap.min.css"  
" integrity="sha384-  
ggOyR0iXCbMQv3Xipma34MD+dH/1fQ784/j6cY/iJTQUOhcWr7x9JvoRxT2  
MZw1T" crossorigin="anonymous">  
  <link rel="stylesheet"  
href="https://cdnjs.cloudflare.com/ajax/libs/animate.css/3.7.2/animate.min.css"  
>  
  <link  
href="https://maxcdn.bootstrapcdn.com/bootstrap/4.1.1/css/bootstrap.min.css"  
rel="stylesheet" id="bootstrap-css">  
  <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-  
awesome/5.14.0/css/all.min.css" integrity="sha512-  
1PKOgIY59xJ8Co8+NE6FZ+LOAZKjy+KY8iq0G4B3CyeY6wYHN3yt9PW  
0XpSriVlkMXe40PTKnXrLnZ9+fkDaog==" crossorigin="anonymous" />  
  <link rel="stylesheet" href="mainpage.css">  
  <link  
href="https://fonts.googleapis.com/css2?family=Poppins:wght@400;700&displ  
ay=swap" rel="stylesheet">  
  <link  
href="https://stackpath.bootstrapcdn.com/bootstrap/4.1.3/css/bootstrap.min.css"  
" rel="stylesheet">  
  <link  
href="https://cdnjs.cloudflare.com/ajax/libs/animate.css/3.7.2/animate.min.css"  
rel="stylesheet">  
  <script src="https://kit.fontawesome.com/a076d05399.js"></script>  
  <script src="https://code.jquery.com/jquery-3.3.1.slim.min.js"  
integrity="sha384-  
q8i/X+965DzO0rT7abK41JStQIAqVgRVzpbzo5smXKp4YfRvH+8abtTE1Pi6  
jizo" crossorigin="anonymous"></script>  
<script  
src="https://cdnjs.cloudflare.com/ajax/libs/popper.js/1.14.7/umd/popper.min.js"  
integrity="sha384-
```

```
UO2eT0CpHqdSJQ6hJty5KVphtPhzWj9WO1clHTMGa3JDZwrnQq4sF86dIH
NDz0W1" crossorigin="anonymous"></script>
```

```
<script
```

```
src="https://stackpath.bootstrapcdn.com/bootstrap/4.3.1/js/bootstrap.min.js"
```

```
integrity="sha384-
```

```
JjSmVgyd0p3pXB1rRibZUAYoIIy6OrQ6VrjIEaFf/njGzIxFDsf4x0xIM+B07j
```

```
RM" crossorigin="anonymous"></script>
```

```
<script type="text/javascript"
```

```
scr="https://cdnjs.cloudflare.com/ajax/libs/animateCSS/1.2.2/jquery.animatecss
```

```
.min.js"></script>
```

```
</head>
```

```
<body>
```

```
<nav class="navbar navbar-expand-lg navbar-light fixed-top">
```

```
<div class="container">
```

```
<a class="navbar-brand c-l-r-w"
```

```
href="../logo_1_5.png">
```

```
Heltizia
```

```
</a> <button aria-controls="navbarSupportedContent" aria-
```

```
expanded="false" aria-label="Toggle navigation" class="navbar-toggler" data-
```

```
target="#navbarSupportedContent" data-toggle="collapse"
```

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

```
<div class="collapse navbar-collapse"
```

```
id="navbarSupportedContent">
```

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

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

```
<a class="nav-link c-l-r-w"
```

```
href="mainpage.html">HOME</a>
```

```
</li>
```

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

```
<a class="nav-link c-l-r-w"
```

```
href="..index.html">NUTRITION</a>
```

```
</li>
```

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

```
<a class="nav-link c-l-r-w"
```

```
href="..fitnessandmeditation/fitnesss.html.html">FITNESS</a>
```

```
</li>
```

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

```
<a class="nav-link c-l-r-w"
```

```
href="..yogapage/mohannew.html">YOGA</a>
```

```
</li>
```

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

```
<a class="nav-link c-l-r-w"
```

```
href="..team-page-html/index.html">ABOUT US</a>
```

```
</li>
```

```
</ul>
```

```
        </div>
    </div>
</nav>
```

```
<div class="container-1">
<div class="container-fluid p-0">
    <div id="carousel" class="carousel slide hero-slides" data-ride="carousel">
        <ol class="carousel-indicators">
            <li class="active" data-target="#carousel" data-slide-to="0"></li>
            <li data-target="#carousel" data-slide-to="1"></li>
            <li data-target="#carousel" data-slide-to="2"></li>
        </ol>
        <div class="carousel-inner" role="listbox">
            <div class="carousel-item active boat">
                <div class="container h-100 d-md-block">
                    <div class="row align-items-center h-100">
                        <div class="col-12 col-md-9 col-lg-7 col-xl-6">
                            <div class="caption animated fadeIn">
                                <h2 class="animated fadeInLeft"> Fitness</h2>

                                <p class="animated fadeInRight">Physical activity or exercise can
improve your health and reduce the risk of developing several diseases like
type 2 diabetes, cancer and cardiovascular disease. Physical activity and
exercise can have immediate and long-term health benefits. Most importantly,
regular activity can improve your quality of life.</p>
                                <a class="animated fadeInUp btn delicious-btn p-t-20"
href="../fitnessandmeditation/fitnesss.html.html">Learn more</a>
                            </div>
                        </div>
                    </div>
                </div>
            </div>
            <div class="carousel-item sea">
                <div class="container h-100 d-md-block">
                    <div class="row align-items-center h-100">
```

```
<div
class="col-
12 col-md-
9 col-lg-7
col-xl-6">
```

```
        <div class="caption animated fadeIn">
            <h2 class="animated fadeInLeft">Yoga</h2>
            <p class="animated fadeInRight">
```


It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Yoga asanas build strength, flexibility and confidence.</p>

Learn more

</div>

</div>

</div>

</div>

</div>

<div class="carousel-item river">

<div class="container h-100 d-md-block">

<div class="row align-items-center h-100">

<div class="col-12 col-md-9 col-lg-7 col-xl-6">

<div class="caption animated fadeIn">

<h2 class="animated fadeInLeft">Nutritious food</h2>

<p class="animated fadeInRight">A healthy diet is essential for good health and nutrition. It protects you against many chronic noncommunicable diseases, such as heart disease, diabetes and cancer. Eating a variety of foods and consuming less salt, sugars and saturated and industrially-produced trans-fats, are essential for healthy diet. It can also boost a person's mood and provide them with more energy.</p>

Learn more

</div>

</div>

</div>

</div>

</div>

</div>

Previous

Next

</div>

```

<div class="grid">
  <div class="box box1"><div class="header">Nutriton </div><div
class="text"><p>Millets, which can help you enhance your immunity and
mood, are the main focus of website</p></div><div>
  <button class="button"><a href=" ../index.html">learn
more</a></button> </div></div>
  <div class="box box2"><div class="header">Fitness</div><div
class="text"><p> We focused on various fitness approaches that help you
build your body on our website, as well as information about workouts that
can help you build your body.</p></div><div>
  <button class="button"><a
href=" ../fitnessandmeditation/fitnesss.html.html">learn more</a></button>
</div></div>
  <div class="box box3"><div class="header">Meditation</div><div
class="text"><p> Our website focuses on meditation, which may help you
relax, relieve stress, and enhance your lifestyle.</p></div><div>
  <button class="button"><a
href=" ../fitnessandmeditation/meditation.html.html">learn
more</a></button> </div></div>
  <div class="box box4"><div class="header">Yoga</div><div
class="text"><p> We focused on yoga asanas on our website, which cure
your body from the inside out, as well as pranayama, which helps you
maintain excellent health and improves brain and body
functioning.</p></div><div>
  <button class="button"><a href=" ../yogapage/mohannew.html">learn
more</a></button> </div></div>
</div>

```

```

<div class="container-20">
<section>

```

```

<div class="grid-flex">
  <div class="col col-image" style="background-image: url(images/wesley-
tingey-zjO7xkCogZM-unsplash.jpg);">
  </div>
  <div class="col col-text">
    <div class="Aligner-item">
      <p>&ldquo;Yoga is the journey of the self, through the self, to the
self.&rdquo;
      <cite>- The Bhagavad Gita</cite>
    </p>
    </div>
  </div>
</div>

```

```
<div class="grid-flex">(
  <div class="col col-image" style="background-image: url(images/bg-
2.jpg);">
    &nbsp;
  </div>
  <div class="col col-text col-left">
    <div class="Aligner-item">
      <p>&ldquo;When diet is wrong, medicine is of no use. When diet is
correct, medicine is of no need.&rdquo;
        <cite>-Ayurvedic Proverb</cite>
      </p>
    </div>
  </div>
</div>
```

```
<div class="grid-flex">
  <div class="col col-image" style="background-image: url(images/gordon-
cowie-ISg1JhN_vFk-unsplash.jpg);">
    &nbsp;
  </div>
  <div class="col col-text">
    <div class="Aligner-item">
      <p>&ldquo; Our growing softness, our increasing lack of physical
fitness, is a menace to our security.&rdquo;
        <cite>— John F. Kennedy</cite>
      </p>
    </div>
  </div>
</div>
```

```
<div class="grid-flex">
  <div class="col col-image" style="background-image: url(images/alireza-
attari-mp_FNJYcjBM-unsplash.jpg);">
    &nbsp;
  </div>
  <div class="col col-text col-left">
    <div class="Aligner-item">
      <p>&ldquo;Music cleanses the understanding; inspires it, and lifts it
into a realm which it would not reach if it were left to itself.&rdquo;
        <cite>- Henry Ward Beecher</cite>
      </p>
    </div>
  </div>
</div>
```

```

<div class="grid-flex">
  <div class="col col-image" style="background-image: url(images/zac-
durant-_6HzPU9Hyfg-unsplash.jpg);">
    &nbsp;
  </div>
  <div class="col col-text">
    <div class="Aligner-item">
      <p>&ldquo;Once you are exercising regularly, the hardest thing is to
stop it.Get motivated and start now&rdquo;
      <cite> - Erin Gray</cite>
    </p>
    </div>
  </div>
</div>

</section>
</div>

```

```

<script type="text/javascript">var submitted=false;</script>

```

```

<script type="text/javascript">
  function validateName() {
    var name = document.getElementById('name').value;
    if(name.length == 0) {
      alert("Name can't be blank") ;
      return false;

    }
    if (!name.match(/^[a-zA-Z]{3,}(:? [a-zA-Z+){0,2}$/)) {
      alert("Please enter your correct name") ;//Validation Message
      return false;
    }
    return true;
  }

  function validatePhone() {
    var phone = document.getElementById('phone').value;
    if(phone.length == 0) {
      alert("Phone number can't be blank") ;//Validation Message
      return false;
    }
  }

```

```

        if(!phone.match(/^[0]?[789]\d{9}$/)) {
            alert("Please enter a correct phone number") ;//Validation Message
            return false;
        }

        return true;

    }

    function validateEmail () {

        var email = document.getElementById('email').value;
        if(email.length == 0) {
            alert("Email can't be blank") ;//Validation Message
            return false;

        }

        if(!email.match(/^[A-Za-z\._-][0-9]*[@][A-Za-z]*[.][a-z]{2,4}$/)) {
            alert("Please enter a correct email address") ;//Validation Message
            return false;

        }

        return true;

    }

    function validateForm() {
        if (!validateName() || !validatePhone() || !validateEmail()) {

            alert("Form not submitted");//Validation Message
            return false;
        }
        else {
            submitted=true;
            return true;
        }
    }
}
</script>

```

```

<!--<script>
const body = document.querySelector("body");

```

```

const navbar = document.querySelector(".navbar");
const menu = document.querySelector(".menu-list");
const menuBtn = document.querySelector(".menu-btn");
const cancelBtn = document.querySelector(".cancel-btn");
menuBtn.onclick = ()=>{
    menu.classList.add("active");
    menuBtn.classList.add("hide");
    cancelBtn.classList.add("show");
    body.classList.add("disabledScroll");
}
cancelBtn.onclick = ()=>{
    menu.classList.remove("active");
    menuBtn.classList.remove("hide");
    cancelBtn.classList.remove("show");
    body.classList.remove("disabledScroll");
}
window.onscroll = ()=>{
    this.scrollY > 20 ? navbar.classList.add("sticky") :
navbar.classList.remove("sticky");
}
</script> -->

```

```

<script>
var $ = jQuery;

$(document).ready(function(){
    $(window).scroll(function(){
        var scroll = $(window).scrollTop();
        if (scroll > 100) {
            $(".fixed-top").addClass("nav-background");
            $(".navbar-toggler").addClass('mobile-navbar-toggler')
        } else {
            $(".fixed-top").removeClass("nav-background");
            $(".navbar-toggler").removeClass('mobile-navbar-toggler')
        }
    })
})
</script>

```

```

<footer class="footer">
<div class="l-footer">
<h1>
</h1>
<p>

```

THIS IS AN OPPORTUNITY FOR US TO MAKE YOU AWARE OF
YOURSELF AND HEAL YOU FROM THE INSIDE OUT.</p>

```
</div>
<ul class="r-footer">
<li>
  <h2>
Social</h2>
<ul class="box">
<li><a href="#">Facebook</a></li>
<li><a href="#">Twitter</a></li>

</ul>
</li>
<li class="features">
  <h2>
Navigate through our webapp</h2>
<ul class="box h-box">
<li><a href=" ../index.html">Nutrition Page</a></li>
<li><a href=" ../fitnessandmeditation/helfitt.html.html">Fitness
Page</a></li>
<li><a href=" ../fitnessandmeditation/meditation.html.html">Meditation
Page</a></li>
<li><a href=" ../yogapage/mohannew.html">Yoga page</a></li>

</ul>
</li>
<li>
  <h2>
ABOUT US</h2>
<ul class="box">
<li><a href=" ../team-page-html/index.html">Our team</a></li>

<li><a href="https://aacgriet.com/">Conditions</a></li>
</ul>
</li>
</ul>
<div class="b-footer">
<p>
All rights reserved by ©AAC 2070 </p>
</div>
</footer>
</body>

</html>
```

CSS CODE:

```
@import
url('https://fonts.googleapis.com/css2?family=Poppins:ital,wght@0,300;0,400;0,500;0,600;0,700;0,800;0,900;1,200&display=swap');
*{
  margin:0;
  padding:0;
  box-sizing:border-box;
  font-family: 'Poppins', sans-serif;
}

body {
  background: #eee;
  min-height: 100vh;
  width:100%;
  display: flex;
  align-items: center;
  justify-content: center;
  font-family: 'Poppins', sans-serif !important;
}
#carousel .carousel-item.boat{
  background-image:url("images/bg-1.jpg");
}
#carousel .carousel-item.sea{
  background-image:url("images/steve-halama-dkg-zps94uw-unsplash.jpg");
}
#carousel .carousel-item.river{
  background-image:url("images/bg-3.jpg");
}
#carousel .carousel-item{
  height:100vh;
  width:100%;
  min-height:350px;
  background:no-repeat center center scroll;
  background-size:cover;
}
#carousel .carousel-inner .carousel-item{
  transition:-webkit-transform 2s ease;
  transition:transform 2s ease;

  transition:transform 2s ease,
  -webkit-transform 2s ease;
```



```

}
#carousel .carousel-item .caption{
  background:rgba(0,0,0,0.5);
  padding:40px;
  color:white;
  animation-duration: 1s;
  animation-delay: 2s;
}
#carousel .caption h2{
  animation-duration: 1s;
  animation-delay: 2s;
}
#carousel .caption p{
  animation-duration: 1s;
  animation-delay: 2.2s;
}

#carousel .caption a{
  animation-duration: 1s;
  animation-delay: 2.4s;
}
.delicious-btn{
  display: inline-block;
  min-width:160px;
  height:60px;
  color:#fff;
  border:none;
  border-left:3px solid #1c8314;
  border-radius: 0;
  padding:0 30px;
  font-size:16px;
  line-height:58px;
  font-weight:600;
  -webkit-transition-duration: 500ms;
  transition-duration: 500ms;
  text-transform: capitalize;
  background:#19dd0b;
}
.delicious-btn:hover,
.delicious-btn:active,
.delicious-btn:focus{

  font-size:16px;
  font-weight: 600;

```

```
color:#fff;
background:#1c8314;
border-color:#19dd0b;
}
.container-1{
width: 100%;
}
.navbar-nav a {
font-family: poppins;
font-size: 18px;
text-transform: uppercase;
font-weight: bold;
}
.navbar-light .navbar-brand {
color: #fff;
font-size: 25px;
text-transform: uppercase;
font-weight: bold;
letter-spacing: 3px;
}
.navbar-light .navbar-nav .active>.nav-link, .navbar-light .navbar-nav .nav-link.active,
.navbar-light .navbar-nav .nav-link.show, .navbar-light .navbar-nav .show>.nav-link {
color: #fff;
}
.navbar-light .navbar-nav .nav-link {
color: #fff;
}
.navbar-nav {
text-align: center;
}
.nav-link {
padding: .2rem 1rem;
}
.nav-link.active, .nav-link:focus {
color: #fff;
}
.navbar-toggler {
padding: 1px 5px;
font-size: 18px;
line-height: 0.3;

background: #fff;
}
.navbar-light .navbar-nav .nav-link:focus, .navbar-light .navbar-nav .nav-link:hover {
```

```
}  
.w-100 {  
    height: 100vh;  
}  
  
/* custom scroll bar */  
::-webkit-scrollbar {  
    width: 10px;  
}  
::-webkit-scrollbar-track {  
    background: #f1f1f1;  
}  
::-webkit-scrollbar-thumb {  
    background: #888;  
}  
::selection{  
background: rgb(0,123,255,0.3);  
}  
.content{  
max-width: 1250px;  
margin: auto;  
padding: 0px 30px;  
}
```

```
@media only screen and (max-width: 767px) {  
    /* .navbar-nav.ml-auto {  
        background: rgba(0, 0, 0, 0.5);  
    }  
    .navbar-nav a {  
        font-size: 14px;  
        font-weight: normal;  
    } */  
}
```

```
body.disabledScroll{  
    overflow: hidden;  
}
```

```
.icon{  
    display: block;  
    height: 50px;  
    width: 50px;  
    text-align: center;  
    line-height: 50px;
```

```

border-radius: 50%;
z-index: 9;
}
.icon.cancel-btn{
display: none;
}
.icon.cancel-btn.show{
display: block;
}
.icon.hide{
display: none;
}
.navbar .menu-list{
position: fixed;
top: 0;
left: 0;
height: 100vh;
width: 100%;
background: #222;
display: block;
padding: 40px 0;
text-align: center;
clip-path: circle(25px at calc(100% - 55px) calc(0% + 50px));
transition: all 0.3s ease;
}
.navbar.sticky .menu-list{
clip-path: circle(25px at calc(100% - 55px) calc(0% + 35px));
}
.navbar .menu-list.active{
clip-path: circle(75%);
}
.navbar .menu-list li{
margin-top: 45px;
}
.navbar .menu-list li a{
font-size: 23px;
}
}

/* new css */
.p-t-20 {
padding-top: 15px !important;
}

.c-l-r-w {
color: white !important;

```

```
}
.nav-background {
  background: #8383a3;
}
.mobile-navbar-toggler {
  background-color: white !important;
}
```

```
a.btn.btn-primary.btn-block{

  background-color:#399e25;
}
```

```
a.btn.btn-primary.btn-block{

  background-color:#399e25;
}
```

```
@import url('https://fonts.googleapis.com/css?family=Quicksand:400,700');
```

```
/* Design */
*,
*::before,
*::after {
  box-sizing: border-box;
```

```
}
```

```
*, *:before, *:after {  
  box-sizing: border-box;  
}
```

```
body {  
  font-family: poppins;  
  margin: 0;  
  display: grid;  
  font-size: 14px;  
}  
header p {  
  padding: 50px;  
  text-align: center;  
  color: #f7f7f7;  
  text-transform: uppercase;  
  font-size: 65px;  
  font-weight: 700;  
}  
.footer {  
  display: flex;  
  flex-flow: row wrap;  
  padding: 50px;  
  color: #fff;  
  background-color: #8383a3;  
}
```

```
.footer > * {  
  flex: 1 100%;  
}
```

```
.l-footer {  
  margin-right: 1.25em;  
  margin-bottom: 2em;  
}
```

```
h2 {  
  font-weight: 400;  
  font-size: 15px;  
}
```

```
.footer ul {  
list-style: none;  
padding-left: 0;  
}
```

```
.footer li {  
line-height: 2em;  
}
```

```
.footer a {  
text-decoration: none;  
}
```

```
.r-footer {  
display: flex;  
flex-flow: row wrap;  
}
```

```
.r-footer > * {  
flex: 1 50%;  
margin-right: 1.25em;  
}
```

```
.box a {  
color: #f1f1f1;  
}
```

```
.h-box {  
column-count: 2;  
column-gap: 1.25em;  
}
```

```
.b-footer {  
text-align: center;  
color: #f1f1f1;  
padding-top: 50px;  
}
```

```
.l-footer p {  
padding-right: 20%;  
color: #f1f1f1;  
}
```

```
@media screen and (min-width: 600px) {  
.r-footer > * {
```

```
flex: 1;
}
```

```
.features {
flex-grow: 2;
}
```

```
.l-footer {
flex: 1 0px;
}
```

```
.r-footer {
flex: 2 0px;
}
}
```

```
html, body {
height: 100%;
margin: 0;
}
```

```
.grid {
min-height: 100%;
display: flex;
flex-wrap: wrap;
flex-direction: row;
}
```

```
.grid > div {
display: flex;
flex-basis: calc(33.33% - 14px);
justify-content: center;
flex-direction: column;
}
```

```
.grid > div:last-child {
display: flex;
margin-top: 0px;
flex-basis: calc(100% - 22px);
justify-content: center;
```



```
flex-direction: column;
}
```

```
.grid > div > div {
  display: flex;
  justify-content: center;
  flex-direction: row;
}
```

```
.box { margin: 10px 0 10px 10px }
.box1 { background-color: white; }
.box2 { background-color: white; }
.box3 { background-color: white; }
.box4 { background-color:white; }
```

```
.text{
  font-family: 'Poppins';
  padding: 5px, 5px ,5px , 5px;
}
```

```
.header{
  font-size: 30px;
  font-family: sans-serif;
  font-weight: bold;
}
```

```
.button{
  margin: 5px, 5px, 5px, 5px;
  padding: 5px;
  background-color: white;
  color:black;
  border-radius: 5px;
  font-weight: bold;
}
```

```
@media screen and (max-width:350px)
{
  .box1 {
    padding: 5px ,5px ,5px ,5px;
  }
  .box2{
```

```
padding: 5px ,5px ,5px ,5px;
}
.box3{
padding: 5px ,5px ,5px ,5px;
}
.box4{
padding: 5px ,5px ,5px ,5px;
}

.box{
justify-content: center;

}

.p{
padding: 20px;
}
}
```

```
.container-20{
padding: 25px;
}
.col-text {
height:20em;
font-size: 16px;
font-weight: bold;
font-family: 'Poppins';
}
.grid-flex {
display: -webkit-box;
display: -webkit-flex;
display: -ms-flexbox;
display: flex;
-webkit-box-flex: 1;
-webkit-flex-grow: 1;
-ms-flex-positive: 1;
flex-grow: 1;
flex-direction: row;
-webkit-flex-direction: row;
-webkit-flex-wrap: wrap;
-webkit-justify-content : space-around;
padding: 10px;
```

```

}
.col {
  -webkit-box-flex: 1;
  -webkit-flex: 1;
  -ms-flex: 1;
  flex: 1;
}
.col-left {
  -webkit-box-ordinal-group:-1;
  -webkit-order: -1;
  -ms-flex-order: -1;
  order: -1;
}
.col-text{
  display: flex;
  align-items: center;
  justify-content: center;
}
.Aligner-item {
  width: 60%;
}
.col-image {
  background-size: cover;
  background-position:center center;
  border-radius: 25px;
}

@media (max-width: 640px) {
  .grid-flex {
    height: 40em;
    display: -webkit-flex;
    -webkit-flex-direction: column;
    flex-direction: column;
  }
  .col {
    order:vertical;
  }
  .col-left {
    -webkit-box-ordinal-group:0;
    -webkit-order: 0;
    -ms-flex-order: 0;
    order: 0;
  }
  .col-text div p {
    padding: 1em;
  }
}

```

```
.Aligner-item {  
  width: 90%;  
}  
}
```

YOGA PAGE:

HTML CODE:

```
<!DOC  
TYPE  
html>
```

```
<html>  
<head>  
  <title>yoga</title>  
  <meta name="viewport" content="width=device-width, initial-scale=1.0">  
  <link rel="stylesheet"  
href="https://stackpath.bootstrapcdn.com/bootstrap/4.3.1/css/bootstrap.min.css"  
" integrity="sha384-  
ggOyR0iXCbMQv3Xipma34MD+dH/1fQ784/j6cY/iJTQUOhcWr7x9JvoRxT2  
MZw1T" crossorigin="anonymous">  
  <link rel="stylesheet"  
href="https://cdnjs.cloudflare.com/ajax/libs/animate.css/3.7.2/animate.min.css"  
>  
  <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-  
awesome/5.14.0/css/all.min.css" integrity="sha512-  
1PKOgIY59xJ8Co8+NE6FZ+LOAZKjy+KY8iq0G4B3CyeY6wYHN3yt9PW  
0XpSriVlkMXe40PTKnXrLnZ9+fkDaog==" crossorigin="anonymous" />  
  <link rel="stylesheet" href="mohannew.css">  
  <link  
href="https://fonts.googleapis.com/css2?family=Poppins:wght@400;700&displ  
ay=swap" rel="stylesheet">  
  <link  
href="https://stackpath.bootstrapcdn.com/bootstrap/4.1.3/css/bootstrap.min.css"  
" rel="stylesheet">  
  <link  
href="https://cdnjs.cloudflare.com/ajax/libs/animate.css/3.7.2/animate.min.css"  
rel="stylesheet">  
  <script src="https://kit.fontawesome.com/a076d05399.js"></script>  
  <script src="https://code.jquery.com/jquery-3.3.1.slim.min.js"  
integrity="sha384-  
q8i/X+965DzO0rT7abK41JStQIAqVgRVzpbzo5smXKp4YfRvH+8abtTE1Pi6  
jizo" crossorigin="anonymous"></script>
```

```

<script
src="https://cdnjs.cloudflare.com/ajax/libs/popper.js/1.14.7/umd/popper.min.js"
integrity="sha384-
UO2eT0CpHqdsSJQ6hJty5KVphtPhzWj9WO1clHTMGa3JDZwrnQq4sF86dIH
NDz0W1" crossorigin="anonymous"></script>
<script
src="https://stackpath.bootstrapcdn.com/bootstrap/4.3.1/js/bootstrap.min.js"
integrity="sha384-
JjSmVgyd0p3pXB1rRibZUAYoIIy6OrQ6VrjIEaFf/nJGzIxFDsf4x0xIM+B07j
RM" crossorigin="anonymous"></script>
<script type="text/javascript"
scr="https://cdnjs.cloudflare.com/ajax/libs/animateCSS/1.2.2/jquery.animatecss
.min.js"></script>
</head>
<body>
  <nav class="navbar navbar-expand-lg navbar-light fixed-top">
    <div class="container">
      <a class="navbar-brand c-l-r-w" href="#">
        Heltizia
      </a> <button aria-controls="navbarSupportedContent" aria-
expanded="false" aria-label="Toggle navigation" class="navbar-toggler" data-
target="#navbarSupportedContent" data-toggle="collapse"
type="button"><span class="navbar-toggler-icon"></span></button>
      <div class="collapse navbar-collapse"
id="navbarSupportedContent">
        <ul class="navbar-nav ml-auto">
          <li class="nav-item active">
            <a class="nav-link c-l-r-w"
href="../mainpage web dev/mainpage.html">Home</a>
          </li>
          <li class="nav-item">
            <a class="nav-link c-l-r-w"
href="../index.html">NUTRITION</a>
          </li>
          <li class="nav-item">
            <a class="nav-link c-l-r-w"
href="../fitnessandmeditation/fitnesss.html.html">FITNESS</a>
          </li>
          <li class="nav-item">
            <a class="nav-link c-l-r-w"
href="mohannew.html">YOGA</a>
          </li>
          <li class="nav-item">
            <a class="nav-link c-l-r-w"
href="../team-page-html/index.html">ABOUT US</a>
          </li>
        </ul>
      </div>
    </div>
  </nav>

```

```
        </ul>
    </div>
</div>
</nav>
```

```
<div class="container-1">
<div class="container-fluid p-0">
    <div id="carousel" class="carousel slide hero-slides" data-ride="carousel">
        <ol class="carousel-indicators">
            <li class="active" data-target="#carousel" data-slide-to="0"></li>
            <li data-target="#carousel" data-slide-to="1"></li>
            <li data-target="#carousel" data-slide-to="2"></li>
        </ol>
        <div class="carousel-inner" role="listbox">
            <div class="carousel-item active boat">
                <div class="container h-100 d-md-block">
                    <div class="row align-items-center h-100">
                        <div class="col-12 col-md-9 col-lg-7 col-xl-6">
                            <div class="caption animated fadeIn">
                                <h2 class="animated fadeInLeft"> Yoga Asanas</h2>

                                <p class="animated fadeInRight">Asana is yoga pose or posture or
                                position of the body. Patanjali in Ashtanga yoga defines asanas as Steady and
                                Comfortable pose.</p>
                                <a class="animated fadeInUp btn delicious-btn p-t-20"
                                href="https://www.medicalnewstoday.com/articles/286745">Learn more</a>
                            </div>
                        </div>
                    </div>
                </div>
            </div>
            <div class="carousel-item sea">
                <div class="container h-100 d-md-block">
                    <div class="row align-items-center h-100">
                        <div class="col-12 col-md-9 col-lg-7 col-xl-6">
                            <div class="caption animated fadeIn">
                                <h2 class="animated fadeInLeft">Meditation</h2>
                                <p class="animated fadeInRight">"Full concentration of the mind
                                focused on one of those experiences"

                                In simple terms the spontaneous concentration of the mind on the
                                object is Meditation.</p>
                                <a class="animated fadeInUp btn delicious-btn p-t-20"
                                href="https://www.mayoclinic.org/tests-procedures/meditation/in-
                                depth/meditation/art-20045858">Learn more</a>
```

```

        </div>
    </div>
</div>
</div>
</div>
<div class="carousel-item river">
    <div class="container h-100 d-md-block">
        <div class="row align-items-center h-100">
            <div class="col-12 col-md-9 col-lg-7 col-xl-6">
                <div class="caption animated fadeIn">
                    <h2 class="animated fadeInLeft">Pranayama</h2>
                    <p class="animated fadeInRight">"Pranayama is control of Breath".
"Prana" is Breath or vital energy in
                    the body. On subtle levels prana represents the pranic energy
                    responsible for life or life force, and "ayama" means control. So
                    Pranayama is "Control of Breath".</p>
                    <a class="animated fadeInUp btn delicious-btn p-t-20"
href="https://www.healthline.com/health/pranayama-benefits">Learn
more</a>
                </div>
            </div>
        </div>
    </div>
</div>
</div>
</div>
</div>
</div>
</div>
<a class="carousel-control-prev" href="#carousel" role="button" data-
slide="prev">
    <span class="carousel-control-prev-icon" aria-hidden="true"></span>
    <span class="sr-only">Previous</span>
</a>
<a class="carousel-control-next" href="#carousel" role="button" data-
slide="next">
    <span class="carousel-control-next-icon" aria-hidden="true"></span>
    <span class="sr-only">Next</span>
</a>
</div>

<section class="image-text">
    <div class="container-section">
        <div class="left"></div>
        <div class="right">
            <div class="content">
                <h1>Become Your Best Yourself </h1>
                <p> YOGA helps to know about yourself.Find yourself in you.Gets out
your full potential .Joins you the best of yourself. </p>

```

[>Learn More](https://www.yogajournal.com/practice/yoga-for-self-love-a-5-pose-home-practice/)

</div>

</div>

</div>

</section>

<div class="container">

<main class="grid">

<article>

<div class="text">

<h3>Yoga Changes The Brain</h3>

<p>Yoga is a cure for the mind to become perfectly steady and peaceful. “Yogah Chitta Vritti Nirodhah” - Chitt – mind, Vritti – functioning of mind, Nirodha –control Yoga is to control the functioning of the mind. We have our thoughts, emotions, feelings and conditionings in the mind. It is very difficult to control. Yoga helps you to control your feelings effectively</p>

Here's How

</div>

</article>

<article>

<div class="text">

<p>YOGA is a mirror to look at ourselves from within. Start practicing YOGA form today. Yoga is the ultra medicine for many diseases like diabetes, obesity, body pains, fertility problems and many more.</p>

Read More

</div>

</article>

<article>

<div class="text">

<h3>Yoga is a Mind and Body Practice</h3>

<p>A balanced lifestyle is essential for the harmony of mind and body. This

lifestyle is connected with nature and therefore making our life more

nature friendly is the positive way to health. Yoga is to harmonize the

body and mind with nature and lifestyle in tune with nature. Yoga is an integrated lifestyle, consisting of varied practices, including ethics.

-by GANDHAR MALIK.</p>


```
        <a href="https://www.health.harvard.edu/mind-and-mood/yoga-for-
the-body-and-mind" class="btn btn-primary btn-block">Here's Why</a>
    </div>
</article>
```

```
</main>
</div>
```

```
<div class="container-10">
    <div class="main">
        <ul class="cards">
            <li class="cards_item">
                <div class="card">

                    <div class="card_content">
                        <h2 class="card_title" >Yoga For Beginners</h2>
                        <p class="card_text">Beginner level poses of yoga asanas are
                            prescribed for the entry level praticioners.Some of the poswes of
                            yoga asanas are Datta mudra,shavasana..etc. .</p>
                        <a href="https://www.yogapoint.com/" target="_blank" <button
                            class="btn card_btn">Read More</button> </a>
                    </div>
                </div>
            </li>
            <li class="cards_item">
                <div class="card">
                    <div class="card_content">
                        <h2 class="card_title">Yoga For Intermediate</h2>
                        <p class="card_text">Intermediate level poses of yoga asanas
                            are prescribed for the intermediate
                            level praticioners which are ittle complex than beginner
                            level.Some of them are Suryanamaskara,Matyasana..etc. </p>
                        <a href="https://www.yogapoint.com/" target="_blank"<button
                            class="btn card_btn">Read More</button> </a>
                    </div>
                </div>
            </li>
            <li class="cards_item">
                <div class="card">
                    <div class="card_content">
                        <h2 class="card_title" >Yoga For Advanced</h2>
```

<p class="card_text">Advanced level of poses of yoga asanas are prescribed for the advanced level of practitioners which are more complex. Some of them are Malasana, Anantashana, etc.

</p>

<button class="btn card_btn">Read More</button>

</div>

</div>

</div>

</div>

</div>

</div>

<!--<script>

const body = document.querySelector("body");

const navbar = document.querySelector(".navbar");

const menu = document.querySelector(".menu-list");

const menuBtn = document.querySelector(".menu-btn");

const cancelBtn = document.querySelector(".cancel-btn");

menuBtn.onclick = ()=>{

menu.classList.add("active");

menuBtn.classList.add("hide");

cancelBtn.classList.add("show");

body.classList.add("disabledScroll");

}

cancelBtn.onclick = ()=>{

menu.classList.remove("active");

menuBtn.classList.remove("hide");

cancelBtn.classList.remove("show");

body.classList.remove("disabledScroll");

}

window.onscroll = ()=>{

this.scrollY > 20 ? navbar.classList.add("sticky") :

navbar.classList.remove("sticky");

}

</script> -->

<script>

var \$ = jQuery;

\$(document).ready(function(){

\$(window).scroll(function(){

var scroll = \$(window).scrollTop();

if (scroll > 100) {

```

        $(".fixed-top").addClass("nav-background");
        $(".navbar-toggler").addClass('mobile-navbar-toggler')
    } else {
        $(".fixed-top").removeClass("nav-background");
        $(".navbar-toggler").removeClass('mobile-navbar-toggler')
    }
    })
})
</script>

```

```

<footer class="footer">
  <div class="l-footer">
    <h1>
    </h1>
    <p>
      THIS IS AN OPPORTUNITY FOR US TO MAKE YOU AWARE OF
      YOURSELF AND HEAL YOU FROM THE INSIDE OUT.</p>
    </div>
    <ul class="r-footer">
      <li>
        <h2>
        Social</h2>
        <ul class="box">
          <li><a href="#">Facebook</a></li>
          <li><a href="#">Twitter</a></li>

        </ul>
      </li>
      <li class="features">
        <h2>
        Navigate through our webapp</h2>
        <ul class="box h-box">
          <li><a href=" ../index.html">Nutrition Page</a></li>
          <li><a href=" ../fitnessandmeditation/fitnesss.html.html">Fitness
          Page</a></li>
          <li><a href=" ../fitnessandmeditation/meditation.html.html">Meditation
          Page</a></li>
          <li><a href=" ../yogapage/mohannew.html">Yoga page</a></li>

        </ul>
      </li>
      <li>
        <h2>
        ABOUT US</h2>
        <ul class="box">

```

```

<li><a href="../team-page-html/index.html">Our team</a></li>

<li><a href="https://aacgriet.com/">Conditions</a></li>
</ul>
</li>
</ul>
<div class="b-footer">
<p>
All rights reserved by ©AAC 2070 </p>
</div>
</footer>

</body>

</html>

```

CSS CODE:

```

@import
url('https://fonts.googleapis.com/css2?family=Poppins:ital,wght@0,300;0,400;0,500;0,600;0,700;0,800;0,900;1,200&display=swap');
*{
margin:0;
padding:0;
box-sizing:border-box;
font-family: 'Poppins', sans-serif;
}

body {
background: #eee;
min-height: 100vh;
width:100%;
display: flex;
align-items: center;
justify-content: center;
font-family: 'Poppins', sans-serif !important;
}
#carousel .carousel-item.boat{
background-image:url("images/home3.jpg");
}
#carousel .carousel-item.sea{
background-image:url("images/new2.jpg");
}
#carousel .carousel-item.river{

```

```
background-image:url("images/new6.jpg");
}
#carousel .carousel-item{
height:100vh;
width:100%;
min-height:350px;
background:no-repeat center center scroll;
background-size:cover;
}
#carousel .carousel-inner .carousel-item{
transition:-webkit-transform 2s ease;
transition:transform 2s ease;
transition:transform 2s ease, -webkit-transform 2s ease;
}
#carousel .carousel-item .caption{
background:rgba(0,0,0,0.5);
padding:40px;
color:white;
animation-duration: 1s;
animation-delay: 2s;
}
#carousel .caption h2{
animation-duration: 1s;
animation-delay: 2s;
}
#carousel .caption p{
animation-duration: 1s;
animation-delay: 2.2s;
}

#carousel .caption a{
animation-duration: 1s;
animation-delay: 2.4s;
}
.delicious-btn{
display: inline-block;
min-width:160px;
height:60px;
```

```
color:#fff;
border:none;
border-left:3px solid #1c8314;
border-radius: 0;
padding:0 30px;
font-size:16px;
line-height:58px;
font-weight:600;
-webkit-transition-duration: 500ms;
transition-duration: 500ms;
text-transform: capitalize;
background:#19dd0b;
}
.delicious-btn:hover,
.delicious-btn:active,
.delicious-btn:focus{
font-size:16px;
font-weight: 600;
color:#fff;
background:#1c8314;
border-color:#19dd0b;
}
.container-1{
width: 100%;
}
```

```
.navbar-nav a {
    font-family: poppins;
    font-size: 18px;
    text-transform: uppercase;
    font-weight: bold;
}

.navbar-light .navbar-brand {
    color: #fff;
    font-size: 25px;
    text-transform: uppercase;
    font-weight: bold;
    letter-spacing: 3px;
}

.navbar-light .navbar-nav .active>.nav-link, .navbar-light .navbar-nav .nav-link.active,
.navbar-light .navbar-nav .nav-link.show, .navbar-light .navbar-nav .show>.nav-link {
    color: #fff;
}

.navbar-light .navbar-nav .nav-link {
    color: #fff;
}

.navbar-nav {
    text-align: center;
}

.nav-link {
    padding: .2rem 1rem;
}

.nav-link.active, .nav-link:focus {
    color: #fff;
}

.navbar-toggler {
    padding: 1px 5px;
    font-size: 18px;
    line-height: 0.3;
```

```
        background: #fff;
    }
    .navbar-light .navbar-nav .nav-link:focus, .navbar-light .navbar-nav .nav-link:hover {
        color: #fff;
    }
    .w-100 {
        height: 100vh;
    }
```

```
/* custom scroll bar */
::-webkit-scrollbar {
    width: 10px;
}
::-webkit-scrollbar-track {
    background: #f1f1f1;
}
::-webkit-scrollbar-thumb {
    background: #888;
}
::selection{
background: rgb(0,123,255,0.3);
}
.content{
max-width: 1250px;
margin: auto;
padding: 0px 30px;
}
```

```
@media only screen and (max-width: 767px) {
    /* .navbar-nav.ml-auto {
        background: rgba(0, 0, 0, 0.5);
    }
    .navbar-nav a {
        font-size: 14px;
```



```
font-weight: normal;  
} */
```

```
body.disabledScroll{  
  overflow: hidden;  
}  
.icon{  
  display: block;  
  height: 50px;  
  width: 50px;  
  text-align: center;  
  line-height: 50px;  
  border-radius: 50%;  
  z-index: 9;  
}  
.icon.cancel-btn{  
  display: none;  
}  
.icon.cancel-btn.show{  
  display: block;  
}  
.icon.hide{  
  display: none;  
}  
.navbar .menu-list{  
  position: fixed;  
  top: 0;  
  left: 0;  
  height: 100vh;  
  width: 100%;  
  background: #222;  
  display: block;  
  padding: 40px 0;  
  text-align: center;  
  clip-path: circle(25px at calc(100% - 55px) calc(0% + 50px));  
  transition: all 0.3s ease;
```

```
}  
.navbar.sticky .menu-list{  
  clip-path: circle(25px at calc(100% - 55px) calc(0% + 35px));  
}  
.navbar .menu-list.active{  
  clip-path: circle(75%);  
}  
.navbar .menu-list li{  
  margin-top: 45px;  
}  
.navbar .menu-list li a{  
  font-size: 23px;  
}  
}
```

```
.image-text {  
  min-height: 100vh;  
  width: 100%;  
  display: flex;  
  align-items: center;  
  justify-content: center;  
  background-color: #f1f1f1;  
  padding: 40px, 40px;  
}  
.container-section {  
  width: 90%;  
  max-width: 1000px;  
  margin: 50px auto;
```

```
display: flex;
align-items: center;
justify-content: center;
/* background-color: aqua; */
}
.left {
width: 100%;
height: 700px;
background: url("images/home2.jpg")
  no-repeat center / cover;
border-radius: 8px;
}
.right {
width: 50%;
min-height: 400px;
background-color: #f64c72;
display: flex;
align-items: center;
justify-content: center;
padding: 30px;
border-radius: 8px;
color: white;
margin-left: -150px;
}
.right h1 {
font-size: 40px;
font-weight: lighter;
}
.right p {
margin: 20px 0;
font-weight: 500;
line-height: 25px;
}
.right a {
text-decoration: none;
text-transform: uppercase;
background-color: white;
```

```
color: black;
padding: 20px 30px;
display: inline-block;
letter-spacing: 2px;
font-weight: bold;
}
```

```
.btn{
border-radius: 15px;

}
```

```
@media only screen and (max-width: 768px) {
.container-section {
flex-direction: column;
width: 100%;
margin: 0 20px;
}
.left {
width: 100%;
height: 400px;
}
.right {
width: 90%;
margin: 0;
margin-top: -100px;
}
}
```

```
@media only screen and (max-width: 780px) {

.image-text{
padding: 40px 40px;
}

}
```

```
/* new css */
```

```
.main{  
  max-width: 1200px;  
  margin: 0 auto;  
  
}
```

```
h1 {  
  font-size: 24px;  
  font-weight: 400;  
  text-align: center;  
}
```

```
img {  
  height: auto;  
  max-width: 100%;  
  vertical-align: middle;  
}
```

```
.btn {  
  color: #ffffff;  
  padding: 0.8rem;  
  font-size: 14px;  
  text-transform: uppercase;  
  border-radius: 4px;  
  font-weight: bold;  
  display: block;  
  width: 100%;  
  cursor: pointer;  
  border: 1px solid white;  
  background: transparent;  
  color: black;  
  font-weight: bold;  
  text-align: center;
```

```
background-color: white;
}
```

```
.btn:hover {
background-color: rgba(255, 255, 255, 0.12);
}
```

```
.cards {
display: flex;
flex-wrap: wrap;
list-style: none;
margin: 0;
padding: 0;
}
```

```
.cards_item {
display: flex;
padding: 1rem;
}
```

```
@media (min-width: 40rem) {
.cards_item {
width: 50%;
}
}
```

```
@media (min-width: 56rem) {
.cards_item {
width: 33.3333%;
}
}
```

```
.p-t-20 {  
  padding-top: 15px !important;  
}
```

```
.c-l-r-w {  
  color: white !important;  
}  
.nav-background {  
  background:#8383a3;  
}  
.mobile-navbar-toggler {  
  background-color: white !important;  
}
```

```
.grid {  
  display: grid;  
  grid-template-columns: repeat(auto-fill, minmax(280px, 1fr));  
  grid-gap: 50px;  
  align-items: stretch;  
  padding: 40px 40px;  
}
```

```
.grid > article {  
  border: 1px solid #ccc;  
  box-shadow: 2px 2px 6px 0px rgba(0, 0, 0, 0.3);  
  border-radius: 25px;  
  
}
```

```
.grid > article img {  
  max-width: 100%;  
  border-radius: 25px;  
}
```

```
.grid .text {  
  padding: 20px;  
  font-family: 'Poppins', sans-serif;  
  font-weight: 350px;  
}
```

```
.container-10{  
  background:#f1f1f1;  
}  
.main{  
  max-width: 1200px;  
  margin: 0 auto;  
  background:#f1f1f1;  
  
}
```

```
h1 {  
  font-size: 24px;  
  font-weight: 400;  
  text-align: center;  
}
```

```
img {  
  height: auto;  
  max-width: 100%;
```



```
vertical-align: middle;  
}
```

```
.btn {  
  color: #ffffff;  
  padding: 0.8rem;  
  font-size: 14px;  
  text-transform: uppercase;  
  border-radius: 4px;  
  font-weight: bold;  
  display: block;  
  width: 100%;  
  cursor: pointer;  
  border: 1px solid white;  
  background: transparent;  
  color: black;  
  font-weight: bold;  
  text-align: center;  
  background-color: #399e25;  
}
```

```
.btn:hover {  
  background-color: rgba(255, 255, 255, 0.12);  
}
```

```
.cards {  
  display: flex;  
  flex-wrap: wrap;  
  list-style: none;  
  margin: 0;  
  padding: 0;  
}
```

```
.cards_item {  
  display: flex;  
  padding: 1rem;  
}
```

```
@media (min-width: 40rem) {  
  .cards_item {  
    width: 50%;  
  }  
}
```

```
@media (min-width: 56rem) {  
  .cards_item {  
    width: 33.3333%;  
  }  
}
```

```
.card {  
  background-color: white;  
  border-radius: 0.5rem;  
  box-shadow: 0 20px 40px -14px rgba(0, 0, 0, 0.25);  
  display: flex;  
  justify-content: flex-end;  
  flex-direction: column;  
  overflow: hidden;  
}
```

```
.card_content {  
  padding: 1rem;  
background-color: rgba(0,0,0,0);  
  background: transparent;  
  
}
```

```
.card_title {  
  color: black;  
  font-size: 1.1rem;  
  font-weight: 700;  
  letter-spacing: 1px;  
  text-transform: capitalize;  
  margin: 0px;  
}
```

```
.card_text {  
  color: black;  
  font-size: 16px;  
  line-height: 1.5;  
  margin-bottom: 1.25rem;  
  font-weight: 400;  
  font-family: 'Poppins',sans-serif;  
}
```

```
.btn{  
  border-radius: 15px;  
}
```

```
.btn {  
  color: #ffffff;  
  padding: 0.8rem;  
  font-size: 14px;  
  text-transform: uppercase;  
  border-radius: 4px;
```

```
font-weight: bold !important;
display: block;
width: 100%;
cursor: pointer;
border: 1px solid white;
background: transparent;
color: black !important;
text-align: center;
background-color: #399e25;
}
```

```
.btn:hover {
  background-color: rgba(255, 255, 255, 0.12);
}
```

```
.card_btn {
  color: -webkit-link;
  cursor: pointer;
  text-decoration: underline;
}
```

```
a.btn.btn-primary.btn-block{

  background-color:#399e25;
}
```

```
*, *:before, *:after {
  box-sizing: border-box;
}

body {
  font-family: poppins;
  margin: 0;
  display: grid;
  font-size: 14px;
}
header p {
  padding: 50px;
  text-align: center;
  color: #f7f7f7;
  text-transform: uppercase;
  font-size: 65px;
  font-weight: 700;
}
.footer {
  display: flex;
  flex-flow: row wrap;
  padding: 50px;
  color: #fff;
  background-color: #8383a3;
}

.footer > * {
  flex: 1 100%;
}
```

```
.l-footer {  
margin-right: 1.25em;  
margin-bottom: 2em;  
}
```

```
h2 {  
font-weight: 400;  
font-size: 15px;  
}
```

```
.footer ul {  
list-style: none;  
padding-left: 0;  
}
```

```
.footer li {  
line-height: 2em;  
}
```

```
.footer a {  
text-decoration: none;  
}
```

```
.r-footer {  
display: flex;  
flex-flow: row wrap;  
}
```

```
.r-footer > * {  
flex: 1 50%;  
margin-right: 1.25em;  
}
```

```
.box a {  
color: #f1f1f1;  
}
```

```
.h-box {  
column-count: 2;  
column-gap: 1.25em;  
}
```

```
.b-footer {  
text-align: center;  
color: #f1f1f1;  
padding-top: 50px;  
}
```

```
.l-footer p {  
padding-right: 20%;  
color: #f1f1f1;  
}
```

```
@media screen and (min-width: 600px) {  
.r-footer > * {  
flex: 1;  
}
```

```
.features {  
flex-grow: 2;  
}
```

```
.l-footer {  
flex: 1 0px;  
}
```

```
.r-footer {  
flex: 2 0px;  
}  
}
```

HTML CODE:

```
<!DO  
CTY  
PE  
html>
```

```
<html style="font-size: 16px;">
```

```
<head>
```

```
<meta name="viewport" content="width=device-width, initial-scale=1.0">
```

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

```
<meta name="keywords" content="MAIN FITNESS IMAGE, CARDIO,  
WEIGHT GAIN, Key Features">
```

```
<meta name="description" content="">
```

```
<meta name="page_type" content="np-template-header-footer-from-plugin">
```

```
<title>main fitness page</title>
```

```
<link rel="stylesheet" href="nc2.css" media="screen">
```

```
<link rel="stylesheet" href="f3.css" media="screen">
```

```
<link
```

```
href="https://stackpath.bootstrapcdn.com/bootstrap/4.1.3/css/bootstrap.min.css"  
rel="stylesheet">
```

```
<script
```

```
src="https://stackpath.bootstrapcdn.com/bootstrap/4.3.1/js/bootstrap.min.js"  
integrity="sha384-
```

```
JjSmVgyd0p3pXB1rRibZUAYoIIy6OrQ6VrjIEaFf/nJGzIxFDsf4x0xIM+B07jRM"  
crossorigin="anonymous"></script>
```

```
<script class="u-script" type="text/javascript" src="jq.js" defer=""></script>
```

```
<script class="u-script" type="text/javascript" src="stylejs.js"  
defer=""></script>
```

```
<link id="u-theme-google-font" rel="stylesheet"
```

```
href="https://fonts.googleapis.com/css?family=Roboto:100,100i,300,300i,400,400i,  
500,500i,700,700i,900,900i|Open+Sans:300,300i,400,400i,600,600i,700,700i,800,800i">
```

```
<script type="application/ld+json">
```

```
{
```



```

        "@context": "http://schema.org",
        "@type": "Organization",
        "name": ""
    }
</script>
<meta property="og:title" content="main fitness page">
<meta property="og:type" content="website">
<meta name="theme-color" content="#478ac9">
</head>

<body data-home-page="main-fitness-page.html" data-home-page-title="main
fitness page" class="u-body">
    <header class="u-clearfix u-custom-color-3 u-header u-header" id="sec-
3f2c">
        <div class="u-clearfix u-sheet u-sheet-1">
            <h3 class="u-text u-text-1">
                <a class="u-active-none u-btn u-button-link u-button-style u-none u-
btn-1" href="../mainpage web dev/mainpage.html" data-page-
id="52870865">home<span style="font-weight: 700;"></span>&nbsp; &nbsp; &nbsp; &nbsp;
                </a>
            </h3>
            <h3 class="u-text u-text-2">
                <a class="u-active-none u-btn u-button-link u-button-style u-hover-
none u-none u-btn-2" href="../fitnessandmeditation/fitnesss.html.html" data-page-
id="38077897">FITNESS<br>
                </a>
            </h3>
            <h3 class="u-text u-text-3">
                <a class="u-active-none u-btn u-button-link u-button-style u-hover-
none u-none u-btn-3" href="../yogapage/mohannew.html" data-page-
id="318021168">YOGA<br>
                </a>
            </h3>
            <h3 class="u-text u-text-4">
                <a class="u-active-none u-border-none u-btn u-button-link u-button-
style u-hover-none u-none u-text-body-alt-color u-btn-4" href="../team-page-
html/index.html" data-page-id="240212102">ABOUT US<br>
                </a>
            </h3>
            <a class="u-active-none u-btn u-button-link u-button-style u-none u-btn-
5" href="../index.html" data-page-id="52870865">NUTRITION</a>
            <a class="u-active-none u-btn u-button-link u-button-style u-none u-btn-
6" href="#" data-page-id="52870865">HEALTHZIA<span style="font-weight:
700;"></span>
            </a>

```

```
</div>
</header>
```

```
<section id="carousel_5593" class="pointer-event u-carousel u-carousel-
duration-1250 u-slide u-block-1772-1" data-u-ride="carousel" data-
interval="1250" data-pause="hover">
  <ol class="u-absolute-hcenter u-carousel-indicators u-block-1772-5">
    <li data-u-target="#carousel_5593" data-u-slide-to="0" class="u-active u-
grey-30"></li>
    <li data-u-target="#carousel_5593" class="u-grey-30" data-u-slide-
to="1"></li>
    <li data-u-target="#carousel_5593" class="u-grey-30" data-u-slide-
to="2"></li>
  </ol>
  <div class="u-carousel-inner" role="listbox">
    <div class="u-active u-align-center u-carousel-item u-clearfix u-image u-
section-1-1" src="" data-image-width="1000" data-image-height="667" data-
href="#">
      <div class="u-clearfix u-sheet u-sheet-1">
        <h1 class="u-text u-text-white u-title u-text-1">WORKOUTS </h1>
        <a href="#" class="u-btn u-button-style u-palette-2-base u-btn-
1">Read More</a>
      </div>
    </div>
    <div class="u-align-center u-carousel-item u-clearfix u-image u-section-1-
2" src="" data-image-width="450" data-image-height="308">
      <div class="u-clearfix u-sheet u-sheet-1">
        <h1 class="u-text u-title u-text-1">CARDIO</h1>
        <a href="#" class="u-btn u-button-style u-palette-2-base u-btn-
1">Read More</a>
      </div>
    </div>
    <div class="u-align-center u-carousel-item u-clearfix u-image u-section-1-
3" src="" data-image-width="612" data-image-height="408">
      <div class="u-clearfix u-sheet u-sheet-1">
        <h1 class="u-text u-text-palette-3-light-3 u-title u-text-1">WEIGHT
GAIN</h1>
        <a href="#" class="u-btn u-button-style u-palette-2-base u-btn-
1">Read More</a>
      </div>
    </div>
    </div>
    <a class="u-absolute-vcenter u-carousel-control u-carousel-control-prev u-
text-grey-30 u-block-1772-3" href="#carousel_5593" role="button" data-u-
slide="prev">
```

```

        <span aria-hidden="true">
        <svg viewBox="0 0 477.175 477.175"><path
d="M145.188,238.575l215.5-215.5c5.3-5.3,5.3-13.8,0-19.1s-13.8-5.3-19.1,0l-
225.1,225.1c-5.3,5.3-5.3,13.8,0,19.1l225.1,225
c2.6,2.6,6.1,4,9.5,4s6.9-1.3,9.5-4c5.3-5.3,5.3-13.8,0-
19.1L145.188,238.575z"></path></svg>
        </span>
        <span class="sr-only">Previous</span>
    </a>
    <a class="u-absolute-vcenter u-carousel-control u-carousel-control-next u-
text-grey-30 u-block-1772-4" href="#carousel_5593" role="button" data-u-
slide="next">
        <span aria-hidden="true">
        <svg viewBox="0 0 477.175 477.175"><path d="M360.731,229.075l-
225.1-225.1c-5.3-5.3-13.8-5.3-19.1,0s-5.3,13.8,0,19.1l215.5,215.5l-215.5
c-5.3,5.3-5.3,13.8,0,19.1c2.6,2.6,6.1,4,9.5,4c3.4,0,6.9-1.3,9.5-
4l225.1-
225.1C365.931,242.875,365.931,234.275,360.731,229.075z"></path></svg>
        </span>
        <span class="sr-only">Next</span>
    </a>
</section>
<section class="u-align-center u-clearfix u-gradient u-section-2"
id="carousel_87cd">
    <div class="u-clearfix u-sheet u-sheet-1">
        <h2 class="u-text u-text-1">WORKOUT ROUTINES</h2>
        <div class="u-list u-list-1">
            <div class="u-repeater u-repeater-1">
                <div class="u-container-style u-list-item u-repeater-item">
                    <div class="u-container-layout u-similar-container u-container-
layout-1">
                        <div class="u-image u-image-circle u-preserve-proportions u-
image-1" alt="" data-image-width="227" data-image-height="226"></div>
                    </div>
                </div>
                <div class="u-align-center u-container-style u-list-item u-repeater-
item">
                    <div class="u-container-layout u-similar-container u-container-
layout-2">
                        <div class="u-image u-image-circle u-preserve-proportions u-
image-2" alt="" data-image-width="208" data-image-height="208"></div>
                    </div>
                </div>
                <div class="u-container-style u-list-item u-repeater-item">
                    <div class="u-container-layout u-similar-container u-container-
layout-3">

```

```
        <div class="u-image u-image-circle u-preserve-proportions u-
image-3" alt="" data-image-width="208" data-image-height="208"></div>
    </div>
</div>
<div class="u-align-center u-container-style u-list-item u-repeater-
item">
    <div class="u-container-layout u-similar-container u-container-
layout-4">
        <div class="u-image u-image-circle u-preserve-proportions u-
image-4" alt="" data-image-width="208" data-image-height="208"></div>
    </div>
</div>
<div class="u-align-center u-container-style u-list-item u-repeater-
item">
    <div class="u-container-layout u-similar-container u-container-
layout-5">
        <div class="u-image u-image-circle u-preserve-proportions u-
image-5" alt="" data-image-width="208" data-image-height="208"></div>
    </div>
</div>
<div class="u-align-center u-container-style u-list-item u-repeater-
item">
    <div class="u-container-layout u-similar-container u-container-
layout-6">
        <div class="u-image u-image-circle u-preserve-proportions u-
image-6" alt="" data-image-width="208" data-image-height="208"></div>
    </div>
</div>
<div class="u-align-center u-container-style u-list-item u-repeater-
item">
    <div class="u-container-layout u-similar-container u-container-
layout-7">
        <div class="u-image u-image-circle u-preserve-proportions u-
image-7" alt="" data-image-width="208" data-image-height="208"></div>
    </div>
</div>
</div>
<div>
    <h2 class="u-text u-text-2">ABS</h2>
    <h2 class="u-text u-text-3">ARMS</h2>
    <h2 class="u-text u-text-4">LEGS</h2>
    <h2 class="u-text u-text-5">BACK</h2>
    <h2 class="u-text u-text-6">SHOULDER</h2>
    <h2 class="u-text u-text-7">CHEST</h2>
    <h2 class="u-text u-text-8">FULL BODY</h2>
    <h4 class="u-text u-text-9">READ MORE&nbspbsp;</h4>
```

```

</div>
</section>
<section class="u-align-center u-clearfix u-gradient u-section-3" id="sec-
8642">
  <div class="u-clearfix u-sheet u-sheet-1">
    <div class="u-clearfix u-gutter-0 u-layout-wrap u-layout-wrap-1">
      <div class="u-layout" style="">
        <div class="u-layout-row" style="">
          <div class="u-align-left u-container-style u-layout-cell u-palette-1-
base u-right-cell u-size-60 u-size-xs-60 u-layout-cell-1">
            <div class="u-container-layout u-container-layout-1">
              <h2 class="u-text u-text-1" data-animation-name="slideIn"
data-animation-duration="1000" data-animation-delay="0" data-animation-
direction="Down">cardio and fitness body<br>
                <br>
              </h2>
              <p class="u-text u-text-2">Cardio exercise, which is
sometimes referred to as aerobic exercise, is any rhythmic activity that raises your
heart rate into your target heart rate zone. This is the zone where you burn the
most fat and calories.</p>
              <a href="cardio.html.html" class="u-border-2 u-border-white
u-btn u-btn-round u-button-style u-hover-palette-4-dark-3 u-palette-1-base u-
radius-13 u-btn-1">learn more</a>
            </div>
          </div>
        </div>
      </div>
    </div>
  </div>
  <div class="u-clearfix u-sheet u-sheet-1">
    
    <h1 class="u-text u-text-3">BASIC WORKOUTS<span style="font-
weight: 700;">
      <span style="font-weight: 400;">
        <span style="font-weight: 700;"></span>
      </span>
    </h1>
  </div>
</section>
<section class="u-align-center u-clearfix u-palette-1-base u-section-4" id="sec-
7bbb">
  <div class="u-clearfix u-sheet u-sheet-1">
    <div class="u-video u-video-contain u-video-1">
      <div class="embed-responsive embed-responsive-1">

```

```

        <iframe style="position: absolute;top: 0;left: 0;width: 100%;height:
100%;" class="embed-responsive-item"
src="https://www.youtube.com/embed/oAPCPjnU1wA?playlist=oAPCPjnU1wA
&amp;loop=1&amp;mute=1&amp;showinfo=0&amp;controls=0&amp;start=0&
mp;autoplay=1"
        frameborder="0" allowfullscreen=""></iframe>
    </div>
</div>
<h2 class="u-text u-text-1">WORKOUTS TUTORIAL</h2>
</div>
</section>
<section class="skrollable u-align-left u-clearfix u-image u-lightbox u-parallax
u-section-5" id="sec-033c" data-image-width="1600" data-image-height="933">
    <div class="u-clearfix u-sheet u-sheet-1">
        
        <div class="u-video u-video-contain u-video-1">
            <div class="embed-responsive embed-responsive-1">
                <iframe style="position: absolute;top: 0;left: 0;width: 100%;height:
100%;" class="embed-responsive-item" src="https://pin.it/2vMStjs"
frameborder="0" allowfullscreen=""></iframe>
            </div>
        </div>
        
        
    </div>
</section>
<section class="u-clearfix u-gradient u-lightbox u-section-6" id="sec-19d4">
    <div class="u-clearfix u-sheet u-sheet-1">
        <!--blog-->
        <!--blog_options_json-->
        <!--{"type":"Recent","source":"","tags":"","count":""}-->
        <!--/blog_options_json-->
        <div class="u-blog u-expanded-width u-blog-1">
            <div class="u-repeater u-repeater-1">
                <!--blog_post-->
                <div class="u-blog-post u-container-style u-custom-background u-
gradient u-repeater-item u-repeater-item-1">
                    <div class="u-container-layout u-similar-container u-container-
layout-1">
                        <a class="u-post-header-link" href="blog/1.html">
                            <!--blog_post_image-->
                            
    <!--/blog_post_image-->
</a>
<!--blog_post_readmore-->
<a href="https://www.verywellfit.com/everything-you-need-to-
know-about-cardio-1229553" class="u-active-none u-blog-control u-border-2 u-
border-palette-1-base u-btn u-btn-rectangle u-button-style u-hover-none u-none u-
btn-1">
    <!--blog_post_readmore_content-->Read More
    <!--/blog_post_readmore_content-->
</a>
<!--/blog_post_readmore-->
</div>
</div>
<!--/blog_post-->
<!--blog_post-->
<div class="u-blog-post u-container-style u-custom-background u-
gradient u-repeater-item u-repeater-item-2">
    <div class="u-container-layout u-similar-container u-container-
layout-2">
        <a class="u-post-header-link"
href="https://www.muscleandfitness.com/fitness-essentials/">
            <!--blog_post_image-->
            
            <!--/blog_post_image-->
            </a>
            <!--blog_post_readmore-->
            <a href="https://www.muscleandfitness.com/fitness-essentials/"
class="u-active-none u-blog-control u-border-2 u-border-palette-1-base u-btn u-
btn-rectangle u-button-style u-hover-none u-none u-btn-2">
                <!--blog_post_readmore_content-->Read More
                <!--/blog_post_readmore_content-->
            </a>
            <!--/blog_post_readmore-->
        </div>
    </div>
<!--/blog_post-->
</div>
</div>
<!--/blog-->

```

```

        <h2 class="u-text u-text-1">EQUIPMENTS</h2>
        <h2 class="u-text u-text-2">NATURAL</h2>
    </div>
</section>
<section class="u-clearfix u-gradient u-section-7" id="sec-f732">
    <div class="u-clearfix u-sheet u-sheet-1">
        <!--blog-->
        <!--blog_options_json-->
        <!--{"type":"Recent","source":"","tags":"","count":""}-->
        <!--/blog_options_json-->
        <div class="u-blog u-expanded-width u-blog-1">
            <div class="u-repeater u-repeater-1">
                <!--blog_post-->
                <div class="u-blog-post u-container-style u-custom-background u-
gradient u-radius-50 u-repeater-item u-shape-round u-repeater-item-1">
                    <div class="u-container-layout u-similar-container u-container-
layout-1">
                        <a class="u-post-header-link" href="">
                            <!--blog_post_image-->
                            
                            <!--/blog_post_image-->
                        </a>
                        <!--blog_post_readmore-->
                        <a
href="https://www.muscleandfitness.com/exercise/workouts/leg-
exercises/standing-calf-raise-3/" class="u-active-none u-blog-control u-border-2
u-border-active-palette-2-dark-1 u-border-hover-palette-2-base u-border-palette-
1-base u-btn u-button-style u-hover-none u-none u-text-hover-palette-2-base u-
text-palette-1-base u-btn-1">
                            <!--blog_post_readmore_content-->Read More
                            <!--/blog_post_readmore_content-->
                        </a>
                        <!--/blog_post_readmore-->
                    </div>
                </div>
                <!--/blog_post-->
            </div>
        </div>
        <!--/blog-->
    </div>
</section>
<footer class="footer">
    <div class="l-footer">

```



```

<h1>
  </h1>
<p>
  THIS IS AN OPPORTUNITY FOR US TO MAKE YOU AWARE OF
  YOURSELF AND HEAL YOU FROM THE INSIDE OUT.</p>
</div>
<ul class="r-footer">
  <li>
    <h2>
      Social</h2>
    <ul class="box">
      <li><a href="#">Facebook</a></li>
      <li><a href="#">Twitter</a></li>

    </ul>
  </li>
  <li class="features">
    <h2>
      Navigate through our webapp</h2>
    <ul class="box h-box">
      <li><a href="../index.html">Nutrition Page</a></li>
      <li><a href="../fitnessandmeditation/fitnesss.html.html">Fitness
Page</a></li>
      <li><a
href="../fitnessandmeditation/meditation.html.html">Meditation Page</a></li>
      <li><a href="../yogapage/mohannew.html">Yoga page</a></li>

    </ul>
  </li>
  <li>
    <h2>
      ABOUT US</h2>
    <ul class="box">
      <li><a href="../team-page-html/index.html">Our team</a></li>

      <li><a href="https://aacgriet.com/">Conditions</a></li>
    </ul>
  </li>
</ul>
<div class="b-footer">
  <p>
    All rights reserved by ©AAC 2070 </p>
</div>
</footer>
</body>

```

CARDIO PAGE:

HTML CODE:

<DOCTYPE html>

```
<html style="font-size: 16px;">
```

```
<head>
```

```
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
```

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

```
  <meta name="keywords" content="INTUITIVE">
```

```
  <meta name="description" content="">
```

```
  <meta name="page_type" content="np-template-header-footer-from-plugin">
```

```
  <title>cardio</title>
```

```
  <link rel="stylesheet" href="nc2.css" media="screen">
```

```
  <link rel="stylesheet" href="fc.css" media="screen">
```

```
  <script class="u-script" type="text/javascript" src="jq.js" defer=""></script>
```

```
  <script class="u-script" type="text/javascript" src="stylejs.js"
```

```
  defer=""></script>
```

```
  < <link id="u-theme-google-font" rel="stylesheet"
```

```
  href="https://fonts.googleapis.com/css?family=Roboto:100,100i,300,300i,400,400i,500,500i,700,700i,900,900i|Open+Sans:300,300i,400,400i,600,600i,700,700i,800,800i">
```

```
  <script type="application/ld+json">
```

```
  {
```

```
    "@context": "http://schema.org",
```

```
    "@type": "Organization",
```

```
    "name": ""
```

```
  }
```

```
</script>
```

```
  <meta property="og:title" content="cardio">
```

```
  <meta property="og:type" content="website">
```

```
  <meta name="theme-color" content="#478ac9">
```

```
</head>
```

```
<body data-home-page="cardio.html" data-home-page-title="cardio" class="u-body u-overlap u-overlap-transparent">
```



```
<div class="u-active u-align-center u-carousel-item u-clearfix u-image u-
section-1-1" src="" data-image-width="633" data-image-height="366">
  <div class="u-clearfix u-sheet u-sheet-1">
    <h1 class="u-text u-text-palette-1-light-2 u-title u-text-1">cardio<br>
      <br>
    </h1>
    <p class="u-large-text u-text u-text-variant u-text-2">Cardio for your
daily Routine "BE FIT BE HEALTHY"</p>
    <a href="#" class="u-btn u-button-style u-palette-2-base u-btn-
1">Read More</a>
  </div>
</div>
</div>
<div>
  <a class="u-absolute-vcenter u-carousel-control u-carousel-control-prev u-
icon-rounded u-palette-1-base u-spacing-10 u-block-61a7-3"
href="#carousel_3633" role="button" data-u-slide="prev">
    <span aria-hidden="true">
      <svg viewBox="0 0 477.175 477.175"><path
d="M145.188,238.575l215.5-215.5c5.3-5.3,5.3-13.8,0-19.1s-13.8-5.3-19.1,0l-
225.1,225.1c-5.3,5.3-5.3,13.8,0,19.1l225.1,225
c2.6,2.6,6.1,4,9.5,4s6.9-1.3,9.5-4c5.3-5.3,5.3-13.8,0-
19.1L145.188,238.575z"></path></svg>
    </span>
    <span class="sr-only">Previous</span>
  </a>
  <a class="u-absolute-vcenter u-carousel-control u-carousel-control-next u-
icon-rounded u-palette-1-base u-spacing-10 u-block-61a7-4"
href="#carousel_3633" role="button" data-u-slide="next">
    <span aria-hidden="true">
      <svg viewBox="0 0 477.175 477.175"><path d="M360.731,229.075l-
225.1-225.1c-5.3-5.3-13.8-5.3-19.1,0s-5.3,13.8,0,19.1l215.5,215.5l-215.5,
c-5.3,5.3-5.3,13.8,0,19.1c2.6,2.6,6.1,4,9.5,4c3.4,0,6.9-1.3,9.5-
4l225.1-
225.1C365.931,242.875,365.931,234.275,360.731,229.075z"></path></svg>
    </span>
    <span class="sr-only">Next</span>
  </a>
</div>
</section>
<section class="u-clearfix u-gradient u-section-2" id="sec-fec1">
  <div class="u-clearfix u-sheet u-sheet-1">
    <div class="u-align-left u-left-0 u-video u-video-1">
      <div class="embed-responsive embed-responsive-1">
        <iframe style="position: absolute;top: 0;left: 0;width: 100%;height:
100%;" class="embed-responsive-item" data-
src="https://youtu.be/OWGXhg50EHI?playlist=1X9981qRr3I&amp;loop=1&amp
```

```

;mute=1&showinfo=1&controls=0&start=0&autoplay=1"
data-poster="images/in.jpg"
        frameborder="0" allowfullscreen=""></iframe>
        <button class="u-video-poster u-video-poster-1" data-
src="images/pranayama3.jpg"></button>
    </div>
</div>
</div>
</section>
<section class="u-align-center u-clearfix u-palette-1-base u-section-3" id="sec-
2ca9">
    <div class="u-clearfix u-sheet u-valign-middle u-sheet-1">
        <h1 class="u-text u-text-body-color u-text-1">Types of weight loss
video.</h1>
    </div>
</section>
<section class="u-clearfix u-gradient u-lightbox u-section-4" id="sec-9968">
    <div class="u-clearfix u-sheet u-sheet-1">
        <!--blog-->
        <!--blog_options_json-->
        <!--{"type":"Recent","source":"","tags":"","count":""}-->
        <!--/blog_options_json-->
        <div class="u-blog u-expanded-width u-pagination-center u-blog-1">
            <div class="u-repeater u-repeater-1">
                <!--blog_post-->
                <div class="u-blog-post u-container-style u-repeater-item u-shape-
rectangle">
                    <div class="u-container-layout u-similar-container u-container-
layout-1">
                        <a class="u-post-header-link"
href="https://www.goodhousekeeping.com/health/diet-
nutrition/g28542030/foods-that-make-you-fat/">
                            <!--blog_post_image-->
                            
                                <!--/blog_post_image-->
                            </a>
                            <!--blog_post_readmore-->
                            <a href="https://www.goodhousekeeping.com/health/diet-
nutrition/g28542030/foods-that-make-you-fat/" class="u-active-none u-blog-
control u-border-2 u-border-palette-1-base u-btn u-btn-rectangle u-button-style u-
hover-none u-none u-btn-1">
                                <!--blog_post_readmore_content-->Read More

```

```

        <!--/blog_post_readmore_content-->
    </a>
    <!--/blog_post_readmore-->
</div>
</div>
<!--/blog_post-->
<!--blog_post-->
<div class="u-blog-post u-container-style u-repeater-item u-shape-
rectangle" data-href="https://nicepage.com">
    <div class="u-container-layout u-similar-container u-container-
layout-2">
        <a class="u-post-header-link"
href="https://food52.com/?__cf_chl_jschl_tk__=pmd_c3a1cc15a4697fbb06abe41
7080532ad172940de-1629350779-0-gqNtZGzNAc2jcnBszQhi">
            <!--blog_post_image-->
            
            <!--/blog_post_image-->
        </a>
        <!--blog_post_readmore-->
        <a
href="https://food52.com/?__cf_chl_jschl_tk__=pmd_c3a1cc15a4697fbb06abe41
7080532ad172940de-1629350779-0-gqNtZGzNAc2jcnBszQhi" class="u-active-
none u-blog-control u-border-2 u-border-palette-1-base u-btn u-btn-rectangle u-
button-style u-hover-none u-none u-btn-2">
            <!--blog_post_readmore_content-->Read More
            <!--/blog_post_readmore_content-->
        </a>
        <!--/blog_post_readmore-->
    </div>
</div>
<!--/blog_post-->
</div>
<div class="u-list-control"></div>
</div>
<!--/blog-->
</div>
</section>
<section class="u-clearfix u-gradient u-lightbox u-section-5" id="sec-1b75">
    <div class="u-clearfix u-sheet u-sheet-1">
        <div class="u-list u-list-1">
            <div class="u-repeater u-repeater-1">

```

```
<div class="u-container-style u-image u-image-round u-list-item u-radius-50 u-repeater-item u-image-1" data-image-width="600" data-image-height="450" data-href="https://blog.decathlon.in/articles/20-best-cardio-exercises-for-men cardio workouts " data-target="_blank"
```

```
data-animation-name="jackInTheBox" data-animation-duration="1500" data-animation-delay="500" data-animation-direction="">
```

```
<div class="u-container-layout u-similar-container u-container-layout-1"></div>
```

```
</div>
```

```
<div class="u-container-style u-image u-image-round u-list-item u-radius-50 u-repeater-item u-image-2" data-image-width="1000" data-image-height="667" data-href="https://www.nordictrack.co.uk/learn/better-cardio-exercise-bike-or-treadmill/ cardio" data-target="_blank"
```

```
data-animation-name="jackInTheBox" data-animation-duration="1500" data-animation-delay="500" data-animation-direction="">
```

```
<div class="u-container-layout u-similar-container u-container-layout-2"></div>
```

```
</div>
```

```
<div class="u-container-style u-custom-background u-image u-image-round u-list-item u-radius-30 u-repeater-item u-image-3" data-image-width="1000" data-image-height="667" data-href="http://cardiohigh.com/hiit-blog/ " data-target="_blank" data-animation-name="jackInTheBox"
```

```
data-animation-duration="1500" data-animation-delay="500" data-animation-direction="">
```

```
<div class="u-container-layout u-similar-container u-container-layout-3"></div>
```

```
</div>
```

```
</div>
```

```
</div>
```

```
<h2 class="u-text u-text-1">cardio 2</h2>
```

```
<h2 class="u-text u-text-2">cardio 3</h2>
```

```
<h2 class="u-text u-text-3">cardio 1</h2>
```

```
<h5 class="u-text u-text-4">This is the training regimen that 'The Oak' used in his prime.</h5>
```

```
<h5 class="u-text u-text-5">The Professional Fighters League star is preparing for his 2021 debut.</h5>
```

```
<p class="u-text u-text-6">
```

```
<a href="https://www.muscleandfitness.com/workouts/athletecelebrity-workouts/how-james-conner-stayed-in-shape-during-the-nfl-offseason/" class="u-active-none u-border-none u-btn u-button-link u-button-style u-hover-none u-none u-text-body-color u-btn-1">HOW JAMES CONNER STAYED FIT IN THE NFL OFFSEASON</a>
```

```
</p>
```

```
</div>
```

```
</section>
```

```
<footer class="footer">
```

```

<div class="l-footer">
  <h1>
    </h1>
  <p>
    THIS IS AN OPPORTUNITY FOR US TO MAKE YOU AWARE OF
    YOURSELF AND HEAL YOU FROM THE INSIDE OUT.</p>
</div>
<ul class="r-footer">
  <li>
    <h2>
      Social</h2>
    <ul class="box">
      <li><a href="#">Facebook</a></li>
      <li><a href="#">Twitter</a></li>

    </ul>
  </li>
  <li class="features">
    <h2>
      Navigate through our webapp</h2>
    <ul class="box h-box">
      <li><a href="../index.html">Nutrition Page</a></li>
      <li><a href="../fitnessandmeditation/fitnesss.html.html">Fitness
Page</a></li>
      <li><a
href="../fitnessandmeditation/meditation.html.html">Meditation Page</a></li>
      <li><a href="../yogapage/mohannew.html">Yoga page</a></li>

    </ul>
  </li>
  <li>
    <h2>
      ABOUT US</h2>
    <ul class="box">
      <li><a href="../team-page-html/index.html">Our team</a></li>

      <li><a href="https://aacgriet.com/">Conditions</a></li>
    </ul>
  </li>
</ul>
<div class="b-footer">
  <p>
    All rights reserved by ©AAC 2070 </p>
</div>
</footer>

```


</body>

</html>

CSS CODE:

```
.u-section-1-1 {  
    background-image: url("images/cardio.jpg");  
    background-position: 50% 50%;  
}
```

```
.u-section-1-1 .u-sheet-1 {  
    min-height: 800px;  
}
```

```
.u-section-1-1 .u-text-1 {  
    font-size: 6rem;  
    font-weight: 700;  
    margin: 453px 317px 0  
375px;  
}
```

```
.u-section-1-1 .u-text-2 {  
    margin: -94px 56px 0;  
}
```

```
.u-section-1-1 .u-btn-1 {  
    background-image: none;  
    text-transform: uppercase;  
    font-weight: 700;  
    margin: 40px auto 60px;  
}
```

@media (max-width:
1199px) {

```
.u-section-1-1 .u-sheet-1 {  
    min-height: 660px;  
}
```

```
.u-section-1-1 .u-text-1 {  
    margin-left: 275px;  
    margin-right: 217px;  
}
```

```
.u-section-1-1 .u-text-2 {  
    margin-left: 0;  
    margin-right: 0;
```

```
    }  
  }  
  
  @media (max-width: 991px) {  
    .u-section-1-1 .u-sheet-1 {  
      min-height: 506px;  
    }  
    .u-section-1-1 .u-text-1 {  
      margin-left: 165px;  
      margin-right: 107px;  
    }  
  }  
}
```

```
@media (max-width: 767px) {  
  .u-section-1-1 .u-sheet-1 {  
    min-height: 380px;  
  }  
  .u-section-1-1 .u-text-1 {  
    margin-left: 75px;  
    margin-right: 17px;  
  }  
}
```

```
@media (max-width: 575px) {  
  .u-section-1-1 .u-sheet-1 {  
    min-height: 239px;  
  }  
  .u-section-1-1 .u-text-1 {  
    font-size: 3.75rem;  
    margin-left: 0;  
    margin-right: 0;  
  }  
}
```

```
.u-block-61a7-2 {  
  position: absolute;  
  bottom: 10px;  
  width: auto;  
  height: auto;  
}
```

```
.u-block-61a7-3 {  
  position: absolute;  
  left: 0;  
  width: 85px;  
  height: 85px;
```

```
background-image: none;  
}
```

```
.u-block-61a7-4 {  
  position: absolute;  
  right: 0;  
  width: 85px;  
  height: 85px;  
  background-image: none;  
}
```

```
.u-section-2 {  
  background-image: linear-gradient(#478ac9,  
#db545a);  
}
```

```
.u-section-2 .u-sheet-1 {  
  min-height: 50vw;  
}
```

```
.u-section-2 .u-video-1 {  
  height: 500px;  
  width: 1140px;  
  margin: 49px -21px 60px auto;  
}
```

```
.u-section-2 .embed-responsive-1 {  
  position: absolute;  
  width: 178%;  
  left: -39%;  
  height: 178%;  
  top: -39%;  
}
```

```
.u-section-2 .u-video-poster-1 {  
  width: 56%;  
  left: 22%;  
  height: 56%;  
  top: 22%;  
  background-image: url(images/in.jpg);  
}
```

```
@media (max-width: 1199px) {  
  .u-section-2 .u-video-1 {  
    width: 940px;  
    margin-right: 0;
```

```
}  
.u-section-2 .embed-responsive-1 {  
  height: 222px;  
}  
.u-section-2 .u-video-poster-1 {  
  width: 38%;  
  height: 100%;  
}  
}
```

```
@media (max-width: 991px) {  
  .u-section-2 .u-sheet-1 {  
    min-height: 504px;  
  }  
  .u-section-2 .u-video-1 {  
    height: 404px;  
    width: 720px;  
  }  
}
```

```
@media (max-width: 767px) {  
  .u-section-2 .u-sheet-1 {  
    min-height: 5px;  
  }  
  .u-section-2 .u-video-1 {  
    height: 310px;  
    width: 540px;  
  }  
}
```

```
@media (max-width: 575px) {  
  .u-section-2 .u-sheet-1 {  
    min-height: 0;  
  }  
  .u-section-2 .u-video-1 {  
    height: 200px;  
    width: 340px;  
  }  
  .u-section-2 .embed-responsive-1 {  
    width: 261%;  
    left: -81%;  
    top: 0%;  
  }  
}
```

```
.u-section-3 {
```

```
background-image: none;  
}
```

```
.u-section-3 .u-sheet-1 {  
  min-height: 53px;  
}
```

```
.u-section-3 .u-text-1 {  
  font-weight: 900;  
  margin: 1px 20px;  
}
```

```
@media (max-width: 1199px) {  
  .u-section-3 .u-text-1 {  
    margin-left: 0;  
    margin-right: 0;  
  }  
}
```

```
.u-section-4 {  
  background-image: linear-gradient(#478ac9,  
#db545a);  
}
```

```
.u-section-4 .u-sheet-1 {  
  min-height: 622px;  
}
```

```
.u-section-4 .u-blog-1 {  
  margin-top: 27px;  
  margin-bottom: 0;  
}
```

```
.u-section-4 .u-repeater-1 {  
  grid-auto-columns: calc(50% - 5px);  
  grid-template-columns: calc(50% - 5px) calc(50%  
- 5px);  
  grid-gap: 10px 10px;  
  min-height: 595px;  
}
```

```
.u-section-4 .u-container-layout-1 {  
  padding: 0 0 19px 13px;  
}
```

```
.u-section-4 .u-image-1 {
```

```
height: 407px;
width: 505px;
box-shadow: -2px -2px 8px 0 rgba(128, 128, 128,
1);
animation-duration: 1000ms;
margin: 70px auto 0 0;
}
```

```
.u-section-4 .u-btn-1 {
background-image: none;
border-style: none none solid;
margin: 13px auto 0 30px;
padding: 0;
}
```

```
.u-section-4 .u-container-layout-2 {
padding: 0 0 19px 13px;
}
```

```
.u-section-4 .u-image-2 {
height: 407px;
width: 505px;
box-shadow: -2px -2px 8px 0 rgba(128, 128, 128,
1);
animation-duration: 1000ms;
margin: 70px auto 0 0;
}
```

```
.u-section-4 .u-btn-2 {
background-image: none;
border-style: none none solid;
margin: 13px auto 0 30px;
padding: 0;
}
```

```
@media (max-width: 1199px) {
.u-section-4 .u-sheet-1 {
min-height: 526px;
}
.u-section-4 .u-blog-1 {
height: auto;
}
.u-section-4 .u-btn-1 {
margin-left: 0;
}
.u-section-4 .u-btn-2 {
```

```

        margin-left: 0;
    }
}

@media (max-width: 991px) {
    .u-section-4 .u-repeater-1 {
        grid-auto-columns: 100%;
        grid-template-columns: 100%;
    }
}

@media (max-width: 767px) {
    .u-section-4 .u-container-layout-1 {
        padding-left: 10px;
    }
    .u-section-4 .u-container-layout-2 {
        padding-left: 10px;
    }
}

@media (max-width: 575px) {
    .u-section-4 .u-image-1 {
        height: 266px;
        width: 330px;
    }
    .u-section-4 .u-image-2 {
        height: 266px;
        width: 330px;
    }
}

.u-section-5 {
    background-image: linear-gradient(#478ac9,
#db545a);
}

.u-section-5 .u-sheet-1 {
    min-height: 682px;
}

.u-section-5 .u-list-1 {
    width: 1140px;
    grid-template-rows: auto;
    margin: 46px 0 0 auto;
}

```

```
.u-section-5 .u-repeater-1 {  
    grid-auto-columns: calc(33.3333% - 6.66667px);  
    grid-template-columns: calc(33.3333% -  
6.66667px) calc(33.3333% - 6.66667px)  
calc(33.3333% - 6.66667px);  
    grid-gap: 10px 10px;  
    min-height: 375px;  
}
```

```
.u-section-5 .u-image-1 {  
    background-image:  
url("images/cardioworkoutblog1.jpg");  
    background-position: 50% 50%;  
    animation-duration: 1500ms;  
}
```

```
.u-section-5 .u-container-layout-1 {  
    padding: 30px;  
}
```

```
.u-section-5 .u-image-2 {  
    background-image:  
url("images/cardioworkoutblog2.jpeg");  
    background-position: 50% 50%;  
    animation-duration: 1500ms;  
}
```

```
.u-section-5 .u-container-layout-2 {  
    padding: 30px;  
}
```

```
.u-section-5 .u-image-3 {  
    background-image:  
url("images/cardioworkoutblog3.jpeg");  
    background-position: 50% 50%;  
    animation-duration: 1500ms;  
}
```

```
.u-section-5 .u-container-layout-3 {  
    padding: 30px;  
}
```

```
.u-section-5 .u-text-1 {  
    width: 313px;  
    margin: 52px auto 0;  
}
```



```
.u-section-5 .u-text-2 {  
    margin: -43px 0 0 827px;  
}
```

```
.u-section-5 .u-text-3 {  
    margin: -36px 791px 0 36px;  
}
```

```
.u-section-5 .u-text-4 {  
    margin: 42px 827px 0 0;  
}
```

```
.u-section-5 .u-text-5 {  
    margin: -62px 435px 0 392px;  
}
```

```
.u-section-5 .u-text-6 {  
    margin: -76px 0 60px 827px;  
}
```

```
.u-section-5 .u-btn-1 {  
    background-image: none;  
    padding: 0;  
}
```

```
@media (max-width: 1199px) {  
    .u-section-5 .u-list-1 {  
        width: 940px;  
    }  
    .u-section-5 .u-text-2 {  
        margin-left: 727px;  
    }  
    .u-section-5 .u-text-3 {  
        margin-right: 627px;  
        margin-left: 0;  
    }  
    .u-section-5 .u-text-4 {  
        margin-right: 627px;  
    }  
    .u-section-5 .u-text-5 {  
        width: 313px;  
        margin-left: 292px;  
        margin-right: 335px;  
    }  
    .u-section-5 .u-text-6 {
```

```
        margin-left: 727px;
    }
}

@media (max-width: 991px) {
    .u-section-5 .u-list-1 {
        width: 720px;
    }
    .u-section-5 .u-repeater-1 {
        grid-auto-columns: calc(50% - 5px);
        grid-template-columns: calc(50% - 5px)
calc(50% - 5px);
    }
    .u-section-5 .u-text-2 {
        margin-left: 507px;
    }
    .u-section-5 .u-text-3 {
        margin-right: 407px;
    }
    .u-section-5 .u-text-4 {
        margin-right: 407px;
    }
    .u-section-5 .u-text-5 {
        margin-left: 182px;
        margin-right: 225px;
    }
    .u-section-5 .u-text-6 {
        margin-left: 507px;
    }
}
```

```
@media (max-width: 767px) {
    .u-section-5 .u-list-1 {
        width: 540px;
    }
    .u-section-5 .u-repeater-1 {
        grid-auto-columns: 100%;
        grid-template-columns: 100%;
    }
    .u-section-5 .u-text-2 {
        margin-left: 327px;
    }
    .u-section-5 .u-text-3 {
        margin-right: 227px;
    }
    .u-section-5 .u-text-4 {
```

```
        margin-right: 227px;
    }
    .u-section-5 .u-text-5 {
        margin-left: 92px;
        margin-right: 135px;
    }
    .u-section-5 .u-text-6 {
        margin-left: 327px;
    }
}

@media (max-width: 575px) {
    .u-section-5 .u-list-1 {
        width: 340px;
    }
    .u-section-5 .u-text-2 {
        margin-left: 127px;
    }
    .u-section-5 .u-text-3 {
        margin-right: 27px;
    }
    .u-section-5 .u-text-4 {
        margin-right: 27px;
    }
    .u-section-5 .u-text-5 {
        margin-left: 0;
        margin-right: 27px;
    }
    .u-section-5 .u-text-6 {
        margin-left: 127px;
    }
}

.footer {
    display: flex;
    flex-flow: row wrap;
    padding: 50px;
    color: #fff;
    background-color: #8383a3;
}

.footer>* {
    flex: 1 100%;
}

.l-footer {
```

```
    margin-right: 1.25em;
    margin-bottom: 2em;
}
```

```
h2 {
    font-weight: 400;
    font-size: 15px;
}
```

```
.footer ul {
    list-style: none;
    padding-left: 0;
}
```

```
.footer li {
    line-height: 2em;
}
```

```
.footer a {
    text-decoration: none;
}
```

```
.r-footer {
    display: flex;
    flex-flow: row wrap;
}
```

```
.r-footer>* {
    flex: 1 50%;
    margin-right: 1.25em;
}
```

```
.box a {
    color: #f1f1f1;
}
```

```
.h-box {
    column-count: 2;
    column-gap: 1.25em;
}
```

```
.b-footer {
    text-align: center;
    color: #f1f1f1;
    padding-top: 50px;
}
```

```
.l-footer p {
  padding-right: 20%;
  color: #f1f1f1;
}

@media screen and (min-width: 600px) {
  .r-footer>* {
    flex: 1;
  }
  .features {
    flex-grow: 2;
  }
  .l-footer {
    flex: 1 0px;
  }
  .r-footer {
    flex: 2 0px;
  }
}
```

MEDITATION PAGE:

HTML CODE:

```
<!D
OCT
YPE
html
>

<html style="font-size: 16px;">

<head>
  <meta name="viewport" content="width=device-width, initial-
scale=1.0">
  <meta charset="utf-8">
```



```
<a class="u-active-none u-btn u-button-link u-button-style u-
hover-none u-none u-btn-2"
href="../fitnessandmeditation/fitnesss.html.html" data-page-
id="38077897">FITNESS<br>
</a>
</h3>
<h3 class="u-text u-text-3">
<a class="u-active-none u-btn u-button-link u-button-style u-
hover-none u-none u-btn-3" href="mohannew.html" data-page-
id="318021168">YOGA<br>
</a>
</h3>
<h3 class="u-text u-text-4">
<a class="u-active-none u-border-none u-btn u-button-link u-
button-style u-hover-none u-none u-text-body-alt-color u-btn-4"
href="../team-page-html/index.html" data-page-
id="240212102">ABOUT US<br>
</a>
</h3>
<a class="u-active-none u-btn u-button-link u-button-style u-
none u-btn-5" href="../index.html" data-page-
id="52870865">NUTRITION</a>
<a class="u-active-none u-btn u-button-link u-button-style u-
none u-btn-6" href="#" data-page-id="52870865">HEALTHZIA<span
style="font-weight: 700;"></span>
</a>
</div>
</header>

<section id="carousel_4b94" class="pointer-event u-carousel u-slide
u-block-594b-1" data-u-ride="carousel" data-interval="5000">
<ol class="u-absolute-hcenter u-carousel-indicators u-block-594b-
2">
<li data-u-target="#carousel_4b94" data-u-slide-to="0" class="u-
active u-grey-30"></li>
</ol>
<div class="u-carousel-inner" role="listbox">
<div class="u-active u-align-center u-carousel-item u-clearfix u-
image u-section-1-1" src="" data-image-width="1600" data-image-
height="900">
<div class="u-clearfix u-sheet u-sheet-1">
<h1 class="u-text u-text-palette-1-base u-title u-text-
1">Meditation</h1>
<p class="u-large-text u-text u-text-variant u-text-white u-
text-2">QUEIT THE MIND LET THE SOUL WILL SPEAK </p>
```

```

        <a href="#" class="u-btn u-btn-round u-button-style u-
palette-2-base u-radius-30 u-btn-1">Read More</a>
    </div>
</div>
</div>
<a class="u-absolute-vcenter u-carousel-control u-carousel-control-
prev u-text-grey-30 u-block-594b-3" href="#carousel_4b94"
role="button" data-u-slide="prev">
    <span aria-hidden="true">
        <svg viewBox="0 0 477.175 477.175"><path
d="M145.188,238.575l215.5-215.5c5.3-5.3,5.3-13.8,0-19.1s-13.8-5.3-
19.1,0l-225.1,225.1c-5.3,5.3-5.3,13.8,0,19.1l225.1,225
c2.6,2.6,6.1,4,9.5,4s6.9-1.3,9.5-4c5.3-5.3,5.3-13.8,0-
19.1L145.188,238.575z"></path></svg>
    </span>
    <span class="sr-only">Previous</span>
</a>
<a class="u-absolute-vcenter u-carousel-control u-carousel-control-
next u-text-grey-30 u-block-594b-4" href="#carousel_4b94"
role="button" data-u-slide="next">
    <span aria-hidden="true">
        <svg viewBox="0 0 477.175 477.175"><path
d="M360.731,229.075l-225.1-225.1c-5.3-5.3-13.8-5.3-19.1,0s-
5.3,13.8,0,19.1l215.5,215.5l-215.5,215.5
c-5.3,5.3-5.3,13.8,0,19.1c2.6,2.6,6.1,4,9.5,4c3.4,0,6.9-
1.3,9.5-4l225.1-
225.1C365.931,242.875,365.931,234.275,360.731,229.075z"></path>
</svg>
    </span>
    <span class="sr-only">Next</span>
</a>
</section>
<section class="skrollable u-clearfix u-image u-parallax u-section-2"
id="sec-2dc9" data-image-width="1600" data-image-height="900">
    
    
</section>
<section class="u-align-center u-clearfix u-gradient u-section-3"
id="sec-bdb7">
    <div class="u-clearfix u-sheet u-sheet-1">

```



```


    
    <div class="u-clearfix u-gutter-0 u-layout-wrap u-layout-wrap-
1">
        <div class="u-layout" style="">
            <div class="u-layout-row" style="">
                <div class="u-align-left u-container-style u-layout-cell u-
palette-1-base u-radius-50 u-right-cell u-shape-round u-size-60 u-size-
xs-60 u-layout-cell-1" data-animation-name="jello" data-animation-
duration="1000" data-animation-delay="0" data-animation-
direction="">
                    <div class="u-container-layout u-container-layout-1">
                        <h2 class="u-text u-text-1">STRESS</h2>
                        <p class="u-text u-text-2">Sample text. Lorem
ipsum dolor sit amet, consectetur adipiscing elit nullam nunc justo
sagittis suscipit ultrices.</p>
                        <a href="https://www.stress.org/" data-page-
id="292054000" class="u-border-3 u-border-white u-btn u-btn-round
u-button-style u-hover-palette-2-base u-none u-radius-35 u-btn-
1">learn more</a>
                    </div>
                </div>
            </div>
        </div>
    </div>
    <div class="u-image u-image-round u-radius-34 u-image-3"
src="images/cardio3.jpg" alt="" data-image-width="980" data-image-
height="654" data-animation-name="zoomIn" data-animation-
duration="500" data-animation-delay="500" data-animation-
direction="">
    </div>
</section>
<section class="u-align-center u-clearfix u-gradient u-section-4"
id="sec-1508">
    <div class="u-clearfix u-sheet u-sheet-1">
        <div class="u-clearfix u-gutter-0 u-layout-wrap u-layout-wrap-
1">
            <div class="u-layout" style="">
                <div class="u-layout-row" style="">
                    <div class="u-align-left u-container-style u-layout-cell u-
left-cell u-palette-1-base u-radius-50 u-shape-round u-size-30 u-size-
xs-60 u-layout-cell-1" src="" data-animation-name="jello" data-

```

```
animation-duration="1000" data-animation-delay="0" data-animation-  
direction="">  
    <div class="u-container-layout u-container-layout-1">  
        <h2 class="u-text u-text-1">Relaxing <span  
style="font-weight: 700;">  
        <span style="font-weight: 400;"></span>  
        </span>Music<br>  
        <br>  
    </h2>  
    <p class="u-text u-text-2">Sample text. Lorem  
ipsum dolor sit amet, consectetur adipiscing elit nullam nunc justo  
sagittis suscipit ultrices.</p>  
    <a href="https://soothingrelaxation.com/" data-page-  
id="38077897" class="u-border-4 u-border-white u-btn u-btn-round u-  
button-style u-hover-palette-2-base u-none u-radius-50 u-btn-1" data-  
animation-name="fadeIn" data-animation-duration="1000" data-  
animation-delay="0">learn more</a>  
    </div>  
</div>  
    <div class="u-align-left u-container-style u-layout-cell u-  
right-cell u-size-30 u-size-xs-60 u-layout-cell-2" data-animation-  
name="zoomIn" data-animation-duration="500" data-animation-  
delay="250" data-animation-direction="Down">  
    <div class="u-container-layout u-container-layout-2"  
src="">  
          
    </div>  
</div>  
</div>  
</div>  
</div>  
</div>  
</section>  
<section class="u-align-center u-clearfix u-gradient u-section-5"  
id="sec-ac55">  
    <div class="u-clearfix u-sheet u-sheet-1">  
        <h2 class="u-text u-text-1">Sample Headline</h2>  
        <p class="u-text u-text-2">Sample text. Click to select the text  
box. Click again or double click to start editing the text.</p>  
        <div class="u-expanded-width-sm u-expanded-width-xs u-video  
u-video-1" data-animation-name="rotateIn" data-animation-
```

```

duration="1000" data-animation-delay="0" data-animation-
direction="">
    <div class="embed-responsive embed-responsive-1">
        <iframe style="position: absolute;top: 0;left: 0;width:
100%;height: 100%;" class="embed-responsive-item"
src="https://www.youtube.com/embed/KQOAVZew5l8?playlist=KQ
OAVZew5l8&loop=1&mute=1&showinfo=1&co
ntrols=0&start=0&autoplay=1"
        frameborder="0" allowfullscreen=""></iframe>
    </div>
</div>
<h1 class="u-text u-text-body-alt-color u-text-3">Meditation
Tutorial </h1>
</div>
</section>
<section class="u-clearfix u-gradient u-section-6" id="sec-1a20">
    <div class="u-clearfix u-sheet u-sheet-1">
        <h1 class="u-text u-text-default u-text-1">brief info...<span
class="u-text-body-alt-color">
            <span class="u-text-white">
                <span style="font-weight: 700;"></span>
            </span>
        </span>
        </h1>
        <!--blog-->
        <!--blog_options_json-->
        <!--{"type":"Recent","source":"","tags":"","count":""}-->
        <!--/blog_options_json-->
        <div class="u-blog u-expanded-width u-blog-1">
            <div class="u-list-control"></div>
            <div class="u-repeater u-repeater-1">
                <!--blog_post-->
                <div class="u-blog-post u-container-style u-repeater-item">
                    <div class="u-container-layout u-similar-container u-
container-layout-1">
                        <!--blog_post_header-->
                        <h2 class="u-blog-control u-text u-text-default u-text-
2">
                            <a class="u-post-header-link"
href="blog/post.html">
                                <!--blog_post_header_content-->Post 1 Headline
                                <!--/blog_post_header_content-->
                            </a>
                        </h2>
                        <!--/blog_post_header-->
                        <a class="u-post-header-link" href="blog/post.html">

```

```

        <!--blog_post_image-->
        
        <!--/blog_post_image-->
    </a>
    <!--blog_post_readmore-->
    <a href="https://www.mindful.org/how-to-meditate/"
class="u-blog-control u-btn u-btn-round u-button-style u-hover-
palette-3-dark-2 u-palette-1-base u-radius-49 u-btn-1">
        <!--blog_post_readmore_content-->Read More
        <!--/blog_post_readmore_content-->
    </a>
    <!--/blog_post_readmore-->
</div>
</div>
<!--/blog_post-->
<!--blog_post-->
<div class="u-blog-post u-container-style u-repeater-item">
    <div class="u-container-layout u-similar-container u-
container-layout-2">
        <!--blog_post_header-->
        <h2 class="u-blog-control u-text u-text-default u-text-
3">

        <a class="u-post-header-link" href="blog/post-
1.html">

            <!--blog_post_header_content-->Post 2 Headline
            <!--/blog_post_header_content-->
            </a>
        </h2>
        <!--/blog_post_header-->
        <a class="u-post-header-link" href="blog/post-
1.html">

            <!--blog_post_image-->
            
            <!--/blog_post_image-->
            </a>
            <!--blog_post_readmore-->
            <a href="https://www.mindful.org/how-to-meditate/"
class="u-blog-control u-btn u-btn-round u-button-style u-hover-
palette-3-dark-2 u-palette-1-base u-radius-49 u-btn-2">
                <!--blog_post_readmore_content-->Read More
                <!--/blog_post_readmore_content-->
            </a>

```

```

        <!--/blog_post_readmore-->
    </div>
</div>
<!--/blog_post-->
<!--blog_post-->
<div class="u-blog-post u-container-style u-repeater-item">
    <div class="u-container-layout u-similar-container u-
container-layout-3">
        <!--blog_post_header-->
        <h2 class="u-blog-control u-text u-text-default u-text-
4">
            <a class="u-post-header-link"
href="https://www.mindful.org/how-to-meditate/">
                <!--blog_post_header_content-->Post 3 Headline
                <!--/blog_post_header_content-->
            </a>
        </h2>
        <!--/blog_post_header-->
        <a class="u-post-header-link" href="blog/post-
2.html">
            <!--blog_post_image-->
            
            <!--/blog_post_image-->
        </a>
        <!--blog_post_readmore-->
        <a href="https://www.mindful.org/how-to-meditate/"
class="u-blog-control u-btn u-btn-round u-button-style u-hover-
palette-3-dark-2 u-palette-1-base u-radius-49 u-btn-3">
            <!--blog_post_readmore_content-->Read More
            <!--/blog_post_readmore_content-->
        </a>
        <!--/blog_post_readmore-->
    </div>
</div>
<!--/blog_post-->
</div>
<div class="u-list-control"></div>
</div>
<!--/blog-->
</div>
<!--<script>
const body = document.querySelector("body");
const navbar = document.querySelector(".navbar");
const menu = document.querySelector(".menu-list");

```

```

const menuBtn = document.querySelector(".menu-btn");
const cancelBtn = document.querySelector(".cancel-btn");
menuBtn.onclick = ()=>{
    menu.classList.add("active");
    menuBtn.classList.add("hide");
    cancelBtn.classList.add("show");
    body.classList.add("disabledScroll");
}
cancelBtn.onclick = ()=>{
    menu.classList.remove("active");
    menuBtn.classList.remove("hide");
    cancelBtn.classList.remove("show");
    body.classList.remove("disabledScroll");
}
window.onscroll = ()=>{
    this.scrollY > 20 ? navbar.classList.add("sticky") :
    navbar.classList.remove("sticky");
}
</script> -->

```

```

<script>
    var $ = jQuery;

    $(document).ready(function() {
        $(window).scroll(function() {
            var scroll = $(window).scrollTop();
            if (scroll > 100) {
                $(".fixed-top").addClass("nav-background");
                $(".navbar-toggler").addClass('mobile-navbar-toggler')
            } else {
                $(".fixed-top").removeClass("nav-background");
                $(".navbar-toggler").removeClass('mobile-navbar-
toggler')
            }
        })
    })
</script>

```

```

<footer class="footer">
    <div class="l-footer">
        <h1>
            </h1>
        <p>

```

THIS IS AN OPPORTUNITY FOR US TO MAKE YOU
AWARE OF YOURSELF AND HEAL YOU FROM THE INSIDE
OUT.</p>

</div>

<ul class="r-footer">

<h2>

Social</h2>

<ul class="box">

Facebook

Twitter

<li class="features">

<h2>

Navigate through our webapp</h2>

<ul class="box h-box">

Nutrition Page

Fitness
Page

Meditation
Page

Yoga
page

<h2>

ABOUT US</h2>

<ul class="box">

Our
team

Conditions

<div class="b-footer">

<p>

All rights reserved by ©AAC 2070 </p>

</div>

</footer>

</body>

</html>

CSS

CODE:

```
.navbar-  
nav a {
```

```
    font-family: poppins;  
    font-size: 18px;  
    text-transform: uppercase;  
    font-weight: bold;  
}
```

```
.navbar-light .navbar-brand {  
    color: #fff;  
    font-size: 25px;  
    text-transform: uppercase;  
    font-weight: bold;  
    letter-spacing: 3px;  
}
```

```
.navbar-light .navbar-nav .active>.nav-link,  
.navbar-light .navbar-nav .nav-link.active,  
.navbar-light .navbar-nav .nav-link.show,  
.navbar-light .navbar-nav .show>.nav-link {  
    color: #fff;  
}
```

```
.navbar-light .navbar-nav .nav-link {  
    color: #fff;  
}
```

```
.navbar-nav {  
    text-align: center;  
}
```

```
.nav-link {  
    padding: .2rem 1rem;  
}
```

```
.nav-link.active,  
.nav-link:focus {  
    color: #fff;  
}
```

```
.navbar-toggler {  
    padding: 1px 5px;  
    font-size: 18px;  
    line-height: 0.3;
```

```

        background: #fff;
    }

    .navbar-light .navbar-nav .nav-link:focus,
    .navbar-light .navbar-nav .nav-link:hover {
        color: #fff;
    }

    .w-100 {
        height: 100vh;
    }
    /* custom scroll bar */

    ::-webkit-scrollbar {
        width: 10px;
    }

    ::-webkit-scrollbar-track {
        background: #f1f1f1;
    }

    ::-webkit-scrollbar-thumb {
        background: #888;
    }

    ::selection {
        background: rgb(0, 123, 255, 0.3);
    }

    .content {
        max-width: 1250px;
        margin: auto;
        padding: 0px 30px;
    }

    @media only screen and (max-width: 767px) {
        /* .navbar-nav.ml-auto {
            background: rgba(0, 0, 0, 0.5);
        }
        .navbar-nav a {
            font-size: 14px;
            font-weight: normal;
        } */
        body.disabledScroll {
            overflow: hidden;
        }
    }

```

```

.icon {
    display: block;
    height: 50px;
    width: 50px;
    text-align: center;
    line-height: 50px;
    border-radius: 50%;
    z-index: 9;
}
.icon.cancel-btn {
    display: none;
}
.icon.cancel-btn.show {
    display: block;
}
.icon.hide {
    display: none;
}
.navbar .menu-list {
    position: fixed;
    top: 0;
    left: 0;
    height: 100vh;
    width: 100%;
    background: #222;
    display: block;
    padding: 40px 0;
    text-align: center;
    clip-path: circle(25px at calc(100% - 55px) calc(0% +
50px)));
    transition: all 0.3s ease;
}
.navbar.sticky .menu-list {
    clip-path: circle(25px at calc(100% - 55px) calc(0% +
35px)));
}
.navbar .menu-list.active {
    clip-path: circle(75%);
}
.navbar .menu-list li {
    margin-top: 45px;
}
.navbar .menu-list li a {
    font-size: 23px;
}
}

```

```
.navbar.sticky {
    background: darkblue;
}

.p-t-20 {
    padding-top: 15px !important;
}

.c-l-r-w {
    color: white !important;
}

.nav-background {
    background: darkblue;
}

.mobile-navbar-toggler {
    background-color: white !important;
}

.u-section-1-1 {
    background-image: url("images/destress.jpg");
    background-position: 50% 50%;
}

.u-section-1-1 .u-sheet-1 {
    min-height: 854px;
}

.u-section-1-1 .u-text-1 {
    font-weight: 700;
    width: 448px;
    margin: 534px auto 0;
}

.u-section-1-1 .u-text-2 {
    margin: 48px 25px 0 87px;
}

.u-section-1-1 .u-btn-1 {
    background-image: none;
    text-transform: uppercase;
    font-weight: 700;
    margin: 48px auto 60px;
}
```

```
.u-block-594b-2 {
    position: absolute;
    bottom: 10px;
    width: auto;
    height: auto;
}

.u-block-594b-3 {
    position: absolute;
    left: 0;
}

.u-block-594b-4 {
    position: absolute;
    right: 0;
}

.u-section-2 {
    background-image: url("images/wallpapertip_yoga-
wallpaper_1460065.jpg");
    min-height: 1369px;
}

.u-section-2 .u-image-1 {
    width: 468px;
    height: 468px;
    margin: 92px auto 0 calc(((100% - 1140px) / 2) + -16px);
}

.u-section-2 .u-image-2 {
    width: calc(((100% - 1140px) / 2) + 490px);
    height: 725px;
    margin: 0 0 60px auto;
}

.u-section-3 {
    background-image: linear-gradient(#478ac9, #db545a);
}

.u-section-3 .u-sheet-1 {
    min-height: 1714px;
}

.u-section-3 .u-image-1 {
    width: 397px;
```

```
height: 1024px;
margin: -20px auto 0 87px;
}

.u-section-3 .u-image-2 {
width: 570px;
height: 855px;
margin: -862px 19px 0 auto;
}

.u-section-3 .u-layout-wrap-1 {
pointer-events: auto;
width: 493px;
margin: 88px 77px 0 auto;
}

.u-section-3 .u-layout-cell-1 {
min-height: 530px;
pointer-events: auto;
animation-duration: 1000ms;
}

.u-section-3 .u-container-layout-1 {
padding: 30px 60px;
}

.u-section-3 .u-text-1 {
margin: 177px 0 0;
}

.u-section-3 .u-text-2 {
margin: 20px 0 0;
}

.u-section-3 .u-btn-1 {
text-transform: uppercase;
font-size: 0.875rem;
letter-spacing: 2px;
background-image: none;
border-style: solid;
margin: 29px auto 0 0;
padding: 9px 32px 11px 30px;
}

.u-section-3 .u-image-3 {
width: 528px;
```

```
    height: 512px;
    animation-duration: 500ms;
    margin: -521px auto 60px 42px;
}

.u-section-4 {
    background-image: linear-gradient(#77aad9, #db545a);
}

.u-section-4 .u-sheet-1 {
    min-height: 710px;
}

.u-section-4 .u-layout-wrap-1 {
    pointer-events: auto;
    width: 1100px;
    margin: 74px auto 60px;
}

.u-section-4 .u-layout-cell-1 {
    min-height: 536px;
    pointer-events: auto;
    animation-duration: 1000ms;
}

.u-section-4 .u-container-layout-1 {
    padding: 30px 0 30px 46px;
}

.u-section-4 .u-text-1 {
    margin: 151px 14px 0 60px;
}

.u-section-4 .u-text-2 {
    margin: 14px 74px 0 0;
}

.u-section-4 .u-btn-1 {
    text-transform: uppercase;
    font-size: 0.875rem;
    letter-spacing: 2px;
    background-image: none;
    border-style: solid;
    animation-duration: 1000ms;
    margin: 43px auto 0 100px;
    padding: 10px 34px;
```

```
}

.u-section-4 .u-layout-cell-2 {
  min-height: 536px;
  pointer-events: auto;
  animation-duration: 500ms;
}

.u-section-4 .u-container-layout-2 {
  padding: 10px 27px 0 0;
}

.u-section-4 .u-image-1 {
  width: 503px;
  height: 516px;
  animation-duration: 500ms;
  margin: 0 auto 0 0;
}

.u-section-5 {
  background-image: linear-gradient(#77aad9, #db545a);
}

.u-section-5 .u-sheet-1 {
  min-height: 671px;
}

.u-section-5 .u-text-1 {
  margin: 60px 230px 0;
}

.u-section-5 .u-text-2 {
  width: 680px;
  margin: 20px auto 0;
}

.u-section-5 .u-video-1 {
  height: 547px;
  width: 1162px;
  animation-duration: 1000ms;
  margin: -104px -11px 0;
}

.u-section-5 .embed-responsive-1 {
  position: absolute;
  width: 178%;
```



```
    left: -39%;  
    height: 178%;  
    top: -39%;  
}
```

```
.u-section-5 .u-text-3 {  
    width: 680px;  
    font-weight: 700;  
    margin: 20px auto 11px;  
}
```

```
.u-section-6 {  
    background-image: linear-gradient(#478ac9, #db545a);  
}
```

```
.u-section-6 .u-sheet-1 {  
    min-height: 572px;  
}
```

```
.u-section-6 .u-text-1 {  
    text-transform: uppercase;  
    font-weight: 700;  
    margin: 29px auto 0 407px;  
}
```

```
.u-section-6 .u-blog-1 {  
    margin-top: 0;  
    margin-bottom: 57px;  
}
```

```
.u-section-6 .u-repeater-1 {  
    grid-auto-columns: calc(33.3333% - 6.66667px);  
    grid-template-columns: calc(33.3333% - 6.66667px)  
calc(33.3333% - 6.66667px) calc(33.3333% - 6.66667px);  
    grid-gap: 10px 10px;  
    min-height: 375px;  
}
```

```
.u-section-6 .u-container-layout-1 {  
    padding: 15px 10px 30px 0;  
}
```

```
.u-section-6 .u-text-2 {  
    margin: 37px auto 0 59px;  
}
```

```
.u-section-6 .u-image-1 {  
    height: 180px;  
    width: 370px;  
    margin: 49px auto 0 -7px;  
}
```

```
.u-section-6 .u-btn-1 {  
    border-style: none;  
    background-image: none;  
    margin: 38px auto 0 107px;  
}
```

```
.u-section-6 .u-container-layout-2 {  
    padding: 15px 10px 30px 0;  
}
```

```
.u-section-6 .u-text-3 {  
    margin: 37px auto 0 59px;  
}
```

```
.u-section-6 .u-image-2 {  
    height: 180px;  
    width: 370px;  
    margin: 49px auto 0 -7px;  
}
```

```
.u-section-6 .u-btn-2 {  
    border-style: none;  
    background-image: none;  
    margin: 38px auto 0 107px;  
}
```

```
.u-section-6 .u-container-layout-3 {  
    padding: 15px 10px 30px 0;  
}
```

```
.u-section-6 .u-text-4 {  
    margin: 37px auto 0 59px;  
}
```

```
.u-section-6 .u-image-3 {  
    height: 180px;  
    width: 370px;  
    margin: 49px auto 0 -7px;  
}
```

```
.u-section-6 .u-btn-3 {  
  border-style: none;  
  background-image: none;  
  margin: 38px auto 0 107px;  
}
```

```
.u-section-7 .u-sheet-1 {  
  min-height: 500px;  
}
```

```
.u-section-8 .u-sheet-1 {  
  min-height: 500px;  
}
```

```
*,  
*:before,  
*:after {  
  box-sizing: border-box;  
}
```

```
body {  
  font-family: poppins;  
  margin: 0;  
  display: grid;  
  font-size: 14px;  
}
```

```
header p {  
  padding: 50px;  
  text-align: center;  
  color: #bebebe;  
  text-transform: uppercase;  
  font-size: 65px;  
  font-weight: 700;  
}
```

```
.footer {  
  display: flex;  
  flex-flow: row wrap;  
  padding: 50px;  
  color: #fff;  
  background-color: #8383a3;  
}
```

```
.footer>* {  
  flex: 1 100%;
```

```
}

.l-footer {
  margin-right: 1.25em;
  margin-bottom: 2em;
}

h2 {
  font-weight: 400;
  font-size: 15px;
}

.footer ul {
  list-style: none;
  padding-left: 0;
}

.footer li {
  line-height: 2em;
}

.footer a {
  text-decoration: none;
}

.r-footer {
  display: flex;
  flex-flow: row wrap;
}

.r-footer>* {
  flex: 1 50%;
  margin-right: 1.25em;
}

.box a {
  color: #f1f1f1;
}

.h-box {
  column-count: 2;
  column-gap: 1.25em;
}

.b-footer {
  text-align: center;
```

```
        color: #f1f1f1;
        padding-top: 50px;
    }

    .l-footer p {
        padding-right: 20%;
        color: #f1f1f1;
    }

    @media screen and (min-width: 600px) {
        .r-footer>* {
            flex: 1;
        }
        .features {
            flex-grow: 2;
        }
        .l-footer {
            flex: 1 0px;
        }
        .r-footer {
            flex: 2 0px;
        }
    }
```

NUTRITION PAGE

HTML CODE:

<!DOCTYPE

E html>

```
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width,
initial-scale=1.0">
  <title>Nutrition</title>
  <link rel="stylesheet" href="style.css">
  <script
src="https://kit.fontawesome.com/a076d05399.js"></script>
</head>
<body style="background-color:#b2b2be;">
  <body>
    <body style="background-color:#8383a3;">
      <nav class="navbar">
        <div class="content">
          <div class="logo"><a href="#"></a></div>
          <ul class="menu-list">
            <div class="icon cancel-btn">
              <i class="fas fa-times"></i>
            </div>
            <li><a href="/mainpage web
dev/mainpage.html">HOME</a></li>
            <li><a href="/index.html">NUTRITION</a></li>
            <li><a
href="/fitnessandmeditation/helfitt.html.html">FITNESS</a>
</li>
            <li><a
href="/yogapage/mohannew.html">YOGA</a></li>
            <li><a href="/team-page-
html/index.html">CONTACT</a></li>
          </ul>
          <div class="icon menu-btn">
            <i class="fas fa-bars"></i>
          </div>
        </div>
      </nav>
      <div class="banner"></div>
      <div class="about">
      <div class="content">
```

<div class="title">“Our Food Should Be Our Medicine & Our Medicine Should Be Our Food”</div>

<p>Millet is a cereal grain that belongs to the Poaceae family, commonly known as the grass family .

It’s widely consumed in developing countries throughout Africa and Asia. While it may look like a seed, millet’s nutritional profile is similar to that of sorghum and other cereals .

Millet has gained popularity in the West because it’s gluten-free and boasts high protein, fiber, and antioxidant contents

</p>

</div>

</div>

<div class="container">

<div class="heading">

<h1>Millets</h1>

</div>

<div class="row">

<div class="card">

<div class="card-header">

<h1>Foxtail Millet</h1>

</div>

<div class="card-body">

<p>

Fox tail is also known as Italian millet, and German millet. It is generally grown as a rainfed crop in India. It has an erect leafy stem that grow 60-75 cm tall and bend quite a bit at maturity due to heavy weight of earhead. Foxtail grain contains 10% to 12% Protein, 4.7% fat, 60.6 % carbohydrates 2.29% to 2.7% Lysine and 0.59 (mg) Thiamin.

</p>

Read more

</div>

</div>

<div class="card">

<div class="card-header">

<h1>Finger millets</h1>

</div>

```
<div class="card-body">
```

```
<p>
```

Finger millet is important small millet grown in India. It is a staple food in many hilly regions of the country. It is grown both as grain and forage. Grains are rich in minerals and are the richest source of calcium used in many preparations like cakes, puddings, sweet etc. The green straw is suitable for making silage. It is also good for persons suffering from diabetes.

```
</p>
```

```
<a href="landingpage2/fingermillet.html"
class="btn">Read more</a>
```

```
</div>
```

```
</div>
```

```
<div class="card">
```

```
<div class="card-header">
```

```
<h1>Sorghum</h1>
```

```
</div>
```

```
<div class="card-body">
```

```
<p>
```

Sorghum is an important tropical cereal food, feed and fodder crop.

It is an important grain and forage crop of semiarid regions due to its high adaptability and suitability to rain-fed low input agriculture. It is one of the most widely grown dry land food grain in India. Sorghum is truly a versatile crop that can be grown as a grain, forage or sweet crop. Sorghum is one of the top five cereal crops in the world.

```
</p>
```

```
<a href="landingpage3/Sorgheummillet.html"
class="btn">Read more</a>
```

```
</div>
```

```
</div>
```

```
<div class="card">
```

```
<div class="card-header">
```

```
<h1>Bajra-Pearl millet</h1>
```

```
</div>
```

```
<div class="card-body">
```

```
<p>
```

Bajra is popularly known as “pearl millet” and belongs to the family of Gramineae. This grain is basically originated from India or Africa. Bajra is a coarse grain crop and considered to be the poor man’s staple nourishment and suitable to cultivate in dry lands. Major Bajra production states

in India are: Rajasthan, Maharashtra, Haryana, Uttar Pradesh and Gujarat.

```
</p>
<a href="landingpage4/Pearlmillet.html"
class="btn">Read more</a>
</div>
</div>
</div>
</div>
```

```
<footer class="footer">
<div class="l-footer">
<h1>
</h1>
<p>
THIS IS AN OPPORTUNITY FOR US TO MAKE YOU
AWARE OF YOURSELF AND HEAL YOU FROM THE
INSIDE OUT.</p>
```

```
</div>
<ul class="r-footer">
<li>
<h2>
Social</h2>
<ul class="box">
<li><a href="#">Facebook</a></li>
<li><a href="#">Twitter</a></li>
```

```
</ul>
</li>
<li class="features">
<h2>
Navigate through our webapp</h2>
<ul class="box h-box">
<li><a href="index.html">Nutrition Page</a></li>
<li><a
href="fitnessandmeditation/fitnesss.html.html">Fitness
Page</a></li>
<li><a
href="fitnessandmeditation/meditation.html.html">Meditation
Page</a></li>
<li><a href="yogapage/mohannew.html">Yoga
page</a></li>

</ul>
</li>
```

```
<li>
  <h2>
  ABOUT US</h2>
  <ul class="box">
    <li><a href="team-page-html/index.html">Our
team</a></li>

    <li><a href="https://aacgriet.com/">Conditions</a></li>
  </ul>
</li>
</ul>
<div class="b-footer">
  <p>
  All rights reserved by ©AAC 2070 </p>
</div>
</footer>
```

```
<script>
const body = document.querySelector("body");
const navbar = document.querySelector(".navbar");
const menu = document.querySelector(".menu-list");
const menuBtn = document.querySelector(".menu-btn");
const cancelBtn = document.querySelector(".cancel-btn");
menuBtn.onclick = ()=>{
  menu.classList.add("active");
  menuBtn.classList.add("hide");
  cancelBtn.classList.add("show");
  body.classList.add("disabledScroll");
}
cancelBtn.onclick = ()=>{
  menu.classList.remove("active");
  menuBtn.classList.remove("hide");
  cancelBtn.classList.remove("show");
  body.classList.remove("disabledScroll");
}

window.onscroll = ()=>{
  this.scrollY > 20 ? navbar.classList.add("sticky") :
navbar.classList.remove("sticky");
}
```

```
</script>
```

```
</body>
```

```
</html>
```

CSS CODE:

```
@import
url('https://fonts.googleapis.com/css2?family=Poppins:wght@200;300;400;50
0;600;700&display=swap');
*{
    margin: 0;
    padding: 0;
    box-sizing: border-box;
    font-family: 'Poppins', sans-serif;
}
/* custom scroll bar */
::-webkit-scrollbar {
    width: 10px;
}
::-webkit-scrollbar-track {
    background: #f1f1f1;
}
::-webkit-scrollbar-thumb {
    background: #888;
}
::selection{
    background: rgba(250, 250, 250, 0.3);
}
.content{
    max-width: 1250px;
    margin: auto;
    padding: 0px 30px;
}
.navbar{
    position: fixed;
    z-index: 5;
    width: 100%;
    padding: 25px 0;
    transition: all 0.3s ease;
```

```
}
.navbar.sticky{
  padding: 10px 0;
  background: #8383a3;
  box-shadow: 0px 3px 5px 0px rgba(0,0,0,0.1);
}
.navbar .content{
  display: flex;
  align-items: center;
  justify-content: space-between;
}
.navbar .logo a{
  color: #ff416c;
  font-size: 30px;
  font-weight: 600;
  text-decoration: none;
}
.navbar .menu-list{
  display: inline-flex;
}
.menu-list li{
  list-style: none;
}
.menu-list li a{
  color: #ff416c;
  font-size: 18px;
  font-weight: 500;
  margin-left: 25px;
  text-decoration: none;
  transition: all 0.3s ease;
}
.menu-list li a:hover{
  color: #007bff;
}
.banner{
  height: 100vh;
  background: url("images/home3.jpg") no-repeat;
  background-size: cover;
  background-position: center;
  background-attachment: fixed;
}
.about{
  padding: 40px 0;
}
.about .title{
  font-size: 35px;
```

```
font-weight: 700;
text-align: center;
color: #f64c72;
}
.about p{
padding-top: 20px;
text-align: justify;
}
.icon{
color: #fff;
font-size: 20px;
cursor: pointer;
display: none;
}
.icon.cancel-btn{
position: absolute;
right: 30px;
top: 20px;
}
.navbar.sticky .icon.cancel-btn{
top: 10px;
}
```

```
@media (max-width: 868px) {
body.disabledScroll{
overflow: hidden;
}
.icon{
display: block;
height: 50px;
width: 50px;
text-align: center;
line-height: 50px;
border-radius: 50%;
z-index: 9;
}
.icon.cancel-btn{
display: none;
}
.icon.cancel-btn.show{
display: block;
}
.icon.hide{
display: none;
}
```

```
.navbar .menu-list{
  position: fixed;
  top: 0;
  left: 0;
  height: 100vh;
  width: 100%;
  background: #222;
  display: block;
  padding: 40px 0;
  text-align: center;
  clip-path: circle(25px at calc(100% - 55px) calc(0% + 50px));
  transition: all 0.3s ease;
}
.navbar.sticky .menu-list{
  clip-path: circle(25px at calc(100% - 55px) calc(0% + 35px));
}
.navbar .menu-list.active{
  clip-path: circle(75%);
}
.navbar .menu-list li{
  margin-top: 45px;
}
.navbar .menu-list li a{
  font-size: 23px;
}
}

* {
  padding: 0;
  margin: 0;
  box-sizing: border-box;
}

body {
  background: #fefefe;
  font-family: sans-serif;
}

.container {
  width: 90%;
  margin: 50px auto;
}

.heading {
  text-align: center;
  font-size: 30px;
  margin-bottom: 50px;
```

```
}
```

```
.row {  
  display: flex;  
  flex-direction: row;  
  justify-content: space-around;  
  flex-flow: wrap;  
}
```

```
.card {  
  width: 20%;  
  background: #fff;  
  border: 1px solid #ccc;  
  margin-bottom: 50px;  
  transition: 0.3s;  
}
```

```
.card-header {  
  text-align: center;  
  padding: 50px 10px;  
  background: linear-gradient(to right, #ff416c, #ff4b2b);  
  color: #fff;  
}
```

```
.card-body {  
  padding: 30px 20px;  
  text-align: center;  
  font-size: 18px;  
}
```

```
.card-body .btn {  
  display: block;  
  color: #fff;  
  text-align: center;  
  background: linear-gradient(to right, #ff416c, #ff4b2b);  
  margin-top: 30px;  
  text-decoration: none;  
  padding: 10px 5px;  
}
```

```
.card:hover {  
  transform: scale(1.05);  
  box-shadow: 0 0 40px -10px rgba(0, 0, 0, 0.25);  
}
```

```
@media screen and (max-width: 1000px) {
```

```
.card {  
  width: 40%;  
}  
}
```

```
@media screen and (max-width: 620px) {  
  .container {  
    width: 100%;  
  }  
}
```

```
.heading {  
  padding: 20px;  
  font-size: 20px;  
}
```

```
.card {  
  width: 80%;  
}  
}
```

```
*, *:before, *:after {  
  box-sizing: border-box;  
}
```

```
body {  
  font-family: poppins;  
  margin: 0;  
  display: grid;  
  font-size: 14px;  
}  
header p {  
  padding: 50px;  
  text-align: center;  
  color: #f7f7f7;  
  text-transform: uppercase;  
  font-size: 65px;  
  font-weight: 700;  
}  
.footer {  
  display: flex;  
  flex-flow: row wrap;  
  padding: 50px;  
  color: #fff;
```



```
background-color: #8383a3;  
}
```

```
.footer > * {  
flex: 1 100%;  
}
```

```
.l-footer {  
margin-right: 1.25em;  
margin-bottom: 2em;  
}
```

```
h2 {  
font-weight: 400;  
font-size: 15px;  
}
```

```
.footer ul {  
list-style: none;  
padding-left: 0;  
}
```

```
.footer li {  
line-height: 2em;  
}
```

```
.footer a {  
text-decoration: none;  
}
```

```
.r-footer {  
display: flex;  
flex-flow: row wrap;  
}
```

```
.r-footer > * {  
flex: 1 50%;  
margin-right: 1.25em;  
}
```

```
.box a {  
color: #f1f1f1;  
}
```

```
.h-box {  
column-count: 2;
```

```
column-gap: 1.25em;  
}
```

```
.b-footer {  
text-align: center;  
color: #f1f1f1;  
padding-top: 50px;  
}
```

```
.l-footer p {  
padding-right: 20%;  
color: #f1f1f1;  
}
```

```
@media screen and (min-width: 600px) {  
.r-footer > * {  
flex: 1;  
}
```

```
.features {  
flex-grow: 2;  
}
```

```
.l-footer {  
flex: 1 0px;  
}
```

```
.r-footer {  
flex: 2 0px;  
}  
}
```

Foxtail millet page:

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-
scale=1.0">
  <title>Foxtail Millet</title>
  <link rel="stylesheet" href="style2.css">
  <script
src="https://kit.fontawesome.com/a076d05399.js"></script>
</head>
<body style="background-color:#2f2fa2;">
  <nav class="navbar">
    <div class="content">
      <div class="logo"><a href="#"></a></div>
      <ul class="menu-list">
        <div class="icon cancel-btn">
          <i class="fas fa-times"></i>
        </div>
        <li><a href="#">Home</a></li>
        <li><a href="#">Nutrition</a></li>
        <li><a href="#">Services</a></li>
        <li><a href="#">Features</a></li>
        <li><a href="#">Contact</a></li>
      </ul>
      <div class="icon menu-btn">
        <i class="fas fa-bars"></i>
      </div>
    </div>
  </nav>

  <div class="banner"></div>
  <div class="about">
    <div class="content">
      <div class="title">FOXTAIL MILLET</div>

    </div>
  </div>

  <div class="container">
```

<div class="box">

<h2 style="color:#f64c72;">DESCRIPTION</h2>

<p>

Foxtail millet, scientific name *Setaria italica*, is an annual grass grown for human food. It is the second-most widely planted species of millet, and the most grown millet species in Asia. The oldest evidence of foxtail millet cultivation was found along the ancient course of the Yellow River in Cishan, China, carbon dated to be from around 8,000 years before present. Foxtail millet has also been grown in India since antiquity. It is also Called As Makra & Murat in Hindi and korrelu in telugu.

</p>

<h2 style="color:#f64c72;">History</h2>

<p>The earliest evidence for foxtail millet cultivation outside of its native distribution is at Chengtoushan in the Middle Yangtze River region, dating to around 4000 BC. In southern China, foxtail millet reached the Chengdu Plain (Baodun) at around 2700 BC and Guangxi (Gantuoyan [de], near the Vietnamese border) at around 3000 BC. Foxtail millet also reached Taiwan (Nankuanli, Dapenkeng culture) at around 2800 BC and the Tibetan Plateau (Karu) at around 3000 BC. Foxtail millet likely reached Southeast Asia via multiple routes. The earliest evidence for foxtail millet in Southeast Asia comes from various sites in the Khao Wong Prachan Valley in central Thailand, with the site at Non Pa Wai [de] providing the earliest date with direct AMS dating to around 2300 BC.

35 The earliest evidence for foxtail millet in East Siberia comes from the

archaeological site at Krounovka 1 in Primorsky Krai, dating to around 3620–3370 BC. The earliest direct evidence for foxtail millet in Korea come from Dongsam-dong Shell Midden, a Jeulmun site in southern Korea, with a direct AMS date of around 3,360 BC. In Japan, the earliest evidence for foxtail millet comes from the Jōmon site at Usujiri in Hokkaido, dating to around 4,000 BP. 36 Foxtail millet arrived in Europe later; carbonized seeds first appear in the second millennium BC in central Europe. The earliest definite evidence for its cultivation in the Near East is at the Iron Age levels at Tille Hoyuk in Turkey, with an uncorrected radiocarbon date of about 600 BC.

</p>

<h2 style="color:#f64c72;">BENEFITS</h2>

- Millets are anti acidic
- Millets are gluten free
- Millets detoxify body
- Niacin (vitamin B3) in millet can help lower cholesterol
- Prevents breast cancer
- Helps to prevent type 2 diabetes
- Effective in reducing blood pressure
- Helps to protect against heart diseases
- Treating respiratory conditions such as asthma
- Optimize kidney, liver and immune system health
- Reduces risk of gastrointestinal conditions like gastric ulcers or colon cancer
- Eliminates problems like constipation, excess gas, bloating and cramping
- Millet acts as a prebiotic feeding microflora in your inner ecosystem

</p>

>CULTIVATION</h2>

<p>

<h3>SOWING:</h3>

Direct seed (recommended): Sow seeds 1/8" deep after the last frost. Cover seeds lightly.

<h4>Transplant:</h4> Sow 4-6 weeks before last frost date. Can be planted in individual containers and then planted out in the field without dividing or they may be seeded in seedling trays. Small seedlings can be separated and transplanted directly from seedling tray to garden or field.

<h4>LIGHT PREFERENCE :</h4>Sun.

<h4>SOIL REQUIREMENTS:</h4>Any ordinary, reasonably well-drained soil.

<h4>PLANT SPACING:</h4> 1/2-1".

<h4>HARDINESS ZONES:</h4> Annual.

<h4 style="color:#e47d90;">HARVEST:</h4>Fresh or dried: Fully open, but not yet fluffy.

</p>

<p>

Foxtail Millet Upma / Thinai Vegetable Upma Recipe

Foxtail Millet Upma or Thinai Vegetable Upma is a Wholesome healthy and filling South

Indian Vegetarian Millet Breakfast Recipe. Step by Step Recipe includes how to cook

Foxtail Millet in a pressure cooker for the perfect non sticky texture.

CourseBreakfast, brunch

CuisineIndian, South Indian KeywordFoxtail Millet Recipe,

Foxtail Millet Upma Recipe, How to Cook Millets in

Pressure cooker, No Onion No Garlic Recipe, South Indian

Breakfast Recipe, Thinai

Upma, Vegetable Upma Recipe with Millets

</p>

<h2>Preparation</h2>

Preparation time 15 MINUTES

Cooking time :10 minutes

Total time : 25 minutes

<h2>Equipments</h2>

Pressure Cooker

 Ingredients

1 cup Foxtail Millet or Thinai 1 cup is 250 ml

 3/4 cup Green Peas (Fresh or frozen)

 1/2 cup Grated Carrot

 1 tbsp Oil

1 tsp Chana Dal

 1/8 tsp Mustard Seeds or Rai

 3-4 nos. Whole Red Chillies

1/4 tsp Turmeric Powder

 1 tbsp Green Chillies finely chopped Optional or
can be adjusted acc to preference

 1 tsp Grated Ginger

 1 1/2 cups Water for Pressure cooking + extra for
soaking the millets as required

 Salt to taste

<h2 style="color:#f64c72;">INSTRUCTIONS</h2>

<p>

Start by washing the Foxtail Millet under running tap
water, rinsing and then soaking
it for 15 to 20 minutes, until the prep work is done.

Heat 1 tbsp oil in a kadhai, add 1 tsp chana dal, 1/8 tsp mustard
seeds and 3-4 nos.

whole red chillies. Allow the mustard to crackle, add a pinch of
asafoetida or hing.

Now add the grated carrots (1/2 cup) and fresh or frozen green
peas (1/2 cup). Saute
them on low heat for a few seconds.

Add grated ginger, finely chopped green chillies and curry leaves.
Now add 1/4 tsp Turmeric Powder or haldi and salt to taste. Mix
well.

Add the soaked Foxtail Millet to the vegetable mixture. Mix Well.
Allow to cook for a few minutes until the water evaporates.
Transfer this to a pressure cooker vessel and add water (1 cup
millets : 1 1/2 cup
Water). Mix well and cover with lid. Pressure cook for 4 whistles.

Once pressure is released, remove the vessel from the pressure cooker and open the lid.
Use a fork to mix. Delicious Foxtail Millet Upma is ready to serve with an accompaniment of your choice.

Notes

This can be easily made in a pan too and doesn't need a pressure cooker, if you don't have one. Just follow all the steps upto adding the soaked millets and allowing the water to evaporate. Now add water to the kadhai and cover with a lid. Allow to cook on low heat until done.

The recipe is vegan but not gluten free as I have added asafoetida or hing. You can skip the same or use alternative.

You can serve this Upma with a dollop of ghee, would taste amazing!

In case you are in a hurry and have not soaked the millets, just wash it a couple of times, rinse and while pressure cooking, add 1/2 cup extra water. Add any vegetables of your choice for this recipe. I have added seasonal vegetables like carrots and peas. You can add bell peppers, boiled corn, broccoli, cauliflower, beans etc.

I tend to add a little extra turmeric powder in most of my recipes as I love the ingredient. You can add any home made masala too to this Upma. Garam Masala would be a good choice.

I have kept this recipe No Onion No Garlic. You can add chopped onions after the mustard seeds have crackled and the chana dal has roasted."

</p>

</div>

</div>

</div>

<script>

const body = document.querySelector("body");

const navbar = document.querySelector(".navbar");


```

const menu = document.querySelector(".menu-list");
const menuBtn = document.querySelector(".menu-btn");
const cancelBtn = document.querySelector(".cancel-btn");
menuBtn.onclick = ()=>{
  menu.classList.add("active");
  menuBtn.classList.add("hide");
  cancelBtn.classList.add("show");
  body.classList.add("disabledScroll");
}

cancelBtn.onclick = ()=>{
  menu.classList.remove("active");
  menuBtn.classList.remove("hide");
  cancelBtn.classList.remove("show");
  body.classList.remove("disabledScroll");
}

window.onscroll = ()=>{
  this.scrollY > 20 ? navbar.classList.add("sticky") :
  navbar.classList.remove("sticky");
}
</script>

</body>
</html>

```

Foxtail millet css

```

@import
url('https://fonts.googleapis.com/css2?family=Poppins:w
ght@200;300;400;500;600;700&display=swap');
*{
  margin: 0;
  padding: 0;

```

```
    box-sizing: border-box;
    font-family: 'Poppins', sans-serif;
}
/* custom scroll bar */
::-webkit-scrollbar {
    width: 10px;
}
::-webkit-scrollbar-track {
    background: #f1f1f1;
}
::-webkit-scrollbar-thumb {
    background: #888;
}
::selection{
    background: rgb(0,123,255,0.3);
}
.content{
    max-width: 1250px;
    margin: auto;
    padding: 0px 30px;
}
.navbar{
    position: fixed;
    z-index: 5;
    width: 100%;
    padding: 25px 0;
    transition: all 0.3s ease;
}
.navbar.sticky{
    padding: 10px 0;
    background: #1b1b1b;
    box-shadow: 0px 3px 5px 0px rgba(0,0,0,0.1);
}
.navbar .content{
    display: flex;
    align-items: center;
    justify-content: space-between;
}
.navbar .logo a{
    color: #fff;
    font-size: 30px;
    font-weight: 600;
```

```
    text-decoration: none;
}
.navbar .menu-list{
    display: inline-flex;
}
.menu-list li{
    list-style: none;
}
.menu-list li a{
    color: #fff;
    font-size: 18px;
    font-weight: 500;
    margin-left: 25px;
    text-decoration: none;
    transition: all 0.3s ease;
}
.menu-list li a:hover{
    color: #007bff;
}
.banner{
    height: 100vh;
    background: url("foxtail/home3.jpg") no-repeat;
    background-size: cover;
    background-position: center;
    background-attachment: fixed;
}
.about{
    padding: 40px 0;
}
.about .title{
    font-size: 35px;
    font-weight: 700;
    text-align: center;
    color: #f64c72;
}
.about p{
    padding-top: 20px;
    text-align: justify;
}
.icon{
    color: #fff;
    font-size: 20px;
```

```
    cursor: pointer;
    display: none;
  }
  .icon.cancel-btn{
    position: absolute;
    right: 30px;
    top: 20px;
  }
  .navbar.sticky .icon.cancel-btn{
    top: 10px;
  }
}
```

```
@media (max-width: 868px) {
  body.disabledScroll{
    overflow: hidden;
  }
  .icon{
    display: block;
    height: 50px;
    width: 50px;
    text-align: center;
    line-height: 50px;
    border-radius: 50%;
    z-index: 9;
  }
  .icon.cancel-btn{
    display: none;
  }
  .icon.cancel-btn.show{
    display: block;
  }
  .icon.hide{
    display: none;
  }
  .navbar .menu-list{
    position: fixed;
    top: 0;
    left: 0;
    height: 100vh;
    width: 100%;
    background: #222;
  }
}
```

```
display: block;
padding: 40px 0;
text-align: center;
clip-path: circle(25px at calc(100% - 55px) calc(0% +
50px));
transition: all 0.3s ease;
}
.navbar.sticky .menu-list{
clip-path: circle(25px at calc(100% - 55px) calc(0% +
35px));
}
.navbar .menu-list.active{
clip-path: circle(75%);
}
.navbar .menu-list li{
margin-top: 45px;
}
.navbar .menu-list li a{
font-size: 23px;
}
}
```

```
.my-text-grid{
background-color:#2f2fa2;
margin: 0;
height: 100vh;
display: flex;
justify-content: center;
align-items: center;
}
```

```
.container{
width: 100%;
display: grid;
grid-template-columns: repeat(auto-fit,
minmax(250px, 1fr));
grid-gap: 20px;
font-weight: bold;
}
```

```
.box{
height:200px;
```

```
        color:white ;
        position: relative;
    }

h2{
    text-transform: uppercase;
}

p{

    line-height: 1.5em;
    font-weight: lighter;
}

.image-text {
    min-height: 100vh;
    width: 100%;
    display: flex;
    align-items: center;
    justify-content: center;
    background-color: #2f2fa2;
}

.container {
    width: 90%;
    max-width: 1000px;
    margin: 50px auto;
    display: flex;
    align-items: center;
    justify-content: center;
    /* background-color: aqua; */
}

.left {
    width: 100%;
    height: 700px;
    background: url("images/home2.jpg")
        no-repeat center / cover;
    border-radius: 8px;
}

.right {
    width: 50%;
    min-height: 400px;
    background-color: #f64c72;
```

```
display: flex;
align-items: center;
justify-content: center;
padding: 30px;
border-radius: 8px;
color: white;
margin-left: -150px;
}
.right h1 {
font-size: 40px;
font-weight: lighter;
}
.right p {
margin: 20px 0;
font-weight: 500;
line-height: 25px;
}
.right a {
text-decoration: none;
text-transform: uppercase;
background-color: white;
color: black;
padding: 20px 30px;
display: inline-block;
letter-spacing: 2px;
}

.btn{
border-radius: 15px;

}

@media only screen and (max-width: 768px) {
.container {
flex-direction: column;
width: 100%;
margin: 0 20px;
}
.left {
width: 100%;
height: 400px;
}
.right {
```

```
width: 90%;  
margin: 0;  
margin-top: -100px;  
}  
}
```


FINGER MILLET HTML
LANDING PAGE2 FOLDER:

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-
scale=1.0">
  <title>Finger millet</title>
  <link rel="stylesheet" href="style.css">
  <script
src="https://kit.fontawesome.com/a076d05399.js"></script>
</head>
<body style="background-color:#8383a3;">
  <nav class="navbar">
    <div class="content">
      <div class="logo"><a href=" ../logo_1_5.png"></a></div>
      <ul class="menu-list">
        <div class="icon cancel-btn">
          <i class="fas fa-times"></i>
        </div>
        <li><a href=" ../mainpage web
dev/mainpage.html">HOME</a></li>
        <li><a href=" ../index.html">NUTRITION</a></li>
        <li><a
href=" ../fitnessandmeditation/fitnesss.html.html">FITNESS</a></
li>
        <li><a href=" ../yogapage/mohannew.html">YOGA</a></li>
        <li><a href=" ../team-page-html/">CONTACT</a></li>
      </ul>
      <div class="icon menu-btn">
        <i class="fas fa-bars"></i>
      </div>
    </div>
  </nav>

  <div class="banner"></div>
  <div class="about">
  <div class="content">
    <div class="title">FINGER MILLET</div>

    </div>
  </div>
```

<div class="container">

<div class="box">

<h2 style="color:#4cf6e8;">DESCRIPTION</h2>

<p id="description"></p>

<h2 style="color:#4cf6e8;">BENEFITS</h2>

<p id="benefits"></p>

<h2 style="color:hsl(209, 90%, 63%);">CULTIVATION</h2>

<p id="cultivation"></p>

<h2 style="color:#4cf6e8">RECIPE</h2>

<section class=image>

</section>

<p id="recipies"></p>

<hr color=black style="width: 100%">

<hr color=black style="width: 100%">

<footer class="footer">

<div class="l-footer">

<h1>

</h1>

<p>

THIS IS AN OPPORTUNITY FOR US TO MAKE YOU
AWARE OF YOURSELF AND HEAL YOU FROM THE
INSIDE OUT.</p>

</div>

<ul class="r-footer">

<h2>

Social</h2>

<ul class="box">

Facebook

Twitter

```
</ul>
</li>
<li class="features">
  <h2>
Navigate through our webapp</h2>
<ul class="box h-box">
<li><a href="../index.html">Nutrition Page</a></li>
<li><a href="fitnessandmeditation/fitnesss.html.html">Fitness
Page</a></li>
<li><a
href="fitnessandmeditation/meditation.html.html">Meditation
Page</a></li>
<li><a href="yogapage/mohannew.html">Yoga page</a></li>

</ul>
</li>
<li>
  <h2>
ABOUT US</h2>
<ul class="box">
<li><a href="../team-page-html/index.html">Our team</a></li>

<li><a href="https://aacgriet.com/">Conditions</a></li>
</ul>
</li>
</ul>
<div class="b-footer">
<p>
All rights reserved by ©AAC 2070 </p>
</div>
</footer>
```

```
<script>
const body = document.querySelector("body");
const navbar = document.querySelector(".navbar");
const menu = document.querySelector(".menu-list");
const menuBtn = document.querySelector(".menu-btn");
const cancelBtn = document.querySelector(".cancel-btn");
```

```

menuBtn.onclick = ()=>{
    menu.classList.add("active");
    menuBtn.classList.add("hide");
    cancelBtn.classList.add("show");
    body.classList.add("disabledScroll");
}
cancelBtn.onclick = ()=>{
    menu.classList.remove("active");
    menuBtn.classList.remove("hide");
    cancelBtn.classList.remove("show");
    body.classList.remove("disabledScroll");
}

window.onscroll = ()=>{
    this.scrollY > 20 ? navbar.classList.add("sticky") :
navbar.classList.remove("sticky");
}

window.addEventListener("load", function () {
    var xhttp = new XMLHttpRequest();
    xhttp.onreadystatechange = function() {
        if (this.readyState == 4 && this.status == 200) {
            const myObj = JSON.parse(this.responseText);

            console.log(myObj)

            document.getElementById("description").innerHTML =
myObj.description
            // declare local paragraph array container

            document.getElementById("benefits").innerHTML =
myObj.benefits

            document.getElementById("cultivation").innerHTML =
myObj.cultivation

            document.getElementById("recipies").innerHTML =
myObj.recipies

```

```

        //store

    }

};
xhttp.open("GET", "/productDatas?productName=Finger
Millet", true);
xhttp.send();
})
</script>

</body>
</html>

```

FINGER MILLET CSS:

```

@import
url('https://fonts.googleapis.com/css2?family=Poppins:wght@200;
300;400;500;600;700&display=swap');
*{
    margin: 0;
    padding: 0;
    box-sizing: border-box;
    font-family: 'Poppins', sans-serif;
}
/* custom scroll bar */
::-webkit-scrollbar {
    width: 10px;
}
::-webkit-scrollbar-track {
    background: #f1f1f1;
}
::-webkit-scrollbar-thumb {
    background: #888;
}
::selection{
    background: rgb(0,123,255,0.3);
}
.content{
    max-width: 1250px;
    margin: auto;
    padding: 0px 30px;
}

```

```
}
.navbar{
  position: fixed;
  z-index: 5;
  width: 100%;
  padding: 25px 0;
  transition: all 0.3s ease;
}
.navbar.sticky{
  padding: 10px 0;
  background: #1b1b1b;
  box-shadow: 0px 3px 5px 0px rgba(0,0,0,0.1);
}
.navbar .content{
  display: flex;
  align-items: center;
  justify-content: space-between;
}
.navbar .logo a{
  color: #fff;
  font-size: 30px;
  font-weight: 600;
  text-decoration: none;
}
.navbar .menu-list{
  display: inline-flex;
}
.menu-list li{
  list-style: none;
}
.menu-list li a{
  color: #fff;
  font-size: 18px;
  font-weight: 500;
  margin-left: 25px;
  text-decoration: none;
  transition: all 0.3s ease;
}
.menu-list li a:hover{
  color: #007bff;
}
.banner{
  height: 100vh;
  background: url("images/foxtail-millet\ (6\).jpg") no-repeat;
  background-size: cover;
  background-position: center;
```

```
background-attachment: fixed;
}
.about{
padding: 40px 0;
}
.about .title{
font-size: 35px;
font-weight: 700;
text-align: center;
color: #f64c72;
}
.about p{
padding-top: 20px;
text-align: justify;
}
.icon{
color: #fff;
font-size: 20px;
cursor: pointer;
display: none;
}
.icon.cancel-btn{
position: absolute;
right: 30px;
top: 20px;
}
.navbar.sticky .icon.cancel-btn{
top: 10px;
}
```

```
@media (max-width: 868px) {
body.disabledScroll{
overflow: hidden;
}
.icon{
display: block;
height: 50px;
width: 50px;
text-align: center;
line-height: 50px;
border-radius: 50%;
z-index: 9;
}
.icon.cancel-btn{
display: none;
}
```

```
}
.icon.cancel-btn.show{
  display: block;
}
.icon.hide{
  display: none;
}
.navbar .menu-list{
  position: fixed;
  top: 0;
  left: 0;
  height: 100vh;
  width: 100%;
  background: #222;
  display: block;
  padding: 40px 0;
  text-align: center;
  clip-path: circle(25px at calc(100% - 55px) calc(0% + 50px));
  transition: all 0.3s ease;
}
.navbar.sticky .menu-list{
  clip-path: circle(25px at calc(100% - 55px) calc(0% + 35px));
}
.navbar .menu-list.active{
  clip-path: circle(75%);
}
.navbar .menu-list li{
  margin-top: 45px;
}
.navbar .menu-list li a{
  font-size: 23px;
}
}

.my-text-grid{
  background-color:#2f2fa2;
  margin: 0;
  height: 100vh;
  display: flex;
  justify-content: center;
  align-items: center;
}

.container{
  width: 100%;
  display: grid;
```



```
    grid-template-columns: repeat(auto-fit, minmax(250px, 1fr));
    grid-gap: 20px;
    font-weight: bold;
}
```

```
.box{
    height:200px;
    color:white ;
    position: relative;
}
```

```
h2{
    text-transform: uppercase;
}
```

```
p{

    line-height: 1.5em;
    font-weight: lighter;
}
```

```
.image-text {
    min-height: 100vh;
    width: 100%;
    display: flex;
    align-items: center;
    justify-content: center;
    background-color: #2f2fa2;
}
```

```
.container {
    width: 90%;
    max-width: 1000px;
    margin: 50px auto;
    display: flex;
    align-items: center;
    justify-content: center;
    /* background-color: aqua; */
}
```

```
.left {
    width: 100%;
    height: 700px;
    background: url("images/home2.jpg")
        no-repeat center / cover;
    border-radius: 8px;
}
```

```
.right {
```

```
width: 50%;
min-height: 400px;
background-color: #f64c72;
display: flex;
align-items: center;
justify-content: center;
padding: 30px;
border-radius: 8px;
color: white;
margin-left: -150px;
}
.right h1 {
  font-size: 40px;
  font-weight: lighter;
}
.right p {
  margin: 20px 0;
  font-weight: 500;
  line-height: 25px;
}
.right a {
  text-decoration: none;
  text-transform: uppercase;
  background-color: white;
  color: black;
  padding: 20px 30px;
  display: inline-block;
  letter-spacing: 2px;
}

.btn{
  border-radius: 15px;
}

@media only screen and (max-width: 768px) {
  .container {
    flex-direction: column;
    width: 100%;
    margin: 0 20px;
  }
  .left {
    width: 100%;
    height: 400px;
  }
  .right {
    width: 90%;
```

```
margin: 0;
margin-top: -100px;
}
}
```

```
.image{

border-radius: 20px;
}
```

```
*, *:before, *:after {
box-sizing: border-box;
}
```

```
body {
font-family: poppins;
margin: 0;
display: grid;
font-size: 14px;
}
header p {
padding: 50px;
text-align: center;
color: #f7f7f7;
text-transform: uppercase;
font-size: 65px;
font-weight: 700;
}
.footer {
display: flex;
flex-flow: row wrap;
padding: 50px;
color: #fff;
background-color: #8383a3;
}
```

```
.footer > * {
flex: 1 100%;
}
```

```
.l-footer {
margin-right: 1.25em;
margin-bottom: 2em;
```

```
}
```

```
h2 {  
font-weight: 400;  
font-size: 15px;  
}
```

```
.footer ul {  
list-style: none;  
padding-left: 0;  
}
```

```
.footer li {  
line-height: 2em;  
}
```

```
.footer a {  
text-decoration: none;  
}
```

```
.r-footer {  
display: flex;  
flex-flow: row wrap;  
}
```

```
.r-footer > * {  
flex: 1 50%;  
margin-right: 1.25em;  
}
```

```
.box a {  
color: #f1f1f1;  
}
```

```
.h-box {  
column-count: 2;  
column-gap: 1.25em;  
}
```

```
.b-footer {  
text-align: center;  
color: #f1f1f1;  
padding-top: 50px;  
}
```

```
.l-footer p {
```

```
padding-right: 20%;  
color: #f1f1f1;  
}
```

```
@media screen and (min-width: 600px) {  
.r-footer > * {  
flex: 1;  
}
```

```
.features {  
flex-grow: 2;  
}
```

```
.l-footer {  
flex: 1 0px;  
}
```

```
.r-footer {  
flex: 2 0px;  
}  
}
```

SORGHUM MILLET HTML
LANDING PAGE 3 FOLDER

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-
scale=1.0">
  <title>Sorghum Millet</title>
  <link rel="stylesheet" href="style.css">
  <script
src="https://kit.fontawesome.com/a076d05399.js"></script>
</head>
<body style="background-color:#8383a3;">
  <nav class="navbar">
    <div class="content">
      <div class="logo"><a href="#"></a></div>
      <ul class="menu-list">
        <div class="icon cancel-btn">
          <i class="fas fa-times"></i>
        </div>
        <li><a href="../mainpage web
dev/mainpage.html">HOME</a></li>
        <li><a href="../index.html">NUTRITION</a></li>
        <li><a
href="../fitnessandmeditation/fitnesss.html.html">FITNESS</a></
li>
        <li><a href="../yogapage/mohannew.html">YOGA</a></li>

        <li><a href="../team-page-html/index.html">ABOUT
US</a></li>

      </ul>
      <div class="icon menu-btn">
        <i class="fas fa-bars"></i>
      </div>
    </div>
  </nav>

  <div class="banner"></div>
  <div class="about">
    <div class="content">
      <div class="title">SORGHUM MILLET</div>

    </div>
  </div>
```

```
<div class="container">
```

```
  <div class="box">
```

```
    <h2 style="color:#4cf6e8;">DESCRIPTION</h2>
```

```
    <p id="description"></p>
```

```
  <h2 style="color:#4cf6e8;">BENEFITS</h2>
```

```
  <p id="benefits"></p>
```

```
  <h2 style="color:hsl(199, 90%,  
63%);">CULTIVATION</h2>
```

```
  <p id="cultivation"></p>
```

```
  <h2 style="color:#4cf6e8;">RECIPE</h2>
```

```
  <section class="image">
```

```
    <figure class="figure">
```

```
      
```

```
    </figure>
```

```
  </section>
```

```
  <p id="recipies"></p>
```

```
  <h2 style="color:#4cf6e8;"> HISTORY</h2>
```

```
  <p id="history"></p>
```

```
  <hr color=black style="width: 100%">
```

```
  <footer class="footer">
```

```
    <div class="l-footer">
```

```
      <h1>
```

```
      </h1>
```

<p>
THIS IS AN OPPORTUNITY FOR US TO MAKE
YOU AWARE OF YOURSELF AND HEAL YOU FROM THE
INSIDE OUT.</p>

</div>

<ul class="r-footer">

<h2>

Social</h2>

<ul class="box">

Facebook

Twitter

<li class="features">

<h2>

Navigate through our webapp</h2>

<ul class="box h-box">

Nutrition Page

Fitness

Page

Meditation

Page

Yoga

page

<h2>

ABOUT US</h2>

<ul class="box">

Our
team

Conditions

<div class="b-footer">

<p>

All rights reserved by ©AAC 2070 </p>

</div>


```
</footer>
```

```
</div>
```

```
</div>
```

```
</div>
```

```
<script>
```

```
const body = document.querySelector("body");
const navbar = document.querySelector(".navbar");
const menu = document.querySelector(".menu-list");
const menuBtn = document.querySelector(".menu-btn");
const cancelBtn = document.querySelector(".cancel-btn");
```

```
menuBtn.onclick = ()=>{
  menu.classList.add("active");
  menuBtn.classList.add("hide");
  cancelBtn.classList.add("show");
  body.classList.add("disabledScroll");
}
```

```
cancelBtn.onclick = ()=>{
  menu.classList.remove("active");
  menuBtn.classList.remove("hide");
  cancelBtn.classList.remove("show");
  body.classList.remove("disabledScroll");
}
```

```
window.onscroll = ()=>{
  this.scrollY > 20 ? navbar.classList.add("sticky") :
  navbar.classList.remove("sticky");
}
```

```
window.addEventListener("load", function () {
  var xhttp = new XMLHttpRequest();
  xhttp.onreadystatechange = function() {
    if (this.readyState == 4 && this.status == 200) {
      const myObj = JSON.parse(this.responseText);
```

```
console.log(myObj)
```

```
        document.getElementById("description").innerHTML =  
myObj.description  
        // declare local paragraph array container
```

```
        document.getElementById("benefits").innerHTML =  
myObj.benefits
```

```
        document.getElementById("cultivation").innerHTML =  
myObj.cultivation
```

```
        document.getElementById("recipies").innerHTML =  
myObj.recipies
```

```
        document.getElementById("history").innerHTML =  
myObj.history
```

```
        //store
```

```
    }
```

```
    };  
    xhttp.open("GET", "/productDatas?productName=Sorghum",  
true);  
    xhttp.send();  
    })  
</script>
```

```
</body>
```

```
</html>
```

SORGHUM CSS

```
@import
url('https://fonts.googleapis.com/css2?family=Poppins:wght@200;
300;400;500;600;700&display=swap');
*{
    margin: 0;
    padding: 0;
    box-sizing: border-box;
    font-family: 'Poppins', sans-serif;
}
/* custom scroll bar */
::-webkit-scrollbar {
    width: 10px;
}
::-webkit-scrollbar-track {
    background: #f1f1f1;
}
::-webkit-scrollbar-thumb {
    background: #888;
}
::selection{
    background: rgb(0,123,255,0.3);
}
.content{
    max-width: 1250px;
    margin: auto;
    padding: 0px 30px;
}
.navbar{
    position: fixed;
    z-index: 5;
    width: 100%;
    padding: 25px 0;
    transition: all 0.3s ease;
}
.navbar.sticky{
    padding: 10px 0;
    background: #1b1b1b;
    box-shadow: 0px 3px 5px 0px rgba(0,0,0,0.1);
}
.navbar .content{
    display: flex;
    align-items: center;
    justify-content: space-between;
}
.navbar .logo a{
```

```
color: #fff;
font-size: 30px;
font-weight: 600;
text-decoration: none;
}
.navbar .menu-list{
display: inline-flex;
}
.menu-list li{
list-style: none;
}
.menu-list li a{
color: #fff;
font-size: 18px;
font-weight: 500;
margin-left: 25px;
text-decoration: none;
transition: all 0.3s ease;
}
.menu-list li a:hover{
color: #007bff;
}
.banner{
height: 100vh;
background: url("images/sorghum2.jpg") no-repeat;
background-size: cover;
background-position: center;
background-attachment: fixed;
}
.about{
padding: 40px 0;
}
.about .title{
font-size: 35px;
font-weight: 700;
text-align: center;
color: #f64c72;
}
.about p{
padding-top: 20px;
text-align: justify;
}
.icon{
color: #fff;
font-size: 20px;
cursor: pointer;
```

```
    display: none;
  }
  .icon.cancel-btn{
    position: absolute;
    right: 30px;
    top: 20px;
  }
  .navbar.sticky .icon.cancel-btn{
    top: 10px;
  }
}
```

```
@media (max-width: 868px) {
  body.disabledScroll{
    overflow: hidden;
  }
  .icon{
    display: block;
    height: 50px;
    width: 50px;
    text-align: center;
    line-height: 50px;
    border-radius: 50%;
    z-index: 9;
  }
  .icon.cancel-btn{
    display: none;
  }
  .icon.cancel-btn.show{
    display: block;
  }
  .icon.hide{
    display: none;
  }
  .navbar .menu-list{
    position: fixed;
    top: 0;
    left: 0;
    height: 100vh;
    width: 100%;
    background: #222;
    display: block;
    padding: 40px 0;
    text-align: center;
    clip-path: circle(25px at calc(100% - 55px) calc(0% + 50px));
    transition: all 0.3s ease;
  }
}
```

```
}
.navbar.sticky .menu-list{
  clip-path: circle(25px at calc(100% - 55px) calc(0% + 35px));
}
.navbar .menu-list.active{
  clip-path: circle(75%);
}
.navbar .menu-list li{
  margin-top: 45px;
}
.navbar .menu-list li a{
  font-size: 23px;
}
}
```

```
.my-text-grid{
  background-color:#2f2fa2;
  margin: 0;
  height: 100vh;
  display: flex;
  justify-content: center;
  align-items: center;
}
```

```
.container{
  width: 100%;
  display: grid;
  grid-template-columns: repeat(auto-fit, minmax(250px, 1fr));
  grid-gap: 20px;
  font-weight: bold;
}
```

```
.box{
  height:200px;
  color:white ;
  position: relative;
}
```

```
h2{
  text-transform: uppercase;
}
```

```
p{

  line-height: 1.5em;
  font-weight: lighter;
```

```
}

.image-text {
  min-height: 100vh;
  width: 100%;
  display: flex;
  align-items: center;
  justify-content: center;
  background-color: #2f2fa2;
}

.container {
  width: 90%;
  max-width: 1000px;
  margin: 50px auto;
  display: flex;
  align-items: center;
  justify-content: center;
  /* background-color: aqua; */
}

.left {
  width: 100%;
  height: 700px;
  background: url("images/home2.jpg")
    no-repeat center / cover;
  border-radius: 8px;
}

.right {
  width: 50%;
  min-height: 400px;
  background-color: #f64c72;
  display: flex;
  align-items: center;
  justify-content: center;
  padding: 30px;
  border-radius: 8px;
  color: white;
  margin-left: -150px;
}

.right h1 {
  font-size: 40px;
  font-weight: lighter;
}

.right p {
  margin: 20px 0;
  font-weight: 500;
  line-height: 25px;
```

```
}  
.right a {  
  text-decoration: none;  
  text-transform: uppercase;  
  background-color: white;  
  color: black;  
  padding: 20px 30px;  
  display: inline-block;  
  letter-spacing: 2px;  
}  
  
.btn{  
  border-radius: 15px;  
  
}  
@media only screen and (max-width: 768px) {  
  .container {  
    flex-direction: column;  
    width: 100%;  
    margin: 0 20px;  
  }  
  .left {  
    width: 100%;  
    height: 400px;  
  }  
  .right {  
    width: 90%;  
    margin: 0;  
    margin-top: -100px;  
  }  
}  
  
.image{  
  
  border-radius: 20px;  
}  
  
*, *:before, *:after {  
  box-sizing: border-box;  
}  
  
body {  
  font-family: poppins;  
  margin: 0;
```



```
display: grid;
font-size: 14px;
}
header p {
padding: 50px;
text-align: center;
color: #f7f7f7;
text-transform: uppercase;
font-size: 65px;
font-weight: 700;
}
.footer {
display: flex;
flex-flow: row wrap;
padding: 50px;
color: #fff;
background-color: #8383a3;
}

.footer > * {
flex: 1 100%;
}

.l-footer {
margin-right: 1.25em;
margin-bottom: 2em;
}

h2 {
font-weight: 400;
font-size: 15px;
}

.footer ul {
list-style: none;
padding-left: 0;
}

.footer li {
line-height: 2em;
}

.footer a {
text-decoration: none;
}
```

```
.r-footer {  
display: flex;  
flex-flow: row wrap;  
}
```

```
.r-footer > * {  
flex: 1 50%;  
margin-right: 1.25em;  
}
```

```
.box a {  
color: #f1f1f1;  
}
```

```
.h-box {  
column-count: 2;  
column-gap: 1.25em;  
}
```

```
.b-footer {  
text-align: center;  
color: #f1f1f1;  
padding-top: 50px;  
}
```

```
.l-footer p {  
padding-right: 20%;  
color: #f1f1f1;  
}
```

```
@media screen and (min-width: 600px) {  
.r-footer > * {  
flex: 1;  
}
```

```
.features {  
flex-grow: 2;  
}
```

```
.l-footer {  
flex: 1 0px;  
}
```

```
.r-footer {  
flex: 2 0px;  
}
```

}

PEARL MILLET CODE

LANDING PAGE 4 FOLDER:

HTML

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-
scale=1.0">
  <title>Pearl Millet</title>
  <link rel="stylesheet" href="style.css">
  <script
src="https://kit.fontawesome.com/a076d05399.js"></script>
</head>
<body style="background-color:#8383a3;">
  <nav class="navbar">
    <div class="content">
      <div class="logo"><a href="#"></a></div>
      <ul class="menu-list">
        <div class="icon cancel-btn">
          <i class="fas fa-times"></i>
        </div>
        <li><a href="../mainpage web
dev/mainpage.html">HOME</a></li>
        <li><a href="/">NUTRITION</a></li>
        <li><a
href="../fitnessandmeditation/fitnesss.html.html">FITNESS</a></
li>
        <li><a href="../yogapage/mohannew.html">YOGA</a></li>
        <li><a href="../team-page-html/index.html">ABOUT
US</a></li>
      </ul>
      <div class="icon menu-btn">
        <i class="fas fa-bars"></i>
      </div>
    </div>
  </nav>
```

```
<div class="banner"></div>
<div class="about">
<div class="content">
  <div class="title">PEARL MILLET</div>

  </div>
</div>
```

```
<div class="container">

  <div class="box">
    <h2 style="color:#4cf6e8;">DESCRIPTION</h2>
    <p id="description"></p>
```

```

    <h2 style="color:#4cf6e8;">BENEFITS</h2>

    <p id="benefits"></p>
```

```

    <h2 style="color:hsl(197, 90%,
63%);">CULTIVATION</h2>
    <p id="cultivation"></p>
```

```

    <h2 style="color:#4cf6e8;">RECIPE</h2>
    <section class=image>
      <figure class="figure">
        

      </figure>

    </section>
    <p id="recipes"></p>
```

```

    <h2 style="color:#4cf6e8;"> HISTORY</h2>
```

```
<p id="history"></p>
<hr color=black style="width: 100%">
<footer class="footer">
  <div class="l-footer">
    <h1>
      </h1>
    <p>
      THIS IS AN OPPORTUNITY FOR US TO
      MAKE YOU AWARE OF YOURSELF AND HEAL YOU
      FROM THE INSIDE OUT.</p>
    </div>
    <ul class="r-footer">
      <li>
        <h2>
          Social</h2>
          <ul class="box">
            <li><a href="#">Facebook</a></li>
            <li><a href="#">Twitter</a></li>

          </ul>
        </li>
        <li class="features">
          <h2>
            Navigate through our webapp</h2>
            <ul class="box h-box">
              <li><a href="../index.html">Nutrition
                Page</a></li>
              <li><a
                href="../fitnessandmeditation/fitnesss.html.html">Fitness
                Page</a></li>
              <li><a
                href="../fitnessandmeditation/meditation.html.html">Meditation
                Page</a></li>
              <li><a
                href="../yogapage/mohannew.html">Yoga page</a></li>

            </ul>
          </li>
          <li>
            <h2>
              ABOUT US</h2>
              <ul class="box">
                <li><a href="../team-page-
                  html/index.html">Our team</a></li>
```

```

        <li><a
href="https://aacgriet.com/">Conditions</a></li>
    </ul>
</li>
</ul>
<div class="b-footer">
<p>
All rights reserved by ©AAC 2070 </p>
</div>
</footer>

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

```

```

<script>
const body = document.querySelector("body");
const navbar = document.querySelector(".navbar");
const menu = document.querySelector(".menu-list");
const menuBtn = document.querySelector(".menu-btn");
const cancelBtn = document.querySelector(".cancel-btn");
menuBtn.onclick = ()=>{
    menu.classList.add("active");
    menuBtn.classList.add("hide");
    cancelBtn.classList.add("show");
    body.classList.add("disabledScroll");
}
cancelBtn.onclick = ()=>{
    menu.classList.remove("active");
    menuBtn.classList.remove("hide");
    cancelBtn.classList.remove("show");
    body.classList.remove("disabledScroll");
}

window.onscroll = ()=>{
    this.scrolly > 20 ? navbar.classList.add("sticky") :
navbar.classList.remove("sticky");
}

window.addEventListener("load", function () {
    var xhttp = new XMLHttpRequest();
    xhttp.onreadystatechange = function() {

```

```
        if (this.readyState == 4 && this.status == 200) {
            const myObj = JSON.parse(this.responseText);

            console.log(myObj)

            document.getElementById("description").innerHTML =
myObj.description
            // declare local paragraph array container

            document.getElementById("benefits").innerHTML =
myObj.benefits

            document.getElementById("cultivation").innerHTML =
myObj.cultivation

            document.getElementById("recipes").innerHTML =
myObj.recipes

            document.getElementById("history").innerHTML =
myObj.history


            //store

        }

    };
    xhttp.open("GET", "/productDatas?productName=Pearl
Millet", true);
    xhttp.send();
    })
</script>

</body>
</html>
```

PEARL MILLET CSS:

```
@import
url('https://fonts.googleapis.com/css2?family=Poppins:wght@200;
300;400;500;600;700&display=swap');
*{
    margin: 0;
    padding: 0;
    box-sizing: border-box;
    font-family: 'Poppins', sans-serif;
}
/* custom scroll bar */
::-webkit-scrollbar {
    width: 10px;
}
::-webkit-scrollbar-track {
    background: #f1f1f1;
}
::-webkit-scrollbar-thumb {
    background: #888;
}
::selection{
    background: rgb(0,123,255,0.3);
}
.content{
    max-width: 1250px;
    margin: auto;
    padding: 0px 30px;
}
.navbar{
    position: fixed;
    z-index: 5;
    width: 100%;
    padding: 25px 0;
    transition: all 0.3s ease;
}
.navbar.sticky{
    padding: 10px 0;
    background: #1b1b1b;
    box-shadow: 0px 3px 5px 0px rgba(0,0,0,0.1);
}
.navbar .content{
    display: flex;
    align-items: center;
    justify-content: space-between;
}
```



```
.navbar .logo a{
  color: #fff;
  font-size: 30px;
  font-weight: 600;
  text-decoration: none;
}
.navbar .menu-list{
  display: inline-flex;
}
.menu-list li{
  list-style: none;
}
.menu-list li a{
  color: #fff;
  font-size: 18px;
  font-weight: 500;
  margin-left: 25px;
  text-decoration: none;
  transition: all 0.3s ease;
}
.menu-list li a:hover{
  color: #007bff;
}
.banner{
  height: 100vh;
  background: url("images/pearlimage3.jpg") no-repeat;
  background-size: cover;
  background-position: center;
  background-attachment: fixed;
}
.about{
  padding: 40px 0;
}
.about .title{
  font-size: 35px;
  font-weight: 700;
  text-align: center;
  color: #f64c72;
}
.about p{
  padding-top: 20px;
  text-align: justify;
}
.icon{
  color: #fff;
  font-size: 20px;
```

```
    cursor: pointer;
    display: none;
}
.icon.cancel-btn{
    position: absolute;
    right: 30px;
    top: 20px;
}
.navbar.sticky .icon.cancel-btn{
    top: 10px;
}
```

```
@media (max-width: 868px) {
    body.disabledScroll{
        overflow: hidden;
    }
    .icon{
        display: block;
        height: 50px;
        width: 50px;
        text-align: center;
        line-height: 50px;
        border-radius: 50%;
        z-index: 9;
    }
    .icon.cancel-btn{
        display: none;
    }
    .icon.cancel-btn.show{
        display: block;
    }
    .icon.hide{
        display: none;
    }
    .navbar .menu-list{
        position: fixed;
        top: 0;
        left: 0;
        height: 100vh;
        width: 100%;
        background: #222;
        display: block;
        padding: 40px 0;
        text-align: center;
        clip-path: circle(25px at calc(100% - 55px) calc(0% + 50px));
    }
}
```

```

        transition: all 0.3s ease;
    }
    .navbar.sticky .menu-list{
        clip-path: circle(25px at calc(100% - 55px) calc(0% + 35px));
    }
    .navbar .menu-list.active{
        clip-path: circle(75%);
    }
    .navbar .menu-list li{
        margin-top: 45px;
    }
    .navbar .menu-list li a{
        font-size: 23px;
    }
}

.my-text-grid{
    background-color:#2f2fa2;
    margin: 0;
    height: 100vh;
    display: flex;
    justify-content: center;
    align-items: center;
}

.container{
    width: 100%;
    display: grid;
    grid-template-columns: repeat(auto-fit, minmax(250px, 1fr));
    grid-gap: 20px;
    font-weight: bold;
}

.box{
    height:200px;
    color:white ;
    position: relative;
}

h2{
    text-transform: uppercase;
}

p{

    line-height: 1.5em;

```

```
    font-weight: lighter;
}

.image-text {
    min-height: 100vh;
    width: 100%;
    display: flex;
    align-items: center;
    justify-content: center;
    background-color: #2f2fa2;
}

.container {
    width: 90%;
    max-width: 1000px;
    margin: 50px auto;
    display: flex;
    align-items: center;
    justify-content: center;
    /* background-color: aqua; */
}

.left {
    width: 100%;
    height: 700px;
    background: url("images/home2.jpg")
        no-repeat center / cover;
    border-radius: 8px;
}

.right {
    width: 50%;
    min-height: 400px;
    background-color: #f64c72;
    display: flex;
    align-items: center;
    justify-content: center;
    padding: 30px;
    border-radius: 8px;
    color: white;
    margin-left: -150px;
}

.right h1 {
    font-size: 40px;
    font-weight: lighter;
}

.right p {
    margin: 20px 0;
    font-weight: 500;
```

```
    line-height: 25px;
  }
  .right a {
    text-decoration: none;
    text-transform: uppercase;
    background-color: white;
    color: black;
    padding: 20px 30px;
    display: inline-block;
    letter-spacing: 2px;
  }

  .btn{
    border-radius: 15px;

  }

  @media only screen and (max-width: 768px) {
    .container {
      flex-direction: column;
      width: 100%;
      margin: 0 20px;
    }
    .left {
      width: 100%;
      height: 400px;
    }
    .right {
      width: 90%;
      margin: 0;
      margin-top: -100px;
    }
  }
}
```

```
.image{

  border-radius: 20px;
}
*, *:before, *:after {
  box-sizing: border-box;
}
```

```
body {
  font-family: poppins;
  margin: 0;
```

```
display: grid;
font-size: 14px;
}
header p {
padding: 50px;
text-align: center;
color: #f7f7f7;
text-transform: uppercase;
font-size: 65px;
font-weight: 700;
}
.footer {
display: flex;
flex-flow: row wrap;
padding: 50px;
color: #fff;
background-color: #8383a3;
}

.footer > * {
flex: 1 100%;
}

.l-footer {
margin-right: 1.25em;
margin-bottom: 2em;
}

h2 {
font-weight: 400;
font-size: 15px;
}

.footer ul {
list-style: none;
padding-left: 0;
}

.footer li {
line-height: 2em;
}

.footer a {
text-decoration: none;
}
```

```
.r-footer {  
display: flex;  
flex-flow: row wrap;  
}
```

```
.r-footer > * {  
flex: 1 50%;  
margin-right: 1.25em;  
}
```

```
.box a {  
color: #f1f1f1;  
}
```

```
.h-box {  
column-count: 2;  
column-gap: 1.25em;  
}
```

```
.b-footer {  
text-align: center;  
color: #f1f1f1;  
padding-top: 50px;  
}
```

```
.l-footer p {  
padding-right: 20%;  
color: #f1f1f1;  
}
```

```
@media screen and (min-width: 600px) {  
.r-footer > * {  
flex: 1;  
}
```

```
.features {  
flex-grow: 2;  
}
```

```
.l-footer {  
flex: 1 0px;  
}
```

```
.r-footer {  
flex: 2 0px;  
}
```

}

BACKEND CODE:

```
console.log('Server-side code running');
```

```
const express = require('express');
const MongoClient = require('mongodb').MongoClient;
const server = express();

// serve files from the public directory
server.use(express.static('public'));

// connect to the db and start the express server

// ***Replace the URL below with the URL for your
// database***
const url =
'mongodb+srv://srinivas:srinivas123@cluster0.2dvnh.mongodb.net/myFirstDatabase?retryWrites=true&w=majority';
// E.g. for option 2) above this will be:
// const url = 'mongodb://localhost:21017/databaseName';

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

// parse JSON (application/json content-type)
server.use(body_parser.json());

const port = process.env.PORT || 4000;

// << db setup >>
const db = require("./db.js");
const dbName = "Nutrition";
const collectionName = "ProductDesc";
```

```
server.get("/productInfo2", (request, response) => {

    response.json({

        "name": "Srinivas"

    });

});

server.get("/productInfo2", (request, response) => {

    response.json({

        "name": "Srinivas"

    });

});

db.initialize(dbName, collectionName,
function(dbCollection) { // successCallback
// get all items
dbCollection.find().toArray(function(err, result) {
    if (err) throw err;

});

server.get("/productInfo", (request, response) => {
    const productName = request.query.name;

    console.log(productName)
    console.log(dbCollection)

    dbCollection.find().toArray((error, result) => {
        if (error) throw error;
        // return item
        response.json(result);
    });
});
```

```

    });
  });

  server.get("/productData", (request, response) => {

    dbCollection.findOne({ name:"Sorghum" }, (error, result)
=> {
      if (error) throw error;
      // return item

      console.log(result)
      response.json(result);
    });

  });

  server.get("/productDatas", (request, response) => {

    var productName= request.query.productName;
    console.log(productName);

    var query ={
      name: productName
    }

    console.log(query)
    dbCollection.findOne(query, (error, result) => {
      if (error) throw error;
      // return item

      console.log(result)
      response.json(result);
    });

  });

  });

  server.listen(port, () => {
    console.log(` Server listening at ${port}`);
  });

```

```
});
```

PACKAGE.JSON:

```
{  
  "name": "nutritionrestapp",  
  "version": "1.0.0",  
  "description": "rest api",  
  "main": "server.js",  
  "scripts": {  
    "start": "node server.js"  
  },  
  "author": "srinivas",  
  "license": "ISC",  
  "dependencies": {  
    "@hapi/joi": "^17.1.1",  
    "debug": "4.1.1",  
    "express": "^4.17.1",  
    "nodemon": "^2.0.2",  
    "mongodb": "^4.1.0"  
  }  
}
```

PACKAGE-LOCK.JSON:

```
{
  "requires": true,
  "lockfileVersion": 1,
  "dependencies": {
    "@sindresorhus/is": {
      "version": "0.14.0",
      "resolved": "https://registry.npmjs.org/@sindresorhus/is/-/is-0.14.0.tgz",
      "integrity": "sha512-9NET910DNaIPngYnLLPeg+Ogzqsi9uM4mSboU5y6p8S5DzMTV  
EsJZrawi+BoDNUVBa2DhJqQYUFvMDfgU062LQ==",
    },
    "@szmarczak/http-timer": {
      "version": "1.1.2",
      "resolved": "https://registry.npmjs.org/@szmarczak/http-timer/-  
/http-timer-1.1.2.tgz",
      "integrity": "sha512-XIB2XbzHTN6ieIjfIMV9hlVcfPU26s2vafYWQcZHWXHOxiaRZ  
YEDKEwdl129Zyg50+foYV2jCgtrqSA6qNuNSA==",
      "requires": {
        "defer-to-connect": "^1.0.1"
      }
    },
    "@types/node": {
      "version": "16.7.1",
      "resolved": "https://registry.npmjs.org/@types/node/-/node-  
16.7.1.tgz",
      "integrity": "sha512-ncRdc45SoYJ2H4eWU9ReDfp3vtFqDYhjOsKIFFUDEn8V1Bgr2R  
jYal8YT5byfadWIRluhPFU6JiDOl0H6Sl87A==",
    },
    "@types/webidl-conversions": {
      "version": "6.1.1",
      "resolved": "https://registry.npmjs.org/@types/webidl-  
conversions/-/webidl-conversions-6.1.1.tgz",
      "integrity": "sha512-XAahCdThVuCFDQLT7R7Pk/vqeObFNL3YqRyFZg+AqAP/W1/  
w3xHaIxuW7WszQqTbIBOPRcItYJIou3i/mpu3Q==",
    },
  }
}
```

```

"@types/whatwg-url": {
  "version": "8.2.1",
  "resolved": "https://registry.npmjs.org/@types/whatwg-url/-
/whatwg-url-8.2.1.tgz",
  "integrity": "sha512-
2YubE1sJJ5ifxievI5Ge1sckb9k/Er66HyR2c+3+I6VDUUG1TLPdY
YTEbQ+DjRkS4nTxMJhgWfSfMRD2sl2EYQ==",
  "requires": {
    "@types/node": "*",
    "@types/webidl-conversions": "*"
  }
},
"abbrev": {
  "version": "1.1.1",
  "resolved": "https://registry.npmjs.org/abbrev/-/abbrev-
1.1.1.tgz",
  "integrity": "sha512-
nne9/IiQ/hzIhY6pdDnbBtz7DjPTKrY00P/zvPSm5pOFkl6xuGrGn
Xn/VtTNNfNtAfZ9/1RtehkszU9qcTii0Q=="
},
"accepts": {
  "version": "1.3.7",
  "resolved": "https://registry.npmjs.org/accepts/-/accepts-
1.3.7.tgz",
  "integrity": "sha512-
II80Qs2WjYIJBnZnNkK6KYqIVMTbZLXgHx2oT0pU/fjRHyEp+P
EfEPY0R3WCwAGVOtauxh1hOxNgIf5bv7dQpA==",
  "requires": {
    "mime-types": "~2.1.24",
    "negotiator": "0.6.2"
  }
},
"ansi-align": {
  "version": "3.0.0",
  "resolved": "https://registry.npmjs.org/ansi-align/-/ansi-align-
3.0.0.tgz",
  "integrity": "sha512-
ZpCIVKqXN3RGBmKibdfWzqCY4lnjEuoNzU5T0oEFpfd/z5qJH
VarukridD4juLO2FXMiWUQxr9WqQtaYa8XRYw==",
  "requires": {
    "string-width": "^3.0.0"
  }
},
"dependencies": {

```

```
    "string-width": {
      "version": "3.1.0",
      "resolved": "https://registry.npmjs.org/string-width/-/string-width-3.1.0.tgz",
      "integrity": "sha512-vafcv6KjVZKSgz06oM/H6GDBrAtz8vdhQakGjFIvNrHA6y3HCF1CInLy+QLq8dTJpQ1b+KDUqDFctkdRW44e1w==",
      "requires": {
        "emoji-regex": "^7.0.1",
        "is-fullwidth-code-point": "^2.0.0",
        "strip-ansi": "^5.1.0"
      }
    },
    "ansi-regex": {
      "version": "4.1.0",
      "resolved": "https://registry.npmjs.org/ansi-regex/-/ansi-regex-4.1.0.tgz",
      "integrity": "sha512-1apePfXM1UOSqw0o9IiFAovVz9M5S1Dg+4TrDwfMewQ6p/rmMueb7tWZjQ1rx4Loy1ArBgg0qGpfqqdI4rondg==",
    },
    "ansi-styles": {
      "version": "4.3.0",
      "resolved": "https://registry.npmjs.org/ansi-styles/-/ansi-styles-4.3.0.tgz",
      "integrity": "sha512-BbB1iJc7x7DpSGppkL3KbnYjUjPcgU/lKP5sIwEz9Jp/6e3yF1/LU/U9Ox+IBWW89e/c2a9HicrgNdZv2w==",
      "requires": {
        "color-convert": "^2.0.1"
      }
    },
    "anymatch": {
      "version": "3.1.2",
      "resolved": "https://registry.npmjs.org/anymatch/-/anymatch-3.1.2.tgz",
      "integrity": "sha512-P43ePfOIAIupkguHUycrc4qJ9kz8ZiuOUijaETwX7THt0Y/GNK7v0aa8rY816xWjZ7rJdA5XdMcpVFTKMq+RvWg==",
      "requires": {
        "normalize-path": "^3.0.0",

```

```
    "picomatch": "^2.0.4"
  },
  "array-flatten": {
    "version": "1.1.1",
    "resolved": "https://registry.npmjs.org/array-flatten/-/array-flatten-1.1.1.tgz",
    "integrity": "sha1-mI9pkFGx5wczKPKgCJaLZOopVdI="
  },
  "balanced-match": {
    "version": "1.0.2",
    "resolved": "https://registry.npmjs.org/balanced-match/-/balanced-match-1.0.2.tgz",
    "integrity": "sha512-3oSeUO0TMV67hN1AmbXsK4yaqU7tjiHlbnRDZOpH0KW9+CeX4bRAaX0Anxt0tx2MrpRpWwQaPwIIISEJhYU5Pw=="
  },
  "base64-js": {
    "version": "1.5.1",
    "resolved": "https://registry.npmjs.org/base64-js/-/base64-js-1.5.1.tgz",
    "integrity": "sha512-AKpaYlHn8t4SVbOHCy+b5+KKgvR4vrsD8vbvrbiQJps7fKDTkjkDry6ji0rUJjC0kzbNePLwzxq8iypo41qeWA=="
  },
  "binary-extensions": {
    "version": "2.2.0",
    "resolved": "https://registry.npmjs.org/binary-extensions/-/binary-extensions-2.2.0.tgz",
    "integrity": "sha512-3YHf8yQ8378g1HvYCjoxv8OX/gAIjZySNjyyC2dRfrVTqqylGyeNzX94IFMDPLtw9WgPwL0s3JO5EFnWbb3qE=="
  },
  "body-parser": {
    "version": "1.19.0",
    "resolved": "https://registry.npmjs.org/body-parser/-/body-parser-1.19.0.tgz",
    "integrity": "sha512-dSLPGghweX1T4Qy5N3FIgKZs8elFhIN9WlvGQsE9abaQUJKHbVkfI8R4aZJyX55jqWn/X83tjS/zVKllpG1Q==",
    "requires": {
      "bytes": "3.1.0",
      "content-type": "~1.0.4",

```



```
"debug": "2.6.9",
"depd": "~1.1.2",
"http-errors": "1.7.2",
"iconv-lite": "0.4.24",
"on-finished": "~2.3.0",
"qs": "6.7.0",
"raw-body": "2.4.0",
"type-is": "~1.6.17"
},
"boxen": {
  "version": "4.2.0",
  "resolved": "https://registry.npmjs.org/boxen/-/boxen-4.2.0.tgz",
  "integrity": "sha512-eB4uT9RGzg2odpER62bBwSLvUeGC+WbRjjyyFhGsKnc8wp/m0+hQsMUvUe3H2V0D5vw0nBdO1hCJoZo5mKeuIQ==",
  "requires": {
    "ansi-align": "^3.0.0",
    "camelcase": "^5.3.1",
    "chalk": "^3.0.0",
    "cli-boxes": "^2.2.0",
    "string-width": "^4.1.0",
    "term-size": "^2.1.0",
    "type-fest": "^0.8.1",
    "widest-line": "^3.1.0"
  }
},
"brace-expansion": {
  "version": "1.1.11",
  "resolved": "https://registry.npmjs.org/brace-expansion/-/brace-expansion-1.1.11.tgz",
  "integrity": "sha512-iCuPHDFgrHX7H2vEI/5xpz07zSHB00TpugqhmYtVmMO6518mCuRMoOYFldEBI0g187ufozdaHgWKcYFb61qGiA==",
  "requires": {
    "balanced-match": "^1.0.0",
    "concat-map": "0.0.1"
  }
},
"braces": {
  "version": "3.0.2",
  "resolved": "https://registry.npmjs.org/braces/-/braces-3.0.2.tgz",
```

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    "integrity": "sha512-
b8um+L1RzM3WDSzvhm6gIz1yfTbBt6YTlcEKAvsmqCZZFw46z
626lVj9j1yEPW33H5H+IBQpZMP1k8l+78Ha0A==",
    "requires": {
      "fill-range": "^7.0.1"
    },
  },
  "bson": {
    "version": "4.5.0",
    "resolved": "https://registry.npmjs.org/bson/-/bson-4.5.0.tgz",
    "integrity": "sha512-
WoSOKryfrKx0aqhPz/DJsUlrMIOL+hkW+469Q5z5E/EQWF2xilO
H7h/s5HH4j9iLRzVDwKfWVNQ3Mba16srmlw==",
    "requires": {
      "buffer": "^5.6.0"
    },
  },
  "buffer": {
    "version": "5.7.1",
    "resolved": "https://registry.npmjs.org/buffer/-/buffer-5.7.1.tgz",
    "integrity": "sha512-
EHcyIPBQ4BSGlVjB16k5KgAJ27CIsHY/2JBmCRReo48y9rQ3Ma
UzWX3KVlBa4U7MyX02HdVj0K7C3WaB3ju7FQ==",
    "requires": {
      "base64-js": "^1.3.1",
      "ieee754": "^1.1.13"
    },
  },
  "bytes": {
    "version": "3.1.0",
    "resolved": "https://registry.npmjs.org/bytes/-/bytes-3.1.0.tgz",
    "integrity": "sha512-
zauLjrfCG+xvoyaLoV8bLVXXNGC4JqlxFCutSDWA6fJrTo2Zuv
LYTqZ7aHBLZSMOopbzwv8f+wZcVzfVTI2Dg==",
  },
  "cacheable-request": {
    "version": "6.1.0",
    "resolved": "https://registry.npmjs.org/cacheable-request/-
/cacheable-request-6.1.0.tgz",
    "integrity": "sha512-
Oj3cAGPCqOZX7Rz64Uny2GYAZNliQSqfPrQAQ1wKAihYm
CUUnraBtJtKcGR4xz7wF+LoJC+ssFZvv5BgF9Igg==",
```

```
"requires": {
  "clone-response": "^1.0.2",
  "get-stream": "^5.1.0",
  "http-cache-semantics": "^4.0.0",
  "keyv": "^3.0.0",
  "lowercase-keys": "^2.0.0",
  "normalize-url": "^4.1.0",
  "responselike": "^1.0.2"
},
"dependencies": {
  "get-stream": {
    "version": "5.2.0",
    "resolved": "https://registry.npmjs.org/get-stream/-/get-stream-5.2.0.tgz",
    "integrity": "sha512-nBF+F1rAZVCu/p7rjzgA+Yb4lfYXrpl7a6VmJrU8wF9I1CKvP/QwPNZHnOlwbTkY6dvtFIzFMSyQXbLoTQPRpA==",
    "requires": {
      "pump": "^3.0.0"
    }
  },
  "lowercase-keys": {
    "version": "2.0.0",
    "resolved": "https://registry.npmjs.org/lowercase-keys/-/lowercase-keys-2.0.0.tgz",
    "integrity": "sha512-tqNXrS78oMOE73NMxK4EMLQsQowWf8jKooH9g7xPavRT706R6bkQJ6DY2Te7QukaZsulxa30wQ7bk0pm4XiHmA=="
  },
  "camelcase": {
    "version": "5.3.1",
    "resolved": "https://registry.npmjs.org/camelcase/-/camelcase-5.3.1.tgz",
    "integrity": "sha512-L28STB170nwWS63UjtlEOE3dldQApaJXZkOI1uMFfzf3rRuPegHaHesyee+YxQ+W6SvRDQV6UrdOdRiR153wJg=="
  },
  "chalk": {
    "version": "3.0.0",
    "resolved": "https://registry.npmjs.org/chalk/-/chalk-3.0.0.tgz",
```

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    "integrity": "sha512-
4D3B6Wf41KOYRFdszmDqMCGq5VV/uMAB273JILmO+3jAlh8
X4qDtdtgCR3fxtbLEMzSx22QdhnDcJvu2u1fVwg==",
    "requires": {
      "ansi-styles": "^4.1.0",
      "supports-color": "^7.1.0"
    },
    "dependencies": {
      "has-flag": {
        "version": "4.0.0",
        "resolved": "https://registry.npmjs.org/has-flag/-/has-flag-
4.0.0.tgz",
        "integrity": "sha512-
EykJT/Q1KjTWctppgIAgfSO0tKVuZUjhgMr17kqTumMl6Afv3EI
SleU7qZUzoXDFTAHTDC4NOoG/ZxU3EvlMPQ==",
      },
      "supports-color": {
        "version": "7.2.0",
        "resolved": "https://registry.npmjs.org/supports-color/-
/supports-color-7.2.0.tgz",
        "integrity": "sha512-
qpCAvRI9stuOHveKsn7HncJRvv501qIacKzQlO/+Lwxc9+0q2wLy
v4Dfvt80/DPn2pqOBsJdDiogXGR9+OvwRw==",
      },
      "requires": {
        "has-flag": "^4.0.0"
      }
    }
  },
  "chokidar": {
    "version": "3.5.2",
    "resolved": "https://registry.npmjs.org/chokidar/-/chokidar-
3.5.2.tgz",
    "integrity": "sha512-
ekGhOnNVPgT77r4K/U3GDhu+FQ2S8TnK/s2KbIGXxi0SZWuwk
Z2QNyfWdZW+TVfn84DpEP7rLeCt2UI6bJ8GwbQ==",
    "requires": {
      "anymatch": "~3.1.2",
      "braces": "~3.0.2",
      "fsevents": "~2.3.2",
      "glob-parent": "~5.1.2",
      "is-binary-path": "~2.1.0",

```

```

    "is-glob": "~4.0.1",
    "normalize-path": "~3.0.0",
    "readdirp": "~3.6.0"
  },
  "ci-info": {
    "version": "2.0.0",
    "resolved": "https://registry.npmjs.org/ci-info/-/ci-info-2.0.0.tgz",
    "integrity": "sha512-5tK7EtrZON+OLFMthtqOj4fI2Jeb88C4CAZPu25LDVUgXJ0A3Js4PMGqrn0JU1W0Mh1/Z8wZzYPxqUrXeBboCQ=="
  },
  "cli-boxes": {
    "version": "2.2.1",
    "resolved": "https://registry.npmjs.org/cli-boxes/-/cli-boxes-2.2.1.tgz",
    "integrity": "sha512-88Lp24ZxTVb21H88y8XWb2551spXdeqHsBV22qJHqR0H2Z6YqC3b4UoL14fX+qU1K18931a8qD02276Q==",
    "y4coMcyIlgSCdVinjiDBuR8PCC2bLjyGTwEmPb9NHR/QaNU6EUOXcTY/s6VjGMD6ENSEaeQYHCY0GNGS5jfMwPw=="
  },
  "clone-response": {
    "version": "1.0.2",
    "resolved": "https://registry.npmjs.org/clone-response/-/clone-response-1.0.2.tgz",
    "integrity": "sha1-0dyXOSAxTfZ/vrlCI7TuNQI56Ws=",
    "requires": {
      "mimic-response": "^1.0.0"
    }
  },
  "color-convert": {
    "version": "2.0.1",
    "resolved": "https://registry.npmjs.org/color-convert/-/color-convert-2.0.1.tgz",
    "integrity": "sha512-RRECPsj7iu/xb5oKYcsFHSppFNnsj/52OVTRKb4zP5onXwVF3zVmmToNcOfGC+CRDpfK/U584fMg38ZHCaElKQ==",
    "requires": {
      "color-name": "~1.1.4"
    }
  },
  "color-name": {

```

```
    "version": "1.1.4",
    "resolved": "https://registry.npmjs.org/color-name/-/color-name-1.1.4.tgz",
    "integrity": "sha512-dOy+3AuW3a2wNbZHIuMZpTcgjGuLU/uBL/ubcZF9OXbDo8ff4O8yVp5Bf0efS8uEoYo5q4Fx7dY9OgQGXgAsQA==",
  },
  "concat-map": {
    "version": "0.0.1",
    "resolved": "https://registry.npmjs.org/concat-map/-/concat-map-0.0.1.tgz",
    "integrity": "sha1-2Klr13/Wjfd5OnMDajug1UBdR3s="
  },
  "configstore": {
    "version": "5.0.1",
    "resolved": "https://registry.npmjs.org/configstore/-/configstore-5.0.1.tgz",
    "integrity": "sha512-aMKprgk5YhBNyH25hj8wGt2+D52Sw1DRRIzqBwLp2Ya9mFmY8KPvvtmna8SxVR9JmZ4kzMD68N22vlaRpkeFA==",
    "requires": {
      "dot-prop": "^5.2.0",
      "graceful-fs": "^4.1.2",
      "make-dir": "^3.0.0",
      "unique-string": "^2.0.0",
      "write-file-atomic": "^3.0.0",
      "xdg-basedir": "^4.0.0"
    }
  },
  "content-disposition": {
    "version": "0.5.3",
    "resolved": "https://registry.npmjs.org/content-disposition/-/content-disposition-0.5.3.tgz",
    "integrity": "sha512-ExO0774ikEOBIAEV9kDo50o+79VCUdEB6n6lzKgGwupcVeRIhrj3qGAfwq8G6uBJkqLrhT0qEYFcWng8z1z0g==",
    "requires": {
      "safe-buffer": "5.1.2"
    }
  },
  "content-type": {
    "version": "1.0.4",
```

```
"resolved": "https://registry.npmjs.org/content-type/-/content-type-1.0.4.tgz",
  "integrity": "sha512-hIP3EEP58tB9AT1L+NUqtwOAps4mk2Zob89MWXMHjHWg9miIF/j4osnnQLXBCBFBk/tvIG/tUc9mOUJiPBhPXA=="
},
"cookie": {
  "version": "0.4.0",
  "resolved": "https://registry.npmjs.org/cookie/-/cookie-0.4.0.tgz",
  "integrity": "sha512-H9UgGZuL3A3AYiZuMcN5Q7Nc0A4wGh0LmOjwWp+yd5SiZa/22yl+Gic8Yr13qW7y8ZSi4qGLu3myD42CRg==",
},
"cookie-signature": {
  "version": "1.0.6",
  "resolved": "https://registry.npmjs.org/cookie-signature/-/cookie-signature-1.0.6.tgz",
  "integrity": "sha1-4wOogrNCzD7oylE6eZmXNNqzriw="
},
"crypto-random-string": {
  "version": "2.0.0",
  "resolved": "https://registry.npmjs.org/crypto-random-string/-/crypto-random-string-2.0.0.tgz",
  "integrity": "sha512-1fFQ5PSk36eFvdnbn3t98LdrSjrvJ8o2nrvj1EHO9U3Df2YrBakofrR5oMIPKSg7aKlntW0H4yLWQ5GL4Q==",
},
"debug": {
  "version": "2.6.9",
  "resolved": "https://registry.npmjs.org/debug/-/debug-2.6.9.tgz",
  "integrity": "sha512-hXgKMK5QhnmxJmhFrkLpW4krr8lznkB1MXCUXOVHrUPoAeTlnwQXtmdoJGgEPwuzWvjrYlVtDP0Qr07DX8vZuA==",
  "requires": {
    "ms": "2.0.0"
  }
},
"decompress-response": {
  "version": "3.3.0",
  "resolved": "https://registry.npmjs.org/decompress-response/-/decompress-response-3.3.0.tgz",
  "integrity": "sha1-gKtDmMjdIOEv6JICDYirt7Jgg3/M=",
}
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```
"requires": {
  "mimic-response": "^1.0.0"
},
"deep-extend": {
  "version": "0.6.0",
  "resolved": "https://registry.npmjs.org/deep-extend/-/deep-extend-0.6.0.tgz",
  "integrity": "sha512-LOHxIOaPYdHIJRtCQfDIVZtfw/ufM8+rVj649RIHzcm/vGwQRX
Ft6OPqIFWsm2XEMrNIEtWR64sY1LEKD2vAOA=="
},
"defer-to-connect": {
  "version": "1.1.3",
  "resolved": "https://registry.npmjs.org/defer-to-connect/-/defer-
to-connect-1.1.3.tgz",
  "integrity": "sha512-
0ISdNousHvZT2EiFIZeZAHBUvSxmKswVCEf8hW7KWgG4a8M
VEu/3Vb6uWYozkjylyCxe0JBIiRB1jV45S70WVQ=="
},
"denque": {
  "version": "1.5.1",
  "resolved": "https://registry.npmjs.org/denque/-/denque-
1.5.1.tgz",
  "integrity": "sha512-
XwE+iZ4D6ZUB7mfYRMb5wByE8L74HCn30FBN7sWnXksWc1
LO1bPDI67pBR9o/kC4z/xSNAwkMYcGgqDV3BE3Hw=="
},
"depd": {
  "version": "1.1.2",
  "resolved": "https://registry.npmjs.org/depd/-/depd-1.1.2.tgz",
  "integrity": "sha1-m81S4UwJd2PnSbJ0xDRu0uVgtak="
},
"destroy": {
  "version": "1.0.4",
  "resolved": "https://registry.npmjs.org/destroy/-/destroy-
1.0.4.tgz",
  "integrity": "sha1-l4hXRCxEJ5CBmE+N5RiBYJqvYA="
},
"dot-prop": {
  "version": "5.3.0",
```



```
"resolved": "https://registry.npmjs.org/dot-prop/-/dot-prop-5.3.0.tgz",
  "integrity": "sha512-QM8q3zDe58hqUqjraQOmzZ1LIH9SWQJTIEKCH4kJ2oQvLZk7RbQXvtDM2XEq3fwkV9CCvvH4LA0AV+ogFsBM2Q==",
  "requires": {
    "is-obj": "^2.0.0"
  },
},
"duplexer3": {
  "version": "0.1.4",
  "resolved": "https://registry.npmjs.org/duplexer3/-/duplexer3-0.1.4.tgz",
  "integrity": "sha1-7gHdHKwO08vH/b6jfcCo8c4ALOI=",
},
"ee-first": {
  "version": "1.1.1",
  "resolved": "https://registry.npmjs.org/ee-first/-/ee-first-1.1.1.tgz",
  "integrity": "sha1-WQxhFWsK4vTwJVcyoViyZrxWsh0=",
},
"emoji-regex": {
  "version": "7.0.3",
  "resolved": "https://registry.npmjs.org/emoji-regex/-/emoji-regex-7.0.3.tgz",
  "integrity": "sha512-SaajetN3B2ZlxvNm78KPP8Ir9jYhN3nL+Y+93e8a4b36dW5aLkQ+LqZZ8zdQ5gEvzSs3Yb36fX8qDz70=",
},
"encodeurl": {
  "version": "1.0.2",
  "resolved": "https://registry.npmjs.org/encodeurl/-/encodeurl-1.0.2.tgz",
  "integrity": "sha1-rT/0yG7C0CkyL1oCw6mmBs1bP1k=",
},
"end-of-stream": {
  "version": "1.4.4",
  "resolved": "https://registry.npmjs.org/end-of-stream/-/end-of-stream-1.4.4.tgz",
  "integrity": "sha512-+uw1inIHVPQoaVuHzRyXd21icM+cnt4CzD5rW+NC1wjOUSTOs+Te7FOv7AhN7vS9x/oIyhLP5PR1H+phQAHu5Q==",
  "requires": {

```

```
    "once": "^1.4.0"
  }
},
"escape-goat": {
  "version": "2.1.1",
  "resolved": "https://registry.npmjs.org/escape-goat/-/escape-goat-2.1.1.tgz",
  "integrity": "sha512-8/uIhbG12CsJy2JEW7D9pHbreaVaS/OpN3ycnyvElTdwM5n6GY6W6e2IPemfvGZeUMqZ9A/3GqIZMgKnBhAw/Q=="
},
"escape-html": {
  "version": "1.0.3",
  "resolved": "https://registry.npmjs.org/escape-html/-/escape-html-1.0.3.tgz",
  "integrity": "sha1-Aljq5NPQwJdN4cFpGI7wBR0dGYg="
},
"etag": {
  "version": "1.8.1",
  "resolved": "https://registry.npmjs.org/etag/-/etag-1.8.1.tgz",
  "integrity": "sha1-Qa4u62XvpiJorr/qg6x9eSmbCIc="
},
"express": {
  "version": "4.17.1",
  "resolved": "https://registry.npmjs.org/express/-/express-4.17.1.tgz",
  "integrity": "sha512-mHJ9O79RqluphRrcw2X/GTh3k9tVv8YcoyY4Kkh4WDMUYKRZUq0h1o0w2rrrxBqM7VoeUVqgb27xlEMXTnYt4g==",
  "requires": {
    "accepts": "~1.3.7",
    "array-flatten": "1.1.1",
    "body-parser": "1.19.0",
    "content-disposition": "0.5.3",
    "content-type": "~1.0.4",
    "cookie": "0.4.0",
    "cookie-signature": "1.0.6",
    "debug": "2.6.9",
    "depd": "~1.1.2",
    "encodeurl": "~1.0.2",
    "escape-html": "~1.0.3",
    "etag": "~1.8.1",

```

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    "finalhandler": "~1.1.2",
    "fresh": "0.5.2",
    "merge-descriptors": "1.0.1",
    "methods": "~1.1.2",
    "on-finished": "~2.3.0",
    "parseurl": "~1.3.3",
    "path-to-regexp": "0.1.7",
    "proxy-addr": "~2.0.5",
    "qs": "6.7.0",
    "range-parser": "~1.2.1",
    "safe-buffer": "5.1.2",
    "send": "0.17.1",
    "serve-static": "1.14.1",
    "setprototypeof": "1.1.1",
    "statuses": "~1.5.0",
    "type-is": "~1.6.18",
    "utils-merge": "1.0.1",
    "vary": "~1.1.2"
  }
},
"fill-range": {
  "version": "7.0.1",
  "resolved": "https://registry.npmjs.org/fill-range/-/fill-range-7.0.1.tgz",
  "integrity": "sha512-qOo9F+dMUmC2Lcb4BbVvnKJxTPjCm+RRpe4gDuGrzkL7mEVl/djYSu2OdQ2Pa302N4oqkSg9ir6jaLWJ2USVpQ==",
  "requires": {
    "to-regex-range": "^5.0.1"
  }
},
"finalhandler": {
  "version": "1.1.2",
  "resolved": "https://registry.npmjs.org/finalhandler/-/finalhandler-1.1.2.tgz",
  "integrity": "sha512-qA446/37PczjIV8SCQt+OFAh5QZusB4FLt54IATX1uj7Wd/bkgeD5ktlStzDaeqiYuwH78ypIEp1nd/qv7h5gA==",
  "requires": {
    "debug": "2.6.9",
    "encodeurl": "~1.0.2",
    "escape-html": "~1.0.3",

```

```
    "on-finished": "~2.3.0",
    "parseurl": "~1.3.3",
    "statuses": "~1.5.0",
    "unpipe": "~1.0.0"
  },
  },
  "forwarded": {
    "version": "0.2.0",
    "resolved": "https://registry.npmjs.org/forwarded/-/forwarded-0.2.0.tgz",
    "integrity": "sha512-buRG0fpBtRHSTCOASe6hD258tEubFoRLb4ZNA6NxMVHNw2gOcwHo9wyablzMzOA5z9xA9L1KNjk/Nt6MT9aYow=="
  },
  "fresh": {
    "version": "0.5.2",
    "resolved": "https://registry.npmjs.org/fresh/-/fresh-0.5.2.tgz",
    "integrity": "sha1-PYyt2Q2XZWn6glqx+OSyOhBWBac="
  },
  "fsevents": {
    "version": "2.3.2",
    "resolved": "https://registry.npmjs.org/fsevents/-/fsevents-2.3.2.tgz",
    "integrity": "sha512-xiqMQR4xAeHTuB9uWm+fFRcIOgKBMiOBP+eXiyT7jsgVCq1bkVygT00oASowB7EdtpOHaaPgKt812P9ab+DDKA==",
    "optional": true
  },
  "get-stream": {
    "version": "4.1.0",
    "resolved": "https://registry.npmjs.org/get-stream/-/get-stream-4.1.0.tgz",
    "integrity": "sha512-GMat4EJ5161kIy2HevLlr4luNjBgvmj413KaQA7jt4V8B4RDsfpHk7WQ9GVqfYyyx8OS/L66Kox+rJRNklLK7w==",
    "requires": {
      "pump": "^3.0.0"
    }
  },
  "glob-parent": {
    "version": "5.1.2",
```

```
    "resolved": "https://registry.npmjs.org/glob-parent/-/glob-parent-5.1.2.tgz",
    "integrity": "sha512-AOIgSQ CepiJYwP3ARnGx+5VnTu2HBYdzbGP45eLw1vr3zB3vZLeyed1sC9hnbcOc9/SrMyM5RPRkGz4aS9Zow==",
    "requires": {
      "is-glob": "^4.0.1"
    }
  },
  "global-dirs": {
    "version": "2.1.0",
    "resolved": "https://registry.npmjs.org/global-dirs/-/global-dirs-2.1.0.tgz",
    "integrity": "sha512-MHG3snyZue46uW69HClV210WZtd5FyX95cS5Lq6wFFeQf6RQmb23a7n8S4OzLBq3b5103v163bG6QqjOpQ==",
    "requires": {
      "ini": "1.3.7"
    }
  },
  "got": {
    "version": "9.6.0",
    "resolved": "https://registry.npmjs.org/got/-/got-9.6.0.tgz",
    "integrity": "sha512-7XrV8qV6i+qdYV5UJW99x64P64EwMHX5eQZCvU884HkQ8wvRkYH1o/60WwJ6V8q4wPpHl+u6B87+Q==",
    "requires": {
      "@sindresorhus/is": "^0.14.0",
      "@szmarczak/http-timer": "^1.1.2",
      "cacheable-request": "^6.0.0",
      "decompress-response": "^3.3.0",
      "duplexer3": "^0.1.4",
      "get-stream": "^4.1.0",
      "lowercase-keys": "^1.0.1",
      "mimic-response": "^1.0.1",
      "p-cancelable": "^1.0.0",
      "to-readable-stream": "^1.0.0",
      "url-parse-lax": "^3.0.0"
    }
  },
  "graceful-fs": {
    "version": "4.2.8",

```

```

    "resolved": "https://registry.npmjs.org/graceful-fs/-/graceful-fs-
4.2.8.tgz",
    "integrity": "sha512-
qkIilPUYcNhJpd33n0GBXTB1MMPp14TxEsEs0pTrsSVucApsYz
W5V+Q8Qxhik6KU3evy+qkAAowTByymK0avdg=="
  },
  "has-flag": {
    "version": "3.0.0",
    "resolved": "https://registry.npmjs.org/has-flag/-/has-flag-
3.0.0.tgz",
    "integrity": "sha1-tdRU3CGZriJWmfNGfloH87lVuv0="
  },
  "has-yarn": {
    "version": "2.1.0",
    "resolved": "https://registry.npmjs.org/has-yarn/-/has-yarn-
2.1.0.tgz",
    "integrity": "sha512-
UqBRqi4ju7T+TqGNdqAO0PaSVGsDGJUBQvk9eUWNGRY1CF
GDzYhLWoM7JQEemnlvVcv/YEmc2wNW8BC24EnUsw=="
  },
  "http-cache-semantics": {
    "version": "4.1.0",
    "resolved": "https://registry.npmjs.org/http-cache-semantics/-
/http-cache-semantics-4.1.0.tgz",
    "integrity": "sha512-
carPklcUh7ROWRK7Cv27RPtdhYhUsela/ue5/jKzjegVvXDqM2IL
E9Q2BGn9JZJh1g87cp56su/FgQSzcWS8cQ=="
  },
  "http-errors": {
    "version": "1.7.2",
    "resolved": "https://registry.npmjs.org/http-errors/-/http-errors-
1.7.2.tgz",
    "integrity": "sha512-
uUQBt3H/cSIVfch6i1EuPNy/YsRSOUBXTVfZ+yR7Zjez3qjBz6i9
+i4zjNaoqcoFVI4lQJ5plg63TvGfRSDCRg==",
    "requires": {
      "depd": "~1.1.2",
      "inherits": "2.0.3",
      "setprototypeof": "1.1.1",
      "statuses": ">= 1.5.0 < 2",
      "toidentifier": "1.0.0"
    }
  },

```

```
"iconv-lite": {
  "version": "0.4.24",
  "resolved": "https://registry.npmjs.org/iconv-lite/-/iconv-lite-0.4.24.tgz",
  "integrity": "sha512-v3MXnZAcvnywkTUEZomIAcle7RXXeedOR3lwwl7VlyoXO4Qi9arvSenNQWne1TcRwhCL1HwLI21bEqdpj8/rA==",
  "requires": {
    "safer-buffer": ">= 2.1.2 < 3"
  },
},
"ieee754": {
  "version": "1.2.1",
  "resolved": "https://registry.npmjs.org/ieee754/-/ieee754-1.2.1.tgz",
  "integrity": "sha512-dcyqhDvX1C46lXZcVqCpK+FtMRQVdIMN6/Df5js2zouUsqG7I6sFxitIC+7KYK29KdXOLHdu9zL4sFnoVQnqaA==",
},
"ignore-by-default": {
  "version": "1.0.1",
  "resolved": "https://registry.npmjs.org/ignore-by-default/-/ignore-by-default-1.0.1.tgz",
  "integrity": "sha1-SMptcvbGo68Aqa1K5odr44ieKwk=",
},
"import-lazy": {
  "version": "2.1.0",
  "resolved": "https://registry.npmjs.org/import-lazy/-/import-lazy-2.1.0.tgz",
  "integrity": "sha1-BWmOPUXIjo1+nZLLBYTnfwlvPkM=",
},
"imurmurhash": {
  "version": "0.1.4",
  "resolved": "https://registry.npmjs.org/imurmurhash/-/imurmurhash-0.1.4.tgz",
  "integrity": "sha1-khi5srkoojixPcT7a21XbyMUU+o=",
},
"inherits": {
  "version": "2.0.3",
  "resolved": "https://registry.npmjs.org/inherits/-/inherits-2.0.3.tgz",
  "integrity": "sha1-Yzwsg+PaQqUC9SRmAiSA9CCCYd4="
```

```
  },
  "ini": {
    "version": "1.3.7",
    "resolved": "https://registry.npmjs.org/ini/-/ini-1.3.7.tgz",
    "integrity": "sha512-
iKpRpXP+CrP2jyrvvg1kMUpXDyRUFDWurxbnVT1vQPX+Wz9u
CYsMIqYuSBLV+PAaZG/d7kRLKRFC9oDMsH+mFQ=="
  },
  "ipaddr.js": {
    "version": "1.9.1",
    "resolved": "https://registry.npmjs.org/ipaddr.js/-/ipaddr.js-
1.9.1.tgz",
    "integrity": "sha512-
0KI/607xoxSToH7GjN1FfSbLoU0+btTicjsQSWQlh/hZykN8Kpm
Mf7uYwPW3R+akZ6R/w18ZlXSHBYXiYUPO3g=="
  },
  "is-binary-path": {
    "version": "2.1.0",
    "resolved": "https://registry.npmjs.org/is-binary-path/-/is-binary-
path-2.1.0.tgz",
    "integrity": "sha512-
ZMERYes6pDydyuGidse7OsHxtbI7WVeUEozgR/g7rd0xUimYNlv
ZRE/K2MgZtJWy725IfelLeVcEM97mmtRGXw==",
    "requires": {
      "binary-extensions": "^2.0.0"
    }
  },
  "is-ci": {
    "version": "2.0.0",
    "resolved": "https://registry.npmjs.org/is-ci/-/is-ci-2.0.0.tgz",
    "integrity": "sha512-
YfJT7rkpQB0updsdHLGWrvhBJfcfzNNawYDNlyQXJz0IViGf75
O8EBPKSdvw2rF+LGCsX4FZ8tcr3b19LcZq4w==",
    "requires": {
      "ci-info": "^2.0.0"
    }
  },
  "is-extglob": {
    "version": "2.1.1",
    "resolved": "https://registry.npmjs.org/is-extglob/-/is-extglob-
2.1.1.tgz",
    "integrity": "sha1-
sha1-qIwCU1eR8C7TfHahueqXc8gz+MI="
```



```
  },
  "is-fullwidth-code-point": {
    "version": "2.0.0",
    "resolved": "https://registry.npmjs.org/is-fullwidth-code-point/-/is-fullwidth-code-point-2.0.0.tgz",
    "integrity": "sha1-o7MKXE8ZkYMWeqq5O+764937ZU8="
  },
  "is-glob": {
    "version": "4.0.1",
    "resolved": "https://registry.npmjs.org/is-glob/-/is-glob-4.0.1.tgz",
    "integrity": "sha512-5D5gHm448pW32733V13N46/3n396lW1P45tJ56h3K10u93I7y8QxvXUjvE8Y50uLSToVUA2D5wY5j5W==",
    "requires": {
      "is-extglob": "^2.1.1"
    }
  },
  "is-installed-globally": {
    "version": "0.3.2",
    "resolved": "https://registry.npmjs.org/is-installed-globally/-/is-installed-globally-0.3.2.tgz",
    "integrity": "sha512-wZ8x1js7Ia0kecP/CHM/3ABkAmujX7WPvQk6uu3Fly/Mk44pySulQpnHG46OMjHGXAplNnV4QhY3SWnECO2z5g==",
    "requires": {
      "global-dirs": "^2.0.1",
      "is-path-inside": "^3.0.1"
    }
  },
  "is-npm": {
    "version": "4.0.0",
    "resolved": "https://registry.npmjs.org/is-npm/-/is-npm-4.0.0.tgz",
    "integrity": "sha512-96ECIfh9xtDDIPyINPXhzjsyKHsMJZ18ASpaWzQyBr4YRTcVjUvzaHayDAES2oU/3KpljhHUjtSRNiDwi0F0ig=="
  },
  "is-number": {
    "version": "7.0.0",
    "resolved": "https://registry.npmjs.org/is-number/-/is-number-7.0.0.tgz",
```

```
    "integrity": "sha512-41Cifkg6e8TylSpdtTpeLVMqvSBEVzTttHvERD741+pnZ8ANv0004MRL43QKPD1K9cGvNp6NZWZUBlbGXYxxng==",
    "is-obj": {
      "version": "2.0.0",
      "resolved": "https://registry.npmjs.org/is-obj/-/is-obj-2.0.0.tgz",
      "integrity": "sha512-12aL/bGoeQNsMVKC1yVdDziBWPwG5hcvlBcu4LAW3s2GtyrXhn3r+Z2pR95M5H4cR5G6FV5YM+R8E2Vh4Gg==",
    },
    "is-path-inside": {
      "version": "3.0.3",
      "resolved": "https://registry.npmjs.org/is-path-inside/-/is-path-inside-3.0.3.tgz",
      "integrity": "sha512-Fd4gABb+ycGAMKou8eMftCupSir5lRxqf4aD/vd0cD2qc4HL07OjCeuHMr8Ro4CoMaeCKDB0/ECBOVWjTwUvPQ==",
    },
    "is-typedarray": {
      "version": "1.0.0",
      "resolved": "https://registry.npmjs.org/is-typedarray/-/is-typedarray-1.0.0.tgz",
      "integrity": "sha1-5HnICFjfDBsR3dppQPlgEfzaSpo=",
    },
    "is-yarn-global": {
      "version": "0.3.0",
      "resolved": "https://registry.npmjs.org/is-yarn-global/-/is-yarn-global-0.3.0.tgz",
      "integrity": "sha512-1KYaSsxiiABJHjcnlAbWjavEg8H1ylQsV8Z03428qk+UyVOI3UJnjnV84G3uYrVjIPsKplwyaseLbrwec8pW==",
    },
    "json-buffer": {
      "version": "3.0.0",
      "resolved": "https://registry.npmjs.org/json-buffer/-/json-buffer-3.0.0.tgz",
      "integrity": "sha1-Wx85evx11ne96Lz8Dkfh+aPZqJg=",
    },
    "keyv": {
      "version": "3.1.0",
      "resolved": "https://registry.npmjs.org/keyv/-/keyv-3.1.0.tgz",
```

```
    "integrity": "sha512-
9ykJ/46SN/9KPM/sichzQ7OvXyGDYKGTaDIKMGCAlg2UK8KR
y4jb0d8sFc+0Tt0YYnThq8X2RZgCg74RPxgcVA==",
    "requires": {
      "json-buffer": "3.0.0"
    },
    "latest-version": {
      "version": "5.1.0",
      "resolved": "https://registry.npmjs.org/latest-version/-/latest-
version-5.1.0.tgz",
      "integrity": "sha512-
weT+r0kTkRQdCdYCNtkMwWXQTMeswKrfBkm4ckQOMVhhq
hIMI1UT2hMj+1iiglhgSZm5gTmrRXBNoGUgaTY1xA==",
      "requires": {
        "package-json": "^6.3.0"
      },
      "lodash": {
        "version": "4.17.21",
        "resolved": "https://registry.npmjs.org/lodash/-/lodash-
4.17.21.tgz",
        "integrity": "sha512-
v2kDEe57lecTulaDIuNTPy3Ry4gLGJ6Z1O3vE1krgXZNrsQ+LFT
GHVxVjcXPs17LhbZVGedAJv8XZ1tvj5FvSg==",
        },
        "lowercase-keys": {
          "version": "1.0.1",
          "resolved": "https://registry.npmjs.org/lowercase-keys/-
/lowercase-keys-1.0.1.tgz",
          "integrity": "sha512-
G2Lj61tXDnVFFOi8VZds+SoQjtQC3dgokKdDG2mTm1tx4m50N
UHBOZSBwQQHyy0V12A0JTG4icfZQH+xPyh8VA==",
          },
          "make-dir": {
            "version": "3.1.0",
            "resolved": "https://registry.npmjs.org/make-dir/-/make-dir-
3.1.0.tgz",
            "integrity": "sha512-
g3FeP20LNwhALb/6Cz6Dd4F2ngze0jz7tbzrD2wAV+o9FeNHe4r
L+YK2md0J/fiSf1sa1ADhXqi5+oVwOM/eGw==",
            "requires": {
              "semver": "^6.0.0"
```

```
    },
    "dependencies": {
      "semver": {
        "version": "6.3.0",
        "resolved": "https://registry.npmjs.org/semver/-/semver-6.3.0.tgz",
        "integrity": "sha512-b39TBaTSfV6yBrapU89p5fKekE2m/NwnDocOVruQFS1/veMgdzuPcnOM34M6CwxW8jH/lxEa5rBoDeUwu5HHTw=="
      }
    },
    "media-typer": {
      "version": "0.3.0",
      "resolved": "https://registry.npmjs.org/media-typer/-/media-typer-0.3.0.tgz",
      "integrity": "sha1-hxDXrwqmJvj/+hzgAWhUUmMlV0g="
    },
    "memory-pager": {
      "version": "1.5.0",
      "resolved": "https://registry.npmjs.org/memory-pager/-/memory-pager-1.5.0.tgz",
      "integrity": "sha512-ZS4Bp4r/Zoeq6+NLJpP+0Zzm0pR8whtGPf1XExKLJBACzGMnSi3It14OiNCStjQjM6NU1okjQGSxgEZN8eBYKg=="
    },
    "merge-descriptors": {
      "version": "1.0.1",
      "resolved": "https://registry.npmjs.org/merge-descriptors/-/merge-descriptors-1.0.1.tgz",
      "integrity": "sha1-sAqQVW3YtEVofQ7J0blT8/kMu2E="
    },
    "methods": {
      "version": "1.1.2",
      "resolved": "https://registry.npmjs.org/methods/-/methods-1.1.2.tgz",
      "integrity": "sha1-VSmk1nZUE07cxSZmVoNbD4Ua/O4="
    },
    "mime": {
      "version": "1.6.0",
      "resolved": "https://registry.npmjs.org/mime/-/mime-1.6.0.tgz",
```

```
    "integrity": "sha512-
x0Vn8spI+wuJ1O6S7gnbaQg8Pxh4NNHb7KSINmEWKiPE4RKO
plvij+NmYmmRgP68mc70j2EbeTFRsrswaQeg=="
  },
  "mime-db": {
    "version": "1.49.0",
    "resolved": "https://registry.npmjs.org/mime-db/-/mime-db-
1.49.0.tgz",
    "integrity": "sha512-
CIc8j9URtOvApSFCQIF+VBkX1RwXp/oMMOrqdyXSBXq5RW
NEsRfyj1kiRnQgmNXmHxPoFIxOroKA3zcU9P+nAA=="
  },
  "mime-types": {
    "version": "2.1.32",
    "resolved": "https://registry.npmjs.org/mime-types/-/mime-
types-2.1.32.tgz",
    "integrity": "sha512-
hJGaVS4G4c9TSMYh2n6SQAGrC4RnfU+daP8G7cSCmaqNjiOo
UY0VHCMS42pxnQmVF1GWwFhbHWn3RIxCqTmZ9A==",
    "requires": {
      "mime-db": "1.49.0"
    }
  },
  "mimic-response": {
    "version": "1.0.1",
    "resolved": "https://registry.npmjs.org/mimic-response/-/mimic-
response-1.0.1.tgz",
    "integrity": "sha512-
j5EctnkH7amfV/q5Hgmoal1g2QHFJRraOtmx0JpIqkxhBhI/IJS11n
MpQ45hVarwNETOoWEimndZ4QK0RHxuxQ=="
  },
  "minimatch": {
    "version": "3.0.4",
    "resolved": "https://registry.npmjs.org/minimatch/-/minimatch-
3.0.4.tgz",
    "integrity": "sha512-
yJHVQEHyqPLUTgt9B83PXu6W3rx4MvvHvSUvToogpwoGDOU
Q+yDrR0HRot+yOCdCO7u4hX3pWft6kWBBcqh0UA==",
    "requires": {
      "brace-expansion": "^1.1.7"
    }
  },
  "minimist": {
```

```
    "version": "1.2.5",
    "resolved": "https://registry.npmjs.org/minimist/-/minimist-1.2.5.tgz",
    "integrity": "sha512-FM9nNUYrRBAELZQT3xeZQ7fmMOBg6nWNmJKTcgsJeaLstP/UODVpGsr5OhXhhXg6f+qtJ8uiZ+PUxkDWcgIXLw=="
  },
  "mongodb": {
    "version": "4.1.0",
    "resolved": "https://registry.npmjs.org/mongodb/-/mongodb-4.1.0.tgz",
    "integrity": "sha512-Gx9U9MsFWgJ3E0v4oHAdWvYTGBznNYPCkhd/3i/kPTY/URnPFHD5/6VoKUFrdgQTK3icFiM9976hVbqCRBO9Q==",
    "requires": {
      "bson": "^4.4.0",
      "denque": "^1.5.0",
      "mongodb-connection-string-url": "^1.0.1",
      "saslprep": "^1.0.0"
    }
  },
  "mongodb-connection-string-url": {
    "version": "1.1.2",
    "resolved": "https://registry.npmjs.org/mongodb-connection-string-url/-/mongodb-connection-string-url-1.1.2.tgz",
    "integrity": "sha512-mp5lv4guWuykOpkwNNqQ0tKKytuJUjL/aC/bu/DqoJRWL5NSh4j/u+gJ+EiOdweLujHyq6JZZqcTVipHhL5xRg==",
    "requires": {
      "@types/whatwg-url": "^8.0.0",
      "whatwg-url": "^8.4.0"
    }
  },
  "ms": {
    "version": "2.0.0",
    "resolved": "https://registry.npmjs.org/ms/-/ms-2.0.0.tgz",
    "integrity": "sha1-VgiurfwAvmwpAd9fmGF4jeDVl8g="
  },
  "negotiator": {
    "version": "0.6.2",
    "resolved": "https://registry.npmjs.org/negotiator/-/negotiator-0.6.2.tgz",
```

```

    "integrity": "sha512-
hZXc7K2e+PgeIleDBe/10Ard4ekbfrrqG8Ep+8Jmf4JID2bNg7NvC
POZN+kfF574pFQI7mum2AUqDidoKqcTOw=="
  },
  "nodemon": {
    "version": "2.0.12",
    "resolved": "https://registry.npmjs.org/nodemon/-/nodemon-
2.0.12.tgz",
    "integrity": "sha512-
egCTmNZdObdBxUBw6ZNwvZ/xzk24CKRs5K6d+5zbmrMr7rOp
PmfPeF6OxM3DDpaRx331CQRFektn+wrFFfBSOA==",
    "requires": {
      "chokidar": "^3.2.2",
      "debug": "^3.2.6",
      "ignore-by-default": "^1.0.1",
      "minimatch": "^3.0.4",
      "pstree.remy": "^1.1.7",
      "semver": "^5.7.1",
      "supports-color": "^5.5.0",
      "touch": "^3.1.0",
      "undefsafe": "^2.0.3",
      "update-notifier": "^4.1.0"
    },
    "dependencies": {
      "debug": {
        "version": "3.2.7",
        "resolved": "https://registry.npmjs.org/debug/-/debug-
3.2.7.tgz",
        "integrity": "sha512-
CFjzYYAi4ThfiQvizrFQevTTXHtnCqWfe7x1AhgEscTz6ZbLbfoL
RLPugTQyBth6f8ZERVUSyWHFD/7Wu4t1XQ==",
        "requires": {
          "ms": "^2.1.1"
        }
      },
      "ms": {
        "version": "2.1.3",
        "resolved": "https://registry.npmjs.org/ms/-/ms-2.1.3.tgz",
        "integrity": "sha512-
6FlzubTLZG3J2a/NVCAleEhjq5oxgHyaCU9yYXvcLsvoVaHJq/s
5xXI6/XXP6tz7R9xAOtHnSO/tXtF3WRTIA=="
      }
    }
  }

```

```
    }
  },
  "nopt": {
    "version": "1.0.10",
    "resolved": "https://registry.npmjs.org/nopt/-/nopt-1.0.10.tgz",
    "integrity": "sha1-bd0hvSoxQXuScn3Vhfim83YI6+4=",
    "requires": {
      "abbrev": "1"
    }
  },
  "normalize-path": {
    "version": "3.0.0",
    "resolved": "https://registry.npmjs.org/normalize-path/-/normalize-path-3.0.0.tgz",
    "integrity": "sha512-6eZs5Ls3WtCisHWp9S2GUy8dqkpGi4BVSz3GaqiE6ezub0512ESztXUwUB6C6IKbQkY2Pnb/mD4WYojCRwcwLA=="
  },
  "normalize-url": {
    "version": "4.5.1",
    "resolved": "https://registry.npmjs.org/normalize-url/-/normalize-url-4.5.1.tgz",
    "integrity": "sha512-9UZCFRHHQdNrfTpGg8+1INIg93B6zE0aXMFkw1WFwvO4SlZywU6aLg5Of0Ap/PgcbSw4LNxvMWXMeugwMCX0AA=="
  },
  "on-finished": {
    "version": "2.3.0",
    "resolved": "https://registry.npmjs.org/on-finished/-/on-finished-2.3.0.tgz",
    "integrity": "sha1-IPEzZIGwg811M3mSoWlxqi2QaUc=",
    "requires": {
      "ee-first": "1.1.1"
    }
  },
  "once": {
    "version": "1.4.0",
    "resolved": "https://registry.npmjs.org/once/-/once-1.4.0.tgz",
    "integrity": "sha1-WDsap3WWHUsROsF9nFC6753Xa9E=",
    "requires": {
      "wrappy": "1"
    }
  }
}
```



```
    },
    "p-cancelable": {
      "version": "1.1.0",
      "resolved": "https://registry.npmjs.org/p-cancelable/-/p-cancelable-1.1.0.tgz",
      "integrity": "sha512-s73XxOZ4zpt1edZYZzvqhFa6uvQc1vwUa0K0BdtIZgQMAJj9IbebH+JkgKZc9h+B05PKHLOTl4ajG1BmNrVZlw=="
    },
    "package-json": {
      "version": "6.5.0",
      "resolved": "https://registry.npmjs.org/package-json/-/package-json-6.5.0.tgz",
      "integrity": "sha512-3X9/n68Gh4sI83tAPd1YBnH0XUwM33H94L3Zdx3Qv4cSbS01D7YxP5oVyQ2SgQ92cgvFn6F4jB3H7Iw==",
      "requires": {
        "got": "^9.6.0",
        "registry-auth-token": "^4.0.0",
        "registry-url": "^5.0.0",
        "semver": "^6.2.0"
      },
      "dependencies": {
        "semver": {
          "version": "6.3.0",
          "resolved": "https://registry.npmjs.org/semver/-/semver-6.3.0.tgz",
          "integrity": "sha512-b39NxAZfAewm5E73wzJq71/qAOzqz0qE1i8kLVsH31LZ14fHYNrjy8qSzWJ736pJm/iX4/VWFE04Wjg=="
        }
      }
    },
    "parseurl": {
      "version": "1.3.3",
      "resolved": "https://registry.npmjs.org/parseurl/-/parseurl-1.3.3.tgz",
      "integrity": "sha512-CiyeOxFT/JZyN5m0z9PfXw4SCBJ6Sygz1Dpl0wqjlhDEGGBP1GnsUVEL0p63hoG1fcj3fHynXi9NYO4nWOL+qQ=="
    },
    "path-to-regexp": {
      "version": "0.1.7",

```

```
    "resolved": "https://registry.npmjs.org/path-to-regexp/-/path-to-regexp-0.1.7.tgz",
    "integrity": "sha1-32BBeABfUi8V60SQ5yR6G/qmf4w=",
  },
  "picomatch": {
    "version": "2.3.0",
    "resolved": "https://registry.npmjs.org/picomatch/-/picomatch-2.3.0.tgz",
    "integrity": "sha512-lY1Q/PiJGC2zOv/z391WOTD+Z02bCgsFfvxoXXf6h7kv9o+WmsmzYqrAwY63sNgOxE4xEdq0WyUnXfKeBrSvYw==",
  },
  "prepend-http": {
    "version": "2.0.0",
    "resolved": "https://registry.npmjs.org/prepend-http/-/prepend-http-2.0.0.tgz",
    "integrity": "sha1-6SQ0v6XqjBn0HN/UAddBo8gZ2Jc=",
  },
  "proxy-addr": {
    "version": "2.0.7",
    "resolved": "https://registry.npmjs.org/proxy-addr/-/proxy-addr-2.0.7.tgz",
    "integrity": "sha512-UGFjO4K6aY75UvM7Wi0CfXgBtVJJfVogWi0V4Z9L4y7hBYXW49r64aMNa5DnYDhjBZVP1P7y2FaXf4nOOg==",
    "requires": {
      "forwarded": "0.2.0",
      "ipaddr.js": "1.9.1"
    }
  },
  "pstree.remy": {
    "version": "1.1.8",
    "resolved": "https://registry.npmjs.org/pstree.remy/-/pstree.remy-1.1.8.tgz",
    "integrity": "sha512-7Rtjz3eC9hE28XXYk90tI2PphXU6p8AZk9uE5i1722+w946UeJA7N53IDR0s2o5Kd3HQTnYH2RqW1UW71A==",
  },
  "pump": {
    "version": "3.0.0",
    "resolved": "https://registry.npmjs.org/pump/-/pump-3.0.0.tgz",

```

```
    "integrity": "sha512-
LwZy+p3SFs1Pytd/jYct4wpv49HiYCqd9Rlc5ZVdk0V+8Yzv6jR5
Blk3TRmPL1ft69TxP0IMZGJ+WPFU2BFhww==",
    "requires": {
      "end-of-stream": "^1.1.0",
      "once": "^1.3.1"
    }
  },
  "punycode": {
    "version": "2.1.1",
    "resolved": "https://registry.npmjs.org/punycode/-/punycode-
2.1.1.tgz",
    "integrity": "sha512-
XRsrJdf+j5ml+y/6GKHPZbrF/8p2Yga0JPtdqTIY2Xe5ohJPD9saD
JLLPvp9+NSBprVvevdXZybnj2cv8OEd0A==",
    },
    "pupa": {
      "version": "2.1.1",
      "resolved": "https://registry.npmjs.org/pupa/-/pupa-2.1.1.tgz",
      "integrity": "sha512-
1ljNAspIBSFqbT+y+5FosojNpVpF94nlI+wDUqpP9enwOTfHx9f0
gh5nB96vl+6yTpsJsypeNrwfzPrKuHB41A==",
      "requires": {
        "escape-goat": "^2.0.0"
      }
    },
    "qs": {
      "version": "6.7.0",
      "resolved": "https://registry.npmjs.org/qs/-/qs-6.7.0.tgz",
      "integrity": "sha512-
VCdBRNFTX1fyE7Nb6FYoURo/SPe62QCaAyzJvUjwRaIsc+NeP
BEniHlvxFmmX56+HZphIGtV0XeCirBtpDrTyQ==",
    },
    "range-parser": {
      "version": "1.2.1",
      "resolved": "https://registry.npmjs.org/range-parser/-/range-
parser-1.2.1.tgz",
      "integrity": "sha512-
Hrgsx+orqoygnmhFbKaHE6c296J+HTAQXoxEF6gNupROmmGJ
RoyzfG3ccAveqCBwr/2yxQ5BVd/GTl5agOwSg==",
    },
    "raw-body": {
      "version": "2.4.0",
```

```
"resolved": "https://registry.npmjs.org/raw-body/-/raw-body-
2.4.0.tgz",
  "integrity": "sha512-
4Oz8DUIwdvoa5qMJelxipzi/iJli40O5cGV1wNYp5hvZP8ZN0T+ji
NkL0QepXs+EsQ9XJ8ipEDoiH70ySUIP3Q==",
  "requires": {
    "bytes": "3.1.0",
    "http-errors": "1.7.2",
    "iconv-lite": "0.4.24",
    "unpipe": "1.0.0"
  },
},
"rc": {
  "version": "1.2.8",
  "resolved": "https://registry.npmjs.org/rc/-/rc-1.2.8.tgz",
  "integrity": "sha512-
y3bGgqKj3QBdxLbLkomlohkvsA8gdAiUQlSBJnBhfn+BPxg4bc6
2d8TcBW15wavDfgexCgccckhcZvywyQYPOw==",
  "requires": {
    "deep-extend": "^0.6.0",
    "ini": "~1.3.0",
    "minimist": "^1.2.0",
    "strip-json-comments": "~2.0.1"
  },
},
"readdirp": {
  "version": "3.6.0",
  "resolved": "https://registry.npmjs.org/readdirp/-/readdirp-
3.6.0.tgz",
  "integrity": "sha512-
hOS089on8RduqdbhvQ5Z37A0ESjsqz6qnRcffiMU3495FuTdqSm
+7bhJ29JvIOsBDEEnan5DPu9t3To9VRIMzA==",
  "requires": {
    "picomatch": "^2.2.1"
  },
},
"registry-auth-token": {
  "version": "4.2.1",
  "resolved": "https://registry.npmjs.org/registry-auth-token/-
/registry-auth-token-4.2.1.tgz",
```

```
    "integrity": "sha512-6gkSb4U6aWJB4SF2ZvLb76yCBjcvufXBqvEx1HbmKPkutswjW1xNVRy0+dalJIYRbogN7O0etYSIbiaEQyMyw==",
    "requires": {
      "rc": "^1.2.8"
    },
  },
  "registry-url": {
    "version": "5.1.0",
    "resolved": "https://registry.npmjs.org/registry-url/-/registry-url-5.1.0.tgz",
    "integrity": "sha512-8acYXXTI0AkQv6RAOjE3vOaIXZkT9wo4LOFbBKYQEEEnnMN BpKqdUrI6S4NT0KPIo/WVvJ5tE/X5LF/TQUf0ekw==",
    "requires": {
      "rc": "^1.2.8"
    },
  },
  "responselike": {
    "version": "1.0.2",
    "resolved": "https://registry.npmjs.org/responselike/-/responselike-1.0.2.tgz",
    "integrity": "sha1-kYcg7ztjHFZCvgaPFa3lpG9Loec=",
    "requires": {
      "lowercase-keys": "^1.0.0"
    },
  },
  "safe-buffer": {
    "version": "5.1.2",
    "resolved": "https://registry.npmjs.org/safe-buffer/-/safe-buffer-5.1.2.tgz",
    "integrity": "sha512-Gd2UZBJDkXlY7GbJxfsE8/nvKkUEU1G38c1siN6QP6a9PT9Mm HB8GnpScSmMJSofF8LOIrt8ud/wPtojys4G6+g==",
  },
  "safer-buffer": {
    "version": "2.1.2",
    "resolved": "https://registry.npmjs.org/safer-buffer/-/safer-buffer-2.1.2.tgz",
    "integrity": "sha512-YZo3K82SD7Riyi0E1EQPojLz7kpepnSQI9IyPbHHg1XXXevb5dJ I7tpyN2ADxGcQbHG7vcyRHk0cbwqcQriUtg=="
  },
}
```

```
"saslpref": {
  "version": "1.0.3",
  "resolved": "https://registry.npmjs.org/saslpref/-/saslpref-1.0.3.tgz",
  "integrity": "sha512-MY/PEMbk2SuY5sScONwhUDsV2p77Znkb/q3nSVstq/yQzYJOH/Azh29p9oJLs13LnQwSvZDKagDGBsBwSooag==",
  "requires": {
    "sparse-bitfield": "^3.0.3"
  },
},
"semver": {
  "version": "5.7.1",
  "resolved": "https://registry.npmjs.org/semver/-/semver-5.7.1.tgz",
  "integrity": "sha512-sauaDf/PZdVgrLTNYHRtpXaliRiKcaebiKQ1BJdpQIWH2lCvexQdX55snPFyK7QzpuqbCI0qXFfOasHdyNDGQ==",
},
"semver-diff": {
  "version": "3.1.1",
  "resolved": "https://registry.npmjs.org/semver-diff/-/semver-diff-3.1.1.tgz",
  "integrity": "sha512-GX0Ix/CJcHyB8c4ykpHGIAvLyOwOobtM/8d+TQkAd81/bEjgPHrfba41Vpesr7jX/t8Uh+R3EX9eAS5be+jQYg==",
  "requires": {
    "semver": "^6.3.0"
  },
  "dependencies": {
    "semver": {
      "version": "6.3.0",
      "resolved": "https://registry.npmjs.org/semver/-/semver-6.3.0.tgz",
      "integrity": "sha512-b39TBaTSfV6yBrapU89p5fKekE2m/NwnDocOVruQFS1/veMgdzuPcnOM34M6CwxW8jH/lxEa5rBoDeUwu5HHTw=="
    }
  },
},
"send": {
  "version": "0.17.1",
  "resolved": "https://registry.npmjs.org/send/-/send-0.17.1.tgz",
```

```

    "integrity": "sha512-
BsVKsiGcQMFWT8UxypobUKyv7irCNRHk1T0G680vk88yf6LBB
yGcZJOTJCrTP2xVN6yI+XjPJcNuE3V4fT9sAg==",
    "requires": {
      "debug": "2.6.9",
      "depd": "~1.1.2",
      "destroy": "~1.0.4",
      "encodeurl": "~1.0.2",
      "escape-html": "~1.0.3",
      "etag": "~1.8.1",
      "fresh": "0.5.2",
      "http-errors": "~1.7.2",
      "mime": "1.6.0",
      "ms": "2.1.1",
      "on-finished": "~2.3.0",
      "range-parser": "~1.2.1",
      "statuses": "~1.5.0"
    },
    "dependencies": {
      "ms": {
        "version": "2.1.1",
        "resolved": "https://registry.npmjs.org/ms/-/ms-2.1.1.tgz",
        "integrity": "sha512-
tgp+dl5cGk28utYktBsrFqA7HKgrhgPsg6Z/EfhWI4gl1Hwq8B/Gm
Y/0oXXZ6nF8hDVesS/FpnYaD/kOWhYQvyg=="
      }
    }
  },
  "serve-static": {
    "version": "1.14.1",
    "resolved": "https://registry.npmjs.org/serve-static/-/serve-static-
1.14.1.tgz",
    "integrity": "sha512-
JMrvUwE54emCYWITI+hGrGv5I8dEwmco/00EvkzIIsR7MqrHon
bD9pO2MOfFnpFntl7ecpZs+3mW+XbQZu9QCg==",
    "requires": {
      "encodeurl": "~1.0.2",
      "escape-html": "~1.0.3",
      "parseurl": "~1.3.3",
      "send": "0.17.1"
    }
  },

```

```
"setprototypeof": {
  "version": "1.1.1",
  "resolved": "https://registry.npmjs.org/setprototypeof/-/setprototypeof-1.1.1.tgz",
  "integrity": "sha512-JvdAWfbXeIGaZ9cILp38HntZSFSo3mWg6xGcJJsd+d4aRMOqauag1C63dJfDw7OaMYwEbHMOxEZ1lqVRYP2OAw==",
},
"signal-exit": {
  "version": "3.0.3",
  "resolved": "https://registry.npmjs.org/signal-exit/-/signal-exit-3.0.3.tgz",
  "integrity": "sha512-VUJ49FC8U1OxwZLxIbTTrDvLnF/6TDgxZcK8wxR8zs13xpx7xbG60ndBlhNrFi2EMuFRoeDoJO7wthSLq42EjA==",
},
"sparse-bitfield": {
  "version": "3.0.3",
  "resolved": "https://registry.npmjs.org/sparse-bitfield/-/sparse-bitfield-3.0.3.tgz",
  "integrity": "sha1-/0rm5oZWBWuks+eSqzM004JzyhE=",
  "requires": {
    "memory-pager": "^1.0.2"
  }
},
"statuses": {
  "version": "1.5.0",
  "resolved": "https://registry.npmjs.org/statuses/-/statuses-1.5.0.tgz",
  "integrity": "sha1-Fhx9rBd2Wf2YEFQ3cfqZOBR4Yow=",
},
"string-width": {
  "version": "4.2.2",
  "resolved": "https://registry.npmjs.org/string-width/-/string-width-4.2.2.tgz",
  "integrity": "sha512-XEoFwMEIxm9hz0FQ8WzV1ZU7eR3Fj5Yp4OY10BkIoL2uZ8U8pVn+oXk4v8BfKhTt3TIhrXGGc4cHwMg==",
  "requires": {
    "emoji-regex": "^8.0.0",
    "is-fullwidth-code-point": "^3.0.0",
    "strip-ansi": "^6.0.0"
  }
}
```



```

    },
    "dependencies": {
      "ansi-regex": {
        "version": "5.0.0",
        "resolved": "https://registry.npmjs.org/ansi-regex/-/ansi-
regex-5.0.0.tgz",
        "integrity": "sha512-
bY6fj56OUQ0hU1KjFNDQuJFezqKdrAyFdIevADiqrWHwSlbmB
NMHp5ak2f40Pm8JTFyM2mqxkG6ngkHO11f/lg=="
      },
      "emoji-regex": {
        "version": "8.0.0",
        "resolved": "https://registry.npmjs.org/emoji-regex/-/emoji-
regex-8.0.0.tgz",
        "integrity": "sha512-
MSjYzcWNOA0ewAHpz0MxpYFvwg6yjj1NG3xteoqz644VCo/R
Pgnr1/GGt+ic3iJTzQ8Eu3TdM14SawnVUmGE6A=="
      },
      "is-fullwidth-code-point": {
        "version": "3.0.0",
        "resolved": "https://registry.npmjs.org/is-fullwidth-code-
point/-/is-fullwidth-code-point-3.0.0.tgz",
        "integrity": "sha512-
zymm5+u+sCsSWyD9qNaejV3DFvhCKclKdizYaJUuHA83RLjb7n
SuGnddCHGv0hk+KY7BMAlsWeK4Ueg6EV6XQg=="
      },
      "strip-ansi": {
        "version": "6.0.0",
        "resolved": "https://registry.npmjs.org/strip-ansi/-/strip-ansi-
6.0.0.tgz",
        "integrity": "sha512-
AuvKTrTfQNYNIctbR1K/YGTR1756GycPsg7b9bdV9Duqur4gv6a
KqHXah67Z8ImS7WEz5QVcOtlfW2rZEugt6w==",
        "requires": {
          "ansi-regex": "^5.0.0"
        }
      },
      "strip-ansi": {
        "version": "5.2.0",
        "resolved": "https://registry.npmjs.org/strip-ansi/-/strip-ansi-
5.2.0.tgz",

```

```
"integrity": "sha512-
DuRs1gKbBqsMKIZlrffwlg8MHkcnpps5VPmL1PAh+mA30U0D
TotfDZ0d2UUsXpPmPmMMJ6W773MaA3J+lbiWA==",
  "requires": {
    "ansi-regex": "^4.1.0"
  },
  "strip-json-comments": {
    "version": "2.0.1",
    "resolved": "https://registry.npmjs.org/strip-json-comments/-
/strip-json-comments-2.0.1.tgz",
    "integrity": "sha1-PFMZQukIwml8DsNEhYwobHygpgo="
  },
  "supports-color": {
    "version": "5.5.0",
    "resolved": "https://registry.npmjs.org/supports-color/-/supports-
color-5.5.0.tgz",
    "integrity": "sha512-
QjVjwdXlt408MIiAqCX4oUKsgU2EqAGzs2Ppkm4aQYbjm+ZE
WEcW4SfFNTTr4uMNZma0ey4f5lgLrkB0aX0QMow==",
    "requires": {
      "has-flag": "^3.0.0"
    },
    "term-size": {
      "version": "2.2.1",
      "resolved": "https://registry.npmjs.org/term-size/-/term-size-
2.2.1.tgz",
      "integrity": "sha512-
wK0Ri4fOGjv/XPy8SBHZChl8CM7uMc5VML7SqiQ0zG7+J5Vr+
RMQDoHa2CNT6KHUnTGIXH34UDMkPzAUyapBZg=="
    },
    "to-readable-stream": {
      "version": "1.0.0",
      "resolved": "https://registry.npmjs.org/to-readable-stream/-/to-
readable-stream-1.0.0.tgz",
      "integrity": "sha512-
Iq25XBt6zD5npPhlLVXGFN3/gyR2/qODcKNNyTMd4vbm39HUa
OiAM4PMq0eMVC/Tkxz+Zjdsc55g9yyz+Yq00Q=="
    },
    "to-regex-range": {
      "version": "5.0.1",
```

```
"resolved": "https://registry.npmjs.org/to-regex-range/-/to-regex-range-5.0.1.tgz",
  "integrity": "sha512-65P7iz6X5yEr1cwcgvQxbbIw7Uk3gOy5dIdtZ4rDveLqhrdJP+Li/Hx6tyK0NEb+2GCyneCMJiGqrADCSNk8sQ==",
  "requires": {
    "is-number": "^7.0.0"
  },
},
"toidentifier": {
  "version": "1.0.0",
  "resolved": "https://registry.npmjs.org/toidentifier/-/toidentifier-1.0.0.tgz",
  "integrity": "sha512-yaOH/Pk/VEhBWWTlhI+qXxDFXlejDGcQipMlyxda9nthulaxLZUNcUqFxokp0vcYnvteJln5FNQDRrxj3YcbVw==",
},
"touch": {
  "version": "3.1.0",
  "resolved": "https://registry.npmjs.org/touch/-/touch-3.1.0.tgz",
  "integrity": "sha512-WBx8UY5TLtOSRtIq+M03/sKDrXCLHxwDcquSP2c43Le03/9serjQBIztjRz6FkJez9D/hleyAXTBGLwwZUw9lA==",
  "requires": {
    "nopt": "~1.0.10"
  },
},
"tr46": {
  "version": "2.1.0",
  "resolved": "https://registry.npmjs.org/tr46/-/tr46-2.1.0.tgz",
  "integrity": "sha512-15Ih7phfcdP5YxqiB+iDtLoaTz4Nd35+IiAv0kQ5FNKHxXgdWqPoTlQEDDJmXceQt4JZk6lVPT8lnDlPpGDppw==",
  "requires": {
    "punycode": "^2.1.1"
  },
},
"type-fest": {
  "version": "0.8.1",
  "resolved": "https://registry.npmjs.org/type-fest/-/type-fest-0.8.1.tgz",
```

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    "integrity": "sha512-4dbzIzqvjtgIM5rw1k5rEHtBANKmdudhGyBEajN01fEyhaAIhsoKNy6y7+IN93IfpFtwY9iqi7kD+xwKhQsNJA=="
  },
  "type-is": {
    "version": "1.6.18",
    "resolved": "https://registry.npmjs.org/type-is/-/type-is-1.6.18.tgz",
    "integrity": "sha512-TkRKR9sUTxEH8MdfuCSP7VizJyzRNMjj2J2do2Jr3Kym598JVdEksuzPQCnlFPW4ky9Q+iA+ma9BGm06XQBy8g==",
    "requires": {
      "media-typer": "0.3.0",
      "mime-types": "~2.1.24"
    }
  },
  "typedarray-to-buffer": {
    "version": "3.1.5",
    "resolved": "https://registry.npmjs.org/typedarray-to-buffer/-/typedarray-to-buffer-3.1.5.tgz",
    "integrity": "sha512-Zdu8XMNEpKKR+XYOXAVPtWui0Iy0NtohUscw+UmaHiAWT8hrV1rr/H6V+0DvJ3OQ19S979M0laLfX8rm82Q==",
    "requires": {
      "is-typedarray": "^1.0.0"
    }
  },
  "undefsafe": {
    "version": "2.0.3",
    "resolved": "https://registry.npmjs.org/undefsafe/-/undefsafe-2.0.3.tgz",
    "integrity": "sha512-nrXZwwXrD/T/JXeygJqdCO6NZZ1L66HrxM/Z7mIq2oPanoN0F1nLx3lwJMu6AwJY69hdixaFQOuoYsMjE5/C2A==",
    "requires": {
      "debug": "^2.2.0"
    }
  },
  "unique-string": {
    "version": "2.0.0",
    "resolved": "https://registry.npmjs.org/unique-string/-/unique-string-2.0.0.tgz",
```

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    "integrity": "sha512-
uNaeirEPvpZWSgzwsPGtU2zVSTrn/8L5q/IexZmH0eH6SA73Cm
AA5U4GwORTxQAZs95TAXLNqeLoPPNO5gZfWg==",
    "requires": {
      "crypto-random-string": "^2.0.0"
    },
  },
  "unpipe": {
    "version": "1.0.0",
    "resolved": "https://registry.npmjs.org/unpipe/-/unpipe-
1.0.0.tgz",
    "integrity": "sha1-sr9O6FFKrmFltIF4KdIbLvSZBOw=",
  },
  "update-notifier": {
    "version": "4.1.3",
    "resolved": "https://registry.npmjs.org/update-notifier/-/update-
notifier-4.1.3.tgz",
    "integrity": "sha512-
Yld6Z0RyCYGB6ckIjffGOSOmHXj1gMeE7aROz4MG+XMkmix
BX4jUngrGXNYz7wPKBmtoD4MnBa2Anu7RSKht/A==",
    "requires": {
      "boxen": "^4.2.0",
      "chalk": "^3.0.0",
      "configstore": "^5.0.1",
      "has-yarn": "^2.1.0",
      "import-lazy": "^2.1.0",
      "is-ci": "^2.0.0",
      "is-installed-globally": "^0.3.1",
      "is-npm": "^4.0.0",
      "is-yarn-global": "^0.3.0",
      "latest-version": "^5.0.0",
      "pupa": "^2.0.1",
      "semver-diff": "^3.1.1",
      "xdg-basedir": "^4.0.0"
    },
  },
  "url-parse-lax": {
    "version": "3.0.0",
    "resolved": "https://registry.npmjs.org/url-parse-lax/-/url-parse-
lax-3.0.0.tgz",
    "integrity": "sha1-FrXK/Afb42dsGxmZF3gj1lA6yww=",
    "requires": {
```

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    "prepend-http": "^2.0.0"
  },
  "utils-merge": {
    "version": "1.0.1",
    "resolved": "https://registry.npmjs.org/utils-merge/-/utils-merge-1.0.1.tgz",
    "integrity": "sha1-n5VxD1CiZ5R7LMwSR0HBAoQn5xM="
  },
  "vary": {
    "version": "1.1.2",
    "resolved": "https://registry.npmjs.org/vary/-/vary-1.1.2.tgz",
    "integrity": "sha1-IpnwLG3tMNSlIhsLn3RSShj2NPw="
  },
  "webidl-conversions": {
    "version": "6.1.0",
    "resolved": "https://registry.npmjs.org/webidl-conversions/-/webidl-conversions-6.1.0.tgz",
    "integrity": "sha512-qBIvFLGiBpLjfwYAAHPXsn+ho5xZnGvyGvsarywGNc8VyQJU MHJ8OBKGGGrPER0okBeMDaan4mNBlgBROxuI8w=="
  },
  "whatwg-url": {
    "version": "8.7.0",
    "resolved": "https://registry.npmjs.org/whatwg-url/-/whatwg-url-8.7.0.tgz",
    "integrity": "sha512-gAojqb/m9Q8a5IV96E3fHJM70AzCkgt4uXYX2O7EmuyOnLrViC QlsEBmF9UQU3/aeAIp2U17rtbpZWNntQqdg==",
    "requires": {
      "lodash": "^4.7.0",
      "tr46": "^2.1.0",
      "webidl-conversions": "^6.1.0"
    }
  },
  "widest-line": {
    "version": "3.1.0",
    "resolved": "https://registry.npmjs.org/widest-line/-/widest-line-3.1.0.tgz",
    "integrity": "sha512-NK804PwKcPikmipK4pYpWYo0lpkg9pF2Hj5qvYU5/G81yY3ZGIF+/Gdxj95H87Wj6Sug90HnGt+hI3n9mQ==",

```

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"requires": {
  "string-width": "^4.0.0"
},
"wrappy": {
  "version": "1.0.2",
  "resolved": "https://registry.npmjs.org/wrappy/-/wrappy-1.0.2.tgz",
  "integrity": "sha1-tSQ9jz7BqjXxNkYFvA0QNuMKtp8="
},
"write-file-atomic": {
  "version": "3.0.3",
  "resolved": "https://registry.npmjs.org/write-file-atomic/-/write-file-atomic-3.0.3.tgz",
  "integrity": "sha512-AvHcyZ5JnSfq3ioSyjrBkH9yW4m7Ayk8/9My/DD9onKeu/94fwrMocemO2QAJFAlnnDN+ZDS+ZjAR5ua1/PV/Q==",
  "requires": {
    "imurmurhash": "^0.1.4",
    "is-typedarray": "^1.0.0",
    "signal-exit": "^3.0.2",
    "typedarray-to-buffer": "^3.1.5"
  }
},
"xdg-basedir": {
  "version": "4.0.0",
  "resolved": "https://registry.npmjs.org/xdg-basedir/-/xdg-basedir-4.0.0.tgz",
  "integrity": "sha512-P5hW83mZGQDgEa12G1F0cW06y1WUw20O+u0MEyR2Nw4/3aLz5RSM3k2v3Bk3jzUkYvWU7/5cHl32S1yQ=="
}
}
```

5.FUTURE DEVELOPMENTS:

- **We are really keen to make our website fully dynamic.**
- **We'd like to expand the nutrition, yoga, and fitness sections with more information.**
- **We're quite excited to implement user authentication and progress tracking.**

- **We are determined to turn our entire website into a web extension.**
- **We will als add an admin page so that the admin can access all the data.**

6.REFERENCE:

Foxtail millet / brown top millet

<https://infoexplored.blogspot.com/2020/02/brown-top-millet-detail-farming.html>

For farming <https://www.johnnyseeds.com/growers-library/flowers/grasses-ornamental/setaria-italica-key-growing-information.html>

Finger millet

Benefits and recipies

<https://isha.sadhguru.org/in/en/blog/article/7-health-benefits-of-ragi-6-great-ragi-recipes>

<https://cropgenebank.sgrp.cgiar.org/index.php/regeneration-guidelines-of-crops/finger-millet-mainmenu-403>

Jonnelu(Sorghum)

Benefits

<https://www.google.com/amp/s/www.healthifyme.com/blog/7-reasons-why-jowar-sorghum-is-good-for-your-health/amp/>

Pearl millet (bajra)

<https://www.healthline.com/nutrition/benefits-of-bajra>

Nutrition main page responsive grid:

<https://codepen.io/skcal/s/pen/eYpEvda?editors=0110>

And also we have used copyright free image from unsplash.com and website like it.

- <https://www.bootstrapcdn.com/bootswatch/>
- <https://www.awwwards.com/>
- <https://xd.adobe.com/ideas/process/ui-design/ui-vs-ux-design-understanding-similarities-and-differences/>
- <https://www.web4college.com/css-play/index.php>