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Transforming Education Transforming India

SUBJECT NAME- CSE 326

SECTION NAME- K23LL

TOPIC NAME- ONLINE MENTAL HEALTH COUNSELING PLATFORM

PRESENTED TO- SHEETAL CHAUHAN

PRESENTED BY- UMANG MISHRA

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ROLL NO.- 59]

INDEX PAGE
(TABLE OF CONTENTS)

<u>SERIAL NO.</u>	<u>TITLE</u>	<u>PAGE NO.</u>
1.	Introduction	3-4
2.	Workflow and Technology	5-6
3.	Snippets	6-9
4.	Code	10-26
5.	References	26-27

INTRODUCTION

Online mental health counseling, a transformative advancement in the field of therapy, brings psychological support to individuals through digital platforms. Enabled by technology, this form of counseling transcends geographical barriers, offering accessible and convenient mental health services. Through secure video calls, chat, or phone sessions, individuals can connect with licensed counselors and therapists from the comfort of their homes.

The advent of online mental health counseling has democratised access to support, breaking down traditional barriers to seeking help. It accommodates diverse lifestyles, making therapy more flexible and fitting into busy schedules. Additionally, the anonymity provided by online platforms may reduce

stigma, encouraging individuals to seek assistance for their mental health concerns.

WORKFLOW AND TECHNOLOGY

Creating a online mental health counselling platform involves multiple stages and technologies. The workflow and the technologies considered were:

1. Planning and Design:							
<input type="checkbox"/> Workflow:	<ul style="list-style-type: none">Defined the features needed (contact details, easy appointment booking, see doctor details).Planned the user experience and designed the user interface.						
<input type="checkbox"/> Technologies:	<input type="checkbox"/>						
2 . Frontend Development:							
<input type="checkbox"/> Workflow:	<ul style="list-style-type: none">Created the user interface based on the design.Implemented interactive elements and user-friendly navigation.						
<input type="checkbox"/> Technologies:	<table><tr><td><input type="checkbox"/> HTML :</td><td>To structure a web page and its content..</td></tr><tr><td><input type="checkbox"/> CSS Frameworks :</td><td>For styling and layout.</td></tr><tr><td>Java Script:</td><td>For Responsive website</td></tr></table>	<input type="checkbox"/> HTML :	To structure a web page and its content..	<input type="checkbox"/> CSS Frameworks :	For styling and layout.	Java Script:	For Responsive website
<input type="checkbox"/> HTML :	To structure a web page and its content..						
<input type="checkbox"/> CSS Frameworks :	For styling and layout.						
Java Script:	For Responsive website						
3. Authentication and Authorization:							
<input type="checkbox"/> Workflow:	<ul style="list-style-type: none">Implement secure user authentication.Set up authorization to control access to certain features.						
<input type="checkbox"/> Technologies:	<table><tr><td><input type="checkbox"/> JWT (JSON Web Tokens):</td><td>For secure user authentication.</td></tr></table>	<input type="checkbox"/> JWT (JSON Web Tokens):	For secure user authentication.				
<input type="checkbox"/> JWT (JSON Web Tokens):	For secure user authentication.						

5. SEO Optimization:	
<input type="checkbox"/> Workflow:	
<input type="checkbox"/>	Implement SEO best practices to improve visibility on search engines.
<input type="checkbox"/> Technologies:	
<input type="checkbox"/>	SEO tools and practices for optimizing content.
6. Feedback Section:	
<input type="checkbox"/> Workflow:	
<input type="checkbox"/>	Enable users to tell how his experience with us and our doctors.
<input type="checkbox"/> Technologies:	
<input type="checkbox"/>	Implement a comment system, possibly using a third-party service or a custom solution.

SNIPPETS


Home Services About Contact Feedback




Mental Health Counseling

Self care is self love

Umang provides the best online therapy and Counseling consultation in India and around the globe. Consult Online Psychologists, therapist, counsellors, mental health experts via chat, phone or video call. Best Online Psychologist consultation and Online Psychiatric Consultation.

Contact
Read More =>

Book your Appointment

Welcome

Welcome to our Mental Health Counseling Hub..... where compassionate support meets professional expertise. Discover insights on various mental health issues, explore counseling approaches, and learn how our dedicated counselors can guide you on your journey to emotional well-being. Uncover the benefits of therapy, find resources for self-care, and gain a deeper understanding of the importance of mental health in our lives. Your path to healing begins here.

Our Services

- Individual Counseling
- Group Therapy
- Online Sessions
- Educational Workshops
- Family Counseling
- Intervention
- Therapeutic Modalities
- Stress Management
- Grief Counseling
- Work-space counseling
- Tele Therapy
- Nature Therapy
- Breakup Counseling
- Relationship Therapist

Our Top Therapist

Dr. Umang Mishra
Relationship counsellor

Dr. Himanshu
Family counsellor

Dr. Satish Yadav
Stress Management

If you need help or have any questions, feel free to reach out to us.

Email: info@mentalhealthcounseling.com

Mental Health Counselling

Book an appointment

Name:	<input type="text"/>
Age:	<input type="text"/>
Gender:	<input type="text" value="Male"/>
E-mail:	<input type="text"/>
Phone Number:	<input type="text"/>
Region:	<input type="text"/>
<input type="button" value="Submit"/>	

Learn More

If you want to learn more about our hospital click the button below.

Feedback Form

Name:	<input type="text"/>
Email:	<input type="text"/>
Feedback:	<input type="text"/>
<input type="button" value="Submit"/>	

About Us

Our Story

Our story unfolds from a genuine desire to make a positive impact on mental health. It all started with a shared commitment among our founders to create a space where individuals could find solace and support. We believe in the transformative power of counseling, recognizing the unique journey each person navigates. Our team of dedicated mental health professionals is united by the mission to provide compassionate and effective counseling services. With a focus on empathy and evidence-based practices, we've witnessed countless stories of resilience and growth. As we continue this journey, our dedication to fostering mental well-being remains unwavering. Join us in breaking down the stigma surrounding mental health and fostering a community of healing and understanding.*

Our Mission

Our mission is clear: to champion mental well-being by providing compassionate and personalized counseling services. We are committed to creating a safe and non-judgmental space where individuals can embark on their journey to mental health and self-discovery. Our goal is to empower clients with the tools and support needed to navigate life's challenges, fostering resilience and long-lasting positive change. Rooted in empathy and professionalism, our team of experienced mental health professionals strives to break down barriers to seeking help and promote open conversations about mental health. Together, we aim to contribute to a society that values and prioritizes mental well-being, one session at a time.*

Meet the Team

Umang Mishra
Relationship Therapist

Himanshu
Family counsellor

Satish Yadav
Stress Managment

Contact Us

Name:

Email:

Message:

Submit

CODE

HTML:

```
<!DOCTYPE html>
<html lang="en">

<head>
  <meta charset="UTF-8" />
  <meta http-equiv="X-UA-Compatible" content="IE=edge" />
  <meta name="viewport" content="width=device-width, initial-scale=1.0" />
  <title>Mental Health Counseling</title>
  <link rel="stylesheet" href="/fontawesome/all.min.css" />
  <script src="/fontawesome/all.min.js"></script>
  <link rel="stylesheet" href="style.css" />
</head>

<body>
  <header>
    <!-- <div class="social">
      <a href="" class=""></i></a>
      <a href="" class="twitter" class="fab fa-twitter"></i></a>
      <a href="" class="Instagram"></i></a>
    </div> -->
    <a href="" class="text_logo">Umang Foundation</a>
    <ul class="navigation">
      <li><a href="information.html">Home</a></li>
      <li><a href="">Services</a></li>
```

```

<a href="" class="text_logo">Umang Foundation</a>
<ul class="navigation">
  <li><a href="information.html">Home</a></li>
  <li><a href="">Services</a></li>
  <li><a href="aboutus.html">About</a></li>
  <li><a href="contactme.html">Contact</a></li>
  <li><a href="feedback.html">Feedback</a></li>
</ul>

<button class="toggle_btn"><i class="fas fa-bars"></i></button>
</header>

<main>
  <article>
    
    <div class="show_box">
      <h1 class="show_title">Mental Health Counseling</h1>
      <h3>Self care is self love</h3>
      <p>
        Umang provides the best online therapy and Counseling consultation in India and around th
        globe. Consult Online Psychologists, therapist, counsellors, mental health experts via ch
        phone or video call. Best Online Psychologist consultation and Online Psychiatric Consult

```

```

      <p>
        Umang provides the best online therapy and Counseling consultation in India and around the
        globe. Consult Online Psychologists, therapist, counsellors, mental health experts via chat,
        phone or video call. Best Online Psychologist consultation and Online Psychiatric Consultation
      </p>

      <div class="actions">
        <a href="" class="contact">Contact</a>
        <a href="" class="read_more">Read More &rArr;</a>
      </div>
      <div class="registration">
        <a href="registration.html">Book your Appointment</a>
      </div>
    </div>

    

  </article>
</main>

```

```

<script>
  const btn = document.querySelector('.toggle_btn');
  btn.addEventListener("click", () =>
    document.querySelector(".navigation").classList.toggle("active")
  );
</script>
</body>

</html>

```

Appointment form:

```

1  <!DOCTYPE html>
2  <html lang="en">
3  <head>
4      <meta charset="UTF-8">
5      <meta name="viewport" content="width=device-width, initial-scale=1.0">
6      <title>Mental Health Counselling</title>
7      <link rel="stylesheet" href="form.css">
8  </head>
9  <body>
10 <style>
11     body {
12         font-family: Arial, sans-serif;
13         margin: 0;
14         padding: 0;
15         background-color: #f2f2f2;
16     }
17     header {
18         background-color: #009688;
19         color: white;
20         text-align: center;
21         padding: 20px 0;
22     }

```

```

69
70 /* Form labels */
71 #complaint-form label {
72     display: block;
73     margin-top: 10px;
74 }
75 #complaint-form input[type="text"],
76 #complaint-form input[type="number"],
77 #complaint-form select,
78 #complaint-form textarea {
79     width: 100%;
80     padding: 10px;
81     margin: 5px 0;
82     border: 1px solid #ccc;
83     border-radius: 5px;
84     font-size: 16px;
85 }
86
87 /* Style the submit button */
88 #complaint-form input[type="submit"] {
89     background-color: #009688;
90     color: white;
91     border: none;
92     padding: 10px 20px;

```

```
24 header h1 {
25     margin: 0;
26 }
27
28 nav ul {
29     list-style: none;
30     padding: 0;
31 }
32
33 nav li {
34     display: inline;
35     margin-right: 20px;
36 }
37
38 nav a {
39     text-decoration: none;
40     color: white;
41 }
42
43 section {
44     padding: 20px;
45 }
```

```

69
70 /* Form labels */
71 #complaint-form label {
72     display: block;
73     margin-top: 10px;
74 }
75 #complaint-form input[type="text"],
76 #complaint-form input[type="number"],
77 #complaint-form select,
78 #complaint-form textarea {
79     width: 100%;
80     padding: 10px;
81     margin: 5px 0;
82     border: 1px solid #ccc;
83     border-radius: 5px;
84     font-size: 16px;
85 }
86
87 /* Style the submit button */
88 #complaint-form input[type="submit"] {
89     background-color: #009688;
90     color: white;
91     border: none;
92     padding: 10px 20px;

```

```

91     border: none;
92     padding: 10px 20px;
93     margin-top: 10px;
94     cursor: pointer;
95 }
96
97 #complaint-form input[type="submit"]:hover {
98     background-color: #007466;
99 }
100
101 #navbar {
102     background-color: #009688;
103     color: white;
104     text-align: center;
105     padding: 20px 0;
106     transition: background-color 0.3s;
107 }
108
109 #navbar.navbar-scrolled {
110     background-color: #007466;
111 }
112 #navbar {
113     background-color: #009688;

```

```

114     color: white;
115     text-align: center;
116     padding: 20px 0;
117     transition: background-color 0.3s;
118 }
119
120 #navbar.navbar-scrolled {
121     background-color: #007466;
122 }
123
124 /* Add hover effect to navigation items */
125 #navbar ul li a {
126     text-decoration: none;
127     color: white;
128     transition: color 0.3s;
129 }
130
131 #navbar ul li a:hover {
132     color: #ff6600; /* Change the color to your desired hover color */
133 }
134
135 /* CSS for the animated heading and GIF */
136 #navbar {
137     background-color: #009688;

```

```

137     background-color: #009688;
138     color: white;
139     text-align: center;
140     padding: 20px 0;
141     transition: background-color 0.3s;
142 }
143
144 #navbar.navbar-scrolled {
145     background-color: #007466;
146 }
147
148 /* Add hover effect to navigation items */
149 #navbar ul li a {
150     text-decoration: none;
151     color: white;
152     transition: color 0.3s;
153 }
154
155 #navbar ul li a:hover {
156     color: #ff6600; /* Change the color to your desired hover color */
157 }
158
159 .header-content {

```

```

160     align-items: center;
161     padding: 0 20px;
162     right: 200px;
163 }
164
165 .stylish-heading {
166     font-family:sans-serif; /* Change 'Your Stylish Font' to the desired font name */
167     font-size: 36px;
168     background: url('your-looping.gif') repeat-x 0 0;
169     -webkit-background-clip: text;
170     background-clip: text;
171     color: transparent;
172     animation: textAnimation 8s linear infinite;
173 }
174
175 ul{
176     text-align: center;
177 }
178
179 h1{
180
181     font-size:60px;
182     color: ■ #033b35; ;
183 }

```

```

184 #logo{
185     /* position: absolute; */
186     position:absolute;
187     top: 10px;
188     left: 25px;
189     height:140px;
190     width:150px;
191 }
192 footer {
193     text-align: center;
194     background-color: ■ #333;
195     color: ■ #fff;
196     padding: 10px;
197 }
198 </style>
199 <header>
200     <div class="header-content">
201         <h1>Mental Health Counselling<span class="stylish-heading"></span></h1>
202         <nav id="navbar">
203
204
205         </nav>
206     </div>

```



```

207     </header>
208     <section id="complaint-form2">
209         <h2>Book an appointment</h2>
210         <form id="complaint-form">
211             <label for="name">Name:</label>
212             <input type="text" id="name" name="name" required><br>
213
214             <label for="age">Age:</label>
215             <input type="number" id="age" name="age" required><br>
216
217             <label for="gender">Gender:</label>
218             <select id="gender" name="gender" required>
219                 <option value="male">Male</option>
220                 <option value="female">Female</option>
221                 <option value="other">Other</option>
222             </select><br>
223
224             <label for="place">E-mail:</label>
225             <input type="text" id="place" name="place" required><br>
226
227             <label for="pincode">Phone Number:</label>
228             <input type="text" id="pincode" name="pincode" required><br>
229

```

```

230             <label for="pincode">Region:</label>
231             <input type="text" id="pincode" name="pincode" required><br>
232
233             <br>
234
235             <input type="submit" value="Submit">
236         </form>
237     </section>
238
239     <!-- <section id="about">
240         <h2>About Us</h2>
241         <p>we are dedicated to supporting individuals on their journey towards mental and emotional well-being.
242     </section> -->
243
244     <section id="learn-more">
245         <h2>Learn More</h2>
246         <p>If you want to learn more about our hospital click the button below.</p>
247         <button id="learn-more-button">Learn More</button>
248     </section>
249 </body>
250 </html>
251

```

Content:

```

1  <!DOCTYPE html>
2  <html lang="en">
3
4  <head>
5      <meta charset="UTF-8">
6      <meta name="viewport" content="width=device-width, initial-scale=1.0">
7      <title>Mental Health Counseling</title>
8      <style>
9          body {
10             font-family: Arial, sans-serif;
11             margin: 0;
12             padding: 0;
13             background-color: #f0f0f0;
14         }
15
16         header {
17             background-color: #333;
18             color: #fff;
19             text-align: center;
20             padding: 1em 0;
21         }
22
23         main {
24             max-width: 800px;
25             margin: 20px auto;
26             padding: 20px;
27             background-color: #fff;
28             box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
29         }
30
31         footer {
32             background-color: #333;
33             color: #fff;
34             text-align: center;
35             padding: 1em 0;
36             position: fixed;
37             bottom: 0;
38             width: 100%;
39         }
40
41         p {
42             font-size: 25px;
43             font-family: serif;
44         }
45
46         h2 {
47             font-size: 40px;
48             color: chocolate;

```

```

51     img {
52         border-radius: 200px;
53
54     }
55
56
57     .degree {
58         font-size: 17px;
59         padding: 0px;
60         margin-top: -10;
61     }
62
63     .list {
64         font-size: 25px;
65     }
66
67     .doctor {
68         display: flex;
69     }
70 </style>
71 </head>
72
73 <body>

```

```

73  ✓ <body>
74  ✓   <header>
75      <h1>Mental Health Counseling</h1>
76   </header>
77
78   <main>
79   ✓   <section>
80       <h2>Welcome</h2>
81   ✓   <p>Welcome to our Mental Health Counseling Hub.....<br> where compassionate support meets professional
82       expertise.
83       Discover insights on various mental health issues, explore counseling approaches, and learn how our
84       dedicated counselors can guide you on your journey to emotional well-being. Uncover the benefits of
85       therapy, find resources for self-care, and gain a deeper understanding of the importance of mental
86       health in our lives. Your path to healing begins here.
87   </p>
88   </section>
89
90   ✓   <section>
91       <h2>Our Services</h2>
92   ✓   <div class="list">
93   ✓       <ul>
94           <li>Individual Counseling</li>
95           <li>Group Therapy</li>

```



```

1  <!DOCTYPE html>
2  <html lang="en">
3
4  <head>
5      <meta charset="UTF-8">
6      <meta name="viewport" content="width=device-width, initial-scale=1.0">
7      <title>About Us</title>
8      <style>
9          body {
10             font-family: Arial, sans-serif;
11             margin: 0;
12             padding: 0;
13             background-color: #f4f4f4;
14             color: #333;
15         }
16
17         header {
18             background-color: #333;
19             color: #fff;
20             padding: 10px;
21             text-align: center;
22         }
23

```

```

23
24         section {
25             max-width: 800px;
26             margin: 20px auto;
27             background-color: #fff;
28             padding: 20px;
29             border-radius: 8px;
30             box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
31         }
32
33         h1 {
34             color: #dd5d5d;
35         }
36         h2 {
37             color: #8b4513;
38         }
39
40         img {
41             max-width: 100%;
42             height: auto;
43             border-radius: 8px;
44             margin-top: 20px;
45         }

```

```

46     </style>
47 </head>
48
49 <body>
50
51     <header>
52         <h1>About Us</h1>
53     </header>
54
55     <section>
56         <h2>Our Story</h2>
57         <p>Our story unfolds from a genuine desire to make a positive impact on mental
58             health. It all started with a shared commitment among our founders to create a space where individual
59             find solace and support. We believe in the transformative power of counseling, recognizing the unique
60             journey each person navigates. Our team of dedicated mental health professionals is united by the mis
61             provide compassionate and effective counseling services. With a focus on empathy and evidence-based
62             practices, we've witnessed countless stories of resilience and growth. As we continue this journey, o
63             dedication to fostering mental well-being remains unwavering. Join us in breaking down the stigma
64             surrounding mental health and fostering a community of healing and understanding."</p>
65
66         <h2>Our Mission</h2>
67         <p>Our mission is clear: to champion mental well-being by providing compassionate
68             and personalized counseling services. We are committed to creating a safe and non-judgmental space wh
69             individuals can embark on their journey to mental health and self-discovery. Our goal is to empower c

```

```

61         provide compassionate and effective counseling services. With a focus on empathy and evidence-based
62         practices, we've witnessed countless stories of resilience and growth. As we continue this journey, o
63         dedication to fostering mental well-being remains unwavering. Join us in breaking down the stigma
64         surrounding mental health and fostering a community of healing and understanding."</p>
65
66         <h2>Our Mission</h2>
67         <p>Our mission is clear: to champion mental well-being by providing compassionate
68             and personalized counseling services. We are committed to creating a safe and non-judgmental space wh
69             individuals can embark on their journey to mental health and self-discovery. Our goal is to empower c
70             with the tools and support needed to navigate life's challenges, fostering resilience and long-lastin
71             positive change. Rooted in empathy and professionalism, our team of experienced mental health profess
72             strives to break down barriers to seeking help and promote open conversations about mental health. To
73             we aim to contribute to a society that values and prioritizes mental well-being, one session at a tim
74
75         <h2>Meet the Team</h2>
76         <p><b>Umang Mishra</b><br>Relationship Therapist</p>
77         <p><b>Himanshu</b><br>Family counsellor</p>
78         <p><b>Satish Yadav</b><br>Stress Managment</p>
79     </section>
80
81 </body>
82
83 </html>

```

Contact me:

```

1  <!DOCTYPE html>
2  <html lang="en">
3  <head>
4      <meta charset="UTF-8">
5      <meta name="viewport" content="width=device-width, initial-scale=1.0">
6      <title>Contact Us</title>
7      <style>
8          body {
9              font-family: Arial, sans-serif;
10             margin: 0;
11             padding: 0;
12             background-color: #f4f4f4;
13             color: #333;
14         }
15
16         header {
17             background-color: #333;
18             color: #fff;
19             padding: 10px;
20             text-align: center;
21         }
22
23         section {
24             max-width: 600px;

```

```

24             max-width: 600px;
25             margin: 20px auto;
26             background-color: #fff;
27             padding: 20px;
28             border-radius: 8px;
29             box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
30         }
31
32         label {
33             display: block;
34             margin-bottom: 8px;
35             color: #555;
36         }
37
38         input, textarea {
39             width: 100%;
40             padding: 8px;
41             margin-bottom: 16px;
42             box-sizing: border-box;
43             border: 1px solid #ccc;
44             border-radius: 4px;
45         }
46

```

```

47         button {
48             background-color: #4caf50;
49             color: #fff;
50             padding: 10px 15px;
51             border: none;
52             border-radius: 4px;
53             cursor: pointer;
54         }
55
56         button:hover {
57             background-color: #45a049;
58         }
59     </style>
60 </head>
61 <body>
62
63     <header>
64         <h1>Contact Us</h1>
65     </header>
66
67     <section>
68         <form action="submit_contact.php" method="post">
69             <label for="name">Name:</label>
70             <input type="text" id="name" name="name" required>
71
72             <label for="email">Email:</label>
73             <input type="email" id="email" name="email" required>
74
75             <label for="message">Message:</label>
76             <textarea id="message" name="message" rows="4" required></textarea>
77
78             <button type="submit">Submit</button>
79         </form>
80     </section>
81
82 </body>
83 </html>

```

Feedback:


```

1  <!DOCTYPE html>
2  <html lang="en">
3  <head>
4    <meta charset="UTF-8">
5    <meta name="viewport" content="width=device-width, initial-scale=1.0">
6    <title>Feedback Form</title>
7    <style>
8      body {
9        font-family: Arial, sans-serif;
10       background-color: #f4f4f4;
11       margin: 0;
12       padding: 0;
13       display: flex;
14       justify-content: center;
15       align-items: center;
16       height: 100vh;
17     }
18
19     form {
20       background-color: #fff;
21       padding: 20px;
22       border-radius: 8px;
23       box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
24       max-width: 400px;

```

```

25       width: 100%;
26     }
27
28     h1 {
29       text-align: center;
30       color: #333;
31     }
32
33     label {
34       display: block;
35       margin-bottom: 8px;
36       color: #555;
37     }
38
39     input, textarea {
40       width: 100%;
41       padding: 8px;
42       margin-bottom: 16px;
43       box-sizing: border-box;
44       border: 1px solid #ccc;
45       border-radius: 4px;
46     }

```

```

48  button {
49      background-color: #4caf50;
50      color: #fff;
51      padding: 10px 15px;
52      border: none;
53      border-radius: 4px;
54      cursor: pointer;
55  }
56
57  button:hover {
58      background-color: #45a049;
59  }
60  </style>
61  </head>
62  <body>
63
64  <form action="submit_feedback.php" method="post">
65      <h1>Feedback Form</h1>
66
67      <label for="name">Name:</label>
68      <input type="text" id="name" name="name" required>
69
70      <label for="email">Email:</label>
71      <input type="email" id="email" name="email" required>
72
73      <label for="feedback">Feedback:</label>
74      <textarea id="feedback" name="feedback" rows="4" required></textarea>
75
76      <button type="submit">Submit</button>
77  </form>
78
79  </body>
80  </html>

```

REFERENCES

Websites referred were:

- <https://www.wikipedia.org/>
- <https://www.onlinecounselling4u.com/>

- <https://www.freepik.com/>
- <https://www.google.co.in/>