



# A PROJECT SYNOPSIS ON WELLNESS AND FITNESS BLOGS

Submitted in the partial fulfilment of the requirement of  
the final project in PGP java

By

**KANIYAN PANDIARASAN K**

**R200002100292**

Under the guidance of  
**Ms. LOPAMUDRA BERA**





# OVERVIEW

## Project background and description

This web application will be built for helping people to practice healthy habits on a daily basis to attain better physical and mental health outcomes by providing valuable fitness tips on nutrition and diet, muscular strength.

The project will comprise of many features. Anyone can able to register the website and can have all information regarding fitness and wellness at one stop. User can able to sort out their daily food intakes to stay healthy.

They will have the access to join on a group to get personalised training. The user can able to share their photos on their portal and other users can interact with posted photos to stay connected. Any one can help someone by writing their own blogs on the website.

The user will be having access to tons of blog posts that keep them motivated and allows them to form a better habit for weight loss, weight gain, to keep their body healthy, to stay inspirational and other essential stuffs.

Wellness and Fitness Blogs will provide powerful tools that make it easier for anyone to live a healthier life and improve your overall health and fitness with our family of blogs.

User can also apply for the jobs that are posted by the admin.





## Project scope

Wellness and Fitness Blogs web application helps people to stay healthy by providing fitness tips.

- ✓ The user will have access to upload their photos anytime and the other users can interact with the photos by liking and commenting.
- ✓ They can also chat with each other to get personalised tips from the professionals.
- ✓ The registered user can write a blog post on the website and can publish it for the viewers.
- ✓ The blog post can be published only after the approval of the administrator.
- ✓ The user can also interact to the published blog post by sharing their thoughts on the comment box and liking the blogs.

## Software and hardware requirements

### ❖ Software

- HTML, CSS, Bootstrap
- JavaScript, jQuery, JSON
- Java, Spring MVC, Hibernate
- MySQL database

### ❖ Hardware

- Processor – Intel Core i5
- Memory (RAM) – 8 GB
- 64-bit OS
- X64 bit-based processor





## High level requirements

The system includes the following:

- ✓ Ability to download both internal and external users to access the application without downloading any software.
- ✓ Ability to interact with the existing database
- ✓ Ability to incorporate automated routing and notifications based on business rules.

## Deliverables

- ✓ Admin can able to approve and deactivate the user.
- ✓ Admin can view all the user's data.
- ✓ Admin can approve the blogs created by the user.
- ✓ Admin can approve the forum requested by the user.
- ✓ Admin can create update and delete forum.
- ✓ Admin can add and manage job.





# APPROVAL AND AUTHORITY TO PROCEED

NAME	TITLE	DATE

\_\_\_\_\_  
Approved by

\_\_\_\_\_  
Date

\_\_\_\_\_  
Approved by

\_\_\_\_\_  
Date

