Meditation Web Application
Mini Project 2-A Report

Submitted in partial fulfilment of the requirements for the degree of
Bachelor of Engineering (Computer Engineering)

Third Year Computer Engineering

By

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Under the Guidance of
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(2021-22)

Terna Engineering College

Nerul, Navi Mumbai

Academic Year 2021-22

CERTIFICATE

This is to certify that the Mini Project 2-A entitled "Meditation Web Application" is a bonafide work of

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submitted to the University of Mumbai in partial fulfilment of the requirement for the award of the Bachelor of Engineering (Computer Engineering).

Guide **Head of Department** **Principal**

Approval Sheet

Project Report Approval

This Mini Project 2-A Report – entitled “Meditation Web Application” by the following students is approved for the degree of B.E. in "Computer Engineering".

Submitted by:

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Kaustubh Hemant Patil	ID No. TU3F1920126

Examiner’s name and signature:

1. _

2. _

Date: _

Place: _

Declaration

We declare that this written submission represents our ideas in our own words and where others' ideas or words have been included, we have adequately cited and referenced the original sources. We also declare that we have adhered to all principles of academic honesty and integrity and have not misrepresented or fabricated or falsified any idea/data/fact/source in our submission. We understand that any violation of the above will be cause for disciplinary action by the Institute and can also evoke penal action from the sources which have thus not been properly cited or from whom proper permission has not been taken when needed.

Siddhi Pramod Chaudhari	ID No. TU3F1920071	_ _ _ _ _ _ _ _
Hrutika Suryakant Badgeri	ID No. TU3F1920109	_ _ _ _ _ _ _ _
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Acknowledgement

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We are deeply thankful to Dr. Archana Mire (H.O.D. Computer Department) and entire team in the Computer Department. They supported us with scientific guidance, advice and encouragement, they were always helpful and enthusiastic and this inspired us in our work.

We take the privilege to express our sincere thanks to Dr. L. K. Ragha, our principal for providing the encouragement and much support throughout our work.

Siddhi Pramod Chaudhari	ID No. TU3F1920071	_ _ _ _ _ _ _ _
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Date: _

Place: _

Abstract

Computer Engineering is a field that integrates hardware and software design. The branch focuses on not only the study of the working of computer systems, but also brings light to the role they play in the big picture. This can be seen in its various applications, from the design of microprocessors to software development. In the 21st century, the Computer Engineering industry is one of the forefronts for technological innovation.

Mini Project 2-A emphasizes on innovation and entrepreneurship through software development. It involves questioning different areas of the field of study - What innovations can we introduce? How can we improve existing models? We are motivated to identify our own methodologies and practice project management principles such as researching different domains, validation and verification of data, and documenting the project through technical report writing. With this in mind, we proceed with project-based learning.

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1. Introduction

1.1. A brief introduction

The 21st century has witnessed the peak of human evolution. Never before have we set forth to our everyday lives knowing that an abundance of knowledge lies at our fingertips. We've come a long way from the time of analog and manual procedures, ways that go far beyond the impact of the industrial revolution. Automation has driven not only the manufacturing process, but global economies towards the farthest reaches of technological innovation.

Speaking for the past decade, we are also witnessing a call for innovating not just technology - but ourselves as humans. We have taken to becoming more aware of ourselves and our abilities. The timing couldn't be better, since smart technologies have also proven to be terrible distractions to the same extent as they prove catalysts to our productivity.

In the midst of this exploration as to what we can do to better ourselves, a set of practices come to picture. These practices focus on enhancing our physical, mental, and emotional well-being. Among them, mindful practices such as meditation and yoga are the most popular. Meditation is scientifically proven to enhance a person's well-being. That being said, it remains a practice practiced by surprisingly few. This is due to inefficient management when it comes to practicing the habit itself. People fail to follow a systematic approach towards meditation. The problem thus presents itself as the lack of a management system for the habit of meditation. There exists a need for a management tool to assist an aspiring practitioner.

The tool we propose is a meditation management system. It allows the user to not only browse through meditation courses, but also engage with the system. The system will encourage the user along the way with personalized motivational messages and a pleasing user interface.

1.2. Problem Statement

Before reaching the conclusion for a problem statement, we conducted intensive research on not just the topic, but also on existing systems (further seen in **chapter 3**). Based on this survey of the practices involved with our project, along with the existing field of applications, we can conclude a few drawbacks in modern meditation applications:

1. Most applications do not provide enough free content for people seeking interest. This implies that the market is becoming profit driven.
2. There is a lack of diversity between mindful practices; people need to switch between apps/services to explore what they want.
3. People seek a more personalized experience when it comes to course-like platforms - simple and straightforward.

Considering our topic, as well as the technical drawbacks we've observed, we can frame our problem statement for the project as follows:

“There exists the need for a software tool that brings together mindful practices and encourages such habits.”

1.3. Organization of Report

Chapter 1 is an introduction to give an abstract idea of the problem at hand and to declare the focus of the project.

Chapter 2 explains the aim of the project as well as the objectives to be achieved.

Chapter 3 is a literature survey – it summarizes the history of mindfulness, illustrating how it became modernized as well as s comparison between existing applications.

Chapter 4 goes into details regarding the analysis and design of the system.

Chapter 5 covers the methodology we proposed when beginning this project.

Chapter 6 is a layout and explanation of the actual implementation.

Chapter 7 reviews the timeline of the project.

Chapter 8 is the conclusion – we illustrate our takeaways from the project, and what we were able to learn.

2. Aim & Objectives

The aim of our project is to develop a web-based platform that incorporates a variety of mindful activities, including meditation, breathwork, and yoga. The proposed solution would act as an organized resource for users, and make it easy to indulge in the good habits offered. Our main aim is to bring more awareness into the people for including such mindful activities in their everyday life to make life even more healthy to live and experience.

Apart from this, the project also aims towards achieving project-based learning. We seek to take the knowledge and skills inculcated through our curriculum such as DBMS and Internet Programming to develop the product from scratch.

The project's objectives, on the other hand, are established as contrasting qualities to the drawbacks determined through our initial research, which were stated before declaring the problem statement in the beginning of this report. Besides acting as content to this report, the objectives also serve as a means to understand the team's intentions further.

- Develop a web-based application that hosts a variety of courses
- Provide a user-friendly, encouraging interface
- Provide free registration
- To make mindfulness convenient and efficient for the users.

Keeping these objectives in mind, we proceed with a plan to meet them all. This includes designing various instances of the system, developing certain aspects, and completing the project overall. The steps followed are broken down in **chapter 7**.

As for the scope of the project – it can be further expanded to provide more features such as user tracking, more personalization, etc. This will not only enhance the value which the project provides, but also serve as a means to exercise our skills as developers to make them happen.

3. Literature Survey

When it comes to surveying the existing literature on meditation, yoga, and mindfulness - it helps to go further beyond when the first technologies incorporated it. The technical analysis of existing systems proves to be beneficial for development, but at the same time we must keep in mind the topic's roots. The importance of this will be made apparent as the survey progresses.

Over the past few decade, meditation has become recognized significantly as a practice with calming effects on an individual. Studies have shown that meditation can be associated with a improvement across a wide range of conditions; be it stress, anxiety, addiction, depression - it proves to have a positive impact. It achieves these feats by reducing blood pressure and stress hormone levels.

But before meditation became the modernized habit that we've become familiar with in the 21st century, it went through generations of reinvention. The oldest records of it can be traced back to Indian culture as the practice of *Dhyāna* or *Jhāna*, or "training of the mind". Many of these records come from the Hindu traditions of Vedantism. Even earlier recordings of the practice have been found in Buddhist Indian scriptures and texts, but many argue that these are somewhat ambiguous in their references directly to meditation. Despite this, no one is certain of where meditation originated from. However, it is safe to say that many religions across the world have shared a deep meaning with the discipline as a spiritual connection.

Yoga is another practice showing similar benefits - but by different means. While meditation requires one to sit still, yoga is a unique form of physical fitness. It combines physical postures, breathing techniques, meditation, and relaxation to provide not only mental but physical well-being as well. If anything, it is an enhanced form of meditation.

Yoga's origins can be traced back to northern India over 5000 years ago, when it was first mentioned in the ancient sacred texts of Rig Veda. Although yoga is not a religion in itself, it is connected to religion, and stems historically from Hinduism, Buddhism, as well as Jainism.

Together, yoga and meditation help mitigate stress by decreasing activity in the sympathetic nervous system typically responsible for constricting blood vessels and raising blood pressure and the heart rate.

These two practices can be categorized under a single concept - mindfulness. A straightforward term, Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us. We all possess this quality, and it is cultivated mindful practices such as meditation and yoga. When we’re mindful, we reduce stress, enhance performance, gain insight and awareness through observing our own mind, and increase our attention to others’ well-being.

A concept dating back to around 2500 years, it was introduced to the western world in the 1970s by Dr. Jon Kabat-Zinn, a professor of medicine emeritus at the University of Massachusetts. Most of the mindfulness therapies, coaching, and exercise we see today originate from his own 8-week program: Mindfulness-Based Stress Reduction (MBSR), aimed to reduce stress and enhance well-being. The program is found to be increasingly supported by thousands of scientific research studies.

Mindfulness was officially recognised by the NHS (National Health Service) as an effective therapeutic tool in 2004, in the form of mindfulness-based cognitive therapy. As ground breaking the revolutions were at the time, it took much longer for the internet to follow on.

Early websites like *Mindful.org* - created in 2005, and now a magazine - offered articles and stories about how mindfulness could enrich daily life, as well as a few slim resources for potential practitioners. These ranged from practice audio guides to a variety of courses on mindfulness, but these were directed at instructors rather than the average person interested. It wasn't until the launch of Apple's app store, in 2008, that the first meditation apps started to crop up, and with them a nearly instinctive link to mindfulness theory and practice. Rohan Gunatillake, the creator of *buddhify* - whose earliest version launched in 2011 - writes, "I made it for my friends so that I could give them an authentic and effective introduction to mindfulness and meditation but in a way that fitted into time-poor urban lifestyle… but there was a deeper reason still. The deeper reason I made *buddhify* is because I love the mindfulness tradition."

Gunatillake wasn't alone for long. In 2010, Andy Puddicombe and Rich Pierson founded *Headspace* as an events company that hosted mindfulness lectures in and around London, and in 2012 they launched its app version online. Since then, *Headspace* has become the dominant heavyweight in the mindfulness game, with 20 million downloads across 190 countries. But it is far from alone, with other multimillion user platforms like Calm and Insight Timer lining up, not to mention the hundreds if not thousands of lesser-known apps all clamouring for our meditative minutes.

People too, are willing to turn to mindfulness as a way to calm oneself. The new age of connectivity, fuelled by technology allows almost everyone an in for mindful practices. With technology's possibilities, of course, come a host of new issues. The biggest concern is applications which commodify the meditation process in order to make money. Other issues lie in the very nature of these guided meditations, particularly for users who are looking to improve their mental health. With so many resources available, which can be trusted? What is the right way of teaching, of learning? Particularly when approaching mindfulness as a therapeutic, medical technique with which to tackle depression and anxiety, the risk of online scams is a serious one.

Based on this survey of the practices involved with our project, along with the existing field of applications, we can conclude a few drawbacks in modern meditation applications:

- Most applications do not provide enough free content for people seeking interest. This implies that the market is becoming profit driven.
- There is a lack of diversity between mindful practices; people need to switch between apps/services to explore what they want.
- People seek a more personalized experience when it comes to course-like platforms - simple and straightforward.

Considering our topic, as well as the technical drawbacks we've observed, we can frame our problem statement for the project as follows:

"There exists the need for a software tool that brings together mindful practices and encourages such habits."

In doing so, we keep in mind that our objective is not to reinvent the wheel, but to enhance it

4. Analysis & Design

4.1. Proposed System

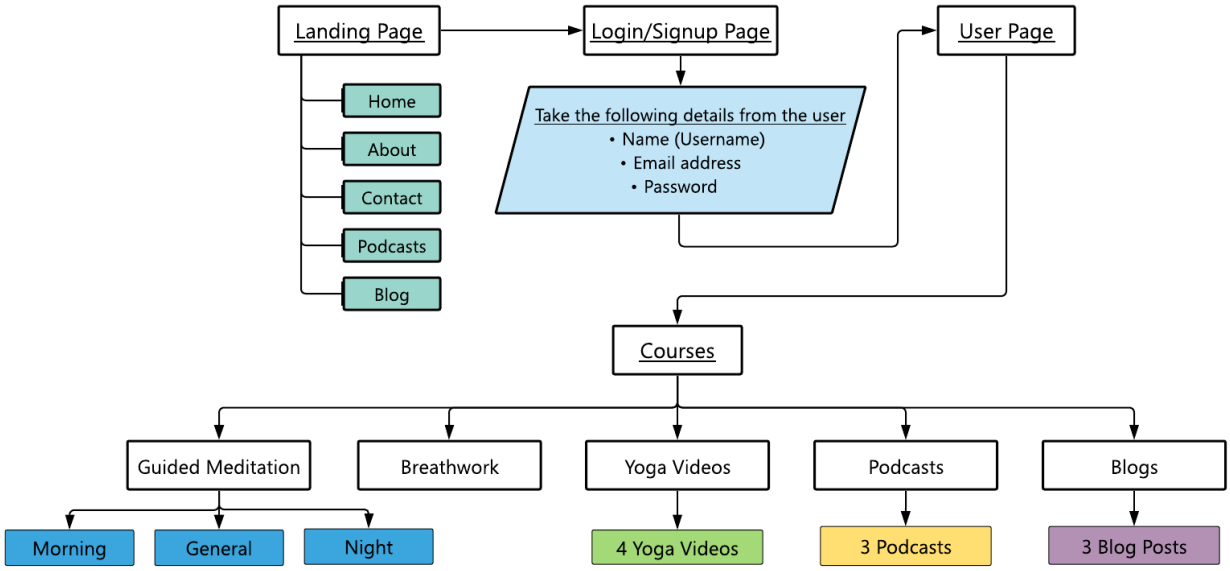

Figure 4.1.1. Website Flow

The proposed system begins with a landing page. This is where not just users, but people visiting the site will be able to view and engage with the basic content we have to offer, such as podcasts and blogs.

The home page welcomes the visitor and prompts him/her to explore the site further. From here, they can choose to sign up by creating an account to jump into courses directly, or explore the other pages listed in the navigation bar. Among these, the about page talks about the purpose of the website. The user can thus understand more about Meditato. Contact also provides contact details of the site's administrators.

Besides this, Podcasts and Blog display links to content that offer more insights on mindfulness. Such resources encourage the visitors and users to understand mindfulness deeper, and in turn become more invested in the practices.

Once the visitors have registered themselves as users, they are redirected to the user page. They now have the liberty to avail of all mindfulness courses through a few clicks thanks to our simplified navigation. Within meditation, there are 3 types of meditation: Morning, General, and Night. These types contain individual sessions of guided practice, and Breathwork follows the same. Finally, the user can avail of Yoga videos in the Yoga section.

In this manner, organized content combined with an efficient user experience comes together to deliver a valuable resource in the form of a web application.

4.2. Diagrams (Use Case, Flowchart, State Diagram, Sequence Diagram, etc.)

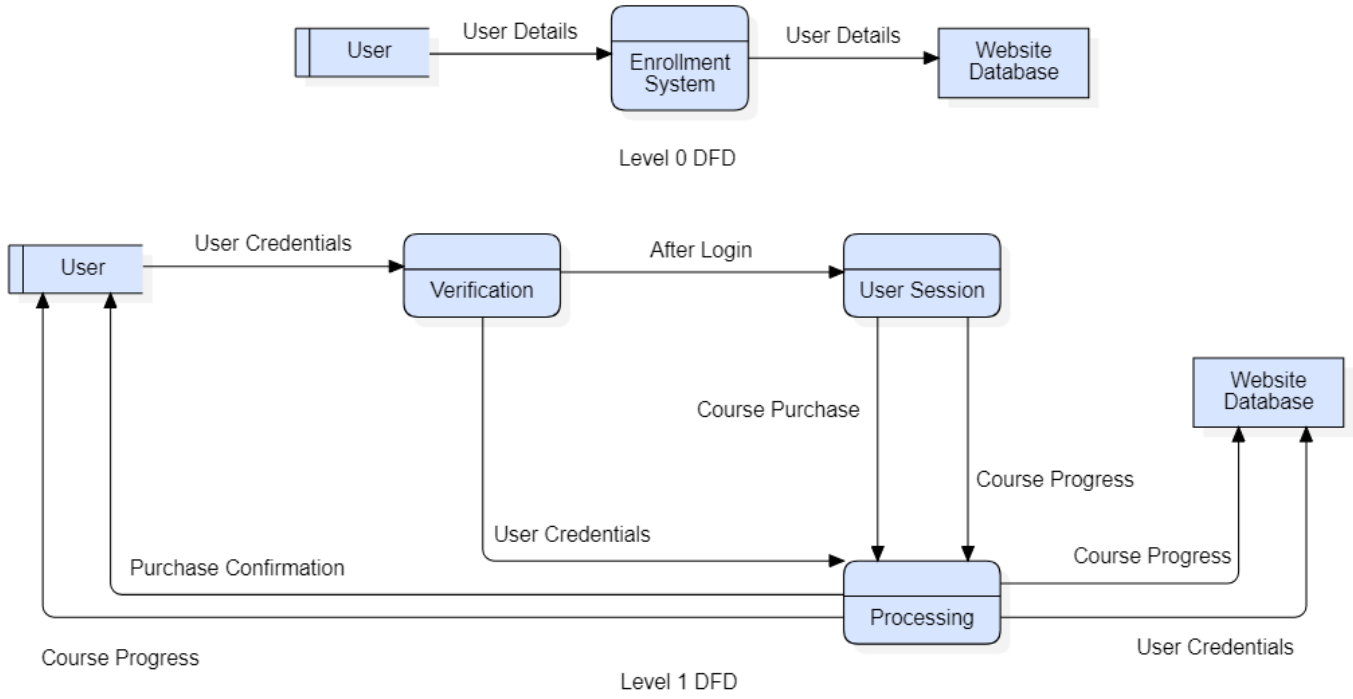

Figure 4.2.1. DFD (Data Flow Diagram)

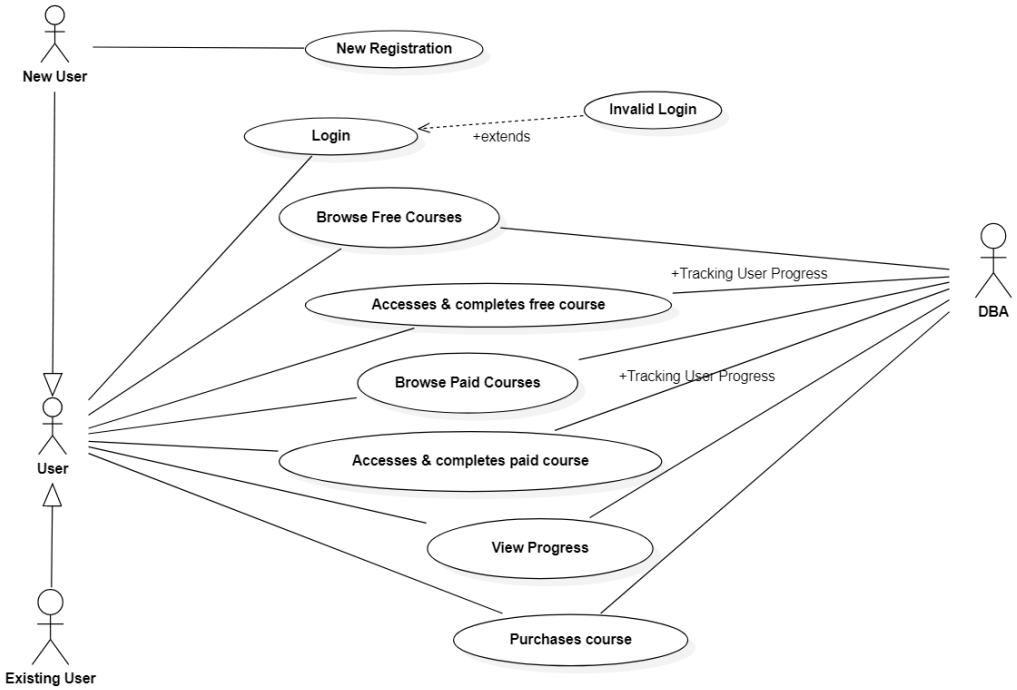

Figure 4.2.2. Use Case Diagram

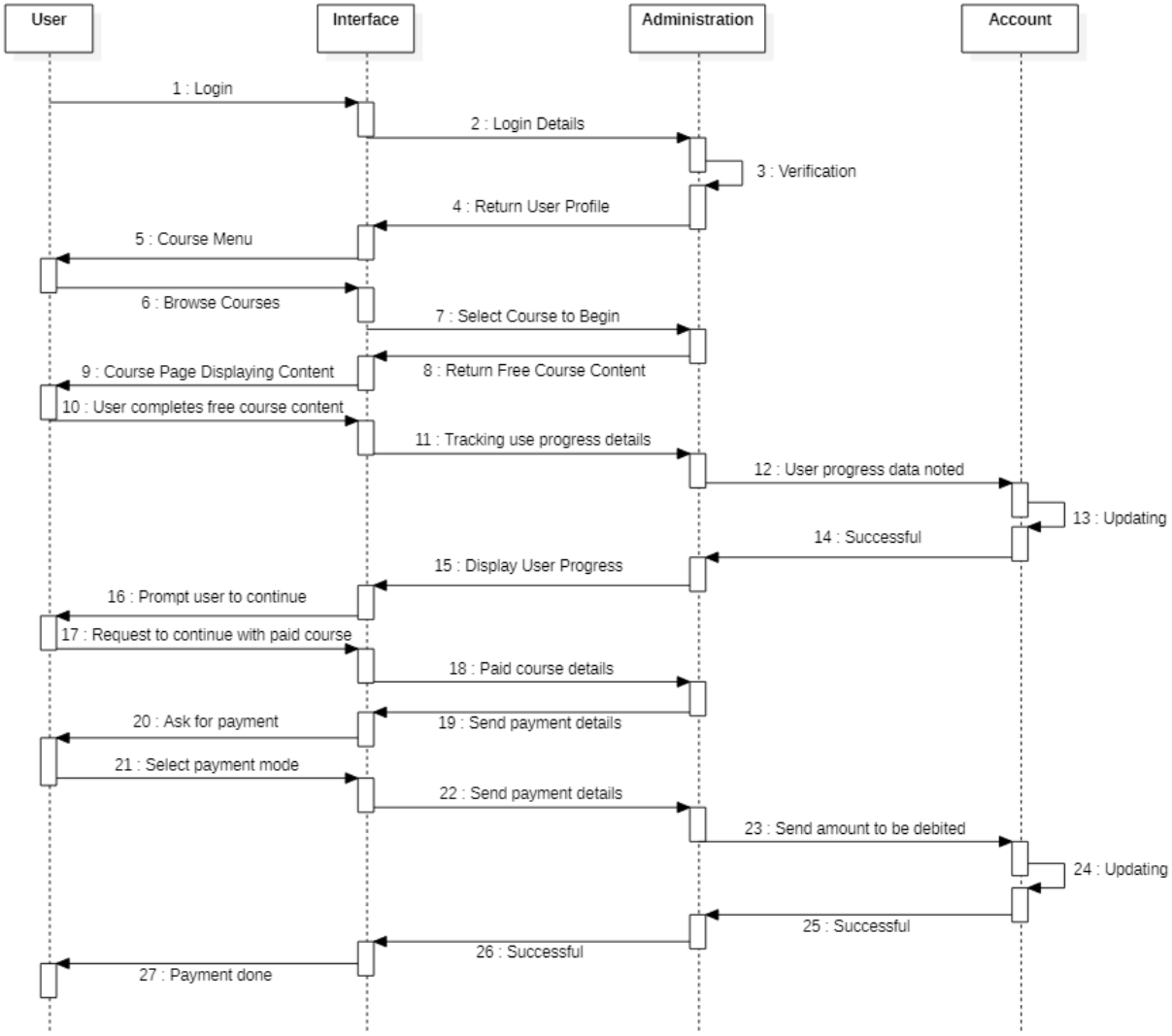

Figure 4.2.3. Sequence Diagram

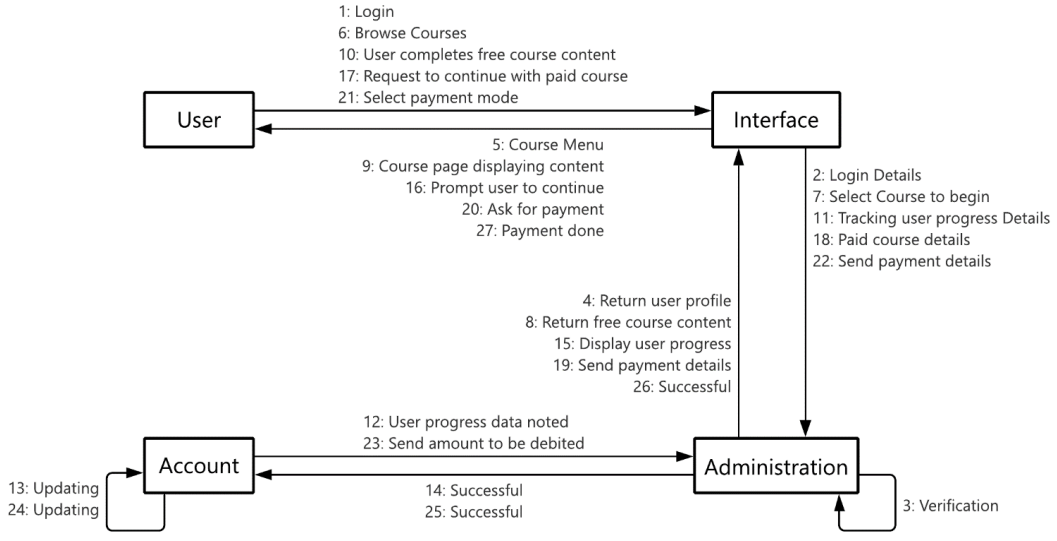

Figure 4.2.4. Collaboration Diagram

4.3. Requirements (Software/Hardware)

4.3.1. Hardware Requirements

An external hardware interface is used for accessing the backend of the system. To be specific, at least 4GB of RAM and an i5 processor is required.

4.3.2. Software Requirements

The system can be used on different operating systems including Windows, macOS, and Ubuntu as long as it supports web browsing. The different programming languages which drive the system are HTML, CSS, JavaScript, PHP, and SQL.

4.4. Architecture

Every page of the website is created using a combination of HTML, CSS, and JavaScript.

HTML is the markup language that we use to structure and give meaning to our web content, for example defining paragraphs, headings, and data tables, or embedding images and videos in the page.

CSS is a language of style rules that we use to apply styling to our HTML content, for example setting background colors and fonts, and laying out our content in multiple columns.

JavaScript is a scripting language that enables you to create dynamically updating content, control multimedia, animate images, and pretty much everything else.

An analogy you can use for understanding a website is automobile manufacturing. Like web development, manufacturing automobiles is divided into parts: building the car's body frame, installing the engine, and finally the body paint + interior components. Web development works in a similar fashion if you substitute the tasks as follows:

HTML ⇨ Building the website's "body frame"
JavaScript ⇨ Installing the website's "engine"
CSS ⇨ Giving the website a "paint job".

They work together to provide a simple yet effective user interface for the visitor to engage with.

As for the server side, we host the website using XAMMP Server – this allows us to easily manage a database for storing user credentials and managing login + registration. This is also where PHP comes in as an object-oriented back-end scripting language.

4.5. Functioning

The resulting webpage is visible through the browser. Depending on where the user clicks, they are redirected to different pages of the website. HTML, CSS, and JavaScript work together to build what the user sees, and also accesses the different assets that make the website possible. This is the client side of things.

As for the server side, whenever an HTTP request is sent – the Apache server scans the content of the request. If PHP is present, PHP performs any necessary SQL operations, followed by returning an HTTP response. In the case of our project, the responses are in the form of different webpages.

5. Methodology

We aim to achieve this through teamwork – different team members have contributed in terms of their specialization. We believe that no one person should carry the responsibilities alone, which is why we are proud to have exercised this throughout the duration of the task.

Following the ethics of software engineering, any programmable system follows a process. Process modelling attempts to present this in an abstract form, thus representing the business process or workflow of the project. Through this experiment, we've explored several process models for our project as part of our methodology.

The process models we chose were:

- Incremental Process Model
- Concurrent Model

The incremental process model is an approach that allows us to evaluate and develop our product simultaneously. By following this procedure, the individual tasks of design, implementation, and testing can all be done incrementally until the product is finished.

When it comes to a meditation web application it is an unfamiliar concept. Hence, when we implement our system, it is more efficient to start small. This means, we can further develop our model to a more refined form by deploying each part of the model for user testing. In turn, users can give feedback on specific features which appeal to them within that part of the project, and we can keep building the project further from there. An advantage of this is that we can constantly improve earlier parts of the application during development itself.

The concurrent model, on the other hand, involves systematically and simultaneously implementing the series of tasks through independent teams. Hence the term; "concurrent". The tasks come together through the different transitions of the overall project state.

A schematic representation of the overall project through this model allows us to focus on individual parts of the management system. It is an efficient approach since we would be preparing each part independently. The division of responsibility ensures a smoother workflow without constant communication, increasing the efficiency of actual implementation.

Speaking on the methodology for the courses themselves, we had to come up with something that was focused more on delivering good content and something that was less profit oriented. We came up with a certain plan for the contents that we were going to provide in the given system. Out of many mindful activities, we decided on choosing the three important activities namely meditation, breathwork and yoga.

In this busy work culture, it's quite hard for the users to spend an hour or so on personal activities which brings us to our guided meditations which are at the most 10 minutes long and can be practiced at any time of the day. These meditations are further divided into morning, night and general meditation categories. A meditation perfect for any time of the day is what one needs to reduce the stress and anxiety issues that we deal these days as adults.

Controlling the mind is good for the internal well-being, but for the physical well-being, good range of breathing activities are proposed by the system. Breathwork helps put the brakes on an acute stress response and diverts the health problems associated with chronic stress. By eliciting the body's relaxation response, deep abdominal breathing helps reduce blood pressure.

A one place for all these activities is what our system "Meditato" provides for the users. The concept behind the proposed methodology was to bring these practices into more and more people's lives and allowing them to take the maximum benefit from the ideas we have put forth into the project.

6. Implementation

In order to implement the system, we made use of a variety of tools – besides the variety of programming languages, there were tools for implementation such as Visual Studio Code and XAMMP server. They allowed us to develop and host the web application respectively

6.1. Working of the system

The meditation web application begins with a landing page. This is where not just users, but people visiting the site will be able to view and engage with the basic content we have to offer, such as podcasts and blogs.

The resulting webpages are all visible through the browser. Depending on where the user clicks throughout the application, they are redirected to different pages of the website. HTML, CSS, and JavaScript work together to build what the user sees, and also accesses the different assets that make the website possible. This is the client side of things.

The home page welcomes the visitor and prompts him/her to explore the site further. From here, they can choose to sign up by creating an account to jump into courses directly, or explore the other pages listed in the navigation bar. Among these, the about page talks about the purpose of the website. The user can thus understand more about Meditato. Contact also provides contact details of the site's administrators.

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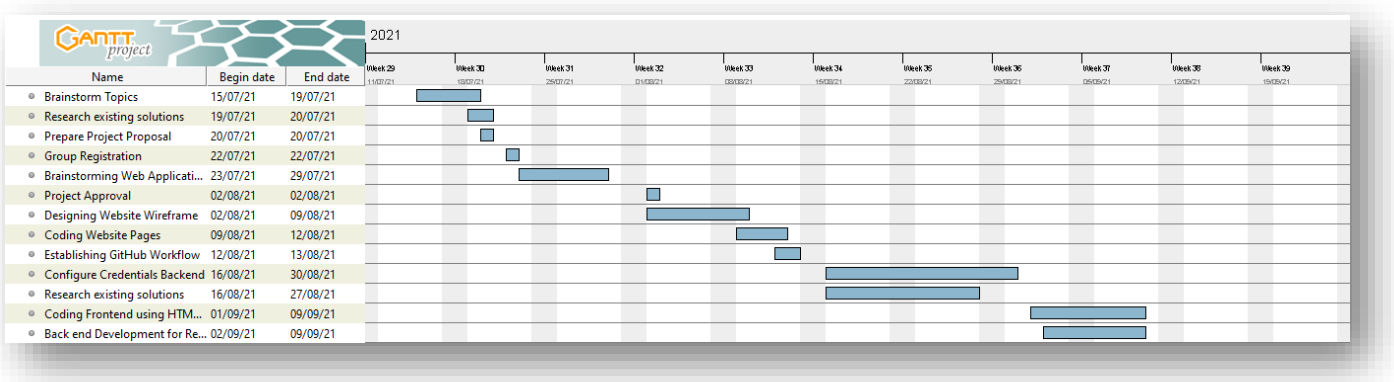
In this manner, organized content combined with an efficient user experience comes together to deliver a valuable resource in the form of a web application.

7. Project Timeline

The different tasks involved in completing this project include:

- Brainstorming topics
- Researching Existing Solutions
- Preparing a proposal for our project
- Group Registration
- Getting the proposal approved
- Designing the website wireframe
- Coding and development
- Establishing workflows
- Configuring client and server sides
- Merging developed frontend and backend

The timeline followed for these tasks from beginning to end have been illustrated through the Gantt chart shown below.



Name	Begin date	End date
Brainstorm Topics	15/07/21	19/07/21
Research existing solutions	19/07/21	20/07/21
Prepare Project Proposal	20/07/21	20/07/21
Group Registration	22/07/21	22/07/21
Brainstorming Web Applicati...	23/07/21	29/07/21
Project Approval	02/08/21	02/08/21
Designing Website Wireframe	02/08/21	09/08/21
Coding Website Pages	09/08/21	12/08/21
Establishing GitHub Workflow	12/08/21	13/08/21
Configure Credentials Backend	16/08/21	30/08/21
Research existing solutions	16/08/21	27/08/21
Coding Frontend using HTM...	01/09/21	09/09/21
Back end Development for Re...	02/09/21	09/09/21

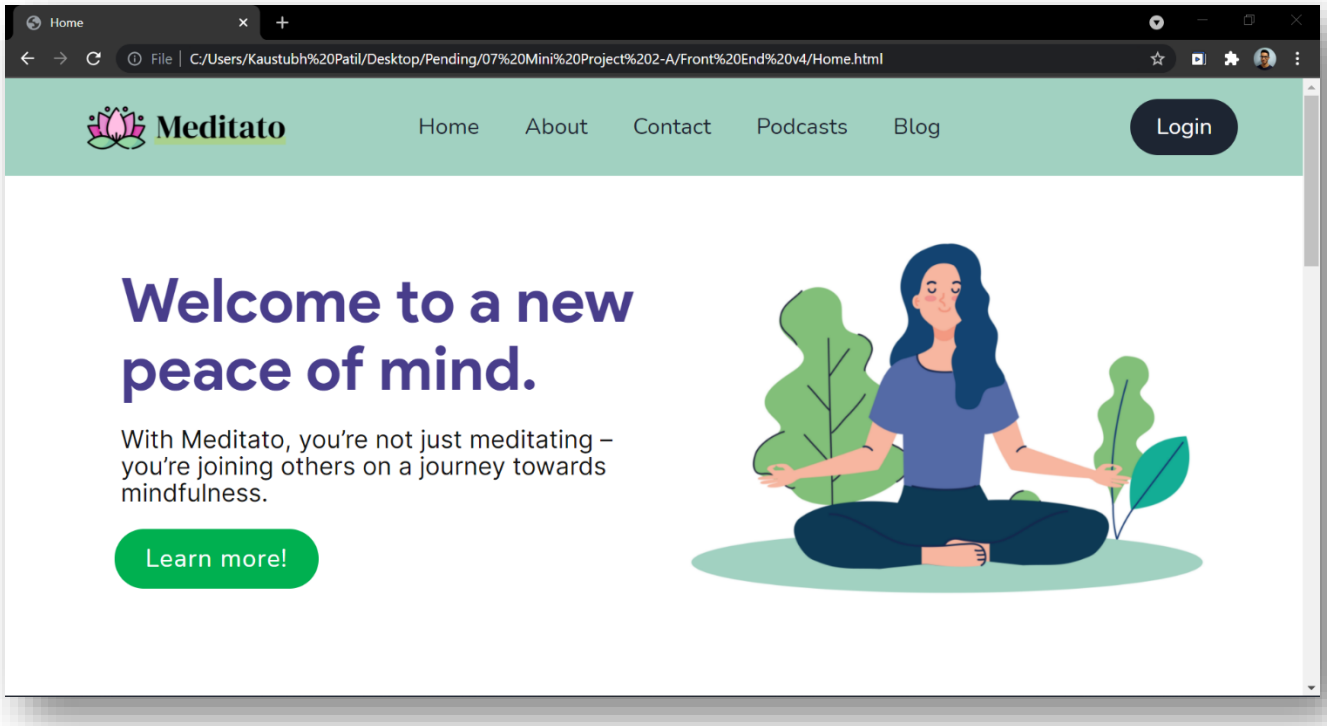
8. Result & Conclusion

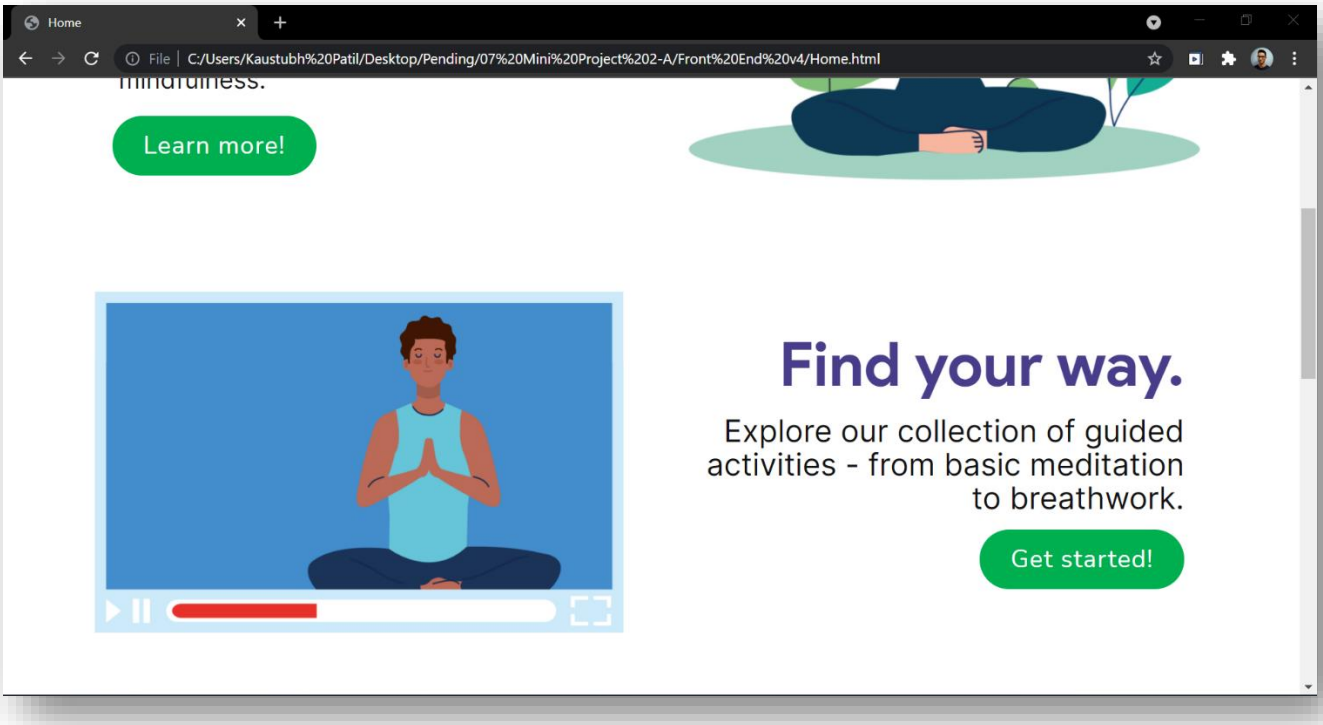
The result is a web-based application which has organized content for an individual to indulge in. The platform offers a range of courses which cover a range of mindful practices. Users can indulge in mindful practices such as meditation, breathwork, and yoga.

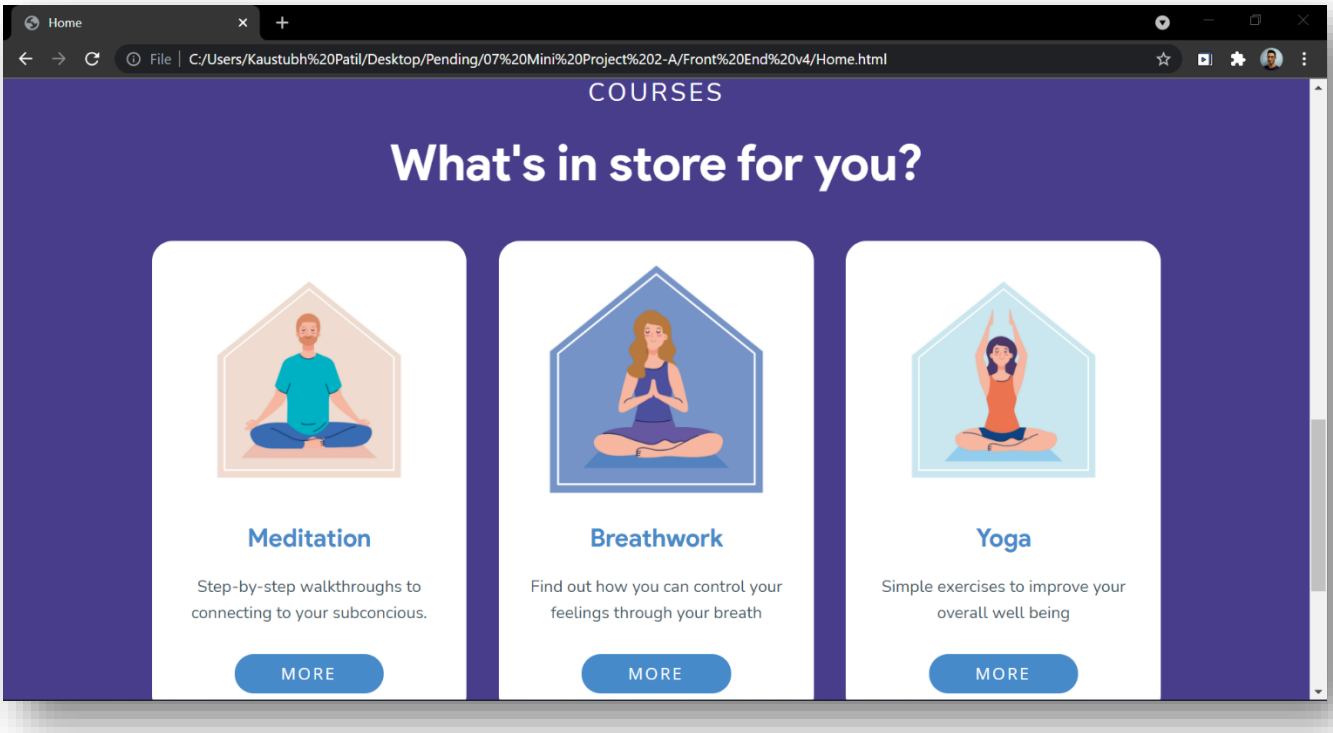
All of the courses listed so far in the result application are completely free, and users will be guided by an instructor when it comes to yoga. There is a step by step follow along video where users can play content and perform the activity side by side. Our main aim was to bring more awareness into the people for including such mindful activities in their everyday life to make life even more healthy to live and experience.

The screenshots illustrate the explanations provided earlier.

8.1. Project Screenshots




Home
File | C:/Users/Kaustubh%20Patil/Desktop/Pending/07%20Mini%20Project%202-A/Front%20End%20v4/Home.html
Learn more!
Find your way.
Explore our collection of guided activities - from basic meditation to breathwork.
Get started!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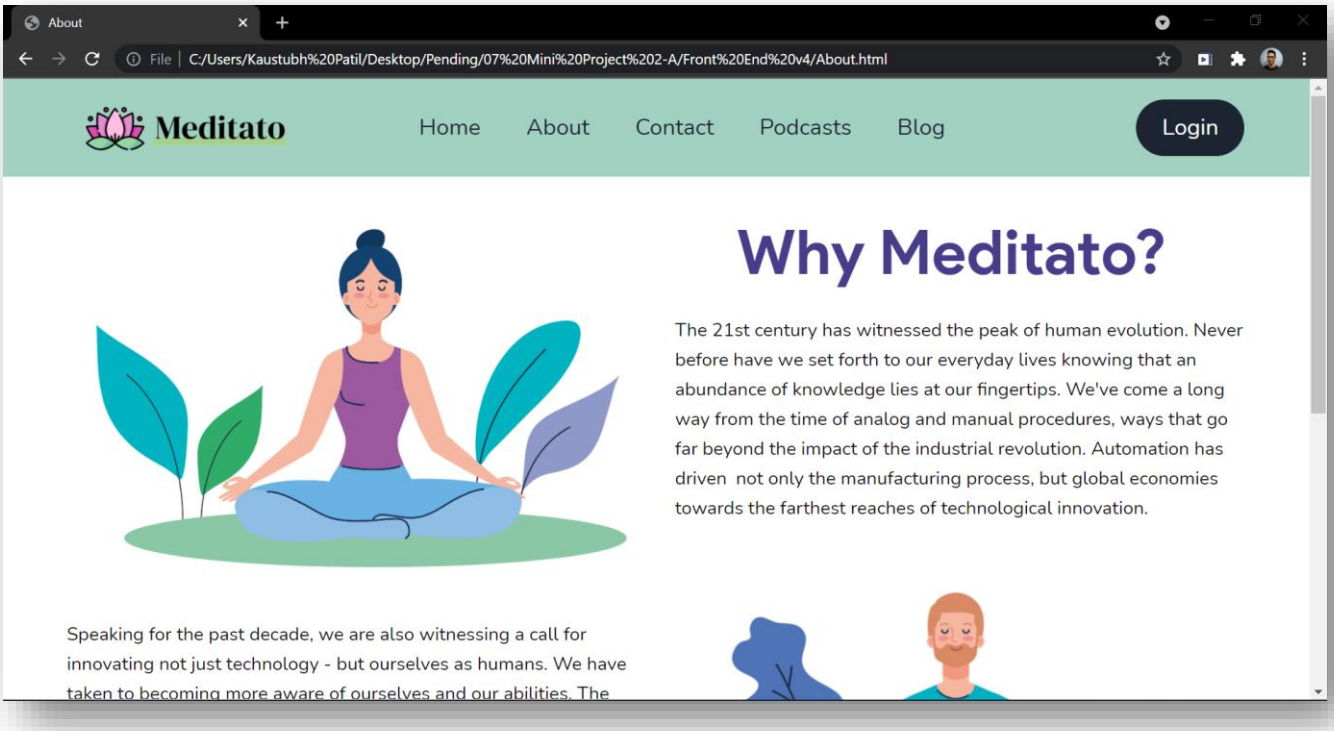
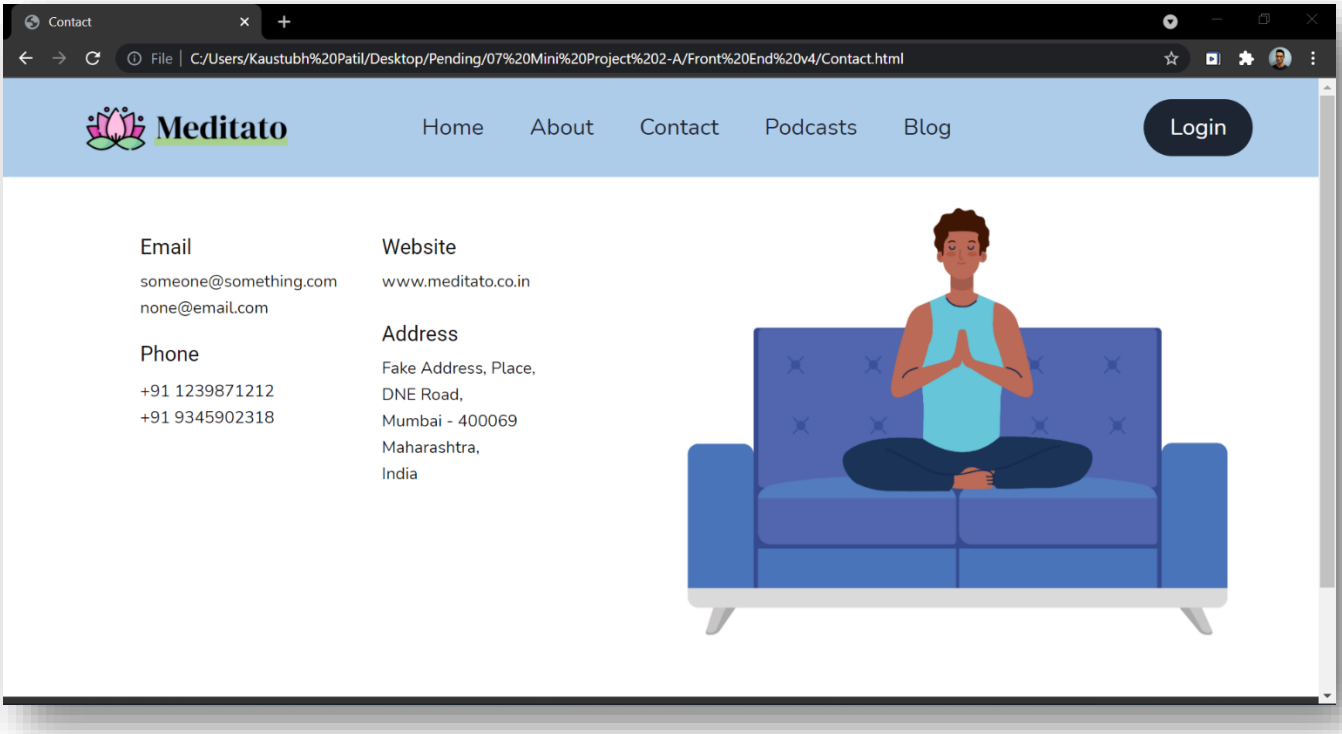
COURSES
What's in store for you?
Meditation
Step-by-step walkthroughs to connecting to your subconcious.
MORE
Breathwork
Find out how you can control your feelings through your breath
MORE
Yoga
Simple exercises to improve your overall well being
MORE


About
File | C:/Users/Kaustubh%20Patil/Desktop/Pending/07%20Mini%20Project%202-A/Front%20End%20v4/About.html
Meditato
Home
About
Contact
Podcasts
Blog
Login
Why Meditato?
The 21st century has witnessed the peak of human evolution. Never before have we set forth to our everyday lives knowing that an abundance of knowledge lies at our fingertips. We've come a long way from the time of analog and manual procedures, ways that go far beyond the impact of the industrial revolution. Automation has driven not only the manufacturing process, but global economies towards the farthest reaches of technological innovation.
Speaking for the past decade, we are also witnessing a call for innovating not just technology - but ourselves as humans. We have taken to becoming more aware of ourselves and our abilities. The


Contact
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Meditato
Home
About
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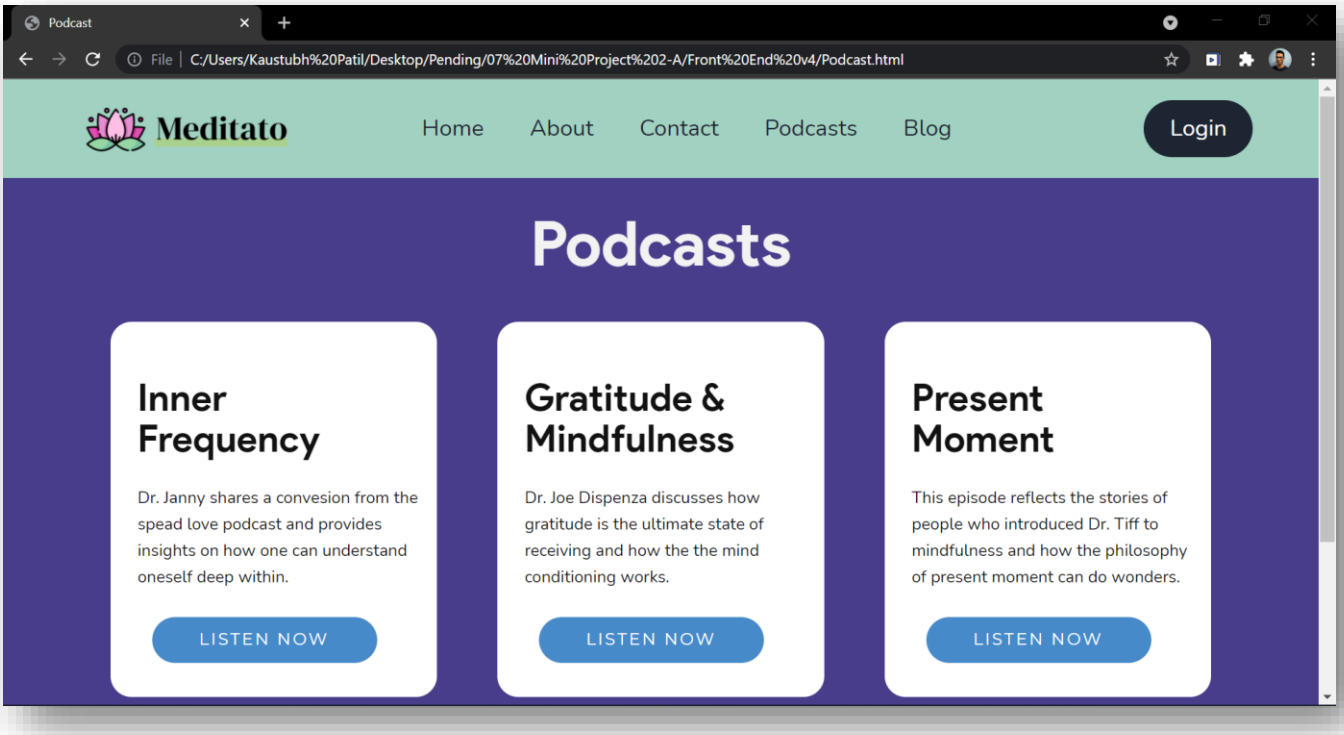
Podcasts
Blog
Login
Email
someone@something.com
none@email.com
Phone
+91 1239871212
+91 9345902318
Website
www.meditato.co.in
Address
Fake Address, Place,
DNE Road,
Mumbai - 400069
Maharashtra,
India


Podcast
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Meditato
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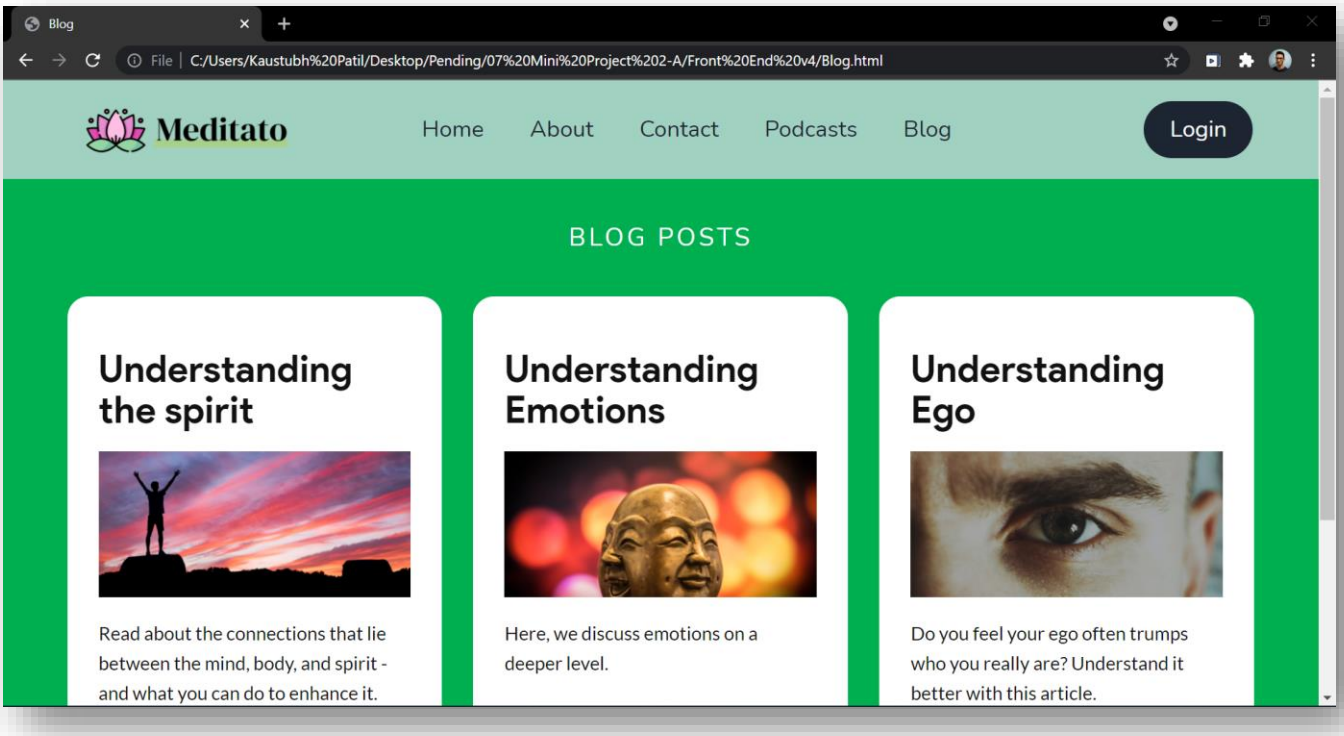
Podcasts
Inner Frequency
Dr. Janny shares a convesion from the spead love podcast and provides insights on how one can understand oneself deep within.
LISTEN NOW
Gratitude & Mindfulness
Dr. Joe Dispenza discusses how gratitude is the ultimate state of receiving and how the the mind conditioning works.
LISTEN NOW
Present Moment
This episode reflects the stories of people who introduced Dr. Tiff to mindfulness and how the philosophy of present moment can do wonders.
LISTEN NOW


Blog
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Meditato
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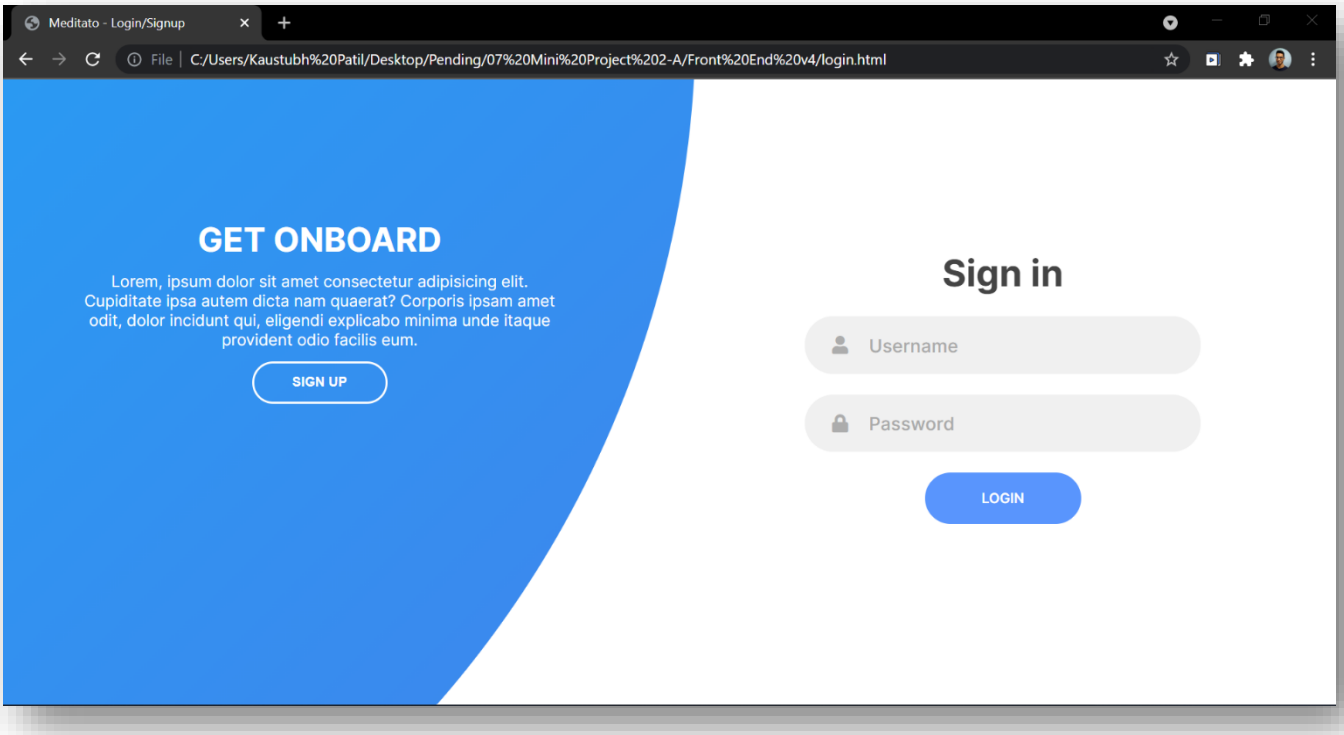
BLOG POSTS
Understanding the spirit
Read about the connections that lie between the mind, body, and spirit - and what you can do to enhance it.
Understanding Emotions
Here, we discuss emotions on a deeper level.
Understanding Ego
Do you feel your ego often trumps who you really are? Understand it better with this article.


Meditato - Login/Signup
File | C:/Users/Kaustubh%20Patil/Desktop/Pending/07%20Mini%20Project%202-A/Front%20End%20v4/login.html
GET ONBOARD
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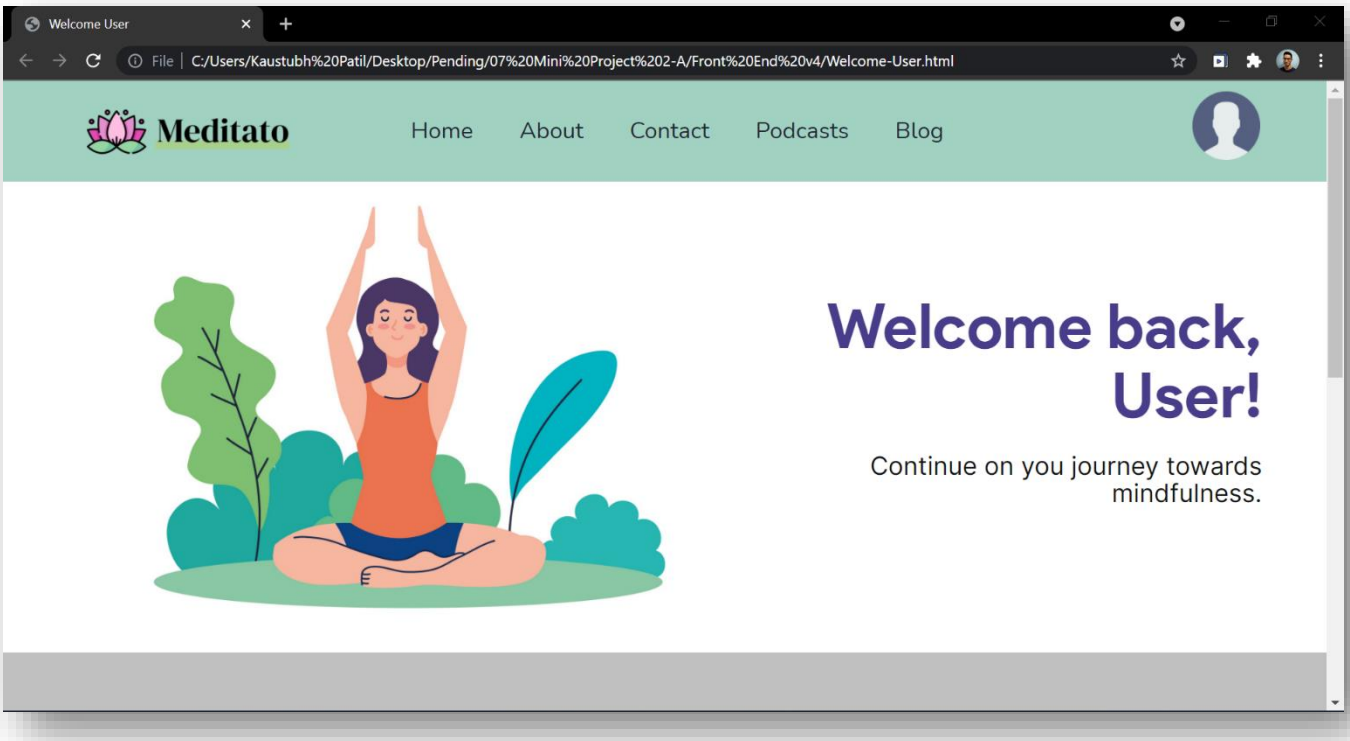
SIGN UP
Sign in
Username
Password
LOGIN


Welcome User
File | C:/Users/Kaustubh%20Patil/Desktop/Pending/07%20Mini%20Project%202-A/Front%20End%20v4/Welcome-User.html
Meditato
Home
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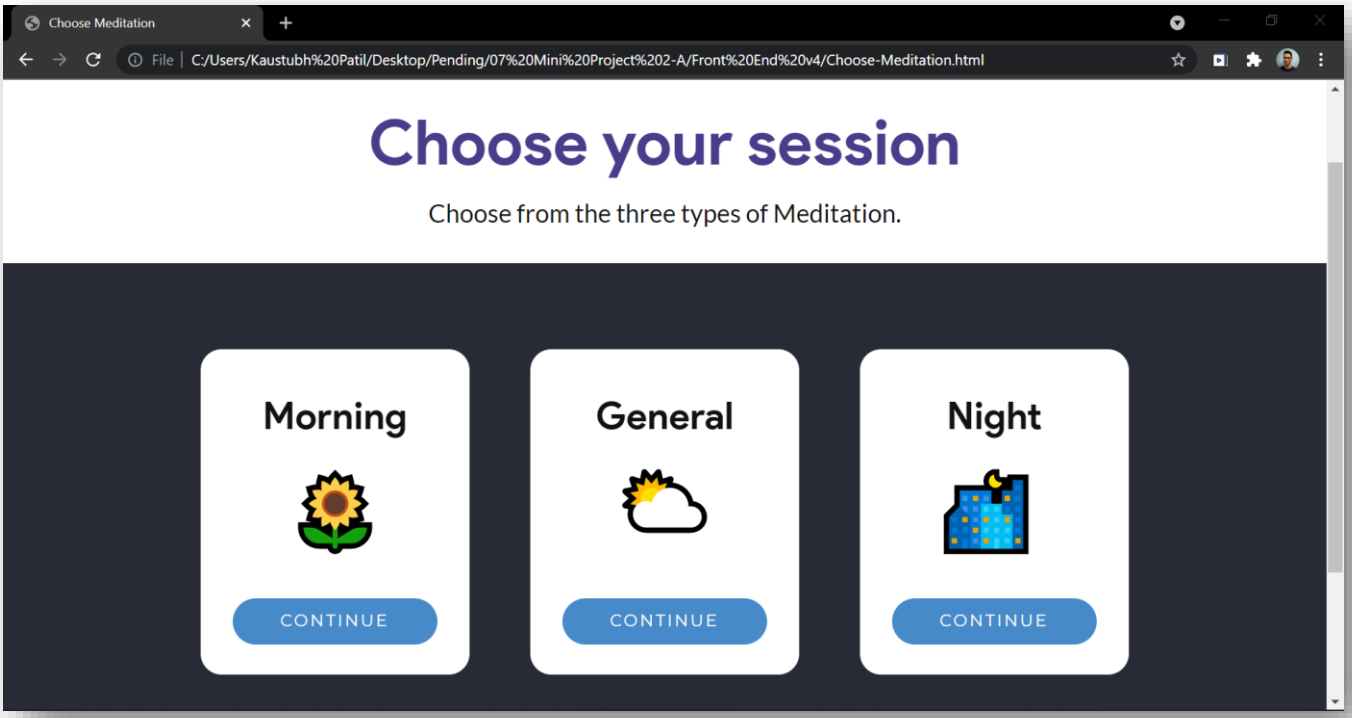
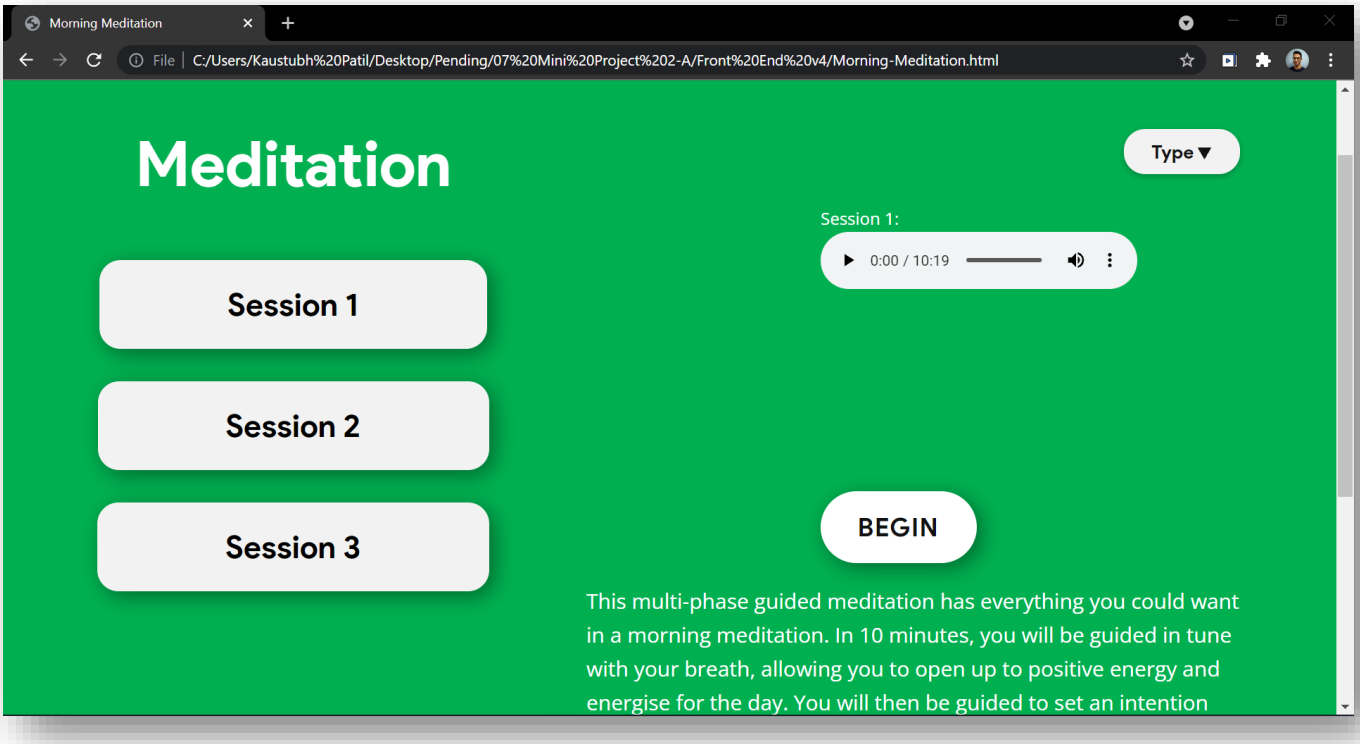
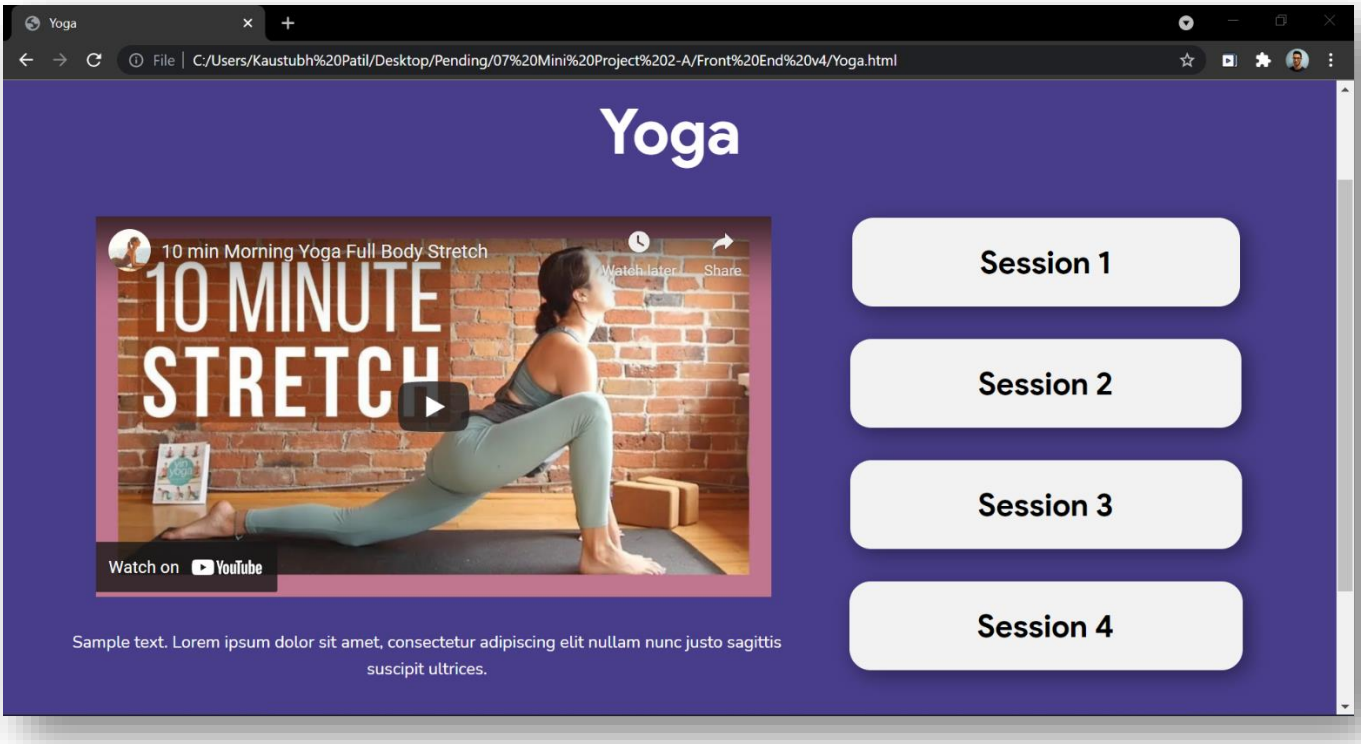
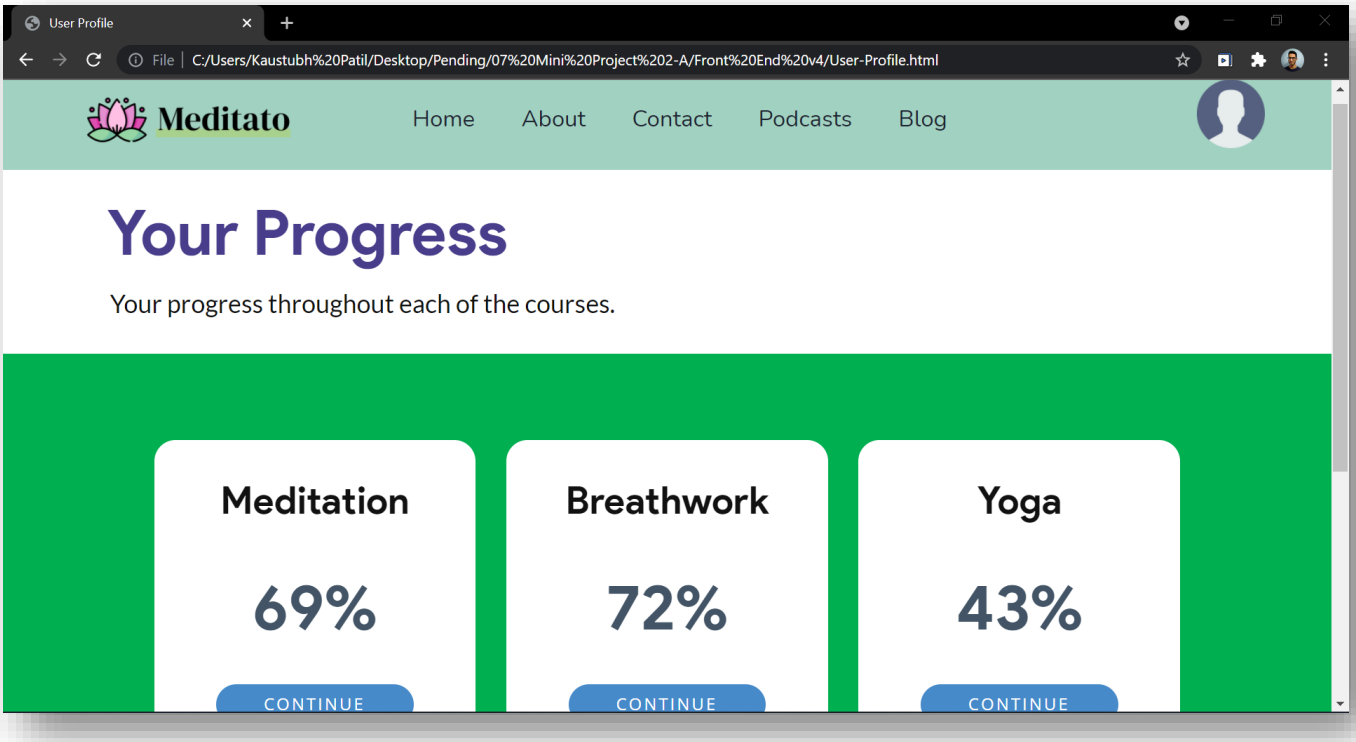
Blog
Welcome back, User!
Continue on you journey towards mindfulness.


Choose Meditation
File | C:/Users/Kaustubh%20Patil/Desktop/Pending/07%20Mini%20Project%202-A/Front%20End%20v4/Choose-Meditation.html
Choose your session
Choose from the three types of Meditation.
Morning
CONTINUE
General
CONTINUE
Night
CONTINUE


Morning Meditation
File | C:/Users/Kaustubh%20Patil/Desktop/Pending/07%20Mini%20Project%202-A/Front%20End%20v4/Morning-Meditation.html
Meditation
Type ▼
Session 1:
0:00 / 10:19
Session 1
Session 2
Session 3
BEGIN
This multi-phase guided meditation has everything you could want in a morning meditation. In 10 minutes, you will be guided in tune with your breath, allowing you to open up to positive energy and energise for the day. You will then be guided to set an intention


Yoga
File | C:/Users/Kaustubh%20Patil/Desktop/Pending/07%20Mini%20Project%202-A/Front%20End%20v4/Yoga.html
Yoga
10 min Morning Yoga Full Body Stretch
10 MINUTE STRETCH
Watch later
Share
Watch on YouTube
Session 1
Session 2
Session 3
Session 4
Sample text. Lorem ipsum dolor sit amet, consectetur adipiscing elit nullam nunc justo sagittis suscipit ultrices.


User Profile
File | C:/Users/Kaustubh%20Patil/Desktop/Pending/07%20Mini%20Project%202-A/Front%20End%20v4/User-Profile.html
Meditato
Home
About
Contact
Podcasts
Blog
Your Progress
Your progress throughout each of the courses.
Meditation
69%
CONTINUE
Breathwork
72%
CONTINUE
Yoga
43%
CONTINUE

8.2. Conclusion & Takeaways

In conclusion, we were able to successfully design, develop, and implement a web-based application to organize mindfulness content, and empower users to indulge in mindful practices such as meditation, breathwork, and yoga. Thanks to our project, users can engage in mindfulness courses without scavenging the internet for resources.

Working on this project gave us the opportunity to test our understanding of web development and the languages involved; how different functions would be extended on a larger scale project, as well as how basic elements like links and text come together to form an application on a larger scale. We can create different pages, as well as functionalities to support those pages.

More importantly, we got the chance to understand what it means to work together as a team and establish a workflow for project management.

Our major takeaways from the project were in the form of project-based learning. Besides the project itself, we learned:

- How to develop a customized website by making use of HTML, CSS, and JavaScript.
- How to manage version control online using GitHub.
- Hands on experience in UI & UX design for efficient website building.

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Functionalities

https://softauthor.com/javascript-for-loop-click-event-issues-solutions/

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https://www.codegrepper.com/code-examples/javascript/how+to+iterate+over+a+filelist+javascript

https://www.codegrepper.com/code-examples/javascript/loop+through+buttons+in+dom+javascript