

A Mini Project Report on

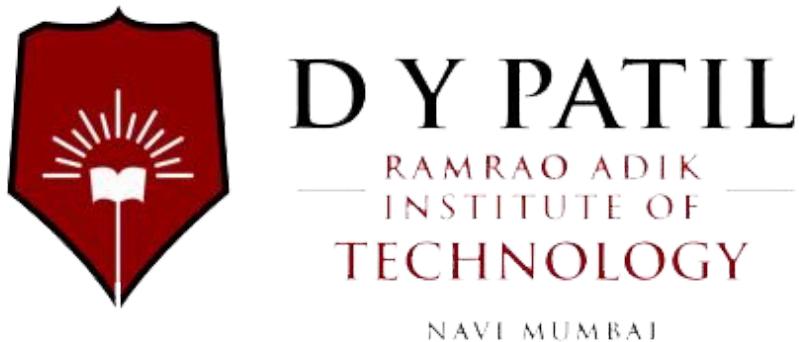
## **Peace Lily**

Submitted by :

**Akansha Chaurasia 19IT1084  
Kalyani Bhagat 19IT1022  
Prathamesh Gaikwad 19IT1047  
Shri Shailendra Patil 19IT1104**

Supervisor :

**Ms. Jyoti Kundale**



Department of Information Technology

Dr. D.Y Patil Group's

**Ramrao Adik Institute of Technology**

Nerul, Navi Mumbai  
(Affiliated to University of Mumbai)  
(2022)

# **CERTIFICATE**

This is to certify that the project entitled ` **Peace Lily** ` being submitted  
by **Akansha Chaurasia 19IT1084, Kalyani Bhagat 19IT1022, Prathamesh  
Gaikwad 19IT1047, Shri Shailendra Patil 19IT1104** to the University of Mumbai  
in partial fulfillment of the requirement for the award of the degree of 'B. E. I. T'  
in "Web Lab Miniproject".

**Project Guide**

(Ms. Jyoti Kundale)

**External Examiner**

**Head of Department**

(Dr. Ashish Jadhav)

## **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.

<b>Name and Roll No. of Students</b>	<b>Signature</b>
1. AKANSHA CHAURASIA (19IT1084)	(        )
2. KALYANI BHAGAT (19IT1022)	(        )
3. PRATHMESH GAIKWAD (19IT1047)	(        )
4. SHRI SHAILENDRA PATIL (19IT1104)	(        )

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## **1. INTRODUCTION :**

**“If you light a lamp for someone else it will also brighten your path.”**  
~Buddha

In our fast paced, always-on world, it's not difficult to access information. It comes at you at breakneck speed. Articles, blog posts, status updates, tweets—there's never a shortage of ideas to consider.

Gaining knowledge isn't a problem. Applying it, on the other hand, is a lot more challenging, especially when you consider how little time we have throughout our busy days to stop, breathe, and just be.

Peace Lily is about reflecting on simple wisdom and learning new ways to apply it to our complex lives—complete with responsibilities, struggles, dreams, and relationships.

The site features stories, tips, and insights from readers of all ages, from all over the globe.

You'll find posts about happiness, love, relationships, change, meaning, mindfulness, spirituality, simplicity, minimalism, letting go, and more. Much of it has its roots in Buddhism, but this is not a site about religion. It's about ideas that make sense and make a big difference when applied.

## **2. PROBLEM STATEMENT:**

In this fast moving world, people feel depressed or sad most of the time. They constantly search for tweets, quotes, videos, blogs, posts or images to support them mentally. Although there is no shortage of such quotes, blogs, stories, learning to apply them is a big issue.

Our aim is to create a website that will feature real life stories and videos from lives of people who have gone or are going through similar situations. Receiving guidance from someone who has faced similar situations earlier will help people gain confidence to overcome that particular situation and will also help them learn how they can apply the knowledge they have gained from our website or even other blogs, quotes and posts.

Our website takes into consideration different scenarios including but not limited to happiness, love, relationships, change, meaning, spirituality, simplicity and minimalism.

### **3. OBJECTIVES:**

**The key objectives include:**

1. Provide people with quality content on real life stories and short videos.
2. Help them learn how they can apply all the knowledge they have gained to real life scenarios.
3. Provide interesting stories and blogs via our website to increase user interaction and traffic.
4. Collect information of people so we can pitch them by sending newsletters and emails and retain them as our loyal visitors.

## **4. LITERATURE SURVEY:**

The literature review uncovered 20 distinct design elements commonly discussed in research that affect user engagement. They were (1) organization – is the website logically organized, (2) content utility – is the information provided useful or interesting, (3) navigation – is the website easy to navigate, (4) graphical representation – does the website utilize icons, contrasting colors, and multimedia content, (5) purpose – does the website clearly state its purpose (i.e. personal, commercial, or educational), (6) memorable elements – does the website facilitate returning users to navigate the site effectively (e.g., through layout or graphics), (7) valid links – does the website provide valid links, (8) simplicity – is the design of the website simple, (9) impartiality – is the information provided fair and objective, (10) credibility – is the information provided credible, (11) consistency/reliability – is the website consistently designed (i.e., no changes in page layout throughout the site), (12) accuracy – is the information accurate, (13) loading speed – does the website take a long time to load, (14) security/privacy – does the website securely transmit, store, and display personal information/data, (15) interactive – can the user interact with the website (e.g., post comments or receive recommendations for similar purchases), (16) strong user control capabilities– does the website allow individuals to customize their experiences (such as the order of information they access and speed at which they browse the website), (17) readability – is the website easy to read and understand (e.g., no grammatical/spelling errors), (18) efficiency – is the information presented in a way that users can find the information they need quickly, (19) scannability – can users pick out relevant information quickly, and (20) learnability – how steep is the learning curve for using the website. For each of the above, we calculated the proportion of studies mentioning the element. In this review, we provide a threshold value of 30%. We identified elements that were used in at least 30% of the studies and include these elements that are above the threshold on a short list of elements used in research on proper website design. The 30% value was an arbitrary threshold picked that would provide researchers and

designers with a guideline list of elements described in research on effective web design. To provide further information on how to apply this list, we present specific details on how each of these elements was discussed in research so that it can be defined and operationalized.

## **5. TECHNOLOGIES USED:**

- **HTML, CSS:** HTML (the Hypertext Markup Language) and CSS (Cascading Style Sheets) are two of the core technologies for building Web pages. HTML provides the structure of the page, CSS the (visual and aural) layout, for a variety of devices.
- **FLASK:** Flask is a micro web framework written in Python. It is classified as a microframework because it does not require particular tools or libraries. It has no database abstraction layer, form validation, or any other components where pre-existing third-party libraries provide common functions.
- **MongoDB:** MongoDB is a source-available cross-platform document-oriented database program. Classified as a NoSQL database program, MongoDB uses JSON-like documents with optional schemas.

## **6. SYSTEM REQUIREMENTS:**

Processor	Minimum: 1.9 gigahertz (GHz) x86 or x64-bit dual core processor with SSE2 instruction set  Recommended: 3.3 gigahertz (GHz) or faster 64-bit dual core processor with SSE2 instruction set
Memory	Minimum: 2 GB RAM  Recommended: 4 GB RAM
Display	SVGA monitor with a resolution of 1920x1080

### **Software Requirements**

Operating System	Windows 8, Windows 8.1, Windows 10, Windows 11 (Windows 7 is not officially supported but patches are available)
Prerequisites	DirectX 9.0c, .NET Framework 4.1, Microsoft Visual C++ 2005-2013 Redistributable
Others	A stable internet connection with a minimum speed of 25 mbits/sec

## 7. IMPLEMENTATION:

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Coping up with tough times...  
Changing your life, dealing with change...

Change & Challenges

Happiness Tips...  
Enjoying the little things...  
Feeling more alive...

Happiness & fun

Letting go of emotions...  
Letting go of expectations...  
Letting go of Control...

Letting go

Mindfulness...  
Meditation...  
Hope/Faith...

Mindfulness & Peace

Finding Purpose...  
Pursuing Dreams...  
Failure/Success...

Purpose & Passion

Addiction...  
Anxiety...  
Self-Care...

Mental Health

"What hurts you today makes you stronger tomorrow." ~ Unknown

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# Happiness & Fun:

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## BREAKUPS

Stories and advice on deciding to break up, letting go, dealing with the pain, coping with infidelity, finding closure, and embracing the single life.



## FINDING LOVE

Stories and advice on loving and valuing yourself, knowing what you want in a relationship, and finding a good match.



## People-pleasing / approval-seeking

Stories and advice on the impacts of people-pleasing, how to stop seeking approval, worrying about what people think, and coping with judgment, rejection, and criticism.



## Conflict

Stories and advice on handling conflict, avoiding fights and drama, dealing with difficult people, responding to people who trigger you, and understanding.



## Anger / forgiveness

Stories and advice on the upside of anger, coping with anger, releasing resentment, and forgiving others and ourselves.



## Boundaries / codependency

Stories and advice on setting boundaries, learning not to take on other people's pain, saying no, and overcoming codependency.



## Abuse

Stories and advice on healing from childhood, narcissistic, emotional, and sexual abuse, and recognizing and moving on from unhealthy relationships.



## Toxic relationships

Stories and advice pertaining to toxic romantic relationships, family relationships, and friendships, and estrangement.



## LETTING GO OF RELATIONSHIPS

Stories and advice on getting past breakups, letting go of unhealthy relationships and friendships, coping with the loss of loved ones, and dealing with estrangement.



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## Changes & Challenges:

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### Coping with tough times

Stories and advice on surviving hard times, developing strength and resilience, getting through hard days, being honest about your struggles and accepting them (and yourself), coping when life feels unfair, going on when you feel hopeless, finding gratitude during difficult times, and taking good care of yourself during hard times.



### Changing your life / Dealing with change

Stories and advice on overcoming fear and resistance, maintaining motivation, changing limiting beliefs, dealing with uncertainty, getting outside your comfort zone, changing your habits, making big decisions, coping when you feel stuck, and adapting to changes you didn't choose.

## Purpose & Passion:

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### ENJOYING THE LITTLE THINGS

Stories and advice on enjoying life's simple pleasures and infusing more joy into your day.



### FEELING MORE ALIVE

Stories and advice to help you stop living on autopilot, make life more exciting, regain your spark for life, get outside your comfort zone, and create new possibilities.



### ENJOYING THE JOURNEY

Stories and advice to help you stop chasing happiness, tying your happiness to the future, and equating happiness with success; and to help you bring more fun into your daily life.



### HAPPINESS TIPS

Stories and advice to help you boost your happiness—in general, when you're going through hard times, and when you're busy—and what to let go if you're unhappy



### HOBBIES

Stories and advice pertaining to hobbies and passion.



### CREATIVITY

Stories and advice on the benefits of creativity, overcoming creative blocks, sparking creativity, and how creativity can help you through hard times.

# Happiness & Fun:

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HOW TO FORM/BREAK A HABIT



DIET/EXERCISE/SLEEP

Stories and advice on overeating, unhealthy cravings, weight loss, listening to your body, exercise, and sleep.



HABITS FOR HAPPINESS

Habits to try to boost your happiness.



MINDFULNESS

Stories and advice on mindfulness—how it can improve your life and strengthen your relationships, how to practice, using mindfulness to cope with life's challenges, mindfulness for overthinkers, and the power of silence.



MEDITATION

Stories and advice on meditation—the benefits, how to meditate, breathing techniques, and tips for anyone who struggles with meditation.



GRATITUDE

Stories and advice on gratitude—reasons to be grateful, things to be grateful for, how to feel and practice gratitude, how to show gratitude for others, and how we can even appreciate life's challenges.

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# Mindfulness & Peace:

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**LETTING GO OF EMOTIONS**  
Stories and advice on embracing emotions so we can work through them; releasing anxiety, worry, stress, shame, anger, regret, fear, envy, and letting go of other people's emotions.



**LETTING GO OF THOUGHTS AND BELIEFS**  
Stories and advice on letting go of negative thoughts and limiting beliefs; releasing self-criticism; and overthinking.



**LETTING GO OF THE PAST**  
Stories and advice on releasing painful memories, letting go of guilt and regret, and letting go of your former self.



**LETTING GO OF EXPECTATIONS**  
Stories and advice on letting go of expectations—our own and other people's—and accepting what we can't change.



**LETTING GO OF PERFECTIONISM AND SELF-IMPOSED PRESSURE**  
Stories and advice on overcoming perfectionism, accepting where you are, slowing down and doing less, and giving yourself a break.



**LETTING GO OF CONTROL**  
Stories and advice on letting go of control, dealing with uncertainty, and trusting in the unknown.



**LETTING GO OF MATERIAL THINGS**  
Stories and advice on minimalism and decluttering.



**LETTING GO OF DREAMS/JOB/ROLES**  
Stories and advice on letting go of jobs and dreams, quitting, and letting go of who you think you are.



**LETTING GO OF RELATIONSHIPS**  
Stories and advice on getting past breakups, letting go of unhealthy relationships and friendships, coping with the loss of loved ones, and dealing with estrangement.

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## About Us:



### About Us

Peace Lily ~ Simple wisdom for complex minds

**"If you light a lamp for someone else it will also brighten your path."** ~ Buddha

In our fast-paced, always-on world, it's not difficult to access information. It comes at you at breakneck speed. Articles, blog posts, status updates, tweets -- there's never a shortage of ideas to consider.

Gaining knowledge isn't a problem. Applying it, on the other hand, is a lot more challenging, especially when you consider how little time we have throughout our busy days to stop, breathe, and just be.

Peace Lily is about reflecting on simple wisdom and learning new ways to apply it to our complex lives -- complete with responsibilities, struggles, dreams, relationships. Peace Lily has emerged as a leading resource for peace and happiness.

[Know more...](#)



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If you're seeking advice, please join the Peace Lily forums to get insight and support from the whole community, or visit the Helpful Free Resources page to find additional help.  
For everything else, please email [email@peacelily.com](mailto:email@peacelily.com).

Have a wonderful day!

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Thank you for sharing your light. You make a difference, and you're appreciated!



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## **8. CONCLUSION:**

The project has given us a good understanding of web applications as well as deep knowledge of today's generation's mental health. We have built a fun, creative course blending self-help and film that gives users the tools to let go of the past so they can feel free, happy, and unlimited in the present. We conclude that we have built a user-friendly platform to boost users' happiness, and equating happiness with success and also to help them bring more fun into daily life.

With this project, we are aiming to help all those souls out there suffering from various issues like mental illness, depression, negativity, anxiety, etc and making their complex lives happy lives.

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