Write a JSP application to allow the user to add or update his/her profile data to the trainees list of the application, details as described below:

* On entering the application, the user is asked to input his/her account, first-name, last-name, email. Those must not be empty.
* When valid data are inputted,
  + The user’s profile information would be added or updated into the database. The update occurs only in the case his/her account exists already.
  + The user would be redirected to the trainees list page which would show the guests who are accessed the application.
* Any input data validation or application exception must be handled. Warning and error messages must be shown to the user.