A

PROJECT

ON

"Come Out D"

Submitted to

Shiksha Mandal's

G. S. COLLEGE OF COMMERCE & ECONOMICS, NAGPUR
(AUTONOMOUS)
In the Partial Fulfilment of

B.Com. (Computer Application) Final Year

Submitted by

Rishi S. Sharma

Amisha T. Banghare

Under the Guidance of

Pravin J. Yadao

Shiksha Mandal's

G. S. COLLEGE OF COMMERCE & ECONOMICS, NAGPUR
(AUTONOMOUS)
2021-2022

Shiksha Mandal's

G. S. COLLEGE OF COMMERCE & ECONOMICS, NAGPUR (AUTONOMOUS)

CERTIFICATE

(2021 - 2022)

This is to certify that Mr. /Miss **"Rishi S Sharma and Amisha T Banghare"**

has completed their project on the topic of **"COME OUT D"** prescribed by G. S. College of

Commerce & Economics, Nagpur (Autonomous) for B.Com. (Computer Application) –

Semester-VI.

Date:

Place: Nagpur   Pravin J. Yadao

                                                              Project Guide

External Examiner   **Internal Examiner**

ACKNOWLEDGEMENT

DECLARATION

We **Mr.Rishi Sharma and Amisha Banghare** hereby honestly declare that the work entitled **"Come Out D"** submitted by us at G. S. College of Commerce & Economics, Nagpur (Autonomous) in partial fulfillment of requirement for the award of B.Com. (Computer Application) degree by Rashtrasant Tukadoji Maharaj, Nagpur University, Nagpur has not been submitted elsewhere for the award of any degree, during the academic session 2021-2022.

The project has been developed and completed by us independently under the supervision of the subject teacher and project guide.

Rishi S Sharma

Amisha T Banghare

Date:

Place: Nagpur

A
PROJECT SYNOPSIS
ON

"Come Out D"

Submitted to

G. S. COLLEGE OF COMMERCE & ECONOMICS, NAGPUR
AUTONOMOUS
In the Partial Fulfillment of

B.Com. (Computer Application) Final Year

Synopsis Submitted by
Rishi S. Sharma
Amisha T. Banghare

Under the Guidance of

Pravin J. Yadao

G. S. COLLEGE OF COMMERCE & ECONOMICS, NAGPUR
AUTONOMOUS
2021-2022

1. **Introduction:**

The concept "Com Out D" will help an individual in gaining information about depression, it's causes as well as some measures to cure it. Our main motive is to refresh the mind of individual who is depressed and unable to gain focus in anything. A person can divert his mind by performing yoga, mediation, etc. Here you will be getting information of yoga , meditation in yoga section where you will get information about particular yoga along with steps to perform them.

2 . Objectives of the project:

1) Divert mind of user who is suffering from depression
2) Mood refreshing
3) Providing information about depression, it's causes, yoga, meditation, etc.
4) Able to perform yoga, meditation by following the step's mentioned there
5) User friendly website
6) Getting many things at one place (yoga, meditation, news, etc.)

3. Project Category:

Website (web pages)

4. Tools/ Platform/ Languages to be used:

Php, MYSQL, HTML, CSS, JavaScript

5. Scope of future application:

1) In the future, charts will be displayed of completion of users tasks.
2) Users will be rewarded with points.
3) Day wise tasks will be there.
4) Songs, contact numbers of various psychologists will also be there

Submitted by:

Rishi Sharma and Amisha Banghare

Signature of the Student

Approved by,

Prof. Pravin Yadao

Project Guide

<u>INDEX</u>

INTRODUCTION

INTRODUCTION

Our website "Come Out D" helps an individual in gaining information about depression, it's causes as well as some measures to cure it. Our main motive is to refresh the mind of an individual who is depressed and unable to gain focus in anything. A person can divert his mind by performing yoga, meditation, etc. Here , you will be getting information of yoga and meditation in yoga section where you will get information about particular yoga along with steps to perform them.

Information and steps are contented on our website to make people aware of things like depression and steps were also mentioned here for performing yoga and meditation, their benefits of doing are also presented.

The website is designed in such a way that anyone can easily use or access it anywhere. Starting with the very first page of the website that first of all you have to login into the website with the login ID and password(if you have already registered)or the new users have to register themselves first .then, If the user enters an incorrect password the message will be pop up on screen invalid password This is for security purpose.

After entering into the website Master page of the Website will be displayed. Where home, information, yoga, meditation, etc. like sections are there. The user just has to click on the required section for getting more information about it. For eg. A user has clicked on the yoga section then various yoga postures will be displayed there and for knowing more about the specific yoga posture the user has to click on that chosen yoga posture after that it's steps for performing as well as it's benefits will be displayed there.

News sections are also there to aware people of depression, its symptoms, etc.

In the about us section, information about the developer of the website its owners,, about the website and various people involved in developing that will be displayed here.

As this is all about our website, it is very simple and easy but with the latest updates and methods what people want nowadays. We work on such flaws recommended by our users.

OBJECTIVES

OBJECTIVES

❖ **Diverts minds**- our website helps an individual to divert his mind and get out of his sadness and further refresh his mood by doing meditation, reading blogs, performing yoga, etc.

❖ **Refresh mood**-by performing various activities like yoga, mediation, listening to music, etc. it will help one to refresh his mood

❖ **Get various information in one single place**- On our website, an individual can get information about yoga, meditation, various therapies, depression, etc. in one single place. It means by using this website no one has to separately search the things one by one instead you'll get them all in one place.

❖ **Therapies**-various types of therapies will be provided here for the individuals to provide a solution to them for their depression

❖ **Freely available**- For using this website, you'll just need to have a good internet connection and some hardware and software as there are minimal requirements for using it, and no cost will be charged for using it.

❖ **User-friendly**: website is user-friendly as any user can operate easily through the tab, PC, mobile, etc., and language is used which is understandable for any common people.

❖ **Providing facilities**: Providing quality content on our website, regularly adding new information, and establishing trust in People.

❖ **Yoga and Meditation**: This section is also available, which help the user's to perform yoga as well as meditation and also make them aware of is benefits.

❖ **To Provide free of cost:** Our website is a type of non-commercial website. As our main motive objective is to promote fitness and a healthy lifestyle rather than earning money.

Preliminary Investigation Analysis

Preliminary Investigation Analysis:-

Preliminary Investigation refers to the collection of information that guides the management of an organization to evaluate the advantages and disadvantages of the project request and make an informed judgment about the feasibility of the proposed system.

The purpose of the preliminary investigation is to determine whether the problem or deficiency in the current system exists. The project team may re-examine some of the feasibility aspects of the project. The preliminary investigation occurs within a short period ranging from a few hours to a few days and should not exceed two to three days.

Preliminary Investigation:-

Preliminary Investigation refers to the collection of information that guides the management of an organization to evaluate the advantages and disadvantages of the project request and make an informed judgment about the feasibility of the proposed system.
By performing a preliminary investigation, one can get to know whether that is there is a need for a new system or not and if yes, then why, do it only needs any updation and changes or totally a new system as requested by the user.

Present system in use:
The present system in use provides various services and facilities. This system may be updated and changes can be made to it according to users' requirements. In the present system, for every single piece of information users will have to search one after another and it will require more time and cost as well

Flaws in the present system:-

1) Lack of security: As a security facility is not available so insecure website can pose a problem there will be chances of misuse and also a user will hesitate to visit the system.

2) Images that lack quality: As the website is outdated so low-resolution images are available which are unacceptable to users.

3) Slow loading Time: Due to outdated versions, slow loading time can kill the website experience for visitors.

Needs for new system:

The website is designed in such ways which help in overcome all the flaws which are there in the current system

•   Content: The first impression of our website will be the overall layout but the reader is visiting our website because they looking for useful and updated information.

•   Website speed: website loading time is a major factor so due to modern techniques the loading time will get faster.

Feasibility study:

A feasibility study is simply an assessment of the practicality of a proposed project plan or method. This is done by analyzing technical, economic, legal, operational and time feasibility factors.it is conducted to objectively uncover the strength and weaknesses of a proposed project or an existing business. It can help to identify and assess the opportunities and threats present in the natural environment, the resources required for the project, and the prospects for success.

Technical Feasibility: Consists in determining if your organization has the technical resources and expertise to meet the project requirements.

Economic Feasibility: we'll need to assess the economic factors of your project to determine its financial viability. You can use a cost-benefit analysis to compare its financial costs against its projected benefits.

Legal Feasibility: the proposed project must meet legal requirements. That includes laws and regulations that apply to all activities and deliverables in your project scope.

Operational Feasibility: Operational feasibility refers to how well your project matches your organization's capacity planning, resources, strategic goals, and business objectives.

Time Feasibility: Estimate the time that will take to execute the project and set deadlines. Then think about how your project timeline fits with your current operations, such as your demand planning, and production schedule, among many other things.

Social feasibility is a detailed study of how one interacts with others within a system or an organization.

Project category

Project category:-

Frontend-Html,css,php, JavaScript
Backend-Mysql

PHP:-

PHP is a server-side scripting language that is embedded in HTML. It is used to manage dynamic content, databases, session tracking, and even build entire e-commerce sites.
It is integrated with several popular databases, including MySQL, PostgreSQL, Oracle, Sybase, Informix, and Microsoft SQL Server.

Html:-

HTML (stands for Hypertext Markup Language) is a computer language that makes up most web pages and online applications. A hypertext is a text that is used to reference other pieces of text, while a markup language is a series of markings that tells web servers the style and structure of a document. A markup language is used to define the text document within the tag which defines the structure of web pages. This language is used to annotate (make notes for the computer) text so that a machine can understand it and manipulate text accordingly. Most markup languages (e.g. HTML) are human-readable. The language uses tags to define what manipulation has to be done on the text.

CSS:-

CSS, Cascading Style Sheets, fondly referred to as CSS, is a simply designed language intended to simplify the process of making web pages presentable. CSS allows you to apply styles to web pages. More importantly, CSS enables you to do this independent of the HTML that makes up each web page.CSS is easy to learn and understood, but it provides powerful control over the presentation of an HTML document.

JavaScript:-

JavaScript often abbreviated JS, is a programming language that is one of the core technologies of the World Wide Web, alongside HTML and CSS. Over 97% of websites use JavaScript on the client-side for web page behavior, often incorporating third-party libraries. All major web browsers have a dedicated JavaScript engine to execute the code on users' devices.

JavaScript is a high-level, often just-in-time compiled language that conforms to the ECMAScript standard.

MySQL:-

MySQL is an open-source relational database management system (RDBMS). It is the most popular database system used with PHP. MySQL is developed, distributed, and supported by Oracle Corporation.

- The data in a MySQL database are stored in tables that consist
- of columns and rows.

- MySQL is a database system that runs on a server.

- MySQL is a very fast, reliable, and easy-to-use database system. It
- uses standard SQL

- MySQL is ideal for both small and large applications.

Software and Hardware Requirements Specifications

SOFTWARE AND HARDWARE REQUIREMENTS

SPECIFICATIONS:-

Every application needs the software in which it has to be executed and the hardware the application is going to perform its function. Some applications cannot run on every platform and some applications need some specific requirement in the software or hardware to get operated.

HARDWARE

Hardware is a term that refers to all the physical parts that make up a computer. The internal hardware devices that make up the computer. Various devices which are essential to forming hardware are called components.

Following are the hardware specifications that are required to develop this project is as follows:

Computer components like Monitor, Keyboard, Mouse, CPU, Keyboard.

Minimum 1 GB RAM for the smooth working of the application.

250 GB Hard Disk or more

CD ROM Drive

Wifi Adaptor or an active internet connection.

SOFTWARE

The software can be termed as the group of instructions or commands used by the computer to accomplish a given task. It can be said as a set of instructions or programs instructing a computer to do a specific task. Software in general terms is used to describe computer programs.

Following are the software specifications that is required to develop this project is as follows:

- Language Used (Front End) –HTML,CSS,PHP

- Database Used (Back End) – MySql

- Supporting Languages Used -JavaScript (JS)

- Web Browser Used – Chrome Internet Explorer

- Text Editors Used – Visual studio code

Detailed System Analysis

Data Flow Diagram:

Registration

login

Select Query

Insert Query

Select Query
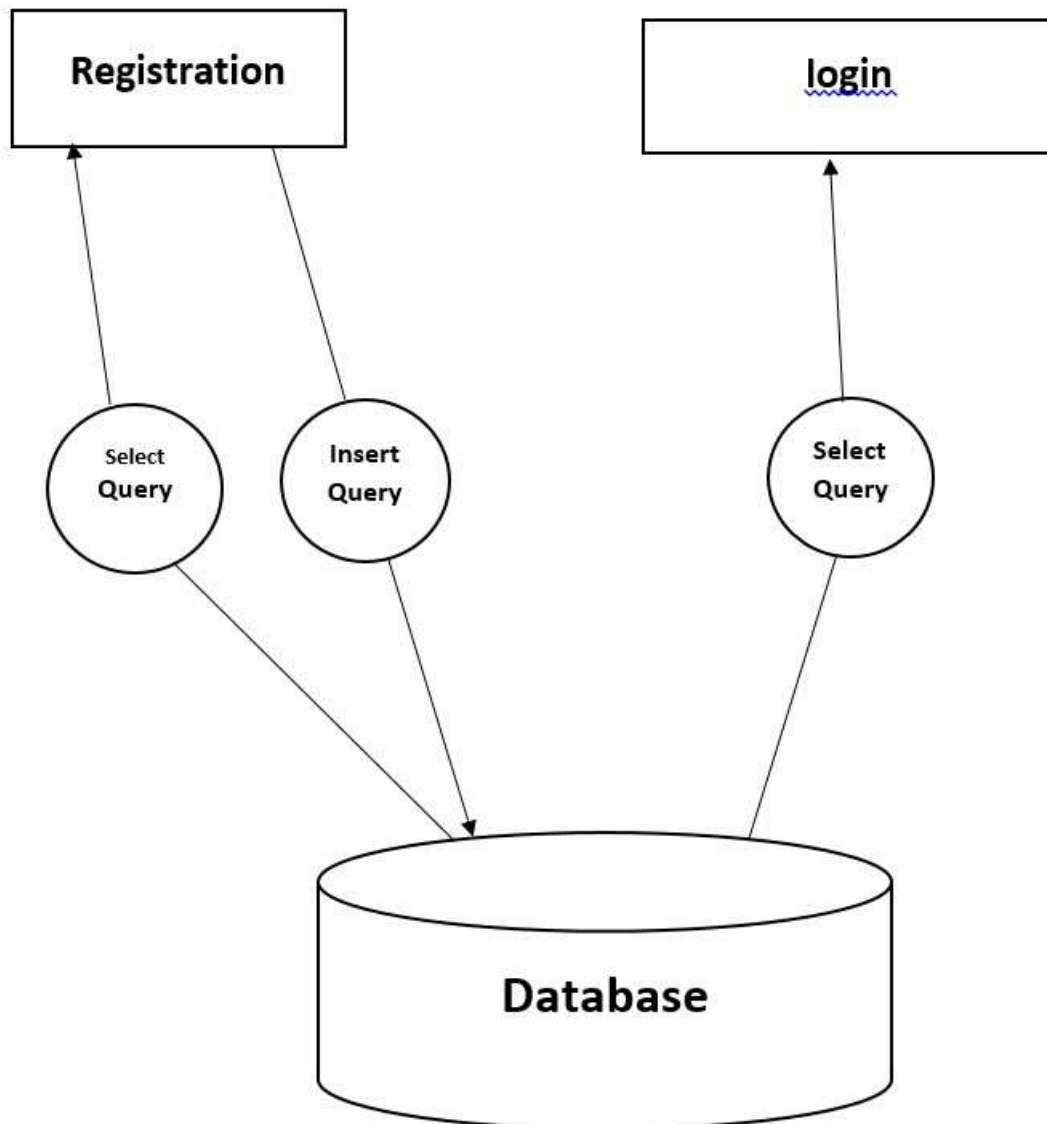
Database

Entity Relationship Diagram (ER Diagram):
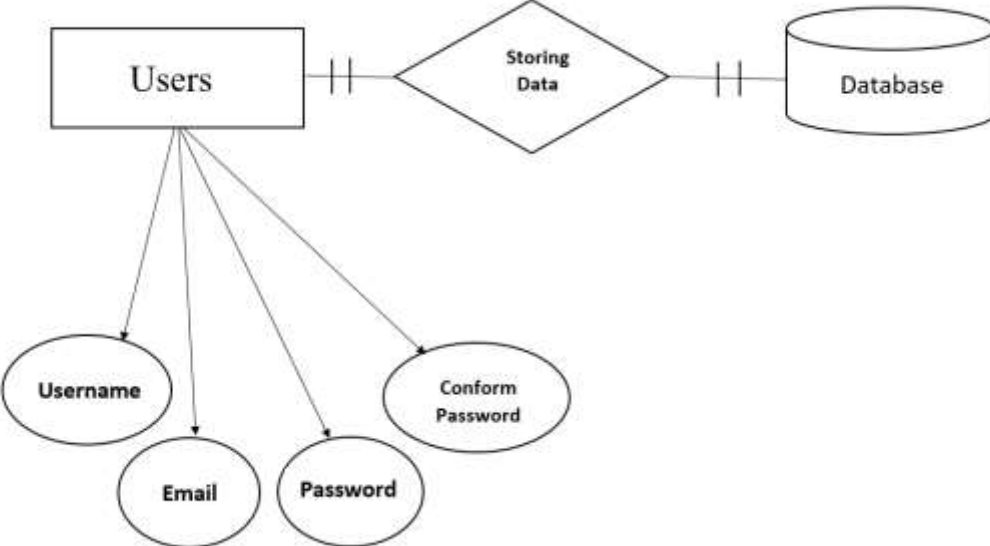
Structure of Website:
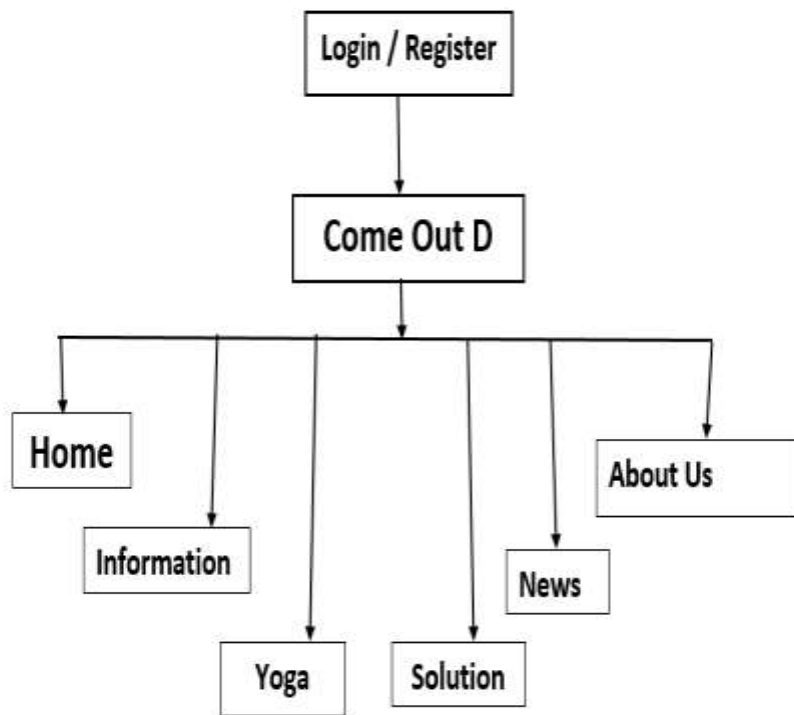
Data Structure and Tables:

System Design

Form Design:-
First Page

Registration page:

Login page:

Home page:

Information.html

Yoga.html

Solution.html

News.html

About us page:

Source Code:
Registration page:

Config.php:

```php
<?php

$server = "localhost";
$user = "root";
$pass = "";
$database = "login_register_pure_coding";

$conn = mysqli_connect($server, $user, $pass, $database);

if (!$conn) {
    die("<script>alert('Connection Failed.')</script>");
}

?>
```

Index.php:
```php
<?php

include 'config.php';

session_start();

error_reporting(0);
```

```php
if (isset($_SESSION['username'])) {
   header("Location: welcome.php");
}


if (isset($_POST['submit'])) {
      $email = $_POST['email'];
      $password = md5($_POST['password']);

      $sql = "SELECT * FROM users WHERE email='$email' AND
password='$password'";
      $result = mysqli_query($conn, $sql);
      if ($result->num_rows > 0) {
            $row = mysqli_fetch_assoc($result);
            $_SESSION['username'] = $row['username'];
            header("Location: project/Home screen.html");
      } else {
            echo "<script>alert('Woops! Email or Password is
Wrong.')</script>";
      }
}

?>

<!DOCTYPE html>
<html>
<head>
      <meta charset="utf-8">
      <meta name="viewport" content="width=device-width, initial-
scale=1.0">

      <link                                          rel="stylesheet"
href="https://stackpath.bootstrapcdn.com/font-
awesome/4.7.0/css/font-awesome.min.css">

      <link rel="stylesheet" type="text/css" href="style.css">
```

```html
        <title>Login Form - Pure Coding</title>
</head>
<body>
    <div class="container">
        <form action="" method="POST" class="login-email">
            <p class="login-text" style="font-size: 2rem; font-weight: 800;">Login</p>
            <div class="input-group">
                <input type="email" placeholder="Email" name="email" value="<?php echo $email; ?>" required>
            </div>
            <div class="input-group">
                <input type="password" placeholder="Password" name="password" value="<?php echo $_POST['password']; ?>" required>
            </div>
            <div class="input-group">
                <button name="submit" class="btn">Login</button>
            </div>
            <p class="login-register-text">Don't have an account? <a href="register.php">Register Here</a>.</p>
        </form>
    </div>
</body>
</html>
```

Logout.html:

```php
<?php

session_start();
session_destroy();
```

```php
header("Location: index.php");

?>
```

Register.html:
```php
<?php

include 'config.php';

error_reporting(0);

session_start();

if (isset($_SESSION['username'])) {
    header("Location: index.php");
}

if (isset($_POST['submit'])) {
     $username = $_POST['username'];
     $email = $_POST['email'];
     $password = md5($_POST['password']);
     $cpassword = md5($_POST['cpassword']);

     if ($password == $cpassword) {
          $sql = "SELECT * FROM users WHERE email='$email'";
          $result = mysqli_query($conn, $sql);
          if (!$result->num_rows > 0) {
               $sql = "INSERT INTO users (username, email,
password)
                              VALUES ('$username', '$email',
'$password')";
                    $result = mysqli_query($conn, $sql);
                    if ($result) {
                         echo "<script>alert('Wow! User Registration
Completed.')</script>";
```

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```php
                    $username = "";
                    $email = "";
                    $_POST['password'] = "";
                    $_POST['cpassword'] = "";
            } else {
                echo "<script>alert('Woops! Something Wrong
Went.')</script>";
            }
        } else {
            echo     "<script>alert('Woops!   Email   Already
Exists.')</script>";
        }

    } else {
        echo "<script>alert('Password Not Matched.')</script>";
    }
}

?>
```

```html
<!DOCTYPE html>
<html>
<head>
    <meta charset="utf-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">

    <link                                         rel="stylesheet"
href="https://stackpath.bootstrapcdn.com/font-
awesome/4.7.0/css/font-awesome.min.css">

    <link rel="stylesheet" type="text/css" href="style.css">

    <title>Register Form - Pure Coding</title>
</head>
```

```html
<body>
    <div class="container">
        <form action="" method="POST" class="login-email">
    <p class="login-text" style="font-size: 2rem; font-weight:
800;">Register</p>
            <div class="input-group">
                <input type="text" placeholder="Username"
name="username" value="<?php echo $username; ?>" required>
            </div>
            <div class="input-group">
                <input type="email" placeholder="Email"
name="email" value="<?php echo $email; ?>" required>
            </div>
            <div class="input-group">
                <input type="password"
placeholder="Password" name="password" value="<?php echo
$_POST['password']; ?>" required>
    </div>
    <div class="input-group">
                <input type="password" placeholder="Confirm
Password" name="cpassword" value="<?php echo
$_POST['cpassword']; ?>" required>
            </div>
            <div class="input-group">
                <button name="submit"
class="btn">Register</button>
            </div>
            <p class="login-register-text">Have an account? <a
href="index.php">Login Here</a>.</p>
        </form>
    </div>
</body>
</html>
```
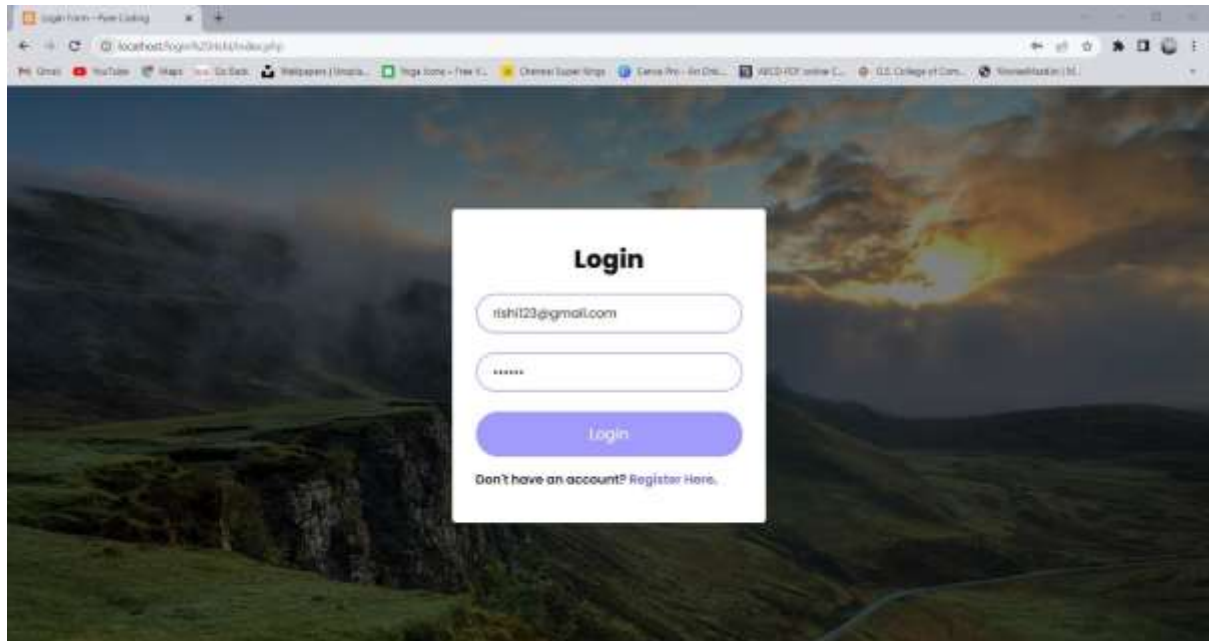
Style.css:

```css
@import
url('https://fonts.googleapis.com/css2?family=Poppins:ital,wght@0,1
00;0,200;0,300;0,400;0,500;0,600;0,700;0,800;0,900;1,100;1,200;1,3
00;1,400;1,500;1,600;1,700;1,800;1,900&display=swap');

* {
    margin: 0;
    padding: 0;
    box-sizing: border-box;
    font-family: 'Poppins', sans-serif;
}

body {
    width: 100%;
    min-height: 100vh;
    background-image: linear-gradient(rgba(0,0,0,.5), rgba(0,0,0,.5)),
url(bg.jpg);
    background-position: center;
    background-size: cover;
    display: flex;
    justify-content: center;
    align-items: center;
}

.container {
    width: 400px;
    min-height: 400px;
    background: #FFF;
    border-radius: 5px;
    box-shadow: 0 0 5px rgba(0,0,0,.3);
    padding: 40px 30px;
}

.container .login-text {
    color: #111;
```

```css
    font-weight: 500;
    font-size: 1.1rem;
    text-align: center;
    margin-bottom: 20px;
    display: block;
    text-transform: capitalize;
}

.container .login-social {
    display: grid;
    grid-template-columns: repeat(auto-fit, minmax(50%, 1fr));
    margin-bottom: 25px;
}

.container .login-social a {
    padding: 12px;
    margin: 10px;
    border-radius: 3px;
    box-shadow: 0 0 5px rgba(0,0,0,.3);
    text-decoration: none;
    font-size: 1rem;
    text-align: center;
    color: #FFF;
    transition: .3s;
}

.container .login-social a i {
    margin-right: 5px;
}

.container .login-social a.facebook {
    background: #4267B2;
}

.container .login-social a.twitter {
```

```css
    background: #1DA1F2;
}

.container .login-social a.google-plus {
    background: #db4a39;
}

.container .login-social a.linkedin {
    background: #0e76a8;
}

.container .login-social a.facebook:hover {
    background: #3d5fa3;
}

.container .login-social a.twitter:hover {
    background: #1991db;
}

.container .login-social a.google-plus:hover {
    background: #ca4334;
}

.container .login-social a.linkedin:hover {
    background: #0b5c81;
}

.container .login-email .input-group {
    width: 100%;
    height: 50px;
    margin-bottom: 25px;
}

.container .login-email .input-group input {
    width: 100%;
```

```css
    height: 100%;
    border: 2px solid #e7e7e7;
    padding: 15px 20px;
    font-size: 1rem;
    border-radius: 30px;
    background: transparent;
    outline: none;
    transition: .3s;
}

.container .login-email .input-group input:focus, .container .login-
email .input-group input:valid {
    border-color: #a29bfe;
}

.container .login-email .input-group .btn {
    display: block;
    width: 100%;
    padding: 15px 20px;
    text-align: center;
    border: none;
    background: #a29bfe;
    outline: none;
    border-radius: 30px;
    font-size: 1.2rem;
    color: #FFF;
    cursor: pointer;
    transition: .3s;
}

.container .login-email .input-group .btn:hover {
    transform: translateY(-5px);
    background: #6c5ce7;
}
```

```css
.login-register-text {
  color: #111;
  font-weight: 600;
}

.login-register-text a {
  text-decoration: none;
  color: #6c5ce7;
}

@media (max-width: 430px) {
  .container {
    width: 300px;
  }
  .container .login-social {
    display: block;
  }
  .container .login-social a {
    display: block;
  }
}
```

First page:

```html
<!DOCTYPE html>
<html>
<head>
<title> Come Out D</title>
<meta charset="UTF-8">
<meta name="viewport" content="width=device-width,
initial-scale=1">
```

```html
<link                                      rel="stylesheet"
href="https://www.w3schools.com/w3css/4/w3.css">
<link
href="https://fonts.googleapis.com/css2?family=Baloo+
2:wght@500&family=Lora:wght@400;500;600;700&f
amily=Playfair+Display:ital@1&family=Poppins&fami
ly=Tangerine:wght@700&display=swap"
rel="stylesheet">
<link
href="https://fonts.googleapis.com/css2?family=Baloo+
2:wght@500&family=Libre+Baskerville:wght@700&f
amily=Lora:wght@400;500;600;700&family=Playfair+
Display:ital@1&family=Poppins&family=Tangerine:w
ght@700&display=swap" rel="stylesheet">
<style>
body,h1
{
  /* font-family: "Raleway", sans-serif; */
  font-family: 'Tangerine', cursive;
}
h2
{
  font-family: 'Libre Baskerville', serif;
  /* font-family: "Raleway", sans-serif; */
  /* font-family: 'Tangerine', cursive; */
}
body, html {
  height: 100%
```

```css
}
.bgimg {
    background-image:     url("jared-rice-xce530fBHrk-
unsplash.jpg");
  min-height: 100%;
  background-position: center;
  background-size: cover;
  color: white;
}
.submit {
    cursor: pointer;
      border-radius: 5em;
      color: #fff;
        background: linear-gradient(to right, #2765b0,
#E040FB);
      border: 0;
      padding-left: 40px;
      padding-right: 40px;
      padding-bottom: 10px;
      padding-top: 10px;
      font-family: 'Ubuntu', sans-serif;
      margin-left: 75%;
      font-size: 20spx;
      box-shadow: 0 0 20px 1px rgba(0, 10, 0, 5.04);
  }
  .logo
    {
```

```
        height: 110px;
        width: 180px;
        position: relative;
        /* top: -12%; */
        left: -px;
        bottom: -7px;
    }
</style>
</head>
<body>

<div class="bgimg ">
  <img class="logo" src="logo2.png" alt="">
  <div class="w3-display-middle">
    <h1 class="w3-jumbo w3-animate-top">Come Out
D</h1>
                <hr        class="w3-border-grey"
style="margin:auto;width:40%">
    <h2 class="w3-large w3-center">Hold on to this hope:
</h2>
    <h2 &napE;&napE;>  You can get better from
depression<img       srcset="https://img.icons8.com/ios-
filled/2x/ffffff/happy.png 2x" alt="White Happy icon"
loading="lazy"      style="height:    50px;    width:
50px;"></h2>
    <div class="submit">
                <a      href="C:\xampp\htdocs\login
rishi\index.php">Welcome</a>
```

```
        </div>
    </div>


</div>


</body>
</html>
```

Home Page:

```
<!DOCTYPE html>

<html>
              <head><meta        http-equiv="Content-Type"
content="text/html; charset=UTF-8">
    <title>Come out D</title>
    <link rel="icon" type="image/x-icon" href="logo2.png">
                              <link       rel="stylesheet"
href="https://www.w3schools.com/w3css/4/w3.css">
                              <link       rel="stylesheet"
href="https://fonts.googleapis.com/css?family=Lato">
                              <link       rel="stylesheet"
href="https://fonts.googleapis.com/css?family=Montserrat">
                              <link       rel="stylesheet"
href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/4.7.0/css/font-awesome.min.css">
        <header>
         <div class="header">
          <img class="logo" src="logo2.png" width="250px">
```

```html
        <h1 style="color: rgb(255, 255, 255); font-size: 1.5cm; font-family: 'Times New Roman', Times, serif;"><b>Come out D</b></h1>
        <p style="font-size: 20PX; font-family:Georgia, 'Times New Roman', Times, serif;"><I><B>A Step toward Light</B></I></p>
        </div>
        </header>
    </head>
        <meta name="viewport" content="width=device-width, initial-scale=1">
            <style>
            body,h1,h2,h3,h4,h5,h6 {font-family: "Lato", sans-serif}
.w3-bar,h1,button {font-family: "Montserrat", sans-serif}
.fa-anchor,.fa-coffee {font-size:200px}

    body{
            background-image:url("istockphoto-1188030698-612x612.jpg");
    }

  .short{
    padding: 90px;
    }
    html, body, h1, h2, h3, h4, h5 {font-family: "Open Sans", sans-serif}
  /* <header */
  .header {
 padding: 5px;
 text-align: center;
```

```css
   background: rgb(0, 102, 255);
   color: white;
   font-size: 30px;
   shape-rendering: auto;
   text-shadow: 1cm;
 }
/* NAVBAR (MENU) */
     ul {
     list-style-type:none;
     margin: 0;
     padding: 0;
     overflow: hidden;
     background-color: rgb(255, 255, 255);
     }
     li
     {
        position: center ;
        float: LEFT;
     }
     li a {
        display: block;
        color: rgb(0, 0, 0);
        text-align: center;
        padding: 14px 16px;
        text-decoration: none;

     }
     li a:hover{
        background-color: rgb(0, 102, 255);

     }
```

```css
  /* slide show */
 * {box-sizing: border-box}
body {font-family: Verdana, sans-serif; margin:0}
.mySlides {display: none}
img {vertical-align: middle;}

.slideshow-container {
  max-width: 100%;
  /* height: 200px; */
  position: relative;
  margin: auto;
}

/* Next & previous buttons */
.prev, .next {
  cursor: pointer;
  position: absolute;
  top: 50%;
  width: auto;
  padding: 16px;
  margin-top: -22px;
  color: rgb(0, 0, 0);
  font-weight: bold;
  font-size: 18px;
  transition: 0.6s ease;
  border-radius: 0 3px 3px 0;
  user-select: none;
}

.next {
  right: 0;
```

```css
  border-radius: 3px 0 0 3px;
}

.prev:hover, .next:hover {
  background-color: rgba(0,0,0,0.8);
}


/* main body  */
:root {
  --yellow: #ffc600;
}

html {
  color: #444;
  font-family: Cambria, Cochin, Georgia, 'Times New Roman',
Times, serif;
  font-size: 20px;
}

.p1 {
  line-height: 0.8;
}

p {
  line-height: 1.8;
}

img {
  max-width: 100%;
}
```

```css
a {
  color: black;
  text-decoration: underline wavy var(--yellow);
}

h1,
h2 {
  font-size: 68px;
  font-style: italic;
  font-weight: 100;
  margin: 0;
}

.post {
  display: grid;
  max-width: 1000px;
  margin: 200px auto;
  grid-template-columns: 3fr 12fr 5fr;
  grid-gap: 10px 20px;
}

.post > * {
  grid-column: 2 / -2;
}

.post > figure {
  margin: 0;
  grid-column: 1 / -1;
}
```

```css
figcaption {
 font-size: 12px;
}

.post > blockquote {
 grid-column: 1 / -1;
 font-size: 60px;
 margin: 0;
 font-style: italic;
 text-align: center;
}


/* footer */
@import                    url('https://fonts.googleapis.com/css?
family=Poppins:  200,300,  400,500,  600,  700,  800,
900&display=swap');


 footer{
position: relative;
width: 100%;
background: #3586ff;
height: 290px;
min-height: 100px;
padding: 20px 50px;
display: flex;
justify-content: center;
align-items: center;
flex-direction: column;
 }
```

```css
 footer .social_icon,
 footer .menu{
    position: relative;
    display: flex;
    justify-content: center;
    align-items: center;
    margin: 10px 0;
    flex-wrap: wrap;
     }
     footer .social_icon li,
     footer .menu{
        list-style: none;
     }
     footer .social_icon li a
     {
        font-size: 2em;
        color: rgb(0, 0, 0);
        margin: 0 10px;
        display: inline-block;
        transition: 0.5s;

     }
footer .social_icon li a:hover
{
    transform: translate(-10px);
}
footer .menu li a
    {
        font-size:1.5em;
        color: rgb(0, 0, 0);
        margin: 0 10px;
```

```
        display: inline-block;
        /* transition: 0.5s; */
        text-decoration: none;
        opacity: 0.75;
        /* text: bold; */
        /* background-color: #3586ff; */
    }
    footer .menu li a:hover{
        opacity: 1;
    }
    footer p{
        color:#3586ff;
        text-align: center;
        margin-top: 15px;
        margin-bottom: 10px;
        font-size: 1.1em;
    }


</style>
<h1 style="font-family:Georgia, 'Times New Roman', Times,
serif;"><CENTER>HOME</CENTER></h1>
        <div class="colume middle">


        <ul style="font-size: 20px;font-family:D;">
                        <li    style="float:    center;"><a
href="C:\xampp\htdocs\login          rishi\project\Home
screen.html"><B>HOME</B></a></li>
                        <li    style="float:    center;"><a
href="C:\xampp\htdocs\login
```

```
rishi\project\information.html"><B>INFORMATION</B></a
></li>
                            <li     style="float:     center;"><a
href="C:\xampp\htdocs\login
rishi\project\yoga.html"><B>YOGA</B></a></li>
                            <li     style="float:     center;"><a
href="C:\xampp\htdocs\login
rishi\project\solution.html"><B>SOLUTION</B></a></li>
                            <li     style="float:     center;"><a
href="C:\xampp\htdocs\login
rishi\project\news.html"><B>NEWS</B></a></li>
                            <li     style="float:     center;"><a
href="C:\xampp\htdocs\login
rishi\project\about.html"><B>ABOUT</B></a></li>


                            <li     style="float:     right;"><a
href="index.php"><left><B>LOGOUT</B></left></a></li>

        <br>
        <br>
        <!-- <hr> -->
        </ul>
        <div class="short">
        <div class="slideshow-container">

         <div class="mySlides fade">
          <img src="Depression-2.jpg" style="width:100%">

         </div>
```

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```html
<div class="mySlides fade">
 <img src="1-7.jpg" style="width:100%">

</div>

<div class="mySlides fade">
    <img src="AdobeStock_237753910-scaled.jpeg" style="width:100%">

</div>

<div class="mySlides fade">
      <img src="file-20190924-54775-1a5nssg.jpg" style="width:100%">

</div>
            <a class="prev" onclick="plusSlides(-1)">&#10094;</a>
                            <a class="next" onclick="plusSlides(1)">&#10095;</a>

</div>
<br>

<div style="text-align:center">
<span class="dot" onclick="currentSlide(1)"></span>
<span class="dot" onclick="currentSlide(2)"></span>
<span class="dot" onclick="currentSlide(3)"></span>
</div>

<script>
```

```
        var slideIndex = 1;
        showSlides(slideIndex);

        function plusSlides(n) {
          showSlides(slideIndex += n);
        }

        function currentSlide(n) {
          showSlides(slideIndex = n);
        }

        function showSlides(n) {
          var i;
                                var slides =
document.getElementsByClassName("mySlides");
                                var dots =
document.getElementsByClassName("dot");
          if (n > slides.length) {slideIndex = 1}
          if (n < 1) {slideIndex = slides.length}
          for (i = 0; i < slides.length; i++) {
              slides[i].style.display = "none";
          }
          for (i = 0; i < dots.length; i++) {
              dots[i].className = dots[i].className.replace("
active", "");
          }
          slides[slideIndex-1].style.display = "block";
          dots[slideIndex-1].className += " active";
        }

        </script>
```

```
<h3 style="text:rgb(0, 140, 255);font-size: 40px;"></h3>
<div>
```

```
<div class="w3-row-padding w3-padding-64 w3-container">
  <div class="w3-content">
    <div class="w3-twothird">
      <h1>What is come out D ?</h1>
      <h5 class="w3-padding-32">"COME out D, D stands for
```
Depression. Depression is a very common problem all over the world"

Our website"Com Out of D" helps an individual in gaining information about depression,it's causes as well as some measures to cure it. Our main motive is to refresh the mind of individual who is depressed and unable to gain focus in anything.A person can divert his mind by performing yoga, mediation,etc. Here , you will be getting information of yoga , meditation in yoga section where you will get information about particular yoga along with steps to perform them.

```
      </h5>
```

```
    <p class="w3-text-grey">
```
We need to understand what depression is. Now, what is a "low"? What is it that happens within you? Fundamentally, you expected something to happen and it did not happen. You expected somebody or something to be your way or the world

or the destiny to be your way, and it did not happen. In other words, you are simply against what is happening; that's all.

Maybe you are against a person, maybe you are against a whole situation, maybe you are against life itself. Accordingly, the depression will run deeper and deeper. Why are you against something? Only because things did not go your way, isn't it?

Why should the whole world go your way? Please know, the world does not go your stupid way. Either you have no faith in the creator

or you have no acceptance, or both, and you have a hyper-sensitive ego. That is why you get depressed.</p>
  </div>

  <div class="w3-third w3-center">
        <img   src="istockphoto-948374962-612x612.jpg" width="500px" height="50%">
  </div>
 </div>
</div>

<!-- Second Grid -->
<div class="w3-row-padding w3-light-grey w3-padding-64 w3-container">
 <div class="w3-content">
  <div class="w3-third w3-center">
      <img srcset="https://img.icons8.com/external-outline-wichaiwi/2x/external-depressions-unemployment-outline-wichaiwi.png 2x" alt="Depressions icon" loading="lazy">
  </div>

<div class="w3-twothird">
     <h1>Depression</h1>
     <h5 class="w3-padding-32">Depression makes you cynical and is deeply self-damaging. Depressed people only hurt themselves more. Killing need

    not necessarily mean physical killing. A depressed person is always trying to cause more damage to himself. A man who

     goes out with the sword and kills somebody, his ego is not as sensitive and it does not need as much nurturing as a

     depressed man's ego. The violent man can be very easily settled. Have you seen this on the streets? When people get

      into a fight, if there is one man with a little wisdom, if he just handles them right, those people who are trying

       to kill each other one moment, the next moment, they will drop it and become friends and go off. But this is not

     so with the depressed person. He will carry this for life. Whether they do it consciously or not, these people go

    on sharpening their knife and cutting their own heart. Why will a person go on hurting himself? Generally it is to

    get sympathy. For a very depressed person, normal sympathy is not sufficient; somebody should bleed with him.</h5>
     <p class="w3-text-grey">Now what is there in you that can get hurt? If I beat your body with a stick, the body will get hurt; that's different. Otherwise,

     what is it that gets hurt within you? Just the ego, isn't it? The mind and the inner nature cannot get hurt. It is only the ego that

     gets hurt. So if you are saying, "I want to grow," growth means going beyond this, trampling your ego and going ahead. One can make

any emotion into a creative force in their life. If your sadness reminds you that you are incomplete, it is good; make use of your

sadness to grow. But, when you get sad, if you are going to get irritable and angry, and that whole world is wrong, you are a fool.

Do you want to make this sadness into anger or into love and compassion? It is very easy when you are sad, to become compassionate.

It is already a dissolving kind of energy; you can use it for further dissolution which leads you to your ultimate well-being.</p>
   </div>
  </div>
</div>

  <div class="w3-twothird">

   <!-- <h5 class="w3-padding-32">"COME out D, D stands for Depression. Depression is a very common problem all over the world"</h5> -->

  <p class="w3-text-grey">
   We need to understand what depression is. Now, what is a "low"? What is it that happens within you? Fundamentally,
   you ex

   pected something to happen and it did not happen. You expected somebody or something to be your way or the world

   or the destiny to be your way, and it did not happen. In other words, you are simply against what is happening; that's all.

Maybe you are against a person, maybe you are against a whole situation, maybe you are against life itself. Accordingly, the depression will run deeper and deeper. Why are you against something? Only because things did not go your way, isn't it?

Why should the whole world go your way? Please know, the world does not go your stupid way. Either you have no faith in the creator

or you have no acceptance, or both, and you have a hyper-sensitive ego. That is why you get depressed.</p>
  </div>

  <div class="w3-third w3-center">
          <img   src="istockphoto-948374962-612x612.jpg" width="500px" height="50%">
  </div>
</div>
<h3>Depression</h3>

It's very important to be familiar with the signs and symptoms of depression and anxiety yourself. Take notice of any unrelated physical pain, extreme tiredness, loss of concentration, feelings of hopelessness or anxiety about your health.</p>
    <footer>

    <ul class="social_icon">
              <ion-icon   name="logo-facebook"></ion-icon>
        <ion-icon name="logo-twitter"></ion-icon>

```html
        <li><a     href="#"><ion-icon     name="logo-
instagram"></ion-icon></a></li>
      <li><a href="#"><ion-icon name="mail-outline"></ion-
icon></a></li>
   </ul>


<ul class="menu">
<li><a                                             href="Home
screen.html"><bold>Home</bold></a></li>
<li><a href="information.html">Information</a></li>
<li><a href="yoga.html">Yoga</a></li>
<li><a href="blog.html">solution</a></li>
<li><a href="newlogin.html">News</a></li>
<li><a href="about.html">About</a></li>
<!-- <li><a href="time.html">Time</a></li> -->
</ul>


<p><Center>  ©Come   out   D   /   XYZ@gmail.com   /
123987546  </Center> </p>
  </footer>


                   <script                     type="module"
src="https://unpkg.com/ionicons@5.5.2/dist/ionicons/ionicons
.esm.js"></script>
                   <script                         nomodule
src="https://unpkg.com/ionicons@5.5.2/dist/ionicons/ionicons
.js"></script>


 /</body></html>
```

Information Page:

```html
<html>
            <head><meta          http-equiv="Content-Type"
content="text/html; charset=UTF-8">
    <title>Come out D</title>
    <link rel="icon" type="image/x-icon" href="logo2.png">
  </head><header>
     <h3 style="color: rgb(255, 255, 255);background-color:
rgb(0, 132, 255); font-size: 1cm;"><img class="logo"
src="logo2.png" width="60px"> Come out D</h3>

  </header>
      </head>
  <style>
    html, body, h1, h2, h3, h4, h5 {
      font-family: "Open Sans", sans-serif}


      body{
    background: linear-gradient(90deg, rgb(85, 238, 98)
0%,rgb(83, 205, 242) 100%);
        /*   background-image:url("istockphoto-952953278-
612x612.jpg") ; */
    /* background-color: orangered, rgb(255, 225, 0);b */
  }


    ul {
    list-style-type:none;
    margin: 0;
    padding: 0;
```

```css
   overflow: hidden;
   background-color: rgb(255, 255, 255);
   }

li
{
   position: center ;
   float: LEFT;
}
li a {
   display: block;
   color: rgb(0, 0, 0);
   text-align: center;
   padding: 14px 16px;
   text-decoration: none;

}
li a:hover{
   background-color: rgb(0, 102, 255);

}
li a:hover, .dropdown:hover .dropbtn
{
  background-color: rgb(0, 102, 255);
}
li.dropdown:hover{
   display:inline-block;
}
.dropdown-content{
   display: none;
   position: absolute;
```

```css
      background-color: rgb(241, 241, 241);
      min-width:160px;
      box-shadow: 0px 8px 16px 0px
      rgba(0,0,0,0.2);
      z-index: 1;

  }
  .dropdown-content a{
     color: rgb(36, 34, 34);
     padding: 12px 16px;
     text-decoration: none;
     display:bloc    k;
     text-align: left;
     border-radius: 18px;
  }
  .dropdown-content a:hover {
     background-color: rgb(0, 102, 255);
     }
  .dropdown:hover .dropdown-content{
      display: block;
      }

  li a:hover:not(.active){
background-color: rgb(0, 102, 255);
}
.active{
  background-color: rgb(0, 102, 255);;
}
/* tp */
sppb-shape-container.sppb-bottom-shape {
bottom: -1px;
```

```css
    }

/* main body  */
:root {
  --yellow: #ffc600;
}

html {
  color: #444;
  font-family: Cambria, Cochin, Georgia, 'Times New Roman',
Times, serif;
  font-size: 20px;
}

.p1 {
  line-height: 0.8;
}

p {
  line-height: 1.8;
}

img {
  max-width: 100%;
}

a {
  color: black;
  text-decoration: underline wavy var(--yellow);
}
```

```css
h1,
h2 {
  font-size: 80px;
  font-style: italic;
  font-weight: 100;
  margin: 0;
}

.post {
  display: grid;
  max-width: 1000px;
  margin: 200px auto;
  grid-template-columns: 3fr 12fr 5fr;
  grid-gap: 10px 20px;
}

.post > * {
  grid-column: 2 / -2;
}

.post > figure {
  margin: 0;
  grid-column: 1 / -1;
}

figcaption {
  font-size: 12px;
}

.post > blockquote {
  grid-column: 1 / -1;
```

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```css
  font-size: 60px;
  margin: 0;
  font-style: italic;
  text-align: center;
}

.tip {
  background: #EBEBEB;
  padding: 10px;
  grid-row: span 3;
  align-self: start;
}

.tip-left {
  grid-column: 1 / span 1;
  text-align: right;
  border-right: 2px solid var(--yellow);
}

.tip-right {
  grid-column: span 1 / -1;
  border-left: 2px solid var(--yellow);
}

/* footer section */
  footer{
position: relative;
width: 100%;
background: #3586ff;
height: 290px;
min-height: 100px;
```

```css
    padding: 20px 50px;
    display: flex;
    justify-content: center;
    align-items: center;
    flex-direction: column;
     }
     footer .social_icon,
     footer .menu{
        position: relative;
        display: flex;
        justify-content: center;
        align-items: center;
        margin: 10px 0;
        flex-wrap: wrap;
         }
         footer .social_icon li,
         footer .menu{
            list-style: none;
         }
         footer .social_icon li a
         {
            font-size: 2em;
            color: rgb(0, 0, 0);
            margin: 0 10px;
            display: inline-block;
            transition: 0.5s;

         }
    footer .social_icon li a:hover
    {
        transform: translate(-10px);
```

```css
    }
footer .menu li a
    {
        font-size:1.5em;
        color: rgb(0, 0, 0);
        margin: 0 10px;
        display: inline-block;
        /* transition: 0.5s; */
        text-decoration: none;
        opacity: 0.75;
        /* text: bold; */
        /* background-color: #3586ff; */
    }
    footer .menu li a:hover{
        opacity: 1;
    }
    footer p{
        color:#3586ff;
        text-align: center;
        margin-top: 15px;
        margin-bottom: 10px;
        font-size: 1.1em;
    }



    </style>
<body>
    <!-- <h1 style="font-family:Georgia, 'Times New Roman',
Times,
serif;"><CENTER>INFORMATION</CENTER></h1> -->
```

```
<h2><center><b>INFORMATION</b></center></h2>
<div class="colume middle">
  <ul style="font-size: 20px;font-family:D;">

    <li style="float: center;"><a href="file:///E:\New folder
(2)/Home screen.html">HOME</a></li>
    <li style="float: center;"><a href="file:///E:\New folder
(2)/information.html">INFORMATION</a></li>
    <li style="float: center;"><a href="file:///E:\New folder
(2)/Yoga.html">YOGA</a></li>
    <li style="float: center;"><a href="file:///E:\New folder
(2)/BLOG.html">SOLUTION</a></li>
    <li style="float: center;"><a href="file:///E:\New folder
(2)/NEWS.html">NEWS</a></li>
    <li style="float: center;"><a href="file:///E:\New folder
(2)/About.html">ABOUT</a></li>


  <li style="float: right;"><left><a href="file:///E:\New folder
(2)/login                    page                    username
pwd.html">LOGOUT</left></a></li>


  </ul></div>

<!-- tp -->
<!-- <div class="sppb-shape-container  sppb-bottom-shape
"><svg xmlns="http://www.w3.org/2000/svg"  viewBox="0 0
1000 91.01" preserveAspectRatio="none">
```

```
            <path      d="M211,21a429.73,429.73,0,0,1,94-
2c75.81,6.66,94.56,25.51,100,32,15.2,18.14,17.38,40.68,26,4
0,9.18-.72,7.66-26.36,28-39,13.08-8.13,27.68-6.19,29-
6,19.5,2.86,22.53,18.4,36,18,15.47-.46,16-21.09,35-27,18.63-
5.79,28.46,10.82,56,11,17.76.11,27.66-6.7,43-13,1.67-
.68,27.3-8.31,56-14.49,0,0,25.6-5.52,58-9.51,41.3-
5.08,122.78-9.93,228-
11H0C96.11,27.3,165,26.91,211,21Z"></path>
  </svg></div> -->
<!--
<br><br><br><br><br><br><br><br><br><br><br><br> -->

<article class="post">



 <center>
   <img src="C:\xampp\htdocs\login rishi\project\Screenshot
2022-05-17 130923.jpg">
     </center>

 <h2>INFORMATION of Depression</h2>

 <!-- <p>Dear Diary,</p> -->
<h4>What is Depression</h4>
 <p>Depression (major depressive disorder) is a common and
serious medical illness that negatively affects how you feel, the
way you think and
   how you act. Fortunately, it is also treatable. Depression
causes feelings of sadness and/or a loss of interest in activities
you once
```

enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home.</P>

  <div class="tip tip-right">
   <p>"I found that with depression, one of the most important things you could realize is that you're not alone."
   </p>
   <P> — Dwayne Johnson</p>
  </div>

   <p>Feeling down when something upsetting or stressful happens, like a relationship break-up, or losing a job, is pretty normal, and usually
   the feelings fade over time and you get on with life. But if it's depression the feelings don't go away, even when things improve. </p>

  <blockquote>
   <p>"If you build it, they will come"</p>
  </blockquote>

  <p>If you build it, they will come (and baby listens to what the Lord say). But I've been getting pretty worn, building for
   nearly a decade</p>

   <p> All depression will be helped by better self care. For mild depression, self-help techniques (like physical activity) can make a big

difference. It can be really helpful to see someone who knows about depression. There are people whose jobs are all about helping others

who are having a hard time coping.

Depression can often lead to thoughts that it's not worth going on, or that everyone would be better off without you. If you're feeling

this way, and especially if these thoughts are getting stronger then you need to get help right now.
    </p>

  <figure>
   <img src="">

  </figure>

  <h3>WHO (WORLD HEALTH ORGANISATION) Report</h3>

  <p>Depression is a common illness worldwide, with an estimated 3.8% of the population affected, including 5.0% among adults and 5.7% among adults

  older than 60 years. Approximately 280 million people in the world have depression. Depression is different from usual mood fluctuations

  and short-lived emotional responses to challenges in everyday life. Especially when recurrent and with moderate or severe intensity, depression

  may become a serious health condition. It can cause the affected person to suffer greatly and function poorly at work, at school and in the family.

At its worst, depression can lead to suicide. Over 700 000 people die due to suicide every year. Suicide is the fourth leading cause of death in

15-29-year-olds.

Although there are known, effective treatments for mental disorders, more than 75% of people in low- and middle-income countries receive no treatment. Barriers to effective care include a lack of resources, lack of trained health-care providers and social stigma associated with mental disorders.

In countries of all income levels, people who experience depression are often not correctly diagnosed, and others who do not have the disorder are too

often misdiagnosed and prescribed antidepressants.</p>

<blockquote>
 <p>You've got a pain deep in your bones, son.</p>
</blockquote>
<p>"You've got a pain deep in your bones, son. It compels you forward like you're tied to a slave master's cruel hand, and it's the same pain that drives that oppressor's heart of stone, so you've grown to love the man. You keep pouring yourself out, again and again, into legible lines through a crooked pen." Yeah, it's painful, but it's familiar – so habit breeds comfort, and I don't know what I'd do without him</p>

<h3>What are the signs and symptoms?</h3>
<p> During a depressive episode, the person experiences depressed mood (feeling sad, irritable, empty) or a loss of pleasure or interest in activities,

for most of the day, nearly every day, for at least two weeks. Several other symptoms are also present, which may include poor concentration,

feelings of excessive guilt or low self-worth, hopelessness about the future, thoughts about dying or suicide, disrupted sleep, changes in

appetite or weight, and feeling especially tired or low in energy

During a depressive episode, the person experiences significant difficulty in personal, family, social, educational, occupational, and/or other

important areas of functioning.

A depressive episode can be categorised as mild, moderate, or severe depending on the number and severity of symptoms, as well as the impact on the

individual's functioning. </p>

 <div class="tip tip-left">
   <p>"Keep your face always toward the sunshine—and shadows will fall behind you." <n>—Walt Whitman</n>
   </p>
 </div>

Signs and Symptoms

<p1> 1) Constantly feeling down or hopeless </p1 >
<p1> 2) Having little interest or pleasure in doing things you used to enjoy.</p1>
<p1> 3) Irritability or restlessness</p1>

<p1> 4) Thoughts of harming yourself.</p1>
<p1> 5) Feeling tired all the time, or a general loss of energy</p1>
<p1> 6) Feeling empty, lonely, mokemoke</p1>
<p1> 7) Sleeping problems - too much, or too little</p1>
<p1> 8) Losing or gaining weight</p1>
<p1> 9) Feeling bad about yourself or things you have done</p1>
<p1> 10) Problems with concentration</p1>

habit of being comfortable with not trying at all</p>

<p>In a perfect world, we'll have albums labeled Seasons, with chapter headings, and we'll staple them to the cork-board that
hangs at the foot of the bed. There's longevity in a memory spilt out in pen, and if a picture is worth a thousand words
then I've written down every one of them</p>

<p>I work hard, scarred, toil through that soil for the youth I see in my friends, but these journals are moments in time,
snapshots of our lives, and in retrospect, age is an overexposed photo that the memories can't mend</p>

<div class="tip tip-right">
<img src="https://f4.bcbits.com/img/a1057026609_16.jpg" alt="Correspondence Album Cover">
<p>Buy the album on

BandCamp
</p>
<p>Lorem ipsum dolor sit amet consectetur adipisicing elit. Molestiae totam quia vel eveniet porro, rem ducimus quam incidunt,
dicta laborum quod earum tempore natus placeat neque aspernatur pariatur iusto quos.</p>
</div>
<p>I know my sweet seductress, and her name is Depression. I wrote best beneath that demon's destructive oppression</p>

<p>In those Polaroids, she drove the ink into the canvas like a slave beneath his master's cruel hand, and I hated that whip
but always wondered what I'd do without it, so I grew to love the man</p>

<p>Oh, I wept for change! I begged for movement and the good Lord, he answered my prayers, but you don't know how to breathe
easy when you let go of your habits, even if your comforts left you gasping for air</p>

<figure>
<img src="https://source.unsplash.com/1000x700" alt="Big Ass Image">
<figcaption>Super Nice Photo</figcaption>
</figure>

<h2>Dear Time</h2>

<p>Grandfather's as creaky as his front porch, scent like oil in the gun barrel, dip-can kicked over the railing, sandpaper hands stuck behind thumb tacks on my wall. I've got an ache in my chest for every season I miss and it gets worse when the snow starts to fall. There are butterflies alive in that couple's eyes a few years since forgotten by all, and sometimes, if the phone starts to ring, I can still hear their wings when you call</p>

<p>But I begged for movement and I got what I asked for, and I can picture the answer like it came yesterday. And in the land of the gods, I think that things are timeless, but we are still prone to decay</p>

<p>You know I still lift up hope of certain smiles in those photos for us when I pray</p>

<blockquote>
<p>"Idle hands build nothing that you can call your own"</p>
</blockquote>

<p>Time is a cruel lover, and she breaks her house apart at its bones. You know comfort is no good reason for standing still, and idle hands build nothing that you can call your own.</p>

<blockquote>
<p>— Levi The Poet</p>
</blockquote>

```html
</article>

<div class="header">

    <img src="1-7.jpg">

  </div>




  <footer>
   <br>
  <ul class="social_icon">
              <li><a   href="#"><ion-icon   name="logo-
facebook"></ion-icon></a></li>
     <li><a href="#"><ion-icon name="logo-twitter"></ion-
icon></a></li>
              <li><a   href="#"><ion-icon   name="logo-
instagram"></ion-icon></a></li>
     <li><a href="#"><ion-icon name="mail-outline"></ion-
icon></a></li>
   </ul>

<ul class="menu">
<li><a                                        href="Home
screen.html"><bold>Home</bold></a></li>
```

```html
<li><a href="information.html">Information</a></li>
<li><a href="yoga.html">Yoga</a></li>
<li><a href="blog.html">solution</a></li>
<li><a href="newlogin.html">News</a></li>
<li><a href="about.html">About</a></li>
<li><a href="time.html">Time</a></li>
</ul>

<p><Center></Center>©Come out D / XYZ@gmail.com /
123987546 </Center> </p>
  </footer>


            <script                    type="module"
src="https://unpkg.com/ionicons@5.5.2/dist/ionicons/ionicons
.esm.js"></script>
            <script                    nomodule
src="https://unpkg.com/ionicons@5.5.2/dist/ionicons/ionicons
.js"></script>

</body>

</html>
```

Yoga Page:

```html
<html>
   <head><meta http-equiv="Content-Type" content="text/html; charset=UTF-8">
    <title>Come out D</title>
    <link rel="icon" type="image/x-icon" href="logo2.png">
  <header>
```

```html
      <h3 style="color: rgb(255, 255, 255);background-color: rgb(0, 132, 255);
font-size: 1cm;"><img class="logo" src="logo2.png" width="60px"> Come out
D</h3>

 </header>
        </head>
 <style>
 html, body, h1, h2, h3, h4, h5 {font-family: "Open Sans", sans-serif}
 ul {
list-style-type:none;
margin: 0;
padding: 0;
overflow: hidden;
background-color: rgb(255, 255, 255);
}
li
{
    position: center ;
    float: LEFT;
}
li a {
    display: block;
    color: rgb(0, 0, 0);
    text-align: center;
    padding: 14px 16px;
    text-decoration: none;

}
li a:hover{
    background-color: rgb(0, 102, 255);

}
li a:hover, .dropdown:hover .dropbtn
{
    background-color: rgb(0, 102, 255);
}
li.dropdown:hover{
    display:inline-block;
}
.dropdown-content{
```

```css
    display: none;
    position: absolute;
    background-color: rgb(241, 241, 241);
    min-width:160px;
    box-shadow: 0px 8px 16px 0px
    rgba(0,0,0,0.2);
    z-index: 1;

}
 .dropdown-content a{
    color: rgb(36, 34, 34);
    padding: 12px 16px;
    text-decoration: none;
    display:bloc    k;
    text-align: left;
    border-radius: 18px;
}
 .dropdown-content a:hover {
    background-color: rgb(0, 102, 255);
    }
 .dropdown:hover .dropdown-content{
     display: block;
     }

 li a:hover:not(.active){
background-color: rgb(0, 102, 255);
}
.active{
  background-color: rgb(0, 102, 255);;
}

/* yoga CARD  */
/* .overlay {
 position: fixed;
  display: none;
 width: 100%;
 height: 100%;
 top: 0;
 left: 0;
 right: 0;
```

```css
  bottom: 0;
  background-color: rgba(0,0,0,0.5);
  z-index: 2;
  cursor: pointer;
}

.text{
  position: absolute;
  top: 20%;
  left: 50%;
  font-size: 50px;
  color: white;
  transform: translate(-50%,-50%);
  -ms-transform: translate(-50%,-50%);
}
.text2{
  position: absolute;
  top: 30%;
  left: 50%;
  font-size: 30px;
  color: rgb(121, 200, 226);
  transform: translate(-50%,-50%);
  -ms-transform: translate(-50%,-50%);
} */

/*
/* yoga card 2 */

@import    url('https://fonts.googleapis.com/css?    family=Poppins:    200,300,
400,500, 600, 700, 800, 900&display=swap');

.paddding{
   padding: 3cm;
}
html {
  color: #444;
  font-family: Cambria, Cochin, Georgia, 'Times New Roman', Times, serif;
  font-size: 20px;
}
```

```css
.p1 {
 line-height: 0.8;
}

a {
 color: black;
 text-decoration: underline wavy var(--yellow);
}

h1,
h2 {

 /* text-shadow: #F4821C; */
 font-size: 80px;
 font-style: italic;
 font-weight: 100;
 margin: 0;
}

.post {
 display: grid;
 max-width: 1000px;
 margin: 200px auto;
 grid-template-columns: 3fr 12fr 5fr;
 grid-gap: 10px 20px;
}

.post > * {
 grid-column: 2 / -2;
}

.post > figure {
 margin: 0;
 grid-column: 1 / -1;
}

figcaption {
 font-size: 12px;
}
```

```css
.post > blockquote {
 grid-column: 1 / -1;
 font-size: 60px;
 margin: 0;
 font-style: italic;
 text-align: center;
}


 footer{
position: relative;
width: 100%;
background: #3586ff;
height: 290px;
min-height: 100px;
padding: 20px 50px;
display: flex;
justify-content: center;
align-items: center;
flex-direction: column;
 }
 footer .social_icon,
 footer .menu{
   position: relative;
   display: flex;
   justify-content: center;
   align-items: center;
   margin: 10px 0;
   flex-wrap: wrap;
    }
    footer .social_icon li,
    footer .menu{
       list-style: none;
    }
    footer .social_icon li a
    {
       font-size: 2em;
       color: rgb(0, 0, 0);
       margin: 0 10px;
       display: inline-block;
```

```
            transition: 0.5s;

        }
footer .social_icon li a:hover
{
    transform: translate(-10px);
}
footer .menu li a
        {
            font-size:1.5em;
            color: rgb(0, 0, 0);
            margin: 0 10px;
            display: inline-block;
            /* transition: 0.5s; */
            text-decoration: none;
            opacity: 0.75;
            /* text: bold; */
            /* background-color: #3586ff; */
        }
        footer .menu li a:hover{
            opacity: 1;
        }
        footer p{
            color:#3586ff;
            text-align: center;
            margin-top: 15px;
            margin-bottom: 10px;
            font-size: 1.1em;
        }


        *{
            box-sizing: border-box;
            padding: 0%;
            margin: 0%;
        }
        body{
            background: linear-gradient(90deg, rgb(255, 242, 4) 0%,rgb(228, 56, 56)
100%);
            /* background-image:url("istockphoto-952953278-612x612.jpg") ; */
```

```css
        /* background-color: orangered, rgb(255, 225, 0);b */
    }
    .container{
        display: flex;
        justify-content: center;
        flex-wrap: wrap;

    }
    .card{
        background: white;
        width: 320px;
        height: 700px;
        margin: 10px;
        border-radius: 25px 25px 20px 20px;
    }
    .card-image{
        background-color: aqua;
        height: 170px;
        margin-bottom:15px;
        background-size: cover;
        border-radius: 25px 25px 20px 20px;

    }

.card:hover{
    background-color: rgb(62, 62, 62);
    color: white;
    cursor: pointer;
    transform: scale(1.5);
    transition: all 1s ease;
}
.post .readmore {
 text-decoration-color: #DFCCAE;
 text-decoration: overline;
 color: #423B35;
 display: block;
 float: right;
 font-family: 'Playfair Display', serif;
 border-bottom: 2px inset #423B35;
}
```

```
.post .readmore:hover {
 color: #F4821C;
}

.post_header {
 max-width: 68em;
 margin-left: auto;
 margin-right: auto;
 background: #f4f4f4;
 padding: 1%;
 font-family: open sans light;
}

  </style>
<body>

<h1  style=  "font-family:Georgia,  'Times  New  Roman',  Times,
serif;"><CENTER>YOGA</CENTER></h1>

<div class="colume middle">
   <ul style="font-size: 20px;font-family:D;">

      <li style="float: center;"><a href="file:///E:\New  folder  (2)/Home
screen.html">HOME</a></li>
         <li     style=     "float:     center;"><a     href="file:///E:\New     folder
(2)/information.html">INFORMATION</a></li>
         <li     style=     "float:     center;"><a     href="file:///E:\New     folder
(2)/Yoga.html">YOGA</a></li>
         <li     style=     "float:     center;"><a     href="file:///E:\New     folder
(2)/BLOG.html">SOLUTION</a></li>
         <li     style=     "float:     center;"><a     href="file:///E:\New     folder
(2)/NEWS.html">NEWS</a></li>
         <li     style=     "float:     center;"><a     href="file:///E:\New     folder
(2)/About.html">ABOUT</a></li>


   <li style="float: right;"><a href="file:///E:\New folder (2)/login page username
pwd.html"><left>LOGOUT</left></a></li>
```

```html
</ul>
<br>
<center>
    <img    src="C:\xampp\htdocs\login    rishi\project\Screenshot    2022-05-17
130321.jpg">
    </center>
<center><img    srcset="https://img.icons8.com/ios-filled/344/pranava.png    2x"
alt="icon" loading="lazy"></center>


<h1><center><b>Yoga</b></center></h1>
<br><br>
<p1><h3>

<div class="paddding">

    <b>What does Yoga mean?</b></h3><br><br>
```
Yoga is a physical, mental and spiritual practice that originated in ancient India. First codified by the sage Patanjali in his Yoga Sutras around 400 C.E, the practice was in fact handed down from teacher to student long before this text arose. Traditionally, this was a one-to-one transmission, but since yoga became popular in the West in the 20th century, group classes have become the norm.

The word yoga is derived from the Sanskrit root yuj, meaning "to yoke," or "to unite". The practice aims to create union between body, mind and spirit, as well as between the individual self and universal consciousness. Such a union tends to neutralize ego-driven thoughts and behaviours, creating a sense of spiritual awakening.

Yoga has been practiced for thousands of years, and whilst many different interpretations and styles have been developed, most tend to agree that the ultimate goal of yoga is to achieve liberation from suffering. Although each school or tradition of yoga has its own emphasis and practices, most focus on bringing together body, mind and breath as a means of altering energy or shifting consciousness.

```html
<br>
```

Yoga is Sanskrit: योग, lit. 'yoke' or 'union' pronounced is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India and aim to control (yoke) and still the mind, recognizing a detached witness-consciousness untouched by the mind (Chitta) and mundane suffering (Duḥkha). There is a wide variety of schools of yoga, practices, and goals in Hinduism, Buddhism, and Jainism, and traditional and modern yoga is practiced worldwide.
</p1>
<h3>Benefits of Yoga</h3>
<p1>
Yoga improves strength, balance and flexibility.

Yoga helps with back pain relief.
Yoga can ease arthritis symptoms.
Yoga benefits heart health.
Yoga relaxes you, to help you sleep better.
Yoga can mean more energy and brighter moods.
Yoga connects you with a supportive community.
Yoga promotes better self-care.
Yoga helps you manage stress.

</p1><h3>
How does yoga affect depression?</h3>
<p1>
More studies are using randomized controlled trials to look at the relationship between yoga and depression. Randomized controlled trials are the best ways to verify study results. According to the Harvard Mental Health Letter, recent studies suggest that yoga can:

 reduce the impact of stress

help with anxiety and depression

be a self-soothing technique similar to meditation, relaxation, and exercise

improve energy

Yoga is a physical exercise that involves different body poses, breathing techniques, and meditation. The therapy may help with depression and your symptoms, such as difficulty concentrating or loss of energy.

Many people use yoga therapy to manage:

mental and emotional problems, such as stress, anxiety, or depression

conditions and disorders, such as ongoing low back pain

 chronic or long-term pain

```
    <br>overall health and well-being
    You can find yoga classes at fitness studios, hospitals, and local community
centers. The classes can be gentle or challenging, depending on the style</p1>
</div>
```

```
<!-- yoga card -->
<center><h2>Yoga exercise to overcome depression</h2></center>

<section class="container">
  <div class="card">
              <div             class="card-image"><center><br><br><br><img
srcset="https://img.icons8.com/external-kosonicon-outline-
kosonicon/2x/external-yoga-pose-hobbies-kosonicon-outline-kosonicon.png 2x"
alt="Yoga Pose icon" loading="lazy"></center></div>
  <h3>Surya Namaskar</h3>
  <p> <br>
   <b>Benefits of this pose:</b>
   <br> It improves the blood circulation of all the important organs of the body.
    <br>Improves the functioning of the heart and lungs.
    <br>Strengthens the muscles of the arms and waist.
    <br>Makes the spine and waist more flexible.
    <br>Helps in reducing the fat around the abdomen and thus reduces weight.
    <br>Improves digestion.
    <br>Improves concentration power.
</p>
  </div>
  <div class="card">
              <div          class="card-image"><center><br><br><br><img
srcset="https://img.icons8.com/external-ddara-lineal-ddara/2x/external-yoga-
```

pose-yoga-poses-ddara-lineal-ddara-80.png 2x" alt="Yoga Pose icon" loading="lazy"></center></div>
    <h3>Uttanasana</h3>
    <p>How to do the pose:

            Reach tall and exhale forward, then bend knees enough to be able to place your palms on the floor, with head pressed against your legs. Be aware of your spine stretching in different directions as you pull your head down and in. For a deeper stretch, try to straighten the legs. Hold this pose for 6-8 breaths, then whilst inhaling, stretch arms outwards and raise them and your torso back to the standing position.

         Benefits of this pose:

            Stretches hamstrings, thighs and hips

 Effective for stress relief, fatigue and mild depression.</p>
    </div>
    <div class="card">
                <div class="card-image"><center>

<img srcset="https://img.icons8.com/external-ddara-lineal-ddara/2x/external-yoga-pose-yoga-poses-ddara-lineal-ddara-50.png 2x" alt="Yoga Pose icon" loading="lazy"></center></div>
      <h3>Balasana</h3>
      <p>How to do the pose:

         Kneel on a yoga mat with legs together and slowly sit back onto heels. Extend torso up and bend forward from the hips so your chest rests on your thighs and your forehead rests on the ground in front of you. Let shoulders curl around and rest hands next to your feet with your palms up. Hold this position for 5 – 6 breaths.

       Benefits of this pose:

      Quietens the nervous system and lymphatic system
        The resting posture eases stress and soothes the mind.</p>
      </div>


```html
  </section>
  <section class="container">
    <div class="card">
      <div class="card-image"><Center><br><br><br><div data-v-121f1b1c=""
draggable="true" class="app-icon grid-icon__icon is-external-ddara-lineal-
ddara"><img srcset="https://img.icons8.com/external-ddara-lineal-
ddara/2x/external-yoga-pose-yoga-poses-ddara-lineal-ddara-10.png 2x"
alt="Yoga Pose icon" loading="lazy"> <!----></div> </Center></div>
    <h3><center>Garudasana</center></h3>
    <p><b>How to do Pose:</b>
<br>
    Begin by standing upright with your arms at your side.
    Bend your knees, balance on your right foot and cross your left thigh over
your right.
    Hook the top of your left foot behind your right calf.
    Extend both arms straight in front of your body, then drop your left arm
under your right.
    Bend your elbows, raise your forearms at a 90-degree angle (perpendicular)
to the floor.
    Square your chest and hips to the front. Draw your belly in and up. <br>
    <b>Benefits of this pose:</b>

    <br>Opens hips, lengthens spine and promotes serenity
    <br>Relieves physical and mental exhaustion
    <br>Eliminates anxiety.</p></p>

  </div>
  <div class="card">
                    <div class="card-image"><Center><br><br>+<br><img
srcset="https://img.icons8.com/external-ddara-lineal-ddara/2x/external-yoga-
pose-yoga-poses-ddara-lineal-ddara-20.png 2x" alt="Yoga Pose icon"
loading="lazy"></Center></div>
      <h3><center>Sukhasana</center></h3>
      <p><b>How to do the pose:</b>
       <br>
       Sit up straight, then extend your legs in front of your body, then with knees
wide, place each foot beneath the opposite knee and cross your legs in toward
your torso. With palms down, place hands onto your knees. Align head, neck, and
spine together and sit with your weight balanced. Lengthen spine, but soften your
neck and gently relax your feet and thighs.
```


Benefits of this pose:
<!--
 -->

Opens hips, lengthens spine and promotes serenity

Relieves physical and mental exhaustion

Eliminates anxiety.</p>
</div>
<div class="card">
<div   class="card-image"><Center>

<img srcset="https://img.icons8.com/external-ddara-lineal-ddara/2x/external-yoga-pose-yoga-poses-ddara-lineal-ddara-84.png   2x" alt="Yoga   Pose   icon" loading="lazy"></Center></div>
<h3><center>Marjaryasana</center></h3>
<p>How to do the pose:

Cat – Start on all fours, then while exhaling, round your back toward the ceiling and bring your navel up towards your spine. Bring back to the neutral position, of spine and head aligned.

   Cow – Inhale and tilt your pelvis back so that your tailbone sticks up. Keep your abdominal muscles hugging your spine by drawing your navel in.

Benefits of this pose:

Soothes and stretches the lower back
Massages spine and relieves stress.
</p>
</div>

</section>
<section class="container">
<div class="card">
<div   class="card-image"><Center>

<img srcset="https://img.icons8.com/external-ddara-lineal-ddara/2x/external-yoga-pose-yoga-poses-ddara-lineal-ddara-73.png   2x"   alt="Yoga   Pose   icon" loading="lazy"></Center></div>
<h3>Utthita Trikonasana</h3>
<p>How to do Extended Triangle Pose

Start the pose by standing upright, exhale and spread legs one metre apart.

Stretch your arms sideways with palms facing the ground.

Turn your right foot out at a 90-degree angle.

Tighten your thigh muscles and turn your right thigh outwards.

Bend your body down from your hips toward your right leg.

Twist your body to the left.

Push your left hip forward (slightly) and lengthen your tailbone towards your heel.

  Benefits of this pose:

Massages spine and relieves stress

Relieves mild depression and anxiety

</p>

</div>

<div class="card">

<div class="card-image"><Center>

<img srcset="https://img.icons8.com/external-ddara-lineal-ddara/2x/external-yoga-pose-yoga-poses-ddara-lineal-ddara-85.png 2x" alt="Yoga Pose icon" loading="lazy"></Center></div>

<h3>4. Head to knee forward bend</h3>

<p>How to do the pose:

Sit straight with legs extended, bend left leg and bring the sole of your foot to the upper inside right thigh. Your left knee should rest on the floor. Put both palms on either side of right leg and inhale. Turn towards the extended leg and exhale while folding forward. Hold for 5-6 breaths and repeat the pose on the other side.

 Benefits of this pose:

Relieves mild depression and anxiety

Calms the brain and helps with headaches and fatigue, even insomnia.

</p>

</div>

<div class="card">

<div class="card-image"><Center>

 <img data-v-2d874c65="" height="98" width="100%" src="https://image.shutterstock.com/image-vector/yoga-poses-pants-corpse-pose-260nw-405767917.jpg" alt="Yoga poses, yoga pants, Corpse pose" class="sstk-img"></Center></div>

<h3>Savasana</h3>

```html
        <p><b>How to do the pose:</b>
<br>
        Lie flat on back with legs close together but without touching, arms
```
at sides with palms facing up. Let eyes and face soften and close eyes, while breathing deeply. Starting at the top of your head, bring your attention to each part of your body until you reach your toes. Hold this position for 4-5 minutes.
```html
        <br>
        <b> Benefits of this pose:</b>
        <br>
        Full body relaxation by putting body at ease
        <br>Slows breathing, lowers blood pressure and quietens the nervous
```
system.
```html
        </p>
        </div>
    <br>

    </section>


        <h1><center>What is meditation?</center></h1>
        <p>Meditation has become a very popular practise as the world has
```
been waking up to its benefits since the turn of the millennium. People are increasingly adopting lifestyles that involve the practice of meditation. Yet, when it comes to defining the word, a lot of confusion surrounds this wide and fluid idea. Meditation in its purest essence is the act of concentration on the universal consciousness.</p>
```html
<p>
        By the practice of meditation, you will find that you are carrying within
```
your heart a portable paradise."
```html
        -Paramahansa Yogananda
        </p>
    <p>     Meditation for beginners
```
We understand that starting a meditation practise can seem daunting, which is why we have made all our meditations short and simple so that it is easy for you to discover your own meditation style. Follow our meditation for beginners guide and try out a few quick meditations.
```html
</p>
<h3>Significance and history</h3>
```

<p>The oldest mention of meditation can be found in the Vedas, written in 1,500 BCE. Until that point, methods of meditation were only taught verbally. Evidence has been found to suggest meditation had first originated in India, around 5,000 years ago.

Christianity defines meditation as a contemplative prayer that helps you become one with God. Developed by Christian mystics, it involves either silently contemplating God or repeating a specific phrase or word. The Jesus Prayer is a common form of Christian meditation, and it was first developed in Greece sometime between the 10th and 14th centuries.

Where there is peace and meditation, there is neither anxiety nor doubt.

– St Francis De Sales

Buddhism, on the other hand, uses meditation as one of the tools to achieve Nirvana and purify the mind. Buddha is known for his meditational practices and teachings during the 6th century BCE.

Meditation practices are common in Islam, too. Initiated by the Sufis at least 1,400 years ago, this form of the practice involves gazing, sacred phrases, recitation, and breathing practices.

Meditation is followed by many other faiths including Jainism, Confucianism, Taoism, Zen Buddhism, and Judaism, among others.
</p>

<!-- footer section -->
<footer>

  <ul class="social_icon">
    <ion-icon name="logo-facebook"></ion-icon>
    <ion-icon name="logo-twitter"></ion-icon>
    <ion-icon name="logo-instagram"></ion-icon>
    <ion-icon name="mail-outline"></ion-icon>

<ul class="menu">
<bold>Home</bold>

```html
<li><a href="information.html">Information</a></li>
<li><a href="yoga.html">Yoga</a></li>
<li><a href="blog.html">solution</a></li>
<li><a href="newlogin.html">News</a></li>
<li><a href="about.html">About</a></li>
<li><a href="time.html">Time</a></li>
</ul>

<p><Center></Center>©Come out D / XYZ@gmail.com / 123987546
</Center> </p>
</footer>

<script                                                                 type="module"
src="https://unpkg.com/ionicons@5.5.2/dist/ionicons/ionicons.esm.js"></script
>
<script                                                                 nomodule
src="https://unpkg.com/ionicons@5.5.2/dist/ionicons/ionicons.js"></script>




</body>
</html>
```

Solution Page:

```html
<html>
   <head><meta http-equiv="Content-Type" content="text/html; charset=UTF-
8">
   <title>Come out D</title>
   <link rel="icon" type="image/x-icon" href="logo2.png">
</head> </head><body><header>
   <h3 style="color: rgb(255, 255, 255);background-color: rgb(0, 132, 255); font-
size: 1cm;"><img class="logo" src="logo2.png" width="60px"> Come out
D</h3>
```

```
</header>
   </head>
<style>
 html, body, h1, h2, h3, h4, h5 {font-family: "Open Sans", sans-serif}
 ul {
list-style-type:none;
margin: 0;
padding: 0;
overflow: hidden;
background-color: rgb(255, 255, 255);
}
li
{
   position: center ;
   float: LEFT;
}
li a {
   display: block;
   color: rgb(0, 0, 0);
   text-align: center;
   padding: 14px 16px;
   text-decoration: none;

}
li a:hover{
   background-color: rgb(0, 102, 255);

}
li a:hover, .dropdown:hover .dropbtn
{
  background-color: rgb(0, 102, 255);
}
li.dropdown:hover{
   display:inline-block;
}
.dropdown-content{
   display: none;
   position: absolute;
   background-color: rgb(241, 241, 241);
```

```css
      min-width:160px;
      box-shadow: 0px 8px 16px 0px
      rgba(0,0,0,0.2);
      z-index: 1;

  }
  .dropdown-content a{
     color: rgb(36, 34, 34);
     padding: 12px 16px;
     text-decoration: none;
     display:bloc   k;
     text-align: left;
     border-radius: 18px;
  }
  .dropdown-content a:hover {
     background-color: rgb(0, 102, 255);
     }
  .dropdown:hover .dropdown-content{
      display: block;
      }

  li a:hover:not(.active){
background-color: rgb(0, 102, 255);
}
.active{
  background-color: rgb(0, 102, 255);;
}

.column{
  float: left;
  padding: 10px;

}
.column.side{
  width: 20%;
}
.column.middle{
  width: 45%;
}
.row:after{
```

```css
      content: "";
      display: table;
      clear: both;
    }
   body{
    background: linear-gradient(90deg, rgb(250, 246, 28) 0%,rgb(56, 208, 228)
100%);
   }
   .body1{
   padding: 100px;
    }

 /* main body  */
:root {
 --yellow: #ffc600;
}

html {
 color: #444;
 font-family: Cambria, Cochin, Georgia, 'Times New Roman', Times, serif;
 font-size: 20px;
}

.p1 {
 line-height: 0.8;
}

p {
 line-height: 1.8;
}

img {
 max-width: 100%;
}

a {
 color: black;
 text-decoration: underline wavy var(--yellow);
}
```

```css
h1,
h2 {
 font-size: 80px;
 font-style: italic;
 font-weight: 100;
 margin: 0;
}

.post {
 display: grid;
 max-width: 1000px;
 margin: 200px auto;
 grid-template-columns: 3fr 12fr 5fr;
 grid-gap: 10px 20px;
}

.post > * {
 grid-column: 2 / -2;
}

.post > figure {
 margin: 0;
 grid-column: 1 / -1;
}

figcaption {
 font-size: 12px;
}

.post > blockquote {
 grid-column: 1 / -1;
 font-size: 60px;
 margin: 0;
 font-style: italic;
 text-align: center;
}

.tip {
 background: #EBEBEB;
 padding: 10px;
```

```css
  grid-row: span 3;
  align-self: start;
}

.tip-left {
 grid-column: 1 / span 1;
 text-align: right;
 border-right: 2px solid var(--yellow);
}

.tip-right {
 grid-column: span 1 / -1;
 border-left: 2px solid var(--yellow);
}

  /* footer */

  footer{
position: relative;
width: 100%;
background: #3586ff;
height: 290px;
min-height: 100px;
padding: 20px 50px;
display: flex;
justify-content: center;
align-items: center;
flex-direction: column;
 }
 footer .social_icon,
 footer .menu{
    position: relative;
    display: flex;
    justify-content: center;
    align-items: center;
    margin: 10px 0;
    flex-wrap: wrap;
     }
     footer .social_icon li,
     footer .menu{
```

```
        list-style: none;
      }
      footer .social_icon li a
      {
         font-size: 2em;
         color: rgb(0, 0, 0);
         margin: 0 10px;
         display: inline-block;
         transition: 0.5s;


      }
footer .social_icon li a:hover
{
   transform: translate(-10px);
}
footer .menu li a
      {
         font-size:1.5em;
         color: rgb(0, 0, 0);
         margin: 0 10px;
         display: inline-block;
         /* transition: 0.5s; */
         text-decoration: none;
         opacity: 0.75;
         /* text: bold; */
         /* background-color: #3586ff; */
      }
      footer .menu li a:hover{
         opacity: 1;
      }
      footer p{
         color:#3586ff;
         text-align: center;
         margin-top: 15px;
         margin-bottom: 10px;
         font-size: 1.1em;
      }

       </style>
<body>
```

```html
        <h1 style="font-family:Georgia, 'Times New Roman', Times,
serif;"><CENTER>SOLUTION</CENTER></h1>

<div class="colume middle">
    <ul style="font-size: 20px;font-family:D;">
        <li style="float: center;"><a href="file:///E:\New folder (2)/Home
screen.html">HOME</a></li>
            <li style="float: center;"><a href="file:///E:\New folder
(2)/information.html">INFORMATION</a></li>
            <li style="float: center;"><a href="file:///E:\New folder
(2)/Yoga.html">YOGA</a></li>
            <li style="float: center;"><a href="file:///E:\New folder
(2)/BLOG.html">SOLUTION</a></li>
            <li style="float: center;"><a href="file:///E:\New folder
(2)/NEWS.html">NEWS</a></li>
            <li style="float: center;"><a href="file:///E:\New folder
(2)/About.html">ABOUT</a></li>


    <li style="float: right;"><a href="file:///E:\New folder (2)/login page username
pwd.html"><left>LOGOUT</left></a></li>

    </ul></div>

<div class="body1">
 <center>
    <img src="C:\xampp\htdocs\login rishi\project\Screenshot 2022-05-17
131800.jpg">
    </center>




<h2>Fight with depression</h2>



<h3>Natural Depression Treatments</h3>
```

<p> Being depressed can make you feel helpless. You're not. Along with therapy and sometimes medication, there's a lot you can do on your own to fight back. Changing your behavior -- your physical activity, lifestyle, and even your way of thinking -- are all natural depression treatments.

These tips can help you feel better -- starting right now.

1. Get in a routine.If you're depressed, you need a routine, says Ian Cook, MD. He's a psychiatrist and director of the Depression Research and Clinic Program at UCLA.

Depression can strip away the structure from your life. One day melts into the next. Setting a gentle daily schedule can help you get back on track.

2. Set goals. When you're depressed, you may feel like you can't accomplish anything. That makes you feel worse about yourself. To push back, set daily goals for yourself.

"Start very small," Cook says. "Make your goal something that you can succeed at, like doing the dishes every other day."

As you start to feel better, you can add more challenging daily goals.

3. Exercise. It temporarily boosts feel-good chemicals called endorphins. It may also have long-term benefits for people with depression. Regular exercise seems to encourage the brain to rewire itself in positive ways, Cook says.

How much exercise do you need? You don't need to run marathons to get a benefit. Just walking a few times a week can help.

4. Eat healthy. There is no magic diet that fixes depression. It's a good idea to watch what you eat, though. If depression tends to make you overeat, getting in control of your eating will help you feel better.

Although nothing is definitive, Cook says there's evidence that foods with omega-3 fatty acids (such as salmon and tuna) and folic acid (such as spinach and avocado) could help ease depression.

5. Get enough sleep. Depression can make it hard to get enough shut-eye, and too little sleep can make depression worse.

What can you do? Start by making some changes to your lifestyle. Go to bed and get up at the same time every day. Try not to nap. Take all the distractions out of your bedroom -- no computer and no TV. In time, you may find your sleep improves.

SUGGESTED

6. Take on responsibilities.When you're depressed, you may want to pull back from life and give up your responsibilities at home and at work. Don't. Staying involved and having daily responsibilities can help you maintain a lifestyle that can help counter depression. They ground you and give you a sense of accomplishment.

If you're not up to full-time school or work, that's fine. Think about part-time. If that seems like too much, consider volunteer work.

7. Challenge negative thoughts. In your fight against depression, a lot of the work is mental -- changing how you think. When you're depressed, you leap to the worst possible conclusions.

It won't be easy however. When you say those things your subconscious will tell you that they're lies. Studies show that once we believe something, we instinctively defend and protect it without even being aware of it. But if we keep at it relentlessly and consistently, that power of repetition can retrain our brains to accept those things as true. Just keep going.

10. Pet the dog
If you're feeling anxious, stressed, depressed or lonely, one thing that might help is to spend some time petting a dog or cat.

Science shows that playing with or petting an animal can reduce stress and can also help us reduce feelings of isolation and help us feel more connected. Petting a dog or cat increases oxytocin production in the brain which lowers stress and increases feelings of happiness. It also decreases production of cortisol, which is

a stress hormone, so it works in multiple ways to help you calm down and feel
better.
</p>

</div>


```
  <footer>
   <br>
  <ul class="social_icon">
    <li><a href="#"><ion-icon name="logo-facebook"></ion-icon></a></li>
    <li><a href="#"><ion-icon name="logo-twitter"></ion-icon></a></li>
    <li><a href="#"><ion-icon name="logo-instagram"></ion-icon></a></li>
    <li><a href="#"><ion-icon name="mail-outline"></ion-icon></a></li>
  </ul>

<ul class="menu">
<li><a href="Home screen.html"><bold>Home</bold></a></li>
<li><a href="information.html">Information</a></li>
<li><a href="yoga.html">Yoga</a></li>
<li><a href="blog.html">solution</a></li>
<li><a href="newlogin.html">News</a></li>
<li><a href="about.html">About</a></li>
<li><a href="time.html">Time</a></li>
</ul>

<p><Center></Center>©Come out D / XYZ@gmail.com / 123987546
</Center> </p>
 </footer>
```

```
                              <script                          type="module"
src="https://unpkg.com/ionicons@5.5.2/dist/ionicons/ionicons.esm.js"></script
>
                              <script                                nomodule
src="https://unpkg.com/ionicons@5.5.2/dist/ionicons/ionicons.js"></script>


</body>
</html>
```

News Page:

```
<html>
   <head><meta http-equiv="Content-Type" content="text/html; charset=UTF-
8">
    <title>Come out D</title>
    <link rel="icon" type="image/x-icon" href="logo2.png">
      </head>
    </head><header>
      <h3 style="color: rgb(255, 255, 255);background-color: rgb(0, 132, 255);
font-size: 1cm;"><img class="logo" src="logo2.png" width="60px"> Come out
D</h3>

      </header>
  <style>
   html, body, h1, h2, h3, h4, h5 {font-family: "Open Sans", sans-serif}

   body{
    background: linear-gradient(90deg, rgb(71, 71, 66) 0%,rgb(252, 231, 231)
100%);
```

```css
    }

  ul {
   list-style-type:none;
   margin: 0;
   padding: 0;
   overflow: hidden;
   background-color: rgb(255, 255, 255);
   }
   li
   {
      position: center ;
      float: LEFT;
   }
   li a {
      display: block;
      color: rgb(0, 0, 0);
      text-align: center;
      padding: 14px 16px;
      text-decoration: none;

   }
   li a:hover{
      background-color: rgb(0, 102, 255);

   }
   li a:hover, .dropdown:hover .dropbtn
   {
      background-color: rgb(0, 102, 255);
   }
   li.dropdown:hover{
      display:inline-block;
   }
   .dropdown-content{
      display: none;
      position: absolute;
      background-color: rgb(241, 241, 241);
      min-width:160px;
```

```css
      box-shadow: 0px 8px 16px 0px
      rgba(0,0,0,0.2);
      z-index: 1;

  }
  .dropdown-content a{
      color: rgb(36, 34, 34);
      padding: 12px 16px;
      text-decoration: none;
      display:bloc   k;
      text-align: left;
      border-radius: 18px;
  }
  .dropdown-content a:hover {
      background-color: rgb(0, 102, 255);
      }
  .dropdown:hover .dropdown-content{
       display: block;
       }

  li a:hover:not(.active){
background-color: rgb(0, 102, 255);
}
.active{
  background-color: rgb(0, 102, 255);;
}

.column{
  float: left;
  padding: 10px;

}
.column.side{
  width: 20%;
}
.column.middle{
  width: 45%;
}
.row:after{
  content: "";
```
114

```css
    display: table;
    clear: both;
  }
  /* news card */


  .container {
 max-width: 880px;
 margin: 4em auto;
 padding: 4em;
 background: #fff;
 border-radius: 1em;
}

section.cards {
 margin: 0 auto;
 display: grid;
 grid-auto-flow: row dense;
 grid-template-columns: repeat(3, 300px);
 grid-template-rows: repeat(12, 250px);
 grid-gap: 16px;
}

.card {
 display: flex;
 border: 1px solid rgba(0, 0, 0, 0.1);
 /* //background: rgba(0, 0, 0, 0.05); */
 transition: all 0.25s ease;
}

.card:hover {
 transform: scale(1.25);
}

.vertical {
 flex-direction: column;
 grid-row: span 2;
 grid-column: span 1;
}

.horizontal {
```

115

```css
  flex-direction: row;
  grid-row: span 1;
  grid-column: span 2;
}

.reverse-horizontal {
  flex-direction: row-reverse;
  grid-row: span 1;
  grid-column: span 2;
}

.horizontal .card__img, .reverse-horizontal .card__img {
  height: 100%;
}

.vertical .card__img {
  width: 100%;
}
.card__content {
  padding: 16px;
}

.card__title {
  font-size: 18px;
  opacity: 0.8;
  font-weight: 700;
  padding-bottom: 0.5em;
  transition: all 0.25s ease;
}

.card__date {
  font-size: 14px;
  padding-bottom: 0.5em;
  opacity: 0.3;
}

.card__time-to-read {
  font-style: italic;
}
```

```css
.card__excerpt {
 font-size: 16px;
 padding-bottom: 0.5em;
}

.card__tags {
 margin-top: auto;
}

    /* footer */

 footer{
position: relative;
width: 100%;
background: #3586ff;
height: 290px;
min-height: 100px;
padding: 20px 50px;
display: flex;
justify-content: center;
align-items: center;
flex-direction: column;
 }
 footer .social_icon,
 footer .menu{
    position: relative;
    display: flex;
    justify-content: center;
    align-items: center;
    margin: 10px 0;
    flex-wrap: wrap;
     }
     footer .social_icon li,
     footer .menu{
        list-style: none;
     }
     footer .social_icon li a
     {
        font-size: 2em;
        color: rgb(0, 0, 0);
```

```css
        margin: 0 10px;
        display: inline-block;
        transition: 0.5s;


    }
footer .social_icon li a:hover
{
    transform: translate(-10px);
}
footer .menu li a
    {
        font-size:1.5em;
        color: rgb(0, 0, 0);
        margin: 0 10px;
        display: inline-block;
        /* transition: 0.5s; */
        text-decoration: none;
        opacity: 0.75;
        /* text: bold; */
        /* background-color: #3586ff; */
    }
    footer .menu li a:hover{
        opacity: 1;
    }
    footer p{
        color:#3586ff;
        text-align: center;
        margin-top: 15px;
        margin-bottom: 10px;
        font-size: 1.1em;
    }


  </style>
<body>
        <h1    style="font-family:Georgia, 'Times New Roman', Times,
serif;"><CENTER>News</CENTER></h1>

<div class="colume middle">
    <ul style="font-size: 20px;font-family:D;">
```

```html
        <li style="float: center;"><a href="file:///E:\New folder (2)/Home
screen.html">HOME</a></li>
        <li style="float: center;"><a href="file:///E:\New folder
(2)/information.html">INFORMATION</a></li>
        <li style="float: center;"><a href="file:///E:\New folder
(2)/Yoga.html">YOGA</a></li>
        <li style="float: center;"><a href="file:///E:\New folder
(2)/BLOG.html">SOLUTION</a></li>
        <li style="float: center;"><a href="file:///E:\New folder
(2)/NEWS.html">NEWS</a></li>
        <li style="float: center;"><a href="file:///E:\New folder
(2)/About.html">ABOUT</a></li>


    <li style="float: right;"><a href="file:///E:\New folder (2)/login page username
pwd.html"><left>LOGOUT</left></a></li>



    </ul></div><center>
<img src="C:\xampp\htdocs\login    rishi\project\Screenshot    2022-05-17
132330.jpg">
    </center>



<!-- new related depression -->
<div class="container">
    <h1> News </h1>
    <p> News is related to Depression </h1>

    <section class="cards">
      <article class="horizontal card">
        <img class="card__img" src="https://picsum.photos/256/196/?image=321"
class="card__image">
        <div class="card__content">
          <div class="card__title">
            Heart disease risk and depression
          </div>
          <div class="card__date">April 18, 2022 &middot; </div>
```

```html
        <div class="card__excerpt">
        When the authors analysed the data by gender, they found that at baseline,
women with higher cardiovascular
        risk were more likely to exhibit symptoms of depression. But this was
not the case in men, and not in either
        men or women at follow up.
        </div>

      </div>
    </article>
    <article class="vertical card">
      <img class="card__img" src="https://picsum.photos/256/196/?image=990"
class="card__image">
      <div class="card__content">
        <div class="card__title">
        Stress Awareness Month: How this Egyptian artist fights DEPRESSION
with these evocative paintings
        </div>
        <div class="card__date"> April 05, 2018 </div>
        <div class="card__excerpt">
        Excessive stress may lead to depression. During Stress Awareness Month
(April), indianexpress.com speaks to
        Egypt-based artist Sief Hamza, who fought chronic depression using art.
Evocative and unsettling, his paintings
        have created quite a buzz on social media.
        </div>
      </div>
    </article>
    <article class="vertical card">
      <img class="card__img" src="https://picsum.photos/256/196/?image=123"
class="card__image">
      <div class="card__content">
        <div class="card__title">
        Celebrities who battled depression and spoke about it
        </div>
        <div class="card__date">October 27, 2017</div>
        <div class="card__excerpt">

        Depression, though a glaring reality, is often treated as an ugly word and
is not
```

included in conversations and discussions. However several celebrities who have gone

through this have later spoken up on the issue, and have done a great job at that.
        </div>

      </div>
    </article>
    <article class="vertical card">
     <img class="card__img" src="https://picsum.photos/256/196/?image=421" class="card__image">
      <div class="card__content">
       <div class="card__title">
        Exercise may help treat long Covid-induced diabetes, depression: Study

       </div>
       <div class="card__date"> March 14, 2018 </div>
       <div class="card__excerpt">
        According to the US Centers for Disease Control, Long COVID is "a constellation of other debilitating symptoms"
           including brain fog, muscle pain, and fatigue that can last for months after a person recovers from the initial infection.
        </div>

      </div>
    </article>
    <article class="horizontal card">
     <img class="card__img" src="https://picsum.photos/256/196/?image=424" class="card__image">
      <div class="card__content">

       <div class="card__title">
        Languishing: What to do if you are feeling restless, apathetic or empty
       </div>
       <div class="card__date"> January 28, 2022 · 5 min read</div>
       <div class="card__excerpt">

        January 28, 2022 11:30 pm

The causes of languishing are different for every person though they may result from many factors, such as stress,
        trauma or even a change in routine.
        </div>

      </div>
    </article>
    <article class="vertical card">
      <img class="card__img" src="https://picsum.photos/256/196/?image=721" class="card__image">
      <div class="card__content">

        <div class="card__title">
          Decoded: How high fat diet may cause depression   </div>
        <div class="card__date"> May 15, 2019</div>
        <div class="card__excerpt">

          Obesity and depression have long been linked, with previous clinical studies finding an association between these two conditions. However,
          until now, the mechanisms of how obesity affects depression and vice versa have not been fully understood..
        </div>

      </div>
    </article>
    <article class="vertical card">
      <img class="card__img" src="https://picsum.photos/256/196/?image=426" class="card__image">
      <div class="card__content">

        <div class="card__title">
          Seasonal depression: why it happens -- and how to manage the symptoms
        </div>
        <div class="card__date"> November 18, 2021</div>
        <div class="card__excerpt">
        Some research has indicated that women may be more likely to experience SAD -- though, due to a lack of specific research,
          it's uncertain whether these gender differences really exist and if so, why.
        </div>

```html
    </div>
  </article>
  <article class="reverse-horizontal card">
    <img class="card__img" src="https://picsum.photos/256/196/?image=161"
class="card__image">
    <div class="card__content">

      <div class="card__title">
        Air pollution linked to symptoms of depression in adolescents: Study
      </div>
      <div class="card__date"> March 15, 2022</div>
      <div class="card__excerpt">


        The study, published in the journal 'Developmental Psychology', is the
first to link ozone levels to the development of
        depression in adolescents over time..
      </div>

    </div>
  </article>
  <article class="vertical card">
    <img class="card__img" src="https://picsum.photos/256/196/?image=421"
class="card__image">
    <div class="card__content">

      <div class="card__title">
            Using AI to detect mental health disorders may be
counterproductive       </div>
      <div class="card__date">May 03, 2019</div>
      <div class="card__excerpt">


        The idea of a technology that allows people to diagnose themselves by
speaking into their smartphones at home may be revolutionary, but until clinical
trials offer conclusive results,
        getting the doctors help in case of mental health issues may be the best
way forward. .
      </div>
```

```html
      </div>
    </article>
    <article class="horizontal card">
      <img class="card__img" src="https://picsum.photos/256/196/?image=424"
class="card__image">
      <div class="card__content">

        <div class="card__title">
          DNA Exclusive: Depression or bipolar disorder? Major breakthrough in
fight against mental health problems,
        </div>
        <div class="card__date"> March 19, 2019 &middot; 5 min read</div>
        <div class="card__excerpt">
          Zee News Editor-in-Chief Sudhir Chaudhary on Tuesday (November 30)
discussed a major scientific breakthrough that could
            help detect mental health problems such as depression and bipolar
disorder.
        </div>

      </div>
    </article>
    <article class="vertical card">
      <img class="card__img" src="https://picsum.photos/256/196/?image=721"
class="card__image">
      <div class="card__content">
        <div class="card__type">article</div>
        <div class="card__title">
          Depression increased hospital visits for chest pain treatment during
pandemic
        </div>
        <div class="card__date"> Nov 15, 2021 &middot; 5 min read</div>
        <div class="card__excerpt">

          According to a study,  nearly 40 percent of patients studied reported new
or continuing symptoms
          of depression during the first year of the pandemic in the USA.

        </div>

      </div>
```

```html
    </article>
    <article class="vertical card">
     <img class="card__img" src="https://picsum.photos/256/196/?image=426"
class="card__image">
     <div class="card__content">

       <div class="card__title">
        Test Post: Electric Boogaloo
       </div>
       <div class="card__date">14 March 2011 &middot; 5 min read</div>
       <div class="card__excerpt">
        This is a test article, in a perculiar context, to see whether grid and flexbox
works to make a blog...
       </div>

     </div>
    </article>
    <article class="reverse-horizontal card">
     <img class="card__img" src="https://picsum.photos/256/196/?image=161"
class="card__image">
     <div class="card__content">

       <div class="card__title">
        16% Indians in 15-24 age group depressed: UNICEF
       </div>
       <div class="card__date"> October 5, 2021 &middot; 5 min read</div>
       <div class="card__excerpt">

         In the UNICEF survey across 21 countries, only 41 per cent of young
people in India were willing to
         seek support for mental health problems, compared to an average of 83
per cent for 21 countries.


       </div>

     </div>
    </article>
    <article class="vertical card">
```

```html
        <img class="card__img" src="https://picsum.photos/256/196/?image=421"
class="card__image">
    <div class="card__content">
      <div class="card__title">
        Reasons why you may have suddenly begun to gain weight
      </div>
      <div class="card__date">December 01, 2019 </div>
      <div class="card__excerpt">


        Unless there has been a drastic change of weight, in terms of loss or gain,
there really isn't anything to worry about..
      </div>

    </div>
  </article>
  <article class="horizontal card">
    <img class="card__img" src="https://picsum.photos/256/196/?image=424"
class="card__image">
    <div class="card__content">
      <div class="card__title">
        Virat Kohli on depression: 'Had a phase, thought it was end of the world'
      </div>
      <div class="card__date">November 14, 2019 </div>
      <div class="card__excerpt">


        Kohli was speaking to reporters on the eve of the Test against Bangladesh
in Indore — and days after Australian
          allrounder Glenn Maxwell's decision to take a break from the game, a
day after he had scored an international
        hundred, to handle depression.
      </div>

    </div>
  </article>
  <article class="vertical card">
    <img class="card__img" src="https://picsum.photos/256/196/?image=721"
class="card__image">
    <div class="card__content">
      <div class="card__title">
```

```
    Facebook, Twitter use not related to teen anxiety, depression: Study
    </div>
    <div class="card__date"> October 23, 2019</div>
    <div class="card__excerpt">


      Researchers from Brigham Young University in the US noted that the
amount of time teenagers spend on
      social media has risen significantly since 2012 and continues to grow.
    </div>

   </div>
  </article>
  <article class="vertical card">
   <img class="card__img" src="https://picsum.photos/256/196/?image=426"
class="card__image">
    <div class="card__content">

     <div class="card__title">
      Can fish consumption help ward off depression?
     </div>
     <div class="card__date"> September 15, 2019</div>
     <div class="card__excerpt">


      Among other things, several dietary measures can be taken to ward
off/fight this disease -- fish
      consumption being one of them.
     </div>

   </div>
  </article>
  <article class="reverse-horizontal card">
   <img class="card__img" src="https://picsum.photos/256/196/?image=161"
class="card__image">
    <div class="card__content">

     <div class="card__title">
      Fast-acting nasal spray can help treat depression: Study
     </div>
     <div class="card__date"> May 22, 2019</div>
     <div class="card__excerpt">
```

According to the study published in the American Journal of Psychiatry, esketamine nasal spray, in conjunction
with an oral antidepressant, offers a new fast-acting treatment for people that have not responded to other depression treatments.
        </div>

      </div>
    </article>
  </section>
 </div>

    <!-- footer section -->
    <footer>

    <ul class="social_icon">
      <ion-icon name="logo-facebook"></ion-icon>
      <ion-icon name="logo-twitter"></ion-icon>
      <ion-icon name="logo-instagram"></ion-icon>
      <ion-icon name="mail-outline"></ion-icon>

<ul class="menu">
<bold>Home</bold>
Information
Yoga
solution
News
About
Time


```html
<p><Center></Center>©Come  out  D  /  XYZ@gmail.com  /  123987546
</Center> </p>
 </footer>

                              <script                          type="module"
src="https://unpkg.com/ionicons@5.5.2/dist/ionicons/ionicons.esm.js"></script
>
                              <script                          nomodule
src="https://unpkg.com/ionicons@5.5.2/dist/ionicons/ionicons.js"></script>

</body>
</html>
```

About Page

```html
<html>
   <head><meta http-equiv="Content-Type" content="text/html; charset=UTF-8">
     <title>Come out D</title>
     <link rel="icon" type="image/x-icon" href="logo2.png">
   </head><header>
      <h3 style="color: rgb(255, 255, 255);background-color: rgb(0, 132, 255); font-size:
1cm;"><img class="logo" src="logo2.png" width="60px"> Come out D</h3>

   </header>
        </head>
        <body>
   <style>
    .bgim{
    background-image: url("Screenshot 2022-05-01 111835.jpg");
    width: 100%;
    /* height: 95%; */

    }
      html, body, h1, h2, h3, h4, h5 {font-family: "Open Sans", sans-serif}
    .spa{
padding: 20%;
    }
     ul {
    list-style-type:none;
    margin: 0;
    padding: 0;
    overflow: hidden;
    background-color: rgb(255, 255, 255);
    }
    li
```

```css
{
  position: center ;
  float: LEFT;
}
li a {
  display: block;
  color: rgb(0, 0, 0);
  text-align: center;
  padding: 14px 16px;
  text-decoration: none;

}
li a:hover{
  background-color: rgb(0, 102, 255);

}
li a:hover, .dropdown:hover .dropbtn
{
  background-color: rgb(0, 102, 255);
}
li.dropdown:hover{
  display:inline-block;
}
.dropdown-content{
  display: none;
  position: absolute;
  background-color: rgb(241, 241, 241);
  min-width:160px;
  box-shadow: 0px 8px 16px 0px
  rgba(0,0,0,0.2);
  z-index: 1;

}
.dropdown-content a{
  color: rgb(36, 34, 34);
  padding: 12px 16px;
  text-decoration: none;
  display:bloc   k;
  text-align: left;
  border-radius: 18px;
}
.dropdown-content a:hover {
  background-color: rgb(0, 102, 255);
  }
.dropdown:hover .dropdown-content{
   display: block;
```

```css
        }

    li a:hover:not(.active){
  background-color: rgb(0, 102, 255);
    }
    .active{
      background-color: rgb(0, 102, 255);;
    }

    .column{
      float: left;
      padding: 10px;

    }
    .column.side{
      width: 20%;
    }
    .column.middle{
      width: 45%;
    }
    .row:after{
      content: "";
      display: table;
      clear: both;
    }

   /* footer */

 footer{
position: relative;
width: 100%;
background: #3586ff;
height: 290px;
min-height: 100px;
padding: 20px 50px;
display: flex;
justify-content: center;
align-items: center;
flex-direction: column;
 }
 footer .social_icon,
 footer .menu{
   position: relative;
   display: flex;
   justify-content: center;
   align-items: center;
```

```css
    margin: 10px 0;
    flex-wrap: wrap;
     }
     footer .social_icon li,
     footer .menu{
        list-style: none;
     }
     footer .social_icon li a
     {
        font-size: 2em;
        color: rgb(0, 0, 0);
        margin: 0 10px;
        display: inline-block;
        transition: 0.5s;


     }
footer .social_icon li a:hover
{
   transform: translate(-10px);
}
footer .menu li a
    {
        font-size:1.5em;
        color: rgb(0, 0, 0);
        margin: 0 10px;
        display: inline-block;
        /* transition: 0.5s; */
        text-decoration: none;
        opacity: 0.75;
        /* text: bold; */
        /* background-color: #3586ff; */
    }
    footer .menu li a:hover{
        opacity: 1;
    }
    footer p{
        color:#3586ff;
        text-align: center;
        margin-top: 15px;
        margin-bottom: 10px;
        font-size: 1.1em;
    }


     </style>
```

```html
<h1 style="font-family:Georgia, 'Times New Roman', Times, serif;"><CENTER>ABOUT</CENTER></h1>

<div class="colume middle">
   <ul style="font-size: 20px;font-family:D;">
         <li style="float: center;"><a href="file:///E:\New folder (2)/Home screen.html">HOME</a></li>
               <li style="float: center;"><a href="file:///E:\New folder (2)/information.html">INFORMATION</a></li>
   <li style="float: center;"><a href="file:///E:\New folder (2)/Yoga.html">YOGA</a></li>
               <li style="float: center;"><a href="file:///E:\New folder (2)/BLOG.html">SOLUTION</a></li>
   <li style="float: center;"><a href="file:///E:\New folder (2)/NEWS.html">NEWS</a></li>
   <li style="float: center;"><a href="file:///E:\New folder (2)/About.html">ABOUT</a></li>


      <li style="float: right;"><a href="file:///E:\New folder (2)/login page username pwd.html"><left>LOGOUT</left></a></li>

   </ul></div>
   <div class="bgim">

   <div class="header">
     <br><br><br>         
    <h1><center>About us</center></h1>
     <!-- Content before waves
     <div class="inner-header flex">

      -->

     <!--Just the logo.. Don't mind this-->
     <div class="spa">
    <p>COME out D, D stands for Depression. Depression is a very common problem all over the world"
        Our website"Com Out of D" helps an individual in gaining information about depression,it's causes as
      well as some measures to cure it. Our main motive is to refresh the mind of individual who is depressed
      and unable to gain focus in anything.A person can divert his mind by performing yoga, mediation,etc.
       Here , you will be getting information of yoga , meditation in yoga section where you will get information
        about particular yoga along with steps to perform them.
```

We need to understand what depression is. Now, what is a "low"? What is it that happens within you?

Fundamentally, you expected something to happen and it did not happen. You expected somebody or

something to be your way or the world or the destiny to be your way, and it did not happen. In other

words, you are simply against what is happening; that's all. Maybe you are against a person, maybe

you are against a whole situation, maybe you are against life itself. Accordingly, the depression

will run deeper and deeper. Why are you against something? Only because things did not go your way,

isn't it? Why should the whole world go your way? Please know, the world does not go your stupid way.

Either you have no faith in the creator or you have no acceptance, or both, and you have a hyper-

sensitive ego. That is why you get depressed.</p>
        </div>
      </div>
      </div>
      <!--Waves Container-->
    </div>
      <footer>

      <ul class="social_icon">
        <ion-icon name="logo-facebook"></ion-icon>
        <ion-icon name="logo-twitter"></ion-icon>
        <ion-icon name="logo-instagram"></ion-icon>
        <ion-icon name="mail-outline"></ion-icon>

  <ul class="menu">
  <bold>Home</bold>
  Information
  Yoga
  solution
  News
  About
  Time

  <p><Center></Center>©Come out D / XYZ@gmail.com / 123987546 </Center> </p>
   </footer>

```
                              <script              type="module"
src="https://unpkg.com/ionicons@5.5.2/dist/ionicons/ionicons.esm.js"></script>
                              <script              nomodule
src="https://unpkg.com/ionicons@5.5.2/dist/ionicons/ionicons.js"></script>

</body>
</html>
```

Testing and Validation

Testing and validation check

The process of evaluating software during the development process or at the end of the development process to determine whether it satisfies specified business requirements.

Validation testing is in place to determine if the existing system complies with the system requirements and performs the dedicated functions for which it is designed along with meeting the goals and needs of the organisation.

Validation Testing ensures that the product actually meets the client's needs. It can also be defined as to demonstrate that the product fulfills its intended use when deployed on appropriate environment.

It is also known as dynamic testing, where we are ensuring that "we have developed the product right." And it also checks that the software meets the business needs of the client.

Security of software is an important and crucial task. The software which we are preparing or have prepared must ensure good security which means security of software must be maintained properly and up to the mark.

Various security measures need to be taken for ensuring good security of software like strong password ,proper authentication and authorization,etc

SYSTEM SECURITIES MEASURES

Security measures:-
Password Protection

A password is a secret word or phrase that provides uses access to a particular program system. Every software enable you to password-protect a variety of resources
Backup

Backup means to store some copy of programs, operating system, compilers, data, information, etc. permanently in secondary storage devices like hard disk, floppy disk, etc

Confidentiality

If any users is sharing their personal details in login form it will be secure safely as only users can access such information.

IMPLEMENTATION, EVALUATION, AND MAINTENANCE

Implementation, Evaluation and Maintenance:

Implementation

The software implementation stage involves the transformation of the software technical data package (TDP) into one or more fabricated, integrated, and tested software configuration items that are ready for software acceptance testing. The primary activities of software implementation include the:

•   Fabrication of software units to satisfy structural unit specifications.

•   Assembly, integration, and testing of software components into a software configuration item.

•   Prototyping challenging software components to resolve implementation risks or establish a fabrication proof of concept.

•   Dry-run acceptance testing procedures to ensure that the procedures are properly delineated and that the software product (software configuration items (CIs and computing environment) is ready for acceptance testing.

Evaluation:

After the implementation phase, another stage in project development is Evaluation.

Evaluation during a program's implementation may examine whether the program is successfully recruiting and retaining its intended participants, using training materials that meet standards for accuracy and clarity, maintaining its projected timelines, coordinating efficiently with other ongoing programs and activities, and meeting applicable legal standards.

After keeping the project in the working condition for the some Time,all the errors that are showing in the computer program should be Removed.

The developer needs to correct them so that same errors should Not be repeated.

We should take feedbacks of the users who are using it so as to know that it confirms to their specified requirements or not.

After evaluating the Program and satisfying the needs of the user the program is maintained fully

Maintenance:

In this phase, Maintenance of software , includes software upgrades, repairs, and fixes of the software if it breaks.

Software applications often need to be upgraded or integrated with new systems the customer deploys. It's often necessary to provide additional testing of the software or version upgrades. During the maintenance phase, errors or defects may exist, which would require repairs during additional testing of the software. Monitoring the performance of the software is also included during the maintenance phase.

Once the system is deployed, and customers start using the developed system, following 3 activities occur

Bug fixing – bugs are reported because of some scenarios which are not tested at all and they need to be fixed.

Upgrade – Upgrading the application to the newer versions of the Software.

Enhancement – Adding some new features into the existing software.

FUTURE SCOPE
OF PROJECT

Future scope of the project

In future our project may include the feature like per day per task performing,which means in one day only one task will be opened which the user need to perform.

After this ,the user will get credit points on the basis of how well the task has been performed by the user.

A chart will be displayed of completion of users tasks and users will be rewarded with points which will give them a feeling of satisfaction and pleasure and hence will help to divert their minds and get relaxing mood.

A list of songs, tunes ,etc will also be their for mood freshment of user and a list of contacts of psychologist will Also be there for helping them

CONCLUSION

Conclusion:-

While working on project we have a gained more knowledge about the programming languages as well as how to build a logic of the related things and programs.

Our project is Come Out D which will help the individuals suffering from depression to get out of it and relax as well divert their minds towards good things. For serving this purpose, we have created sections like yoga meditation, blog, news, information, etc. which will help the individuals to get out of their depression and get benefited from using this website.

They'll get a feeling of satisfaction as well as relaxation which will make them happy and cheerful.

For this project, the main language which we have used is HTML along with CSS ,PHP, and JavaScript and for Backend-MySql is used.

with the help of these languages, we created a Website, as a student working on a project is very challenging while facing an error but Because of teamwork we were successful in completing this project.

Now we were clear about the project that how the project can be done and what are the steps were taken while developing the project .

So if we all over concluded that first, we have to make a plan in mind how actually our look or features of project and also project title then we have to also think about project objectives is it good or bad for users then we have to make a preliminary investigation or also do a overall feasibility study of project ,what software or hardware required and also at last what will be the future scope of the project .

All above procedure will be done step by step so this study will help us in developing project and overall this will help us to increase our coding skill or more knowledge about technology so we thanks or teachers or mentor for giving us such knowledge or supporting us this is will definitely help in future.

BIBLIOGRAPHY

Bibliography and Book Reference –

Book Reference:

1) PHP Black Book

2) System Analysis and Design

-Elias Awad

(Galgotia publications Pvt.)

Bibliography –

While developing this project internet was the eternal support.
Following are the websites referred by us which helped us in developing our
project :

www.w3schools.com
www.javapoint.com
www.geeksforgeeks.org