
Documentation Documentation

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<https://pri-jour.herokuapp.com/>

1.1 What is PriJour?

The web app allows users to express their feelings by typing them on a digital canvas, which then aims to analyze their feelings and provide them with what they really need. The data collected over a period of time is visualized as a graph, which aids in deciding whether the individual requires medical assistance, and the report may be shared with a doctor. A special questionnaire is also designed that analyses the user's psychological condition and calculates his or her happiness index.

Not only this, the website also includes a trained bot - "Mamta" to help users to feel positive and happy just how everyone feels on the lap of their mother. This bot keeps a user engaged through interactive questions.

The user's journal entries and responses to those simple questions produce a personalized feed of quotes, book recommendations, blog posts, videos, and song therapy, which works wonders as opposed to scrolling through endless twitter, facebook, or instagram posts, which do more harm than good. PriJour offers a selection of carefully curated and limited feeds, allowing users to reflect on their own lives. These feeds are based on the concepts of Cognitive Behavioural Therapy (CBT).

1.1.1 Why the need?

The impact of our mental wellbeing can be felt in all aspects of our lives. A positive and healthy mind develops into a happier life. Is there a way to keep a check on your mental health in today's era, where stress and frustration are the new normal? PriJour functions similarly to an emotional spa or a free talk therapist, allowing users to spill all of their feelings, without anyone judging them, in the form of a private journal. Although journaling has its own merits but to top it all, the web app gives users a personalised emotional spa experience - where the massage is positivity, the scrub to remove dead cells is powerful words and in the end we shower them with positive affirmation!

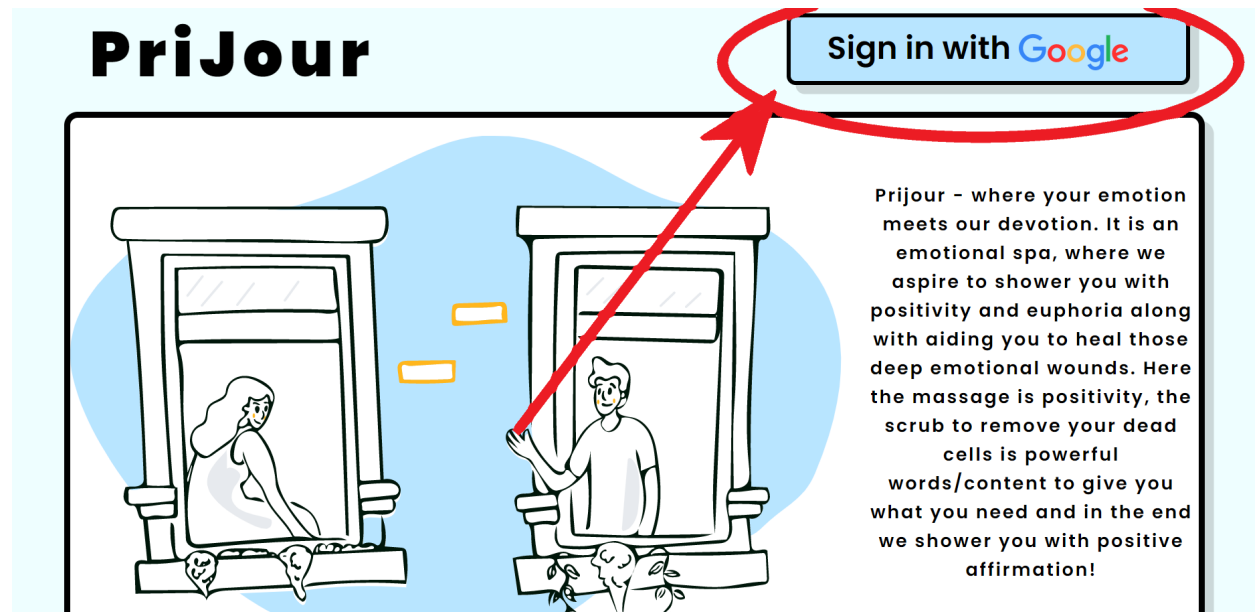
1.1.2 Key Features

- **Personalised Journal With sentiment Analysis:** The web app allows users to express their day by typing their feelings over a digital canvas which in turn attempts to analyse their sentiments using an ML model to give them what they really need.
- **Mamta, your friend in need:** Our website also includes a trained bot named "Mamta" that helps users feel positive and happy similar to how someone feels on the lap of their mother. This bot keeps a user engaged through interactive questions. It understands what the user is saying and replies accordingly.
- **Customized Questionnaire:** It is also built in such a way that it analyses the user's psychological state and calculates his or her happiness index.
- **Personalized feeds:** The web app displays dynamic content that is tailored to the user's problems. These are very carefully chosen and selective feeds.

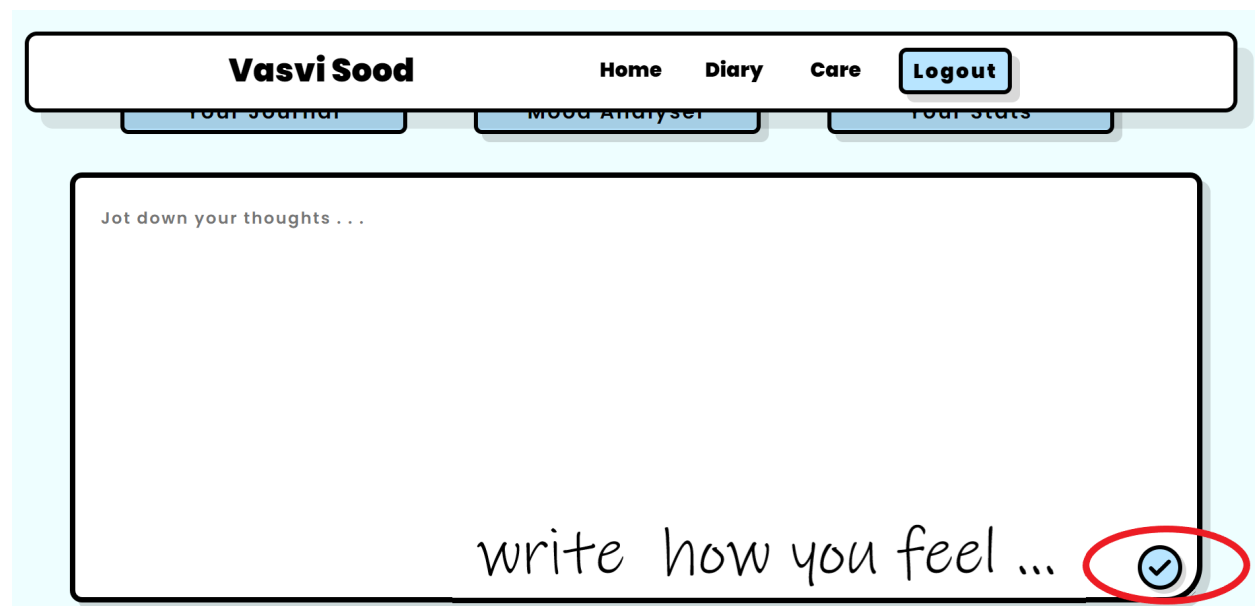
- Happiness Index Plotter: The data collected over a period of time is visualized as a graph, which aids in deciding whether the individual requires medical assistance.

1.2 User Guide

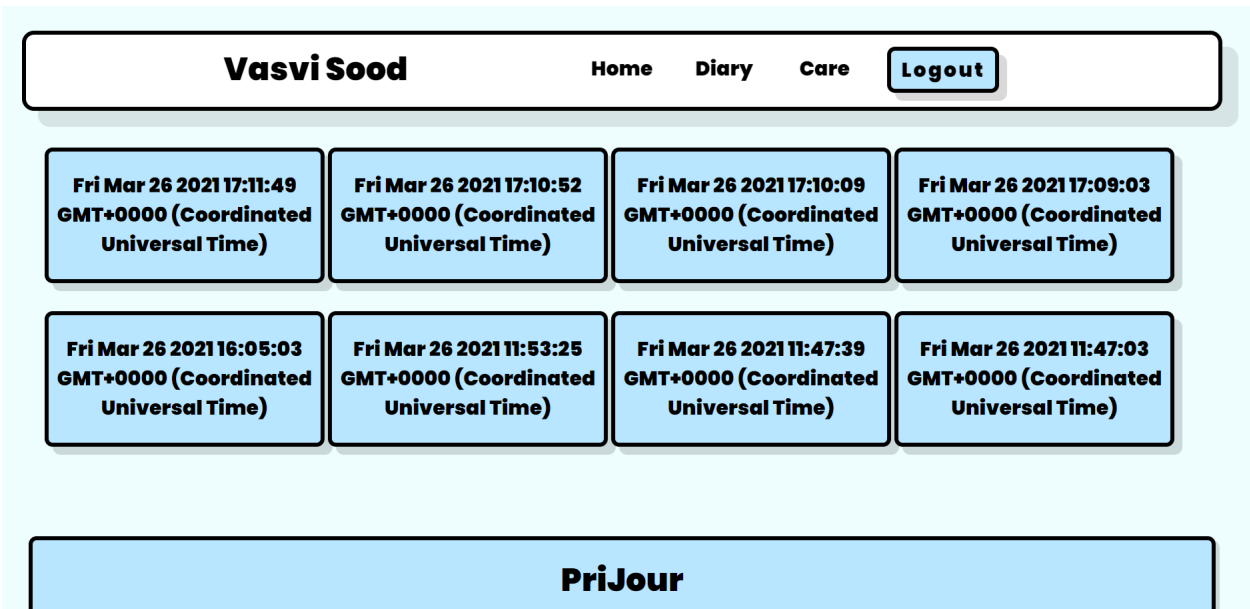
This guide is for making users familiar with PriJour's functionality and features:



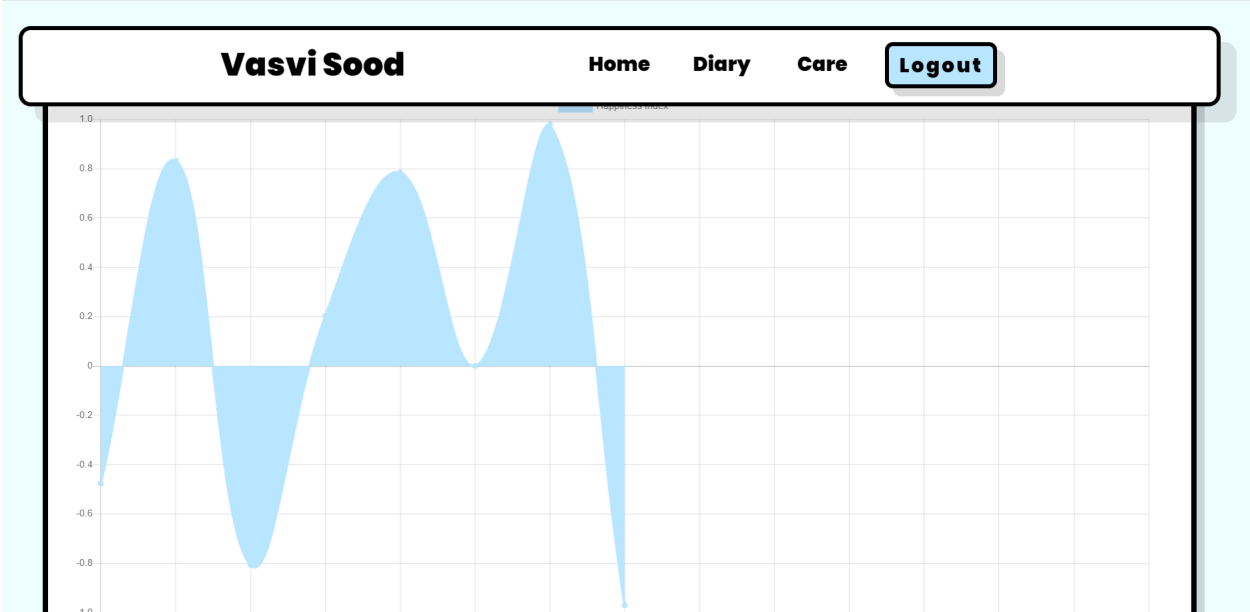
Use your Google account to register or log in. We want to provide you with a personalized experience, so it's important that you register.



Spill out your emotions in the journal and save them with this button.



We save all of your journal entries.



A graph of the happiness index based on Journal entries. The graph gets closer to 1 as the mood improves. It gets closer to -1, when the mood is gloomy.

What would you like to do on a bright and pleasant day?

Go out and do something fun

Finish my household chores

Stay at home and binge watch my favourite series

Stay in bed the entire day

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Home

Diary

Care

Logout

Books

Anna Karenina

Any fan of stories that involve juicy subjects like adultery, gambling, marriage plots, and, well, Russian feudalism, would instantly place Anna Karenina at the peak of their greatest novels list. And . . .

To Kill a Mockingbird

Harper Lee, believed to be one of the most influential authors to have ever existed, famously published only a single novel (up until its

Quotes

"Spread love everywhere you go. Let no one ever come to you without leaving happier"

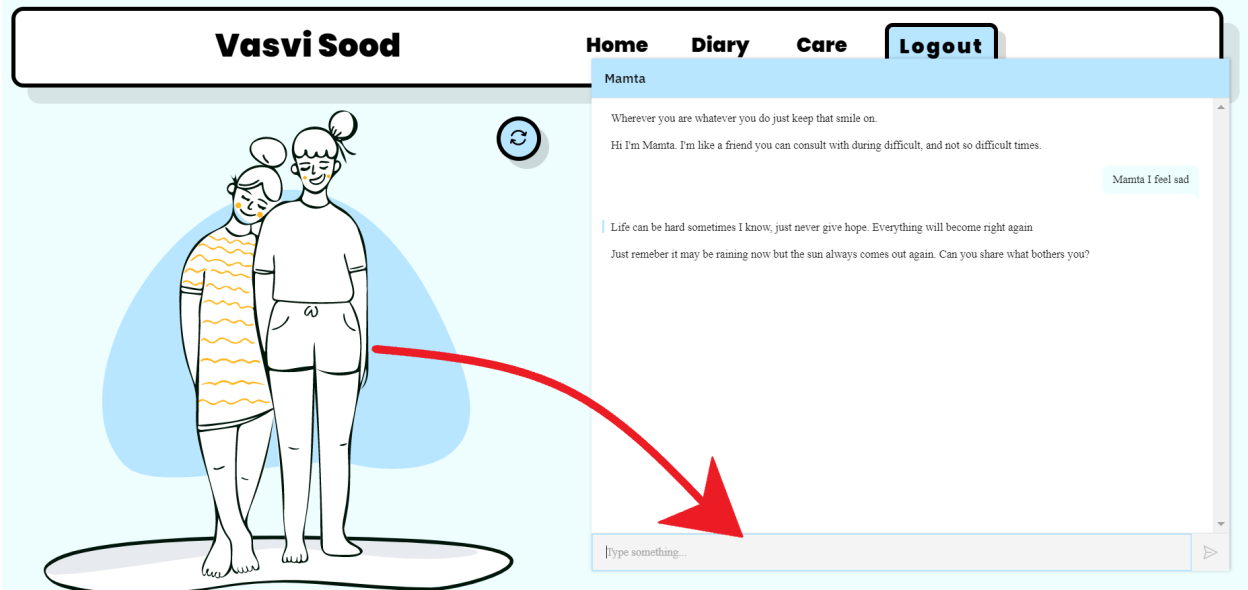
Mother Teresa

"When you reach the end of your rope, tie a knot in it and hang on."

Franklin D. Roosevelt

"Always remember that you are absolutely unique. Just like everyone else."

The mood tracker quiz determines the user's mood and displays a custom feed based on the results.



Mamta has a variety of jokes, quotes, and movie recommendations, among other things. She lends her ears whenever you want to say something.

1.3 Contribution Guide

Hello, and thank you for giving PriJour a try. If You are not familiar with the - *Features and Functions*, be sure to check it out.

The source code is at <https://github.com/dhruvinfo28/private-journal>.

1.3.1 How to file a bug Report?

A bug report must be filed as a GitHub issue.

Try looking for a similar GitHub issues before creating a new one. If you don't find something similar, move on to the next step:

Include as much detail as possible in your report. Include a detailed overview of the bug. Add screenshots whenever possible.

1.3.2 Submitting Contributions

- Prerequisites include familiarity with GitHub and the project's - *Tools and Technologies* .
- Make yourself familiar with the source code.
- Fork the project.
- Identify any bugs or solve any GitHub issues and submit a pull request to fix them.

1.3.3 Opening a pull request

Before submitting the pull request, first describe the changes you made. You should write a descriptive title for your pull request, and then include more details in the body of the pull request. If there are any related GitHub issues, make sure to mention those by number.

1.3.4 Running the project locally

1. Clone the project. On your terminal run the following command:

```
git clone https://github.com/dhruvinfo28/private-journal
```

2. You must have mongodb installed. Follow [this guide](#) to install mongodb for your PC.

3. Run the command in a new terminal:

```
mongod
```

(If there is no error message, move on to step 4.)

You need to update your Windows Path environment variable. For this:

- Find Mongo's bin folder. (If you're not sure where it is, it's probably in C:\Program Files\MongoDB\Server\4.4\, 4.4 was the latest stable version at the time, but this can be different for you)
- Copy the path of the bin folder
- Search Edit the System Environment Variables on your PC
- Click on "Advanced" tab and then "Environment Variables"
- Highlight the "Path" variable, click "Edit"
- This will bring up the "Edit environment variable" window, click "New"
- Paste your path to the bin folder. Make sure it ends with a \
- Press OK

Again run the mongod command. It should not give any errors.

4. In the server.js file replace line 21 with:

```
const MONGO_URI = `mongodb://127.0.0.1:27017/dbName`
```

(here dbName can represent any database name)

5. Replace line 29 with:

```
keys: ['sample']
```

(where sample can be any name)

6. Open the middleware/passportConfig.js and use your own [google OAuth credentials](#) for lines 18-19.

7. Run the following commands on the terminal:

```
npm install
npm run dev
```

8. The website will be live at port 3000.

1.3.5 Tools and Technologies



1.4 Credits and Accolades

The following people contributed to the development of this project:

Dhruv Panwar

Arnab Saha

Pushpdeep

Vasvi Sood

It was developed at [Xplore](#) and placed [third](#) in the competition.

The project's pitch can be found [here](#).

1.5 Have a suggestion

We're always looking for ways to improve the user experience, so please send us your ideas. Contact us at prijour@gmail.com.

1.6 Need Help

If you have any issues with PriJour, send us an email at prijour@gmail.com.