

Shri Shankaracharya Institute of Professional Management and technology, Mujgahan, Raipur

Minor Project on

Fitclick

CSE 7th Semester

Department of Computer science and engineering

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Project Guide:

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Application Area

- **Why did you opt work on this project?**

In this modern era where health is given priority, everyone wants to be physically fit and healthy. That's the reason why we have decide to develop yoga webapp. In this fast-paced life where we have apps for almost everything such as media, games, entertainment, finance, and academics we also need an app to keep ourselves physically fit.

- **Applications and benefits of the project .**

This app can be used by any person, irrespective of their ages.

Benefits:-

1. This webapp provides yoga's according to your health NEEDS.
2. This webapp will have a diet plan according to the disease an individual is suffering from.
3. This webapp also provides the meditation tab, where you can click and get the soothing and calming sound to help the mind focus in a better wat.

- **Who are the end users?**

Anybody can use this app.

Project Overview

- In this modern era where health is given priority, everyone wants to be physically fit and healthy. In this fast-paced life where we have webapp for almost everything such as media, games, entertainment, finance, and academics we also need an app to keep ourselves physically fit.
- So, we have come up with webapp which will help individuals to perform yoga's asana the way it should be. We have categorized yoga according to the disease .
- There are 5 disease categories in our webapp:
 - Diabetes
 - Arthritis
 - Hyper Tension
 - Back pain
 - Immunity booster

Project Overview

- For example: If an individual is suffering from diabetes, he will click on diabetes and he will get all the diets we should have as well as we should not have and then it will show the personalized yoga
- The website also has a meditation tab, where we can click and start the soothing sound which will help the Individual to make the mind calm and focus more.

Project Requirements (Developer)

- **Software used:**
 - Adobe XD for UI/UX
 - HTML, CSS, JavaScript FOR FRONT-END
 - VS Code (IDE)

Project Requirements (End User)

- **Requirements:**
 - Personal Computer or Mobile Phone
 - Internet connectivity
 - Web Browser(Microsoft Edge or Chrome)

Front End Details

- How many Interfaces / Screens your Application will have?
 - Three

PROJECT SNAPSHOTS:

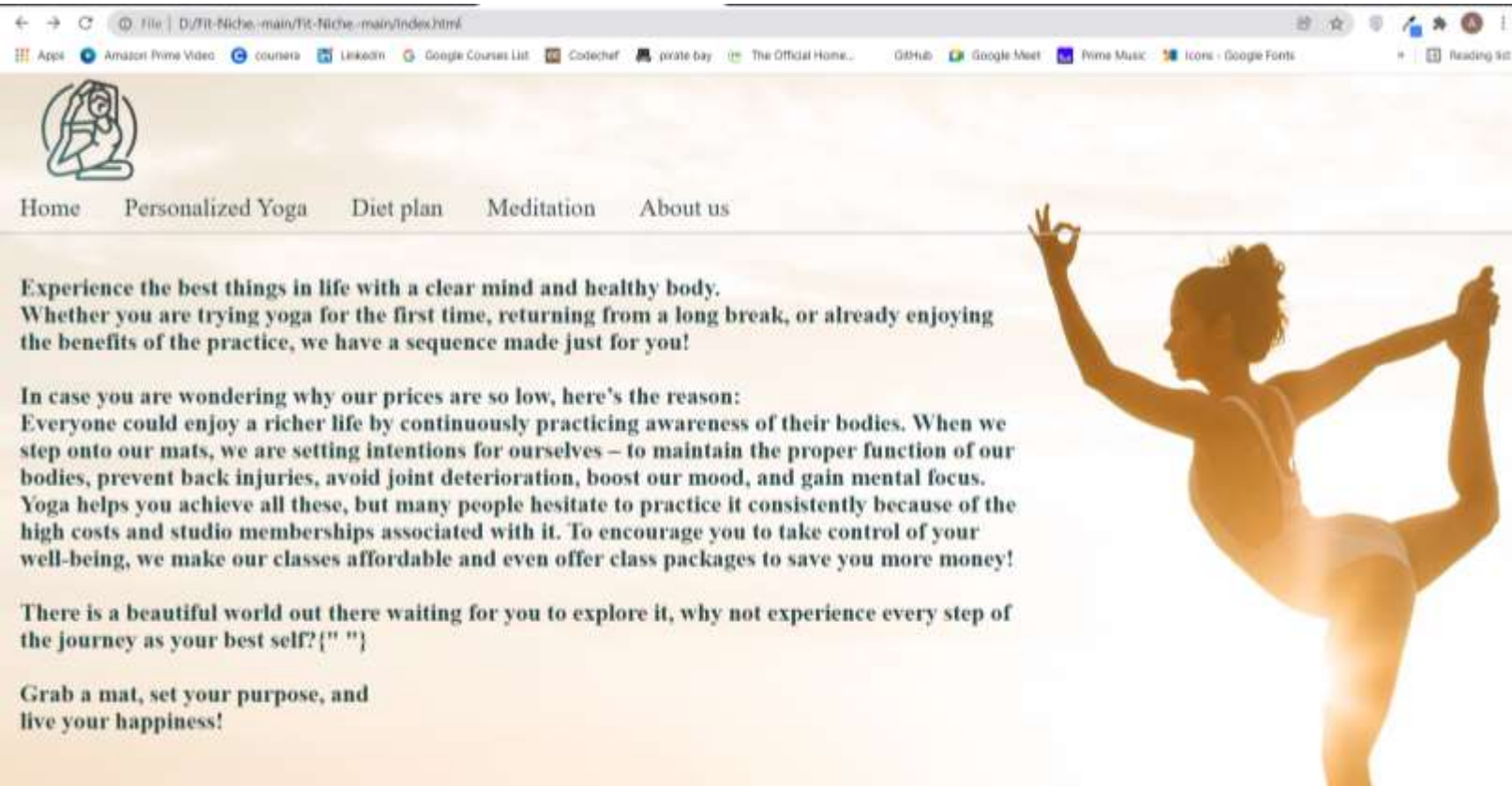
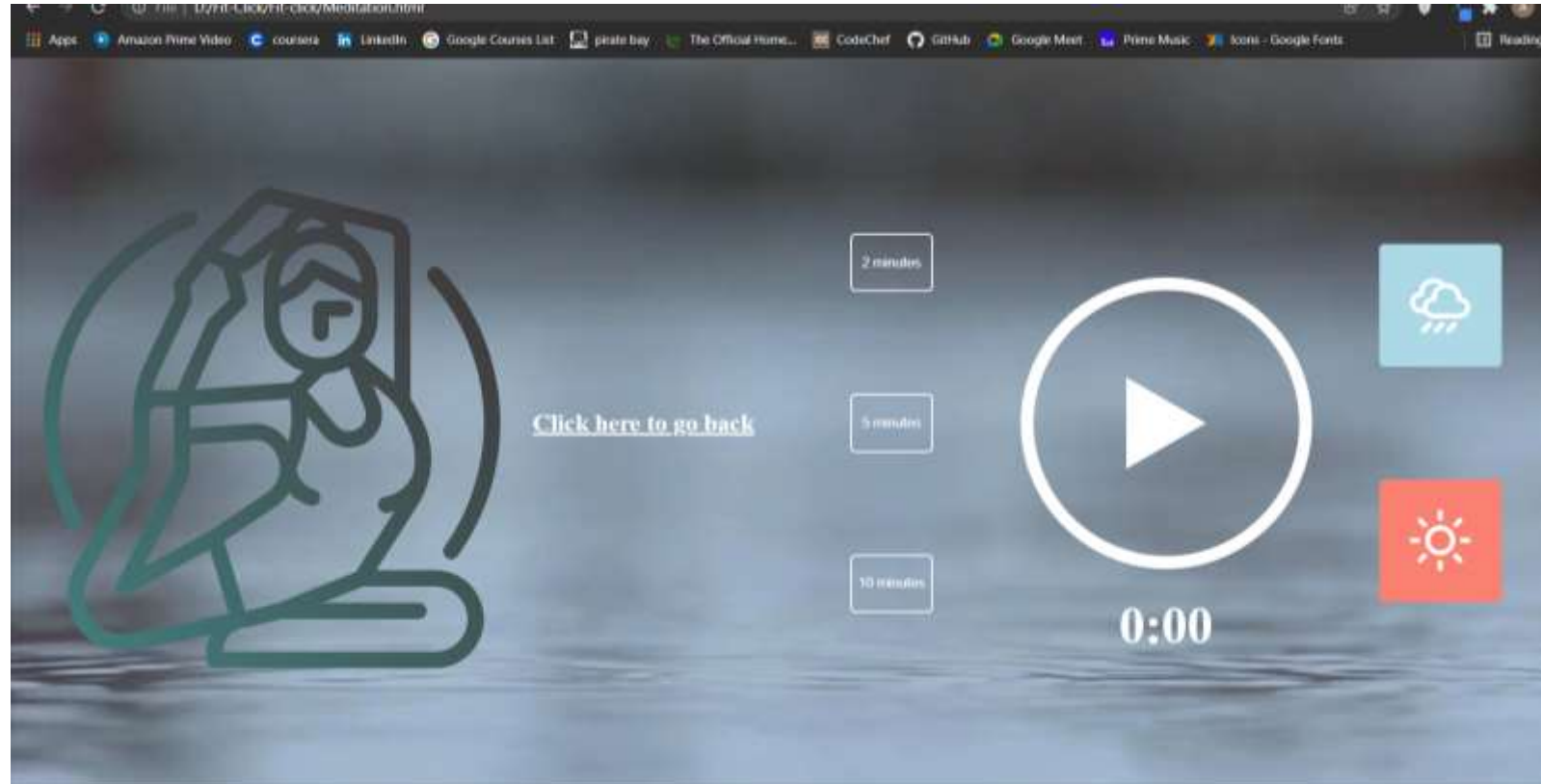
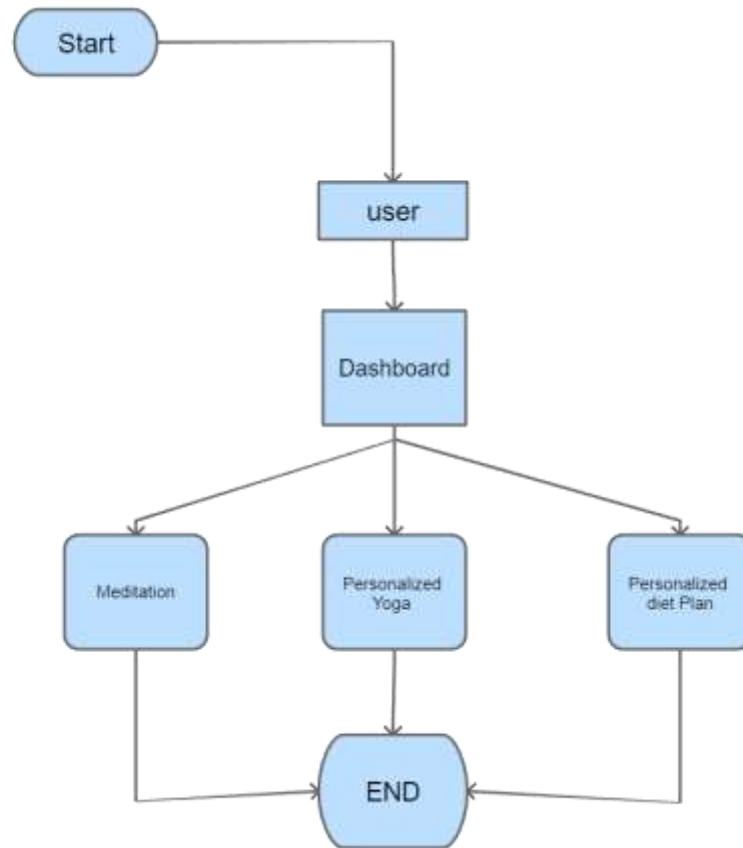


FIG.: HOME PAGE

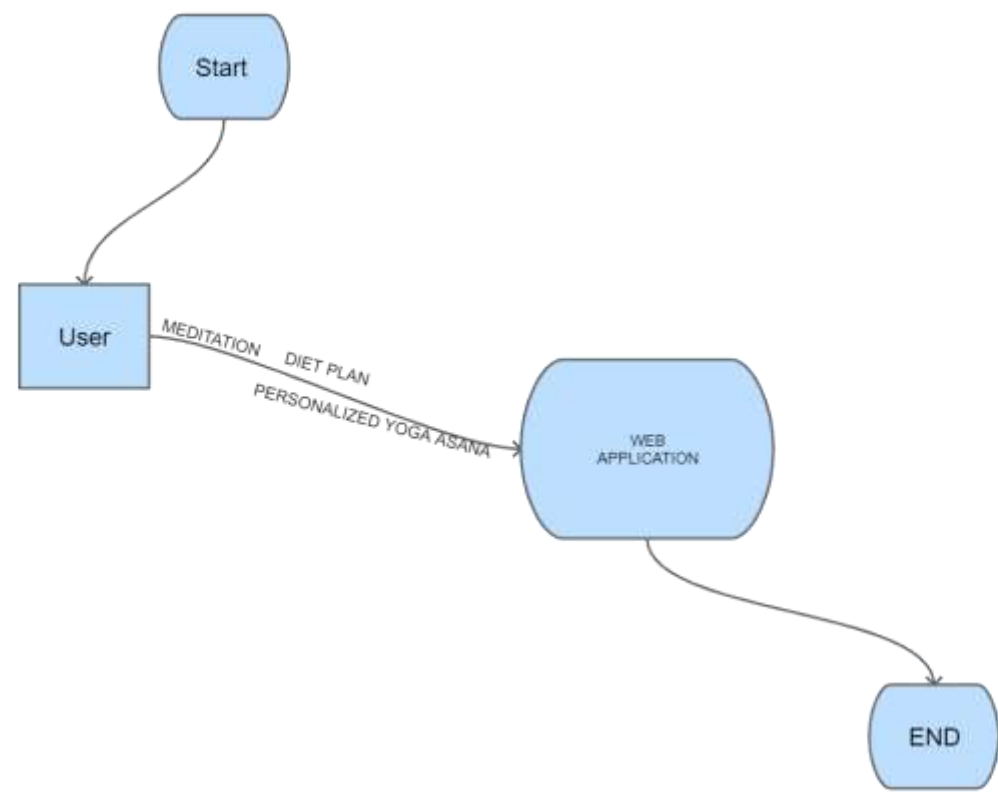
PROJECT SNAPSHOTS



Project flow diagram



DATA FLOW DIAGRAM:



DFD 0

Benefits and Conclusion

- This app provides better physical health.
- This app provides better mental health.
- You don't have to go anywhere to learn yoga you can learn in your home.
- Cost effective

References

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3. <https://www.youtube.com/watch?v=CGGF6MOOdrw&t=164s>.
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