***ASANAABHYAS* :** PERSONALIZED YOGA COMPANION

*Project Synopsis Submitted*

*to*

**MANIPAL ACADEMY OF HIGHER EDUCATION**

*For Partial Fulfillment of the Requirement for the*

*Award of the Degree*

*Of*

**Bachelor of Technology**

*in*

**Information Technology**

*By*

**Triya Roy**

**Reg. No. 210911406**

**Samarth Jaiswal**

**Reg. No. 210911174**

**Manan Mathur**

**Reg. No. 210911270**

*Under the guidance of*

Dr. Girija Attigeri Dr. Jayashree

Associate Professor Assistant Professor

Department of I&CT Department of I&CT

Manipal Institute of Technology Manipal Institute of Technology

Manipal, Karnataka, India Manipal, Karnataka, India

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**Objective:**

The objective of our yoga trainer website “ASANAABHYAS” is to promote health and wellness by encouraging correct yoga techniques and a regular yoga practice. Leveraging advanced AI algorithms, the website aims to provide personalized yoga routines tailored to individual fitness levels, goals, and preferences. A significant focus is on innovative pose detection and correction using the smartphone's camera, ensuring users perform yoga poses accurately and safely, thus reducing the risk of injury and enhancing the overall effectiveness of their practice. The website also seeks to track and motivate progress, serve as an educational resource on yoga, and foster a supportive community of yoga enthusiasts. Emphasizing data privacy and security, the project aims to make yoga more accessible and effective for a global audience, contributing to their physical, mental, and emotional well-being.

**Scope:**

The scope of our website is comprehensive and multifaceted, focusing on integrating advanced AI algorithms for personalized yoga experiences, including pose detection and correction. We aim to develop a user-friendly interface with a wide range of content catering to all yoga levels, enhanced by features for health and fitness tracking. Additionally, we prioritize data security and privacy, ensuring user information is protected. The website will be accessible and inclusive, catering to diverse users. Our market deployment strategy includes scalable solutions and a sustainable business model, with continuous improvements based on user feedback.

**Project Description:**

ASANAABHYAS, a yoga trainer website, is more than just technology—it's a companion on your wellness journey. Infused with machine learning, the website gently guides users through yoga poses with personalized feedback, ensuring each session is safe, effective, and nurturing. Whether you're a beginner or a seasoned yogi, the website speaks to your level, offering encouragement and progress tracking that feels like a warm, supportive hand on your shoulder. It's a blend of ancient yoga wisdom and modern AI, bringing the yoga studio experience into your home. It's not just an website; it's a sanctuary where every breath and movement brings you closer to your physical and mental health goals, all while safeguarding your data privacy. This project is our passion, a bridge between technology and the timeless art of yoga, making well-being accessible to everyone, everywhere.

**Software Requirements:**

Language:  React (Frontend), Node.js (Backend)

Database:  MongoDB

**Submitted by**

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| Name | Registration number | Roll Number | Semester & Branch | Section |
| Triya Roy | 210911406 | 71 | VI (IT) | C |
| Samarth Jaiswal | 210911174 | 38 | VI (IT) | C |
| Manan Mathur | 210911270 | 51 | VI (IT) | C |

**Individual Responsibilities:**

Samarth Jaiswal: Frontend, Model training

Manan Mathur: Frontend, UI/UX

Triya Roy: Backend, Database connectivity