Yoga

<https://www.kaggle.com/datasets/shreesurya/yoga-asanas-and-its-benefits>

custom shape divider

<https://www.shapedivider.app/>

Health Score

<https://www.kaggle.com/code/prasadchaskar/health-score>

<https://www.kaggle.com/datasets/hansaniuma/patient-health-scores-for-ehr-data>

<https://icons.getbootstrap.com/>

<https://forum.djangoproject.com/t/user-is-authenticated/5145>

<https://docs.djangoproject.com/en/4.2/topics/auth/default/>

<https://stackoverflow.com/questions/11945321/what-is-the-equivalent-of-none-in-django-templates>

<https://www.lybrate.com/topic/indian-diet>

A blood sugar level less than 140 mg/dL (7.8 mmol/L) is normal. A reading of more than 200 mg/dL (11.1 mmol/L) after two hours means you have diabetes. A reading between 140 and 199 mg/dL (7.8 mmol/L and 11.0 mmol/L) means you have prediabetes