



**NITTE**  
EDUCATION TRUST

**NMAM INSTITUTE  
OF TECHNOLOGY**

# **MOBILE APPLICATION DEVELOPMENT PROJECT REPORT ON “Yoga App”**

*Submitted by*

**Subrahmanya      4NM20IS159**

**Ranjan Kumar      4NM20IS114**

**Darshan      4NM20IS034**

**BACHELOR OF ENGINEERING  
IN  
INFORMATION SCIENCE AND ENGINEERING**

*Under the Guidance of*

**Ms. Sapna S**

Assistant Professor Gd-I

Department of Information Science and Engineering

**In partial fulfilment of the requirements for the award of Bachelor of Engineering in  
Information Science and Engineering**

**From**

NMAM Institute of Technology, Nitte.

December 2022– 2023



**NITTE**  
EDUCATION TRUST

**NMAM INSTITUTE  
OF TECHNOLOGY**

## **CERTIFICATE**

This is to certify that the project entitled "**Yoga app**" has been carried out by **Subrahmanya 4NM20IS159, Ranjan Kumar 4NM20IS114, Darshan 4NM20IS034**, the bonafide students of NMAM Institute of Technology, Nitte in Information Science and Engineering during the year 2022-23. It is certified that all corrections/suggestions indicated for internal assessment have been incorporated in the report. The project report has been approved as it satisfies the academic requirements prescribed by Bachelor of Engineering degree in fifth semester.

-----  
**Signature of the Supervisor**

Ms. Sapna s

-----  
**Signature of the HOD**

Dr. Karthik Pai B H

### **External Viva:**

Examiner's Name

Signature with Date

1.....

.....

2.....

.....

## TABLE OF CONTENTS

1. Introduction	4
2. Problem Statement and Objectives	5
3. Implementation and Results	6
4. Conclusion	11
5. References	12

## **Introduction**

People who want to practise yoga but are unable to or unwilling to attend physical session can do it with the help of yoga applications. People can easily practise yoga whenever and wherever they want by using our yoga app. Additionally, it offers a thorough explanation of the various yoga asanas so that they can comprehend how to perform them.

Our project provides a simple, user-friendly interface to ensure that the user's experience while using the app is smooth. The user can select one of the yoga postures from the existing plans provided. Once the user has made their selection, they are redirected to the other activity, which includes instructions, a pictorial representation, and interactive audio instruction about the pose they have chosen. If the user is unsatisfied or wants to learn more about the asanas, they are free to opt for the premium plan. Once the payment is made, a verification will be sent to the user along with the login credentials to our website. The website consists of many advanced asanas, along with the audio-visual learning we provide online, one-on-one yoga training sessions, and diet plans too.

# **Problem statement and objective**

## **Problem Statement**

- How might we improve the daily yoga app for users so that they can more efficiently achieve their fitness goals?
- How to practice yoga at home?
- How to get training from specialized trainers.

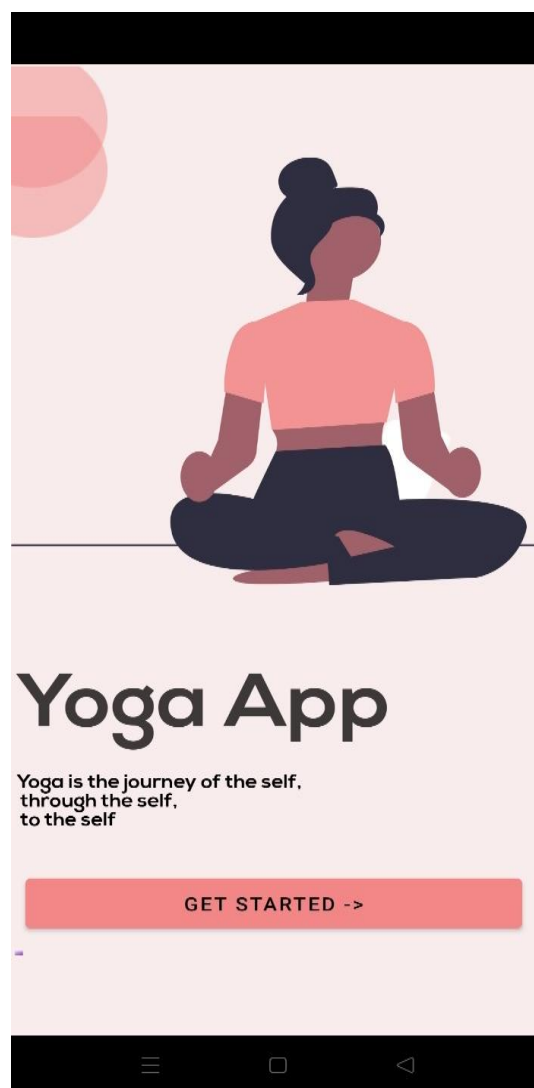
## **Objectives**

- This Yoga app will master the art of yoga and meditation and certainly give it a go and will refer it to their friends.
- The app provides video resources of instructors explaining yoga and people can learn best out of it.
- People need not to travel far in search of trainers as it is online.
- On upgrading you will get the access to the website which consists of diet plans and live one-on-one interactive sessions with the instructor you opt for.

## Implementation and Results

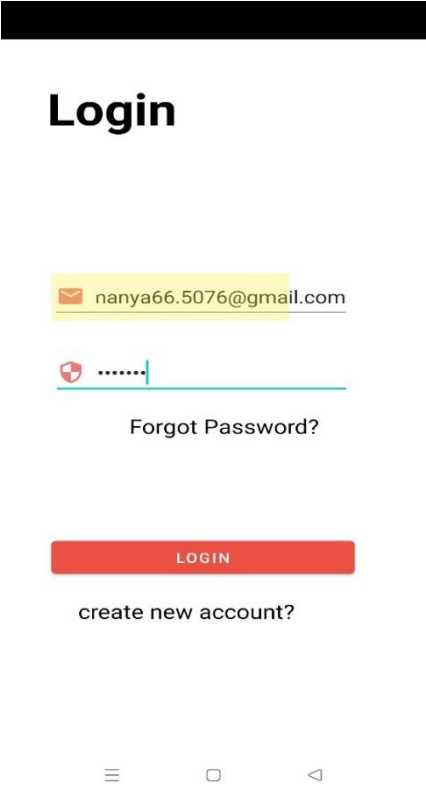
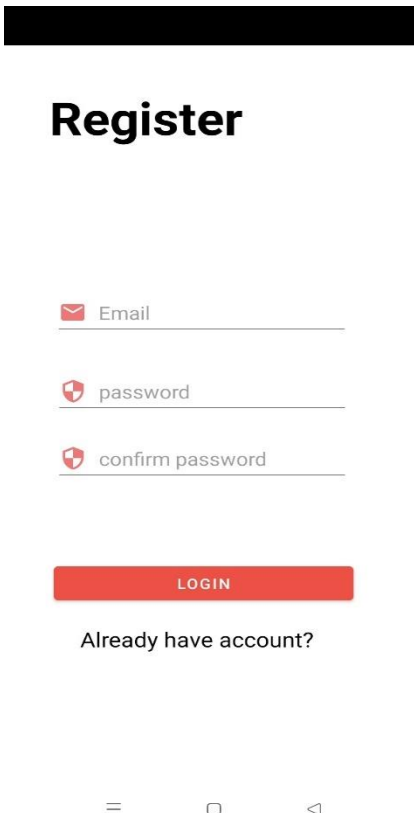
### Yoga App landing page

This is the page that appears as soon as the app is opened. This page consists of a button on click of which you will land to the login/register page.



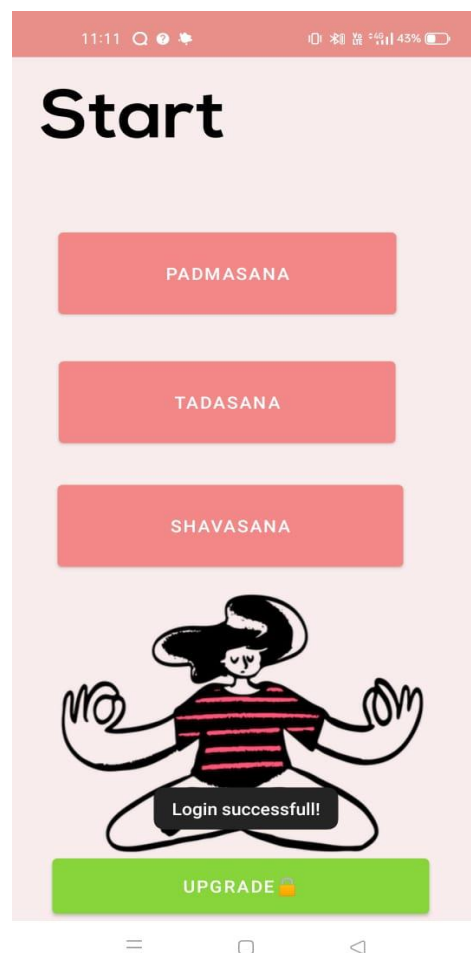
## Login and Register page

On click of the get started button we land on to the login page, where the already existing users can login with the help of their email id and password. In case the user is new to the app **create a new account** option is given, on click of which the user is redirected to the register page where the new user can register themselves using their email and password.

 <p>The Login page features a black header bar. Below it, the word "Login" is centered in a large, bold, black font. There are two input fields: the first is for an email address, with the placeholder text "nanya66.5076@gmail.com" highlighted in yellow; the second is for a password, represented by a series of dots. Below the password field is a link that says "Forgot Password?". A red button with the text "LOGIN" in white is positioned below the inputs. Underneath the button is a link that says "create new account?". At the bottom of the page are three small, faint icons: a hamburger menu, a square, and a left-pointing triangle.</p>	 <p>The Register page features a black header bar. Below it, the word "Register" is centered in a large, bold, black font. There are three input fields, each with a red envelope icon on the left: the first is labeled "Email", the second is labeled "password", and the third is labeled "confirm password". A red button with the text "LOGIN" in white is positioned below the inputs. Underneath the button is a link that says "Already have account?". At the bottom of the page are three small, faint icons: a hamburger menu, a square, and a left-pointing triangle.</p>

## Start page

Once the login activity is successful the user is automatically redirected to the start page of the app which consist of list of yoga postures/asanas. On click of the button the user lands into the page which consists information regarding the option chosen by the user. If the user is unsatisfied with the provided basic techniques, then the user is free to opt for the premium plan provided on click of the upgrade button.






## Yoga postures/asanas

The information regarding the desired option is displayed which consists of detailed steps to perform the asanas along with the video tutorials.


### Padmasana

1. Sit on the floor or on a mat with legs stretched out in front of you while keeping the spine erect.
2. Bend the right knee and place it on the left thigh. Make sure that the sole of the feet point upward and the heel is close to the abdomen.
3. Now, repeat the same step with the other leg.
4. With both the legs crossed and feet placed on opposite thighs, place your hands on the knees in mudra position.
5. Keep the head straight and spine erect.
6. Hold and continue with gentle long breaths in and out.




### Tadasana

1. Stand with the feet parallel, a few inches apart. (Alternately you may stand with the bases of your big toes touching, heels slightly apart.)
2. Lift and spread your toes and the balls of your feet, then lay them softly back down on the floor. Rock gently back and forth and side to side. Gradually reduce this swaying to a standstill, with your weight balanced evenly across your feet. Feel the energy draw from your feet up through
3. Without pushing your lower front ribs forward, lift the top of your sternum straight toward the ceiling. Widen your collarbones. Allow your shoulder blades to draw toward each other and down the back, away from the ears.
4. Let your arms relax beside your torso, palms facing in or forward.
5. Balance the crown of your head directly over the center of your pelvis, with the underside of your chin parallel to the floor, throat soft, and tongue wide and flat on the floor of your mouth. Soften your eyes. Breathe.



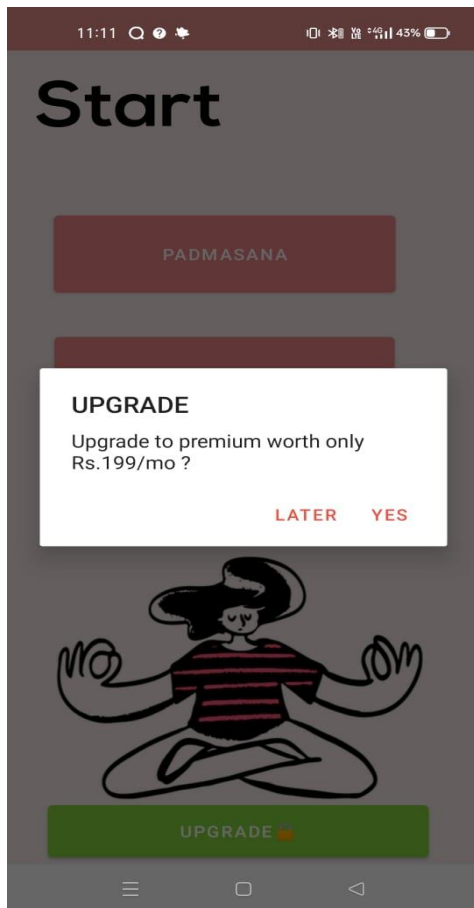
### Shavasana

1. Lie flat on your back, preferably without any props or cushions. Use small pillow below your neck if absolutely required. Close your eyes.
2. Keep your legs comfortable apart and let your feet and knees relax completely, toes facing to the sides.
3. Place your arms alongside, yet a little spread apart from your body. Leave your palms open, facing upward.
4. Taking your attention to different body parts one by one, slowly relax your entire body.
5. Begin with bringing your awareness to the right foot, move on to the right knee (as you complete one leg, move your attention on to the other leg), and so on, and slowly move upwards to your head, relaxing each part of the body.
6. Keep breathing slowly, gently, deeply and allow your breath to relax you more and more. The incoming breath energizes the body while the outgoing breath brings relaxation. Drop all sense of hurry or urgency or any need to attend to anything else. Just be with the body and the



## On upgrade

On click of upgrade button an alert dialog is displayed and if the user is willing to buy the premium plan they can make an online payment using the information provided in the next redirected activity.



## Instructions

1. Make the payment to the given upi id
- step2. send the screenshot to the given mail along with the utr number
3. Once the payment is confirmed login credentials will be shared

UPI:subramanya66.okicici  
Mail:subramanya66.5076@gmail.com

## **Conclusion**

Our app helps people to learn yoga at any required place and time. It consists of video/instruction tutorials prepared by well-trained instructors along with the diet plans to lead a healthy life which is essential in this modern world.

## **References**

Reference 1: <https://github.com/PierfrancescoSoffritti/android-youtube-player>

(YouTube player)

Reference 2: <https://www.youtube.com/watch?v=gaykE36N7PY&t=9s>

(Firebase creation and authentication)