Yogamarg
Synopsis

Problem/Basic Concept-

In urban India, obesity has become a very common problem. This is occurring in almost every age group, ranging from children to middle-aged adults.
We observed this problem and decided to make an easy, free of cost solution.
"Yogamarg", meaning "the way of yoga" is a website that lets users find the yoga exercises they can do to train whatever muscle group they choose. We have developed this with every person in mind, and have made a very easy interface that anyone can navigate.

What's unique-

Though many apps with the same concept have previously been developed, our website has some major differences-

- We have developed an easy interface with no complex terms so that people who don't have a proper education, old people, and more such people can understand everything
- Our competitors use applications, which take up storage and are sometimes poorly designed, use old/disproven statistics and have complex terms (BMI, Caloric Consumption, etc)

- We use a very light design, making it easier to load our site on poor internet, common in rural areas.

Detailed Description-

'Yogamarg' (pronounced yo-guh-ma-ruh-guh) is a hindi/sanskrit word meaning 'way of yoga'. We have summarized many documents into a convenient website meant for people suffering from obesity, a very common problem in modern India. Our app combines a healthy lifestyle and spirituality through a simple design and interface. It is coded in simple HTML, CSS and Javascript and ensures a design that is light, accessible, easy to understand and convenient.

"Obesity happens one pound at a time, so does preventing it".

Tools Used & Prices-

S No.	Tool	Price (Rupees)
1	Visual Studio Code	Free
2	Google Chrome (testing)	Free
3	Github	Free

As shown in the above table, this project is free of cost to develop and required no external funding.