

VISVESVARAYA TECHNOLOGICAL UNIVERSITY

Jnana Sangama, Machhe, Belagavi – 590 018



An INTERNSHIP Project Report on

GYM ESSESTIALS

Submitted in partial fulfillment of the requirements as a part of the for the award of
degree (18CSI85)

Bachelor of Engineering
In
Computer Science & Engineering

Submitted by

SHUBHAM R BASAVA

2TG20CS404



Varcons Technologies Pvt Ltd

Conducted at

Varcons Technologies Pvt Ltd



Department of Computer Science and Engineering

Tontadarya College of Engineering

Mundaragi Road, GADAG – 582101

2022–2023



Tontadarya College of Engineering

Gadag-582101,Karnataka,India

DEPARTMENT OF COMPUTER SCIENCE &ENGINEERING
Accredited by NBA, NewDelhi



CERTIFICATE

This is to certify that the project report entitled **Gym Essentials** has been successfully completed by **SHUBHAM R BASAVA (2TG20CS404)** in partial fulfillment of the requirements as a part of the **Industrial of Technology** for the award of the degree of **Bachelor of Engineering in Computer Science and Engineering** under Visvesvaraya Technological University, Belagavi during academic year **2022 – 2023**. It is certified that all corrections/suggestions indicated have been in corporate in the report.

The project report has been approved as it satisfies the academic requirements in respect of Internship prescribed for the course Internship/Professional Practice (18CSI85)

Signature of Guide

Signature of HOD

Principal

External Viva :

Name of the Examiners

Signature with date

1. _____

2. _____

DECLARATION

I, **Shubham R Basava**, final year student of computer science and engineering, tontadarya college of engineering mundaragi road, gadag – 582101, declare that the internship has been successfully completed, in **Varcons Technologies pvt ltd.** this report is submitted in partial fulfillment of the requirements for award of bachelor degree in computer science & engineering, during the academic year 2022-2023.

Date : 06/03/2023

:

Place : Gadag

USN : 2TG20CS404

NAME : SHUBHAM R BASAVA



Date: 6th February, 2023

Name: **SHUBHAM R BASAVA**
USN: **2TG20CS404**

Dear Student,

We would like to congratulate you on being selected for the **Full Stack Web Development** Internship position with **Varcons Technologies**, effective Start Date **6th February, 2023**. All of us are excited about this opportunity provided to you!

This internship is viewed as being an educational opportunity for you, rather than a part-time job. As such, your internship will include training/orientation and focus primarily on learning and developing new skills and gaining a deeper understanding of concepts of **Full Stack Web Development** through hands-on application of the knowledge you learn while you train with the senior developers. You will be bound to follow the rules and regulations of the company during your internship duration.

Again, congratulations and we look forward to working with you!.

Sincerely,

Spoorthi H C

Director

VARCONS TECHNOLOGIES

213, 2nd Floor, 18 M G Road, Ulsoor,
Bangalore-560001

ACKNOWLEDGEMENT

These Internships are salt of accumulated guidance; direction and support of several important persons .We take this opportunity to express our gratitude to all who have help end us to complete the Internship

. We express our sincere thanks to our Principal, for providing us adequate facilities to undertake this Internship.

We would like to thank our **DR ARUN KUMAR**– 18CSI85, for providing us inoportunity to carry out Internship and for his valuable guidance and support.

We would like to thank our Software Services for guiding us during the period finder ship.

We express our deep and profound gratitude to our guide, **Chandrakant Hatti, Assistant Prof Chandrakant Hatti**, for him keenintere standing our agementat every step in completing the Internship.

We would like to thank all the faculty members of our department for the support extended during the course of Internship.

We would like to thank the non-teaching members of our dept, for helping us during the Internship.

Last but not the least, we would like to thank our parents and friends without whose constant help, the completion of Internship would have not been possible.

NAME: **SHUBHAM R BASAVA**

USN : **2TG20CS404**

ABSTRACT

This report presents a comprehensive analysis of the essential accessories required for a complete and safe workout experience at a gym, focusing on gloves, tees, and protein sachets. As a fitness enthusiast and an intern, the primary objective was to research and identify the necessary accessories that must be available at a gym to enhance members' workout experience. The report highlights the importance of gloves in preventing injuries during weightlifting exercises, the significance of wearing comfortable and breathable tees during workouts, and the role of protein supplements in muscle recovery and growth. The report also covers the convenience of protein sachets for gym-goers, which provides a quick and easy way to consume protein supplements. Overall, this report aims to provide gym owners and managers with an understanding of the essential accessories that must be available at their facility to enhance their members' workout experience and achieve their fitness goals.

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CHAPTER 1

COMPANY PROFILE

A Brief History of Varcons Technologies Pvt Ltd

Varcons Technologies, was incorporated with a goal” To provide high quality and optimal Technological Solutions to business requirements of our clients”. Every business is a different and has a unique business model and so are the technological requirements. They understand this and hence the solutions provided to these requirements are different as well. They focus on client’s requirements and provide them with tailor made technological solutions.They also understand that Reach of their Product to its targeted market or the automation of the existing process into e-client and simple process are the key features that our clients desire from Technological Solution they are looking for and these are the features that we focus on while designing the solutions for their clients.

Sarvamoola Software Services. is a Technology Organization providing solutions for all web design and development, MYSQL, PYTHON Programming, HTML, CSS, ASP.NET and LINQ. Meeting the ever-increasing automation requirements, Sarvamoola Software Services. specialize in ERP, Connectivity, SEO Services, Conference Management, effective webpromotion and tailor-made software products, designing solutions best suiting client’s requirements.

Varcons Technologies, strive to be the front runner in creativity and innovation in software development through their well-researched expertise and establish it as an out of the box software development company in Bangalore, India. As a software development company, they translate this software development expertise into value for their customers through their professional solutions.

They understand that the best desired output can be achieved only by understanding the clients demand better **Varcons** Technologies work with their clients and help them to define their exact solution requirement. Sometimes even they wonder that they have completely redefined their solution or new application requirement during the brainstorming session, and here they position themselves as an IT solution consulting group comprising of high caliber consultants.

They believe that Technology when used properly can help any business to scale and achieve new heights of success. It helps Improve its efficiency, profitability, reliability; to put it in one sentence” Technology helps you to Delight your Customers” and that is what we want to achieve.

CHAPTER 2

ABOUT THE COMPANY



Varcons Technologies is a Technology Organization providing solutions for all web design and development, MYSQL, PYTHON Programming, HTML, CSS, ASP.NET and LINQ. Meeting the ever-increasing automation requirements, Compssoft Technologies specialize in ERP, Connectivity, SEO Services, Conference Management, effective webpromotion and tailor-made software products, designing solutions best suiting client's requirements. The organization where they have a right mix of professionals as a stakeholder to help us serve our clients with best of our capability and with at par industry standards. They have young, enthusiastic, passionate and creative Professionals to develop technological innovations in the field of Mobile technologies, Web applications as well as Business and Enterprise solution. Motto of our organization is to "Collaborate with our clients to provide them with best Technological solution hence creating Good Present and Better Future for our client which will bring a cascading a positive effect in their business shape as well". Providing a Complete suite of technical solutions is not just our tag line, it is Our Vision for Our Clients and for Us, we strive hard to achieve it.

Products of Varcons Technologies.

Android Apps

It is the process by which new applications are created for devices running the Android operating system. Applications are usually developed in Java (and/or Kotlin; or other such option) programming language using the Android software development kit (SDK), but other development environments are also available, some such as Kotlin support the exact same Android APIs (and bytecode), while others such as Go have restricted API access.

The Android software development kit includes a comprehensive set of development tools. These include a debugger, libraries, a handset emulator based on QEMU, documentation, sample code, and tutorials. Currently supported development platforms include computers running Linux (any modern desktop Linux distribution), Mac OS X

10.5.8 or later, and Windows 7 or later. As of March 2015, the SDK is not available on Android itself, but software development is possible by using specialized Android applications.

Web Application

It is a client–server computer program in which the client (including the user interface and client- side logic) runs in a web browser. Common web applications include web mail, online retail sales, online auctions, wikis, instant messaging services and many other functions. web applications use web documents written in a standard format such as HTML and JavaScript, which are supported by a variety of web browsers. Web applications can be considered as a specific variant of client–server software where the client software is downloaded to the client machine when visiting the relevant web page, using standard procedures such as HTTP. The Client web software updates may happen each time the web page is visited. During the session, the web browser interprets and displays the pages, and acts as the universal client for any web application. The use of web application frameworks can often reduce the number of errors in a program, both by making the code simpler, and by allowing one team to concentrate on the framework while another focuses on a specified use case. In applications which are exposed to constant hacking attempts on the Internet, security-related problems can be caused by errors in the program.

Frameworks can also promote the use of best practices such as GET after POST. There are some who view a web application as a two-tier architecture. This can be a “smart” client that performs all the work and queries a “dumb” server, or a “dumb” client that relies on a “smart” server. The client would handle the presentation tier, the server would have the database (storage tier), and the business logic (application tier) would be on one of them or on both. While this increases the scalability of the applications and separates the display and the database, it still doesn’t allow for true specialization of layers, so most applications will outgrow this model. An emerging strategy for application software companies is to provide web access to software previously distributed as local applications. Depending on the type of application, it may require the development of an entirely different browser-based interface, or merely adapting an existing application to use different presentation technology. These programs allow the user to pay a monthly or yearly fee for use of a software application without having to install it on a local hard drive. A company which follows this strategy is known as an application service provider (ASP), and ASPs are currently receiving much attention in the software industry.

Security breaches on these kinds of applications are a major concern because it can involve both enterprise information and private customer data. Protecting these assets

is an important part of any web application and there are some key operational areas that must be included in the development process. This includes processes for authentication, authorization, asset handling, input, and logging and auditing. Building security into the applications from the beginning can be more effective and less disruptive in the long run.

Web design

It is encompassing many different skills and disciplines in the production and maintenance of websites. The different areas of web design include web graphic design; interface design; authoring, including standardized code and proprietary software; user experience design; and search engine optimization. The term web design is normally used to describe the design process relating to the front-end (client side) design of a website including writing mark up. Web design partially overlaps web engineering in the broader scope of web development. Web designers are expected to have an awareness of usability and if their role involves creating markup then they are also expected to be up to date with web accessibility guidelines. Web design partially overlaps web engineering in the broader scope of web development.

Departments and services offered

Compsoft Technologies plays an essential role as an institute, the level of education, development of student's skills is based on their trainers. If you do not have a good mentor then you may lag in many things from others and that is why we at Compsoft Technologies gives you the facility of skilled employees so that you do not feel unsecured about the academics. Personality development and academic status are some of those things which lie on mentor's hands. If you are trained well then you can do well in your future and knowing its importance of Compsoft Technologies always tries to give you the best.

They have a great team of skilled mentors who are always ready to direct their trainees in the best possible way they can and to ensure the skills of mentors we held many skill development programs as well so that each and every mentor can develop their own skills with the demands of the companies so that they can prepare a complete packaged trainee.

Services provided by Varcons Technologies.

- Core Java and Advanced Java
- Web services and development
- Dot Net Framework
- Python
- Selenium Testing
- Conference / Event Management Service
- Academic Project Guidance
- On the Job Training
- Software Training

CHAPTER 3

INTRODUCTION

Introduction to Web Apps

Web applications are similar to the traditional applications you'd install on your Information, such as Microsoft Office. They are able to perform the same kinds of tasks, they look the same and they feel the same but there is one key difference - the application itself is not installed on your phone or Information, but lives in the cloud. Web apps are not new, but it used to be that they were often unable to compete with more traditional applications for business-critical functions or where rich user interaction was required. This is no longer the case. With the power of modern web technologies, we are able to design and build performing, secure, and feature rich applications that live in the cloud and bring with them a huge number of benefits.

1. They can be accessed from anywhere.

- Because web applications are built with web technologies and they run in a web browser Internet Explorer, Google Chrome, Mozilla Firefox – this allows them to be accessed from every web enabled tool. As long as you have an internet connection you can use them.
- It allows for remote working, it allows for rapid publishing of content, it allows for real time collaboration between teams. If you have web access, you have the ability to access your business tools.

2. They are cost effective.

- Web applications are cheaper to produce and maintain than traditional applications. No matter how many platforms your business uses (Mac, Linux, Windows) web application build can be used across them all.

3. They benefit from more rapid update cycles.

- A huge benefit of web applications is that when an update is released, all of your users are immediately using that version. This doesn't happen with installed applications, especially in large organizations with IT policies that restrict administrator access.

4. They are secure.

- Web developers have had to become experts in security – the web is a platform designed to share everything with everyone! As such, the types and levels of security included in web applications are often far greater than those seen in traditional applications.
- They also benefit from the ability to launch updates in real-time – the application on the servers is the application people are using. The applications on people's laptops however is the version last installed. And when those laptops get left on a train it's not a concern, as nothing is stored locally.

5. They enable more computing with fewer Information.

- Web applications push all of the hard work to the servers, and act as intermediaries between the user interface and the calculations happening behind the scenes. This means you can accomplish terrifyingly complex work on a tablet, or your phone.
- We've built web applications that allow people to understand the complex relationships between 250,000 pieces of art on their phones, and applications that run the business systems of one of the largest solar energy providers in the world. Often these products are not financially viable to build using traditional application processes.

Problem Statement

Develop an application which facilitates creation of web pages having a need to install any HTML editor-based software and also which can be used by any novice user (no HTML knowledge needed) that is developing web pages online. This module is designed to reduce the process involved in managing the activity of customers and business where the business can sell their services and the customers can buy those.

Introduction to B2C Ecommerce Website Development with Admin Panel

B2C E-commerce website content providers to focus on creating effective assessment questions and focusing on providing a platform for easy access between Buyer and Consumer.

Here we present techniques that are pertinent to the elements of assessment process: answers submission, Information zed grading, and feedback after submission. As the modern organizations are automated and Information's are working as per the instructions, it becomes essential for the coordination of human beings, commodity and Information's in a modern organization.

CHAPTER 4

SYSTEM ANALYSIS

User Schema:

```
sqlite> PRAGMA table_info(user);
```

cid	name	type	notnull	dflt_value	pk
0	id	INTEGER	1		1
1	name	VARCHAR(50)	1		0
2	mobile	INTEGER	1		0
3	email	VARCHAR(100)	1		0
4	password	VARCHAR(150)	1		0

Car Schema:(Product's)

```
sqlite> PRAGMA table_info(car);
```

cid	name	type	notnull	dflt_value	pk
0	model	VARCHAR(20)	1		1
1	car_name	VARCHAR(50)	1		0
2	release_year	VARCHAR(4)	1		0
3	price	VARCHAR(20)	1		0
4	description	VARCHAR(500)	1		0

Feedback Schema:

```
sqlite> PRAGMA table_info(feedback);
```

cid	name	type	notnull	dflt_value	pk
0	id	INTEGER	1		1
1	name	VARCHAR(150)	1		0
2	email	VARCHAR(150)	1		0
3	subject	VARCHAR(150)	1		0
4	message	VARCHAR(1000)	1		0

CHAPTER 5

REQUIREMENTS ANALYSIS

Requirement specifications are divided into two categories based on the nature. Those are hardware and software requirements. Requirement specification is a description of a software and hardware system to be developed. It lays out functional and non-functional requirements, and may include a set of use cases that describe user interactions that the software must provide.

5.1 Hardware Requirements:

Processor	:	1.9 (GHz) x86-bit or x64-bit dual core processor
RAM	:	4.0 GB.
Display	:	Super VGA with a resolution of 1024 x 768

5.2 Software Requirements:

Operating System	:	Windows XP Service Pack2 or Above
Programming Languages	:	HTML, CSS & Python 3.7.4
Browser	:	Google Chrome or Mozilla Firefox or IE

5.3 Functional Requirements:

Before Compiling and running the webserver this web application requires some Python Modules which can be installed through terminal using pip command. Those Modules are:

- Flask
- Flask-Login
- Flask-SQLAlchemy
- Flask-Migrate

Installation

pip is the preferred installer program. Starting with Python 3.4, it is included by default with the Python binary installers.

1. Flask

Flask is a lightweight WSGI web application framework. It is designed to make getting started quick and easy, with the ability to scale up to complex applications. It began as a simple wrapper around Werkzeug and Jinja and has become one of the most popular Python web application frameworks.

Install and update using **pip**:

\$ pip install -U Flask

CHAPTER 5

Snap Shot

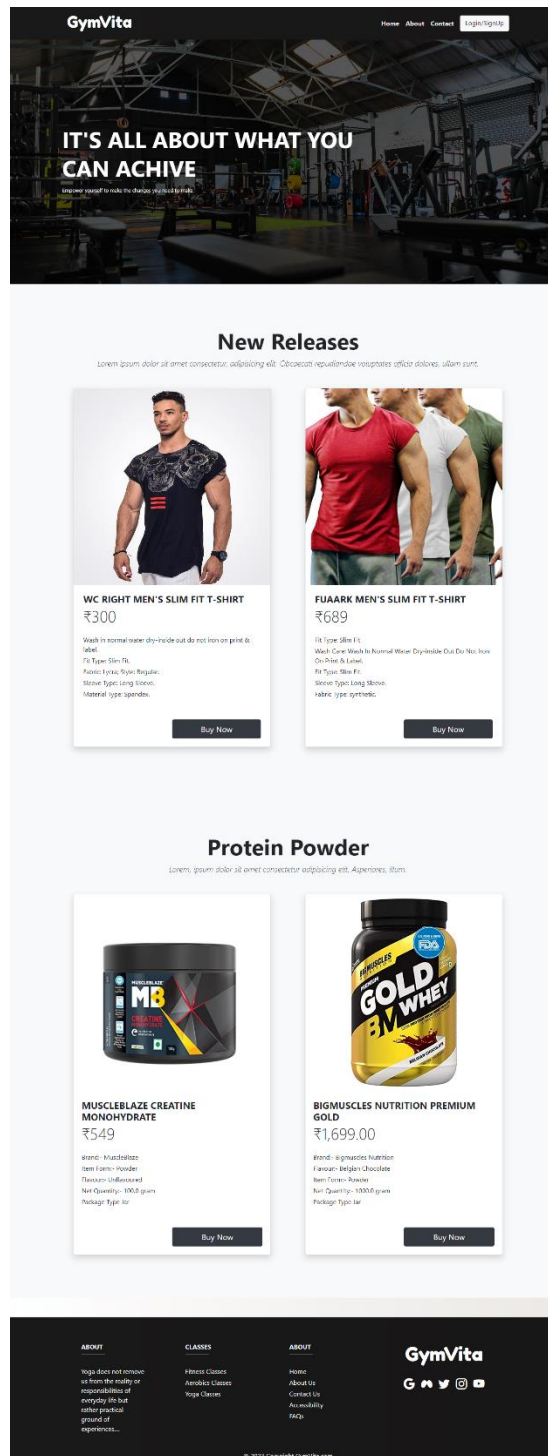
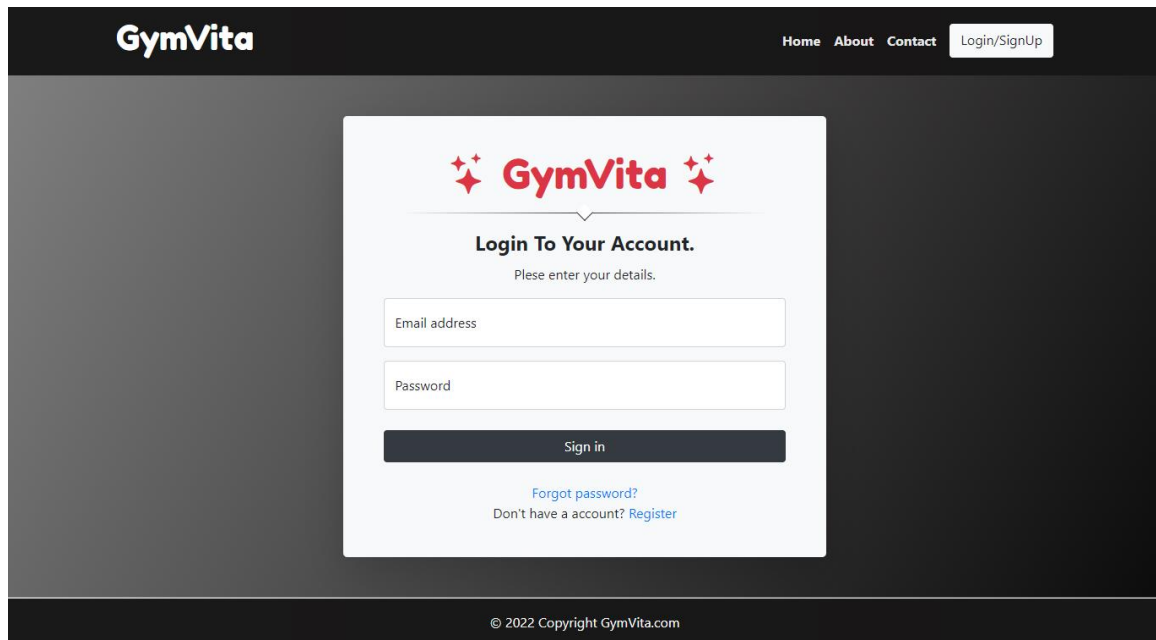


Fig 5. 1 Home Page of GymVita



GymVita Home About Contact Login/SignUp

GymVita

Login To Your Account.
Plese enter your details.

Email address

Password

Sign in

[Forgot password?](#)
Don't have an account? [Register](#)

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Fig 5. 2 GymVita / User Signup/Login Page

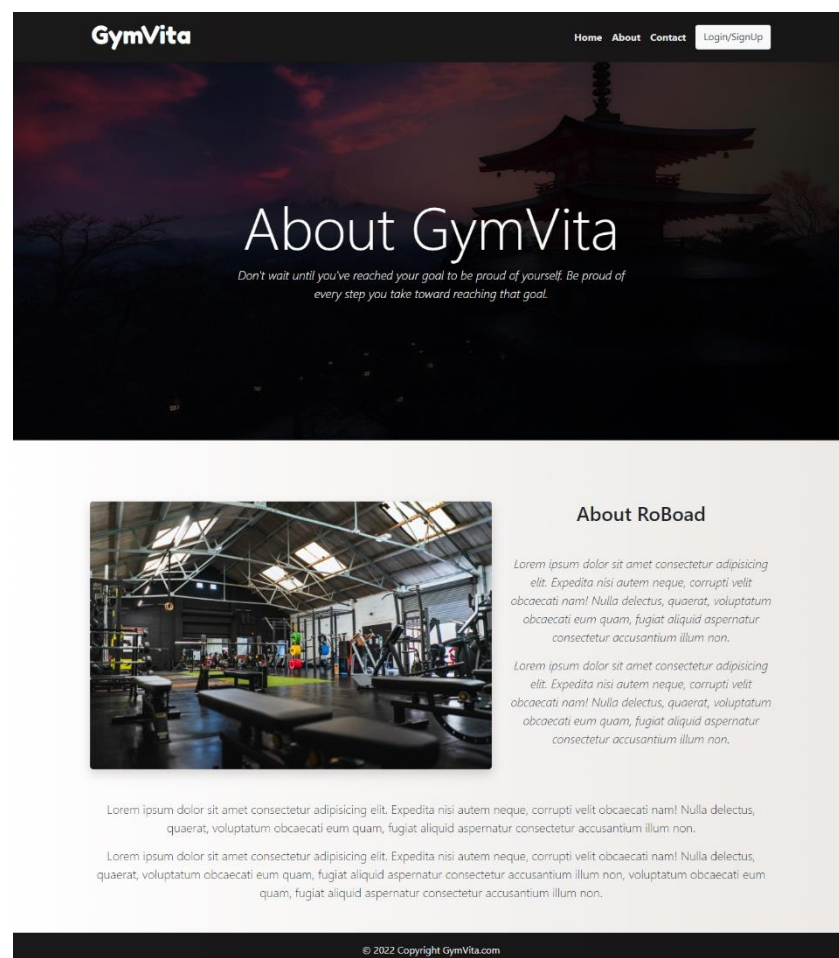


Fig 5. 3 About Page of GymVita

GymVita[Home](#)[About](#)[Contact](#)[Login/SignUp](#)

Get In Touch

We love all Questions & Feedback. Please leave us a message by filling the below form.

Postal Mail

GymVita Sales, INDIA, Inc.
P.O. Box 259001
Plano, TX 75025-9001

Phone/Fax

Phone: 800-331-4331
Fax: 310-468-7814
Mon-Fri: 8:00 a.m. - 8:00 p.m. IST
Sat: 9:00 a.m. - 7:00 p.m. IST

Send a Message

contact@GymVita.com

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Fig 5. 4 Contact form of GymVita

CHAPTER 6

CONCLUSION

This project is used to, we learned how to create the most effective fitness or workout app since it detailed the essential elements and functionalities that should be included. Suppose you incorporate all of these elements into your fitness software. In that case, you will not only be able to outcompete your competitors, but you will also be able to identify new revenue-generating prospects.

Consequently, developing a successful Gym application necessitates proper approaches and an app with essential features. These fundamental elements should be incorporated into an effective fitness application. Therefore, you should ensure that you give yourself ample time to plan and invest in the process of creating a fitness application and that you engage the assistance of a reliable technology partner.

CHAPTER 7

REFERENCES

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