

**PROJECT  
REPORT ON  
MY YOGA SPACE**

**Submitted for the partial fulfillment for the award of  
B.Tech  
Computer Science & Engineering  
by**



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## **STUDENT DECLARARTION**

I hereby certify that the work which is being done in the project entitled “**My Yoga Space** ” by “**Simrankaur & Anju**” is as per the course requirement of **B. Tech CSE**, submitted in the department of computer science and engineering at **Ludhiana group of colleges** is a record of my own work carried out during **7th sem**. Under the supervision of “**Er. Abhishek Bansal**”, the matter presented in this report has not been submitted by me to any other institute for the award of B.Tech degree.

**Signatureofsupervisor**

**Signatureofthestudent**

**SignatureofH.O.D**

## ACKNOWLEDGEMENT

I am highly grateful to **Dr. RakeshKumar(Principal)** of Ludhiana group of colleges for providing this opportunity to carry out this project work.

The constant guidance and encouragement received from “**Er.Abhishek Bansal**” has been of great help in carrying out project work and is acknowledged with reverential thanks.

I would also like to express a deep sense of gratitude to H.O.D (**Er.Gundeep kaur**) who guided me during different phases ofproject work. Without whom, it would have been quite difficult to complete this project work.

Signature

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## Abstract

The project “*My Yoga Space*” focuses on promoting physical, mental, and emotional well-being through yoga practice. In today’s fast-paced world, maintaining a balanced lifestyle is crucial for overall health. This project aims to create a dedicated platform or environment—physical or digital—where individuals can practice yoga, access learning resources, and monitor their progress.

Through the integration of guided sessions, customized routines, and relaxation modules, *My Yoga Space* aspires to make yoga accessible to everyone, regardless of age or fitness level.

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## Introduction

Yoga is an ancient practice that combines physical postures, breathing techniques, and meditation to achieve harmony between body and mind. Over the years, yoga has evolved into a global wellness trend, helping millions overcome stress, anxiety, and health-related issues.

The idea of *My Yoga Space* originated from the need to create a personal and peaceful area for practicing yoga without distractions. It can be a **mobile application**, a **community studio**, or even a **personalized space at home** designed to support mindfulness and physical well-being.

## The main objectives of this project are:

- To encourage daily yoga practice.
- To design a calm, accessible space for relaxation.
- To integrate digital tools for learning and tracking progress.

# Methodology

The project was developed using the following systematic approach:

## 1. Research Phase:

- Studied various yoga techniques, user needs, and health benefits.
- Collected feedback from yoga practitioners and instructors.

## 2. Design Phase:

- Designed the layout of *My Yoga Space* (either digital app interface or physical studio setup).
- Focused on minimalism, calm color schemes, and accessibility features.

## 3. Development Phase:

- Implemented digital modules like user registration, video tutorials, and meditation timers (for app version).
- For a physical setup, created a layout with yoga mats, ventilation, lighting, and peaceful ambiance.

## 4. Testing Phase:

- Collected feedback from initial users.
- Adjusted features and environment for better comfort and engagement.

## Result / Implementation

After implementation, *My Yoga Space* successfully provided users with a personalized environment for their daily yoga sessions. Users reported improvement in concentration, flexibility, and stress management.

Key outcomes include:

- Increased participation in yoga sessions.
- Positive mental health feedback from participants.
- Improved user satisfaction through accessible and aesthetic design.

The system/app/studio was easy to navigate, with options for guided yoga videos, breathing exercises, and session tracking.

## Future Scope

In the future, *My Yoga Space* can be expanded in several ways:

- **AI-based Personalization:** Using AI to suggest yoga poses based on user health data.
- **Virtual Reality Integration:** Offering immersive yoga sessions in scenic environments.
- **Community Interaction:** Creating online yoga communities and live group sessions.
- **Health Tracking:** Integration with fitness devices to monitor heart rate and calories burned.

These enhancements will help *My Yoga Space* evolve into a comprehensive wellness ecosystem promoting global health and harmony.

## Conclusion

The project *My Yoga Space* demonstrates the importance of combining ancient wellness practices with modern technology and design. It provides a convenient and peaceful solution for individuals seeking physical and mental balance.

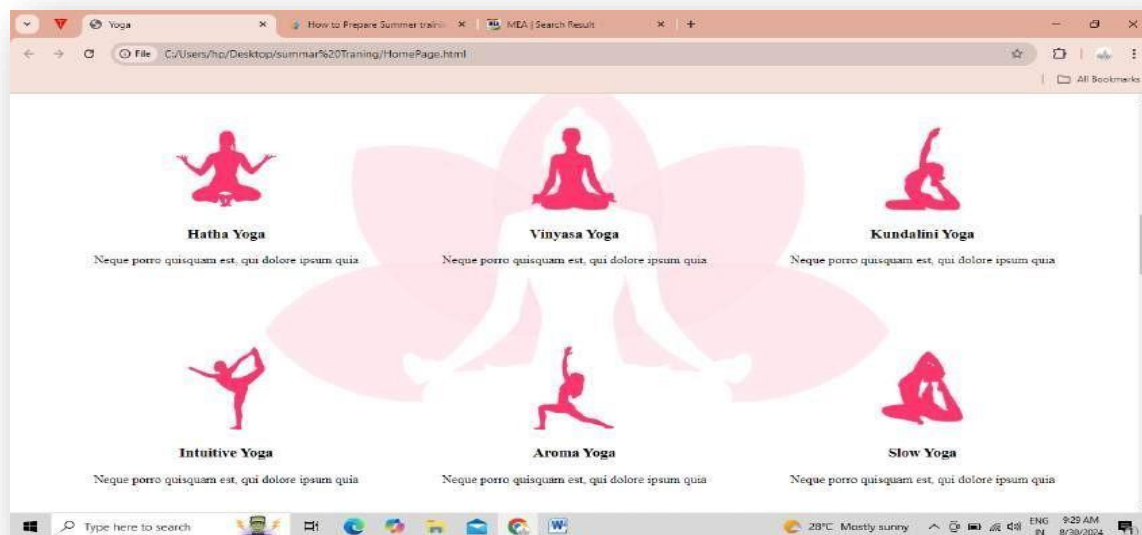
Through thoughtful design and implementation, the project successfully encourages a healthy lifestyle and mindfulness among users.

## SnapShots

### HOME PAGE:-

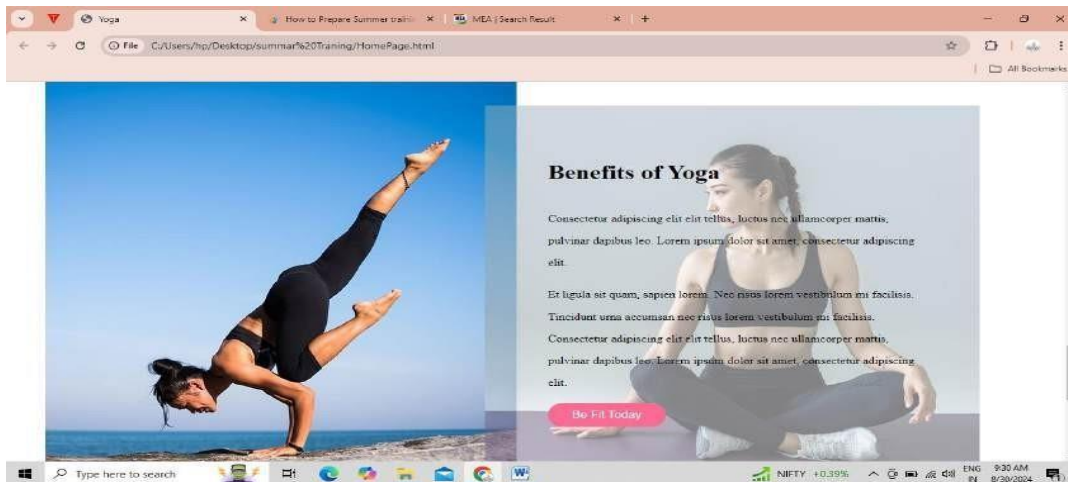


### Dive in The world of health & Fitness

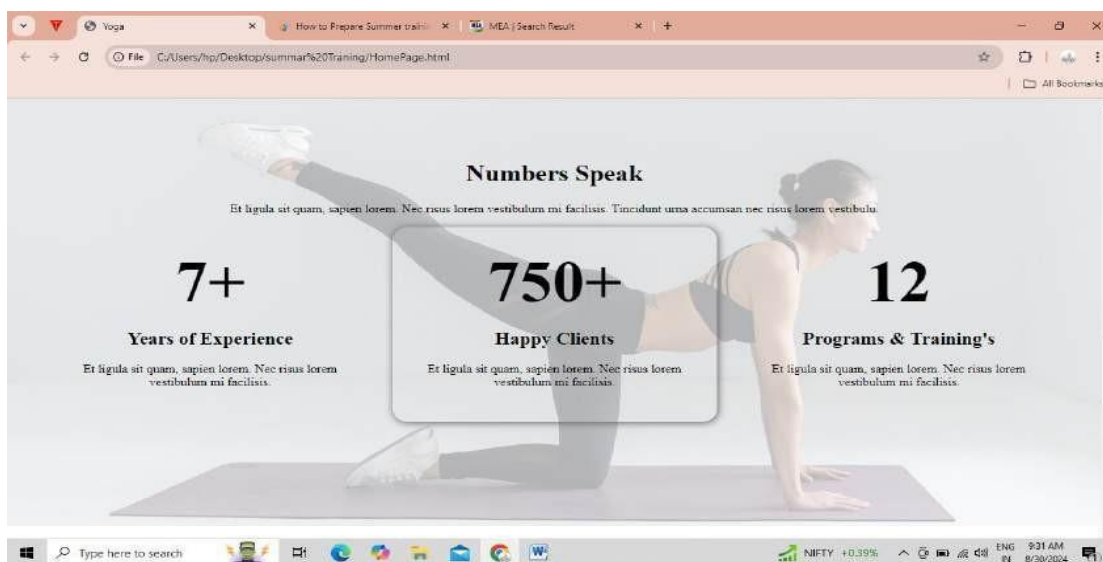




## Benefits of Yoga

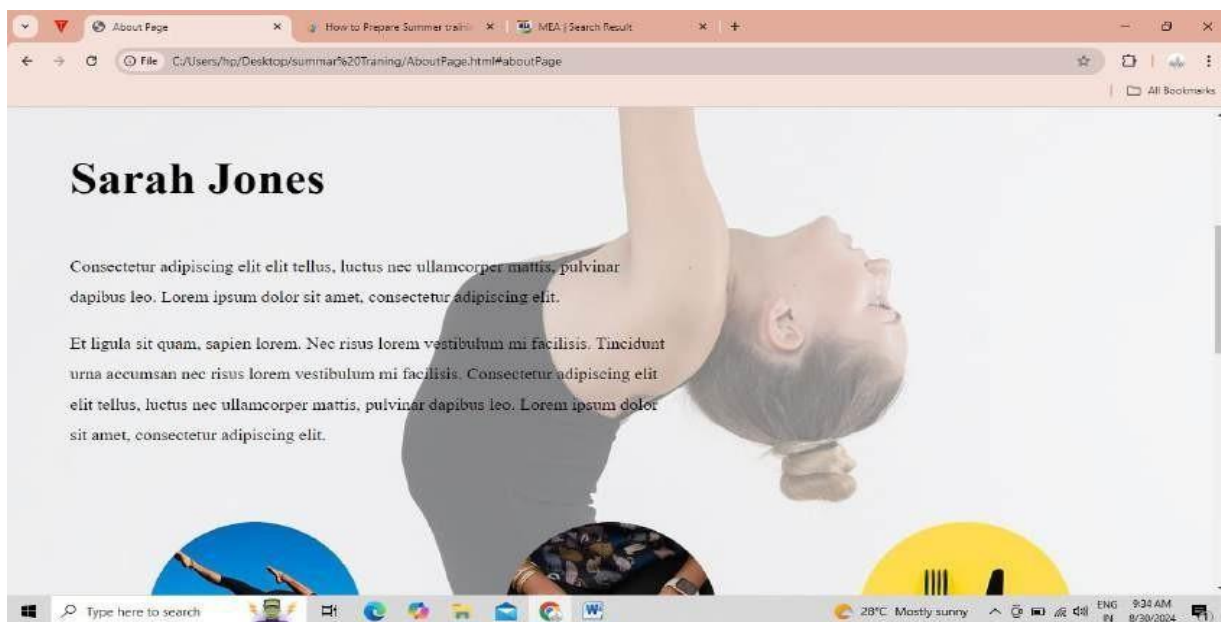


## No of Happy People

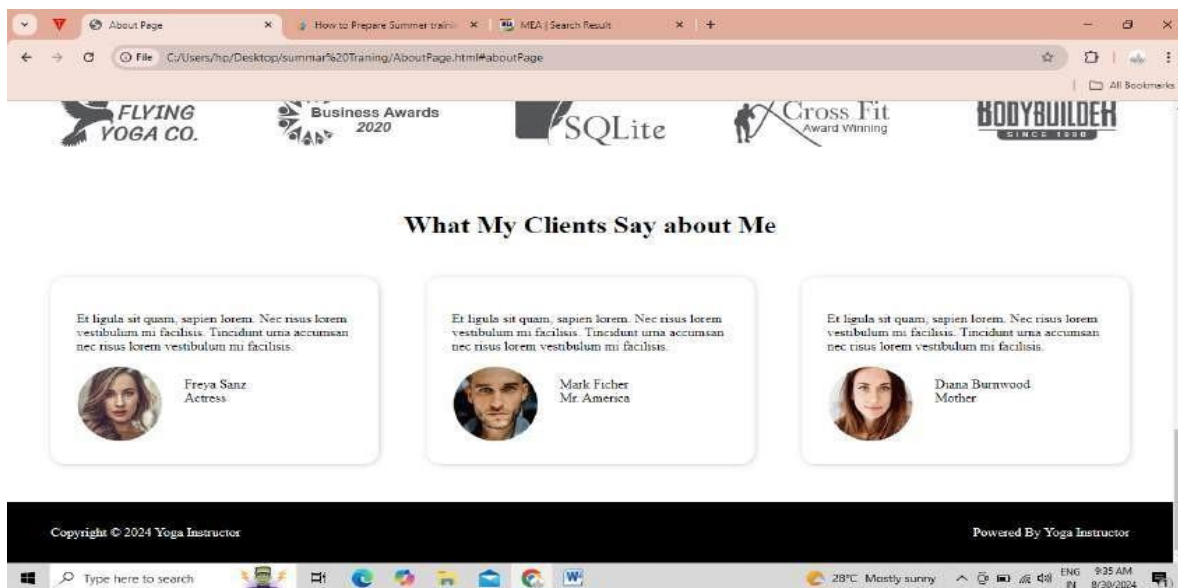


## AboutPage

The purpose of an About Us page is to draw people's attention and help them understand who we are and what we have to offer. With the 'About Us' page, we offer to people's the opportunity to meet with us for create better life style.

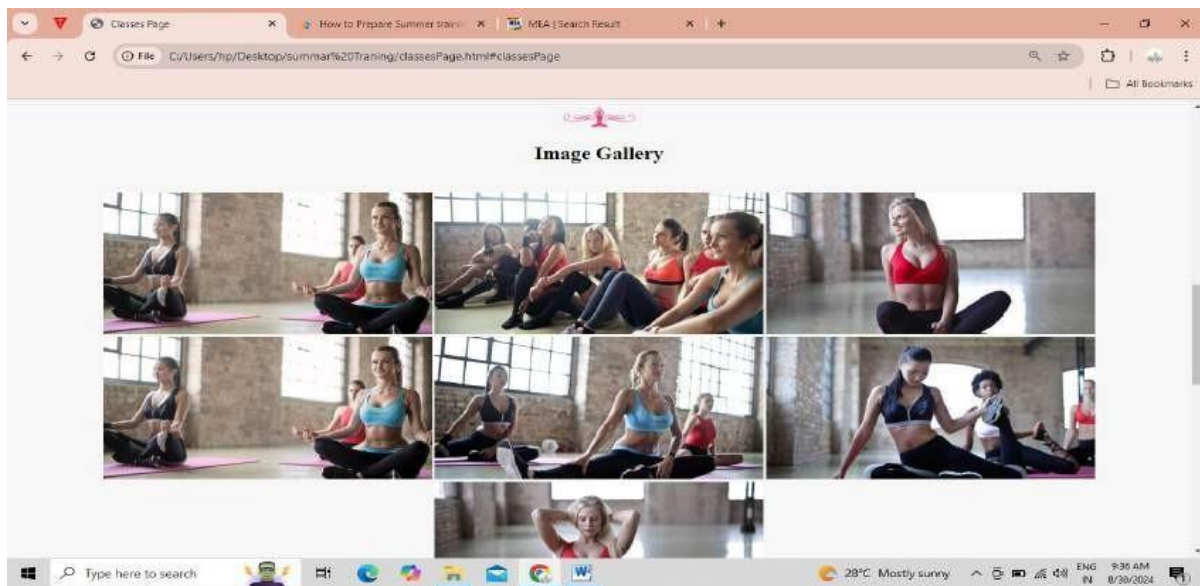


## What My Clients Say about Me

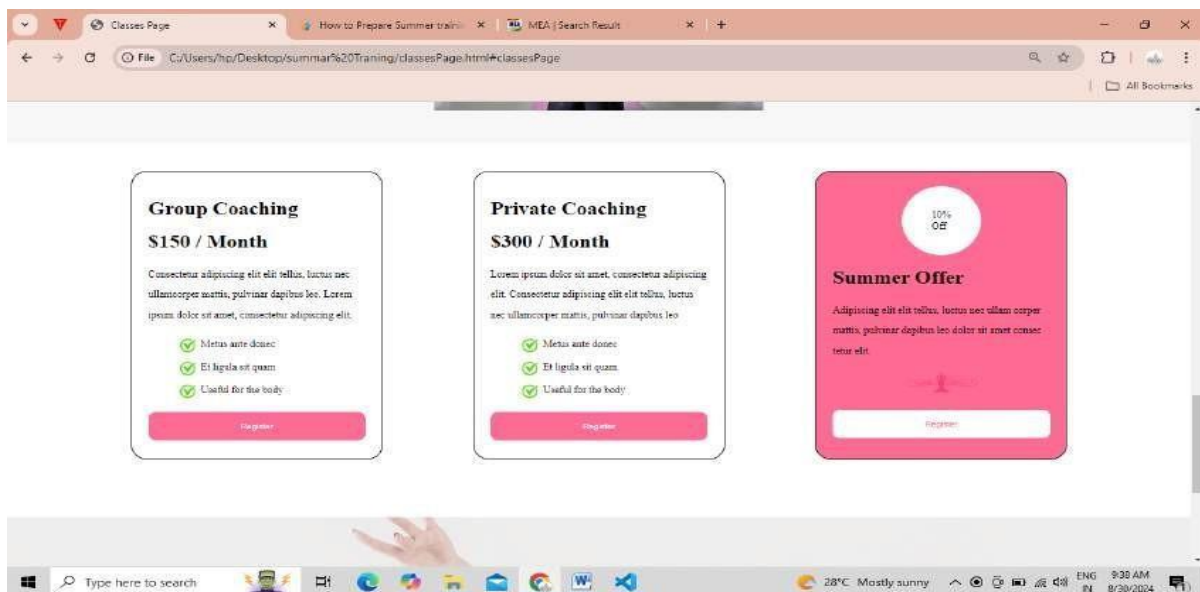


## Classes Page

### Image Gallery

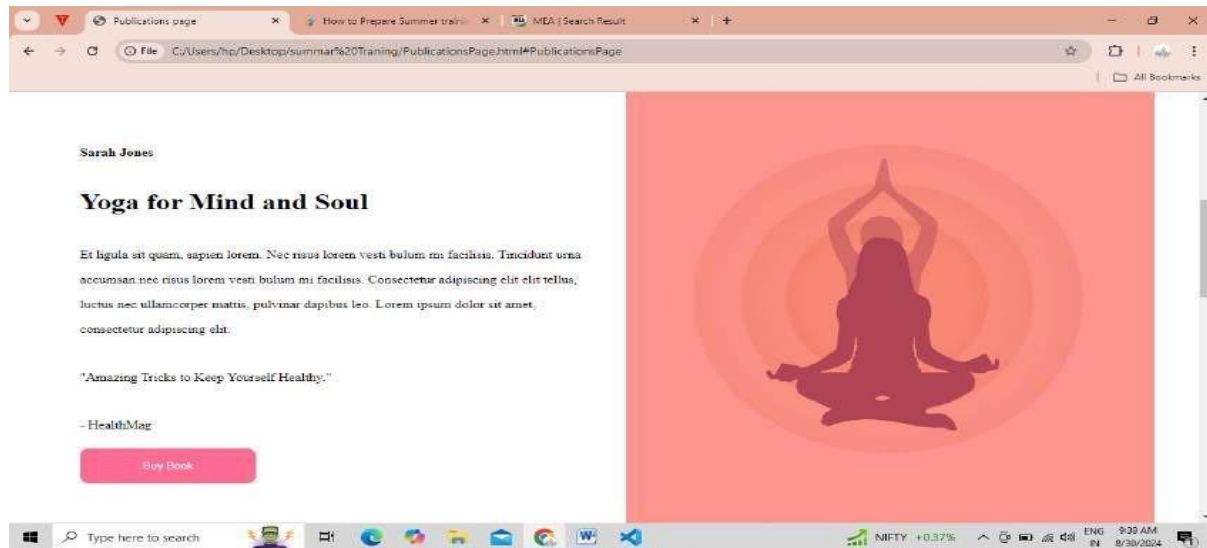


## Offers



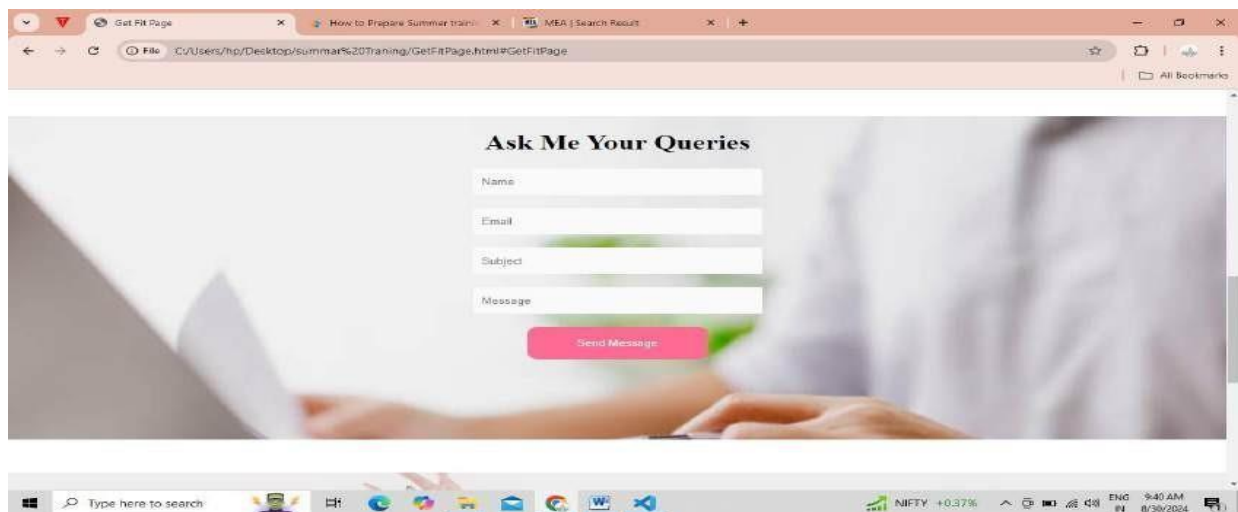
## PublicationsPage

### Yoga for Mind and Soul



## ContactPage

### AskQueries



## Connect Database

