

# Elysium

## User

## Manual

# Software Overview

Elysium is an integrated booking application wherein the users are classified into 7 different categories.

1. Normal Users
2. Counsellors
3. Sports Coaches
4. Yoga Instructors
5. Gym and Swimming Instructors
6. Sport Admins
7. Super User

The roles, powers and facilities provided to each type of user have been highlighted and discussed in detail in the SRS documentation.

The interface of the app is simple and intuitive ensuring that users will not face any difficulties while using the application and will have a seamless experience. However, if the user is facing some issues, it is recommended that they go through the user manual to help them efficiently utilise the app.

# System Requirements

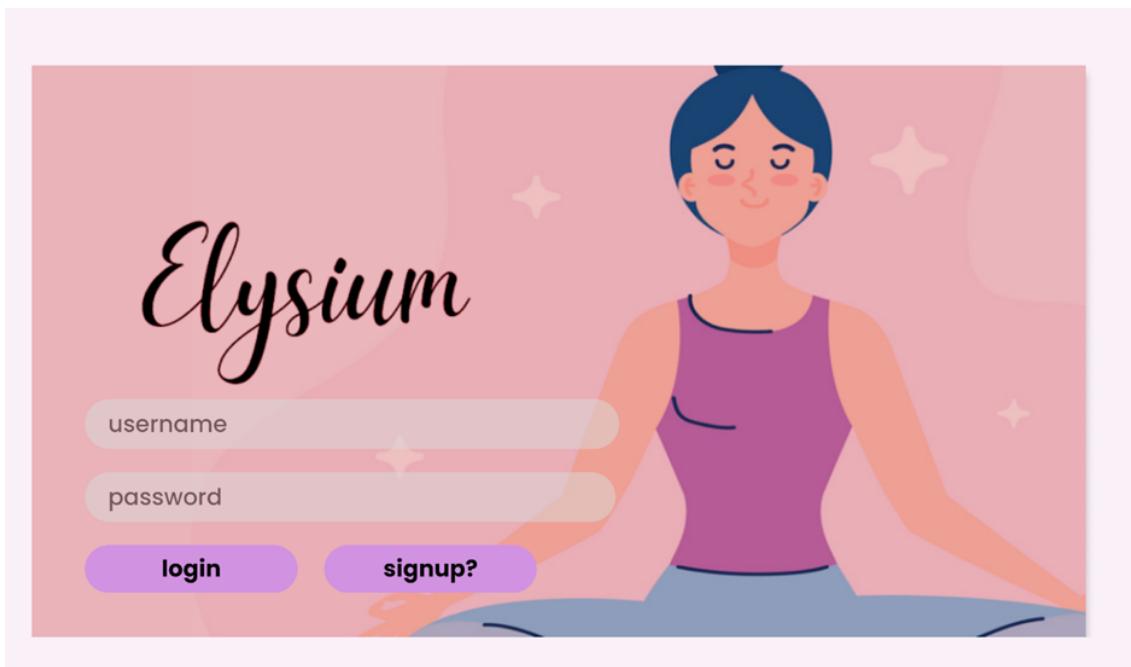
Elysium is a web application, and hence the only requirement would be a web browser with internet access. The app is more suitable to be used on a PC or laptop as opposed to use on mobile phones. Hence, the users are suggested to use the app on their PC's.

The app is currently being hosted on [elysium-iitk.vercel.app](https://elysium-iitk.vercel.app)

# 1 User

## 1.1 Login and Signup

### 1.1.1 Login Page



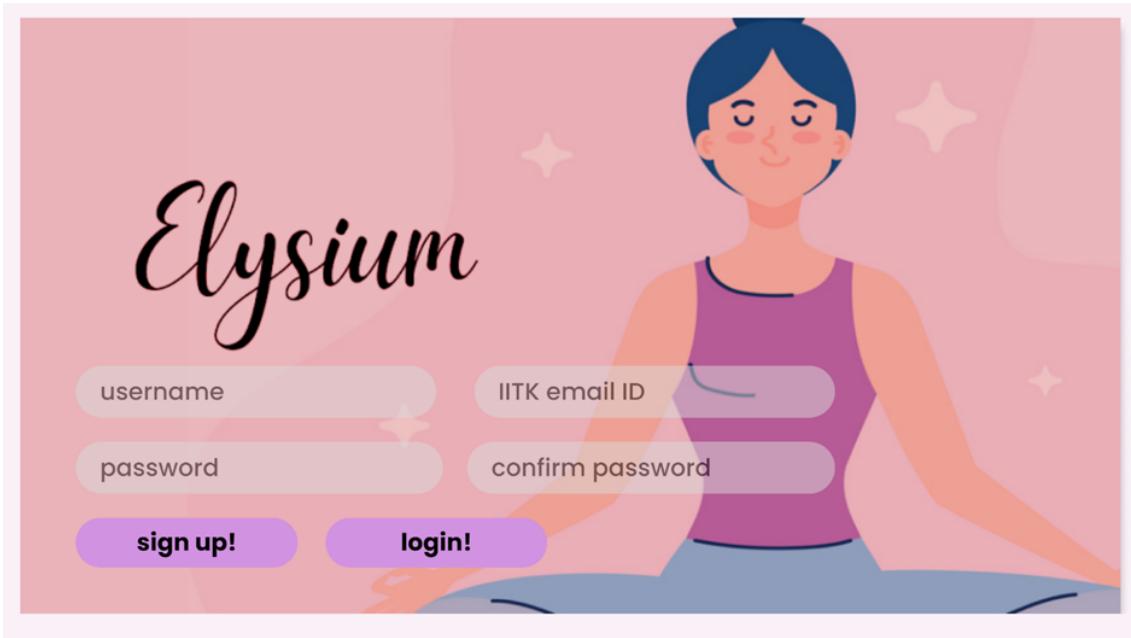
This is the main registration and login page.

- Username: The registered username of the user
- Password: The password corresponding to the given username
- Login: The login option to verify the credentials
- Sign up: The option to create a new user with different credentials

Now, there are two possible options for the user, logging into his existing account or creating a new account. The options involved in each of the choices are

1. Sign-up Page: This page appears if the user has chosen to create a new account.
2. Landing Page: This page appears if the user has successfully logged in with his credentials.

### **1.1.2 Registration and SignUp Page**



This is the sign-up page used to create a new user.

1. Username: The user enters his desired username
2. iitk-email id: The iitk mail id of the user
3. Password: The desired password of the user
4. Confirm password: The user confirms his password by re-entering it
5. Sign-up: Creates the account without logging the user into the system
6. Login: Redirects the user to the login page

### **1.1.3 Landing Pages**



**good evening!**

Monday, April 1, 2024

8:24 PM



**your wellbeing matters.  
we'll look after it.**

## SPORTS@IITK



IITK boasts a plethora of sports facilities. We at elysium will help you avail these facilities to the fullest!  
Headover to the sports pages to book a court now, score a workshop enrollment or learn at home via tutorials.



Yoga is a way of life. It is a holistic approach to health and well-being. We at elysium will help you inculcate this habit in your daily routine.  
Headover to elysium's yoga page to book a session, or learn at home through tutorials.

## YOGA@IITK

## POWER OF THE WRITTEN WORD@IITK

We at elysium wish to make a positive mark. Our institute counsellors take time out to pen down their thoughts that will guide you towards a happier, healthier life.  
Headover to elysium's self-help blogs section to read.



## MENTAL HEALTH @IITK



The landing page is the main page of the entire interface of the Elysium app which enables the user (non-coach, non-admin) to access different sessions, book appointments, sessions, equipment etc.

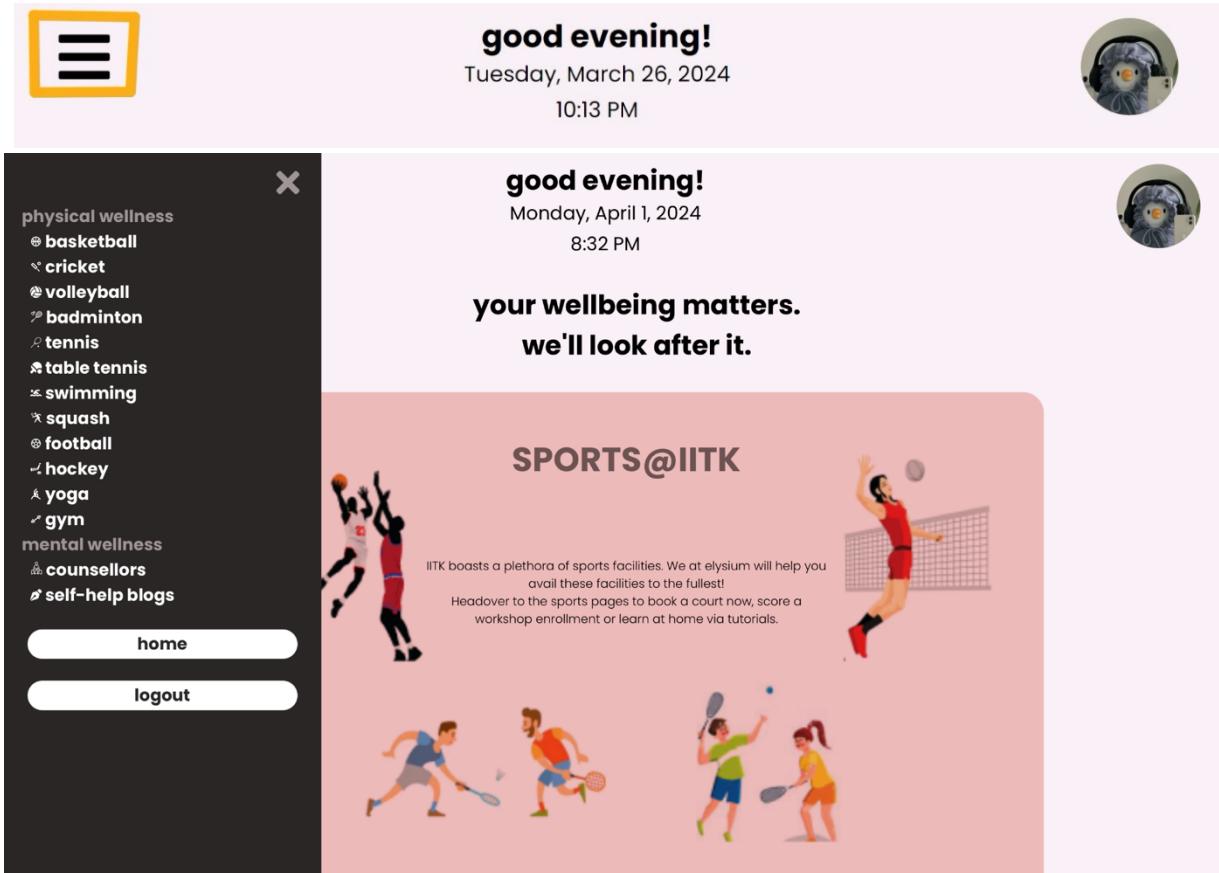
- The title: Displays the date and time as per the system
- Power of word: This button provides quick access to self-help blogs
- Sports: This button displays the sidebar and helps navigate to sports

- Mental Health: This section displays the counsellor section for appointments
- Yoga: This section displays the yoga section
- Profile: This part displays the user's booking history and stats
- Sidebar: The application's sidebar is denoted by the hamburger menu icon. The sidebar pops up when we click on the icon and displays the option to navigate to different sports pages and all the other facilities as well
- The sidebar consists of all the activities divided into physical and mental wellness categories, to enable the user to easily navigate to the desired page just by clicking on the desired option.

## 1.2 Sports and Wellness

The sidebar provides a gateway for the user to navigate to both the sports and the wellness sections of the application.

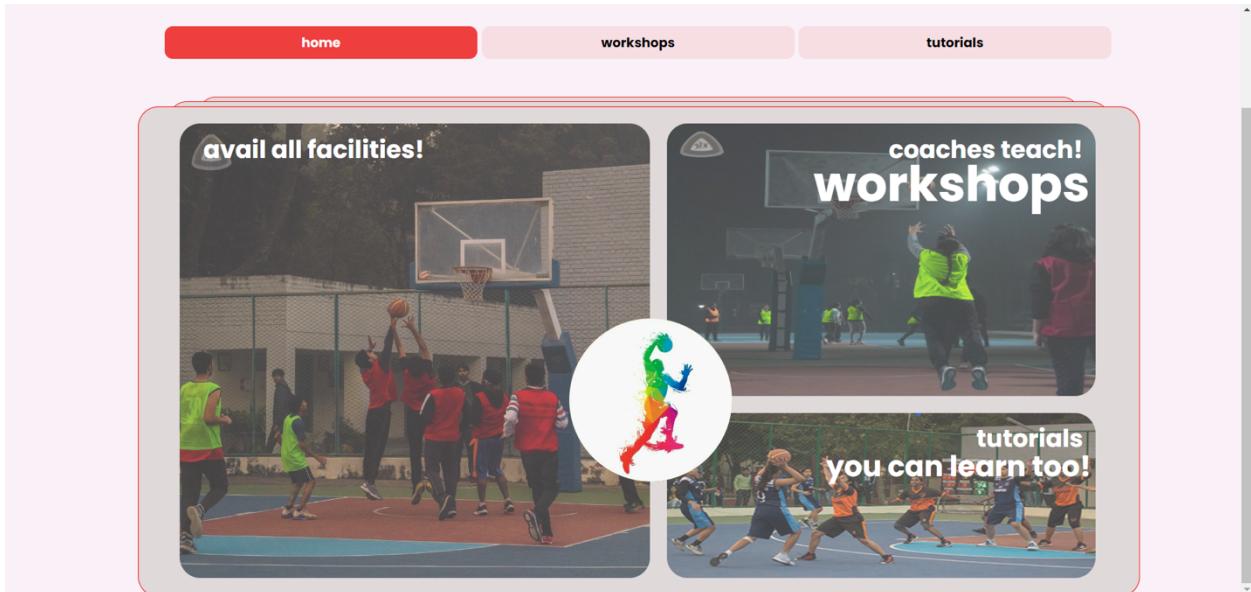
- To navigate to any sport, select the sport shown in the navigation bar.
- From here one can navigate to other sections using the panel containing options to navigate to the various subsections on the top as shown:



## 1.2.1 Basketball

### 1.2.1.1 Home

Displays the various options offered in the sport with its logo and a few pictures. Acts as a landing page for the sport from where the user can navigate to other sections by clicking on the appropriate sections.



### 1.2.1.2 Workshops

Displays a list of workshops with the relevant details like date, time, coach and availability in a table.

Next to each workshop, there is an apply button which will enroll the user in the workshop when clicked. Displays a list of workshops with the relevant details like date, time, and content. Next to each workshop, there is an apply button which will enroll the user in the workshop when clicked.

timings	content	apply
19-03-2024 15hrs to 16hrs	Calling all basketball enthusiasts! Whether you're a beginner looking to learn the fundamentals or a seasoned player looking to sharpen your skills, this basketball workshop is for you. Join us for an engaging session led by a qualified coach who will guide you through essential techniques and drills to elevate your game.	<b>4 slots</b> <b>Apply</b>
19-03-2024 15hrs to 16hrs	Calling all basketball enthusiasts! Whether you're a beginner looking to learn the fundamentals or a seasoned player looking to sharpen your skills, this basketball workshop is for you. Join us for	<b>3 slots</b> <b>Apply</b>

### 1.2.1.3 Tutorials

Displays the tutorials which are helpful for users to understand and play the sport. The topic, author and the link to the sport are displayed in the form of a table and the user can view the particular tutorial by clicking on the button as shown:

topic	author	link
Elevate Your Game: The Ultimate Basketball Training Masterclass	FIBA - The Basketball Channel	<a href="#">click here!</a>
Basketball - How to Play?	Tutorials Point	<a href="#">click here!</a>
The Breakthrough Basketball Blog	Breakthrough Basketball	<a href="#">click here!</a>
How To Shoot A Basketball For Beginners	Get Handles Basketball	<a href="#">click here!</a>

## 1.2.2 Cricket

All features are the same as mentioned for basketball.

home      workshops      tutorials

avail all facilities!

coaches teach!  
workshops

tutorials  
you can learn too!

### 1.2.3     **Volleyball**

All features are the same as mentioned for basketball.

home      workshops      tutorials

avail all facilities!

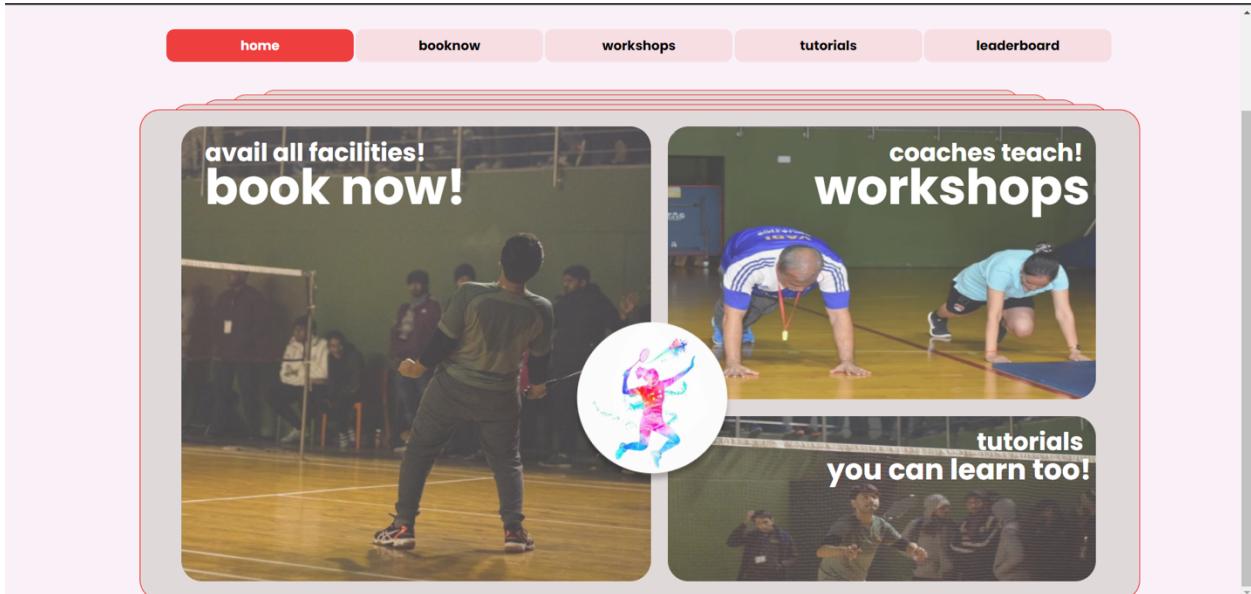
coaches teach!  
workshops

tutorials  
you can learn too!

### 1.2.4     **Badminton**

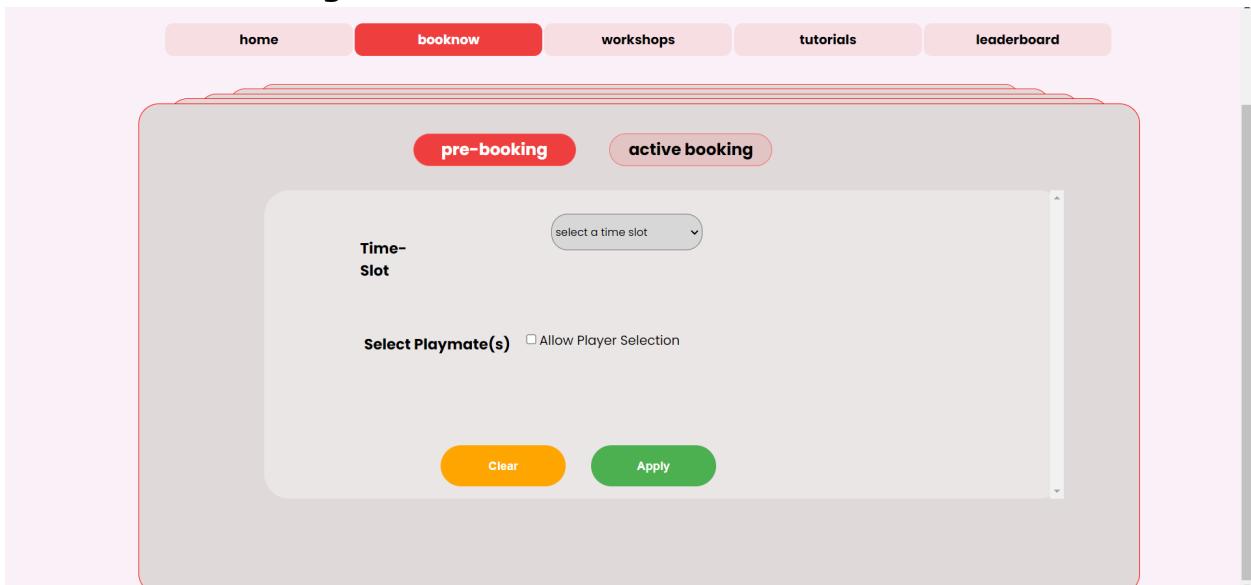
#### 1.2.4.1   **Home**

The book now, workshops and tutorials take you to respective sections directly from the landing page.



#### 1.2.4.2 Book Now

- This page is used to book courts for playing the sport.
- The active booking section will open by default and one can navigate to the 2 sub-sections by clicking on their respective buttons
  - **Pre-booking**

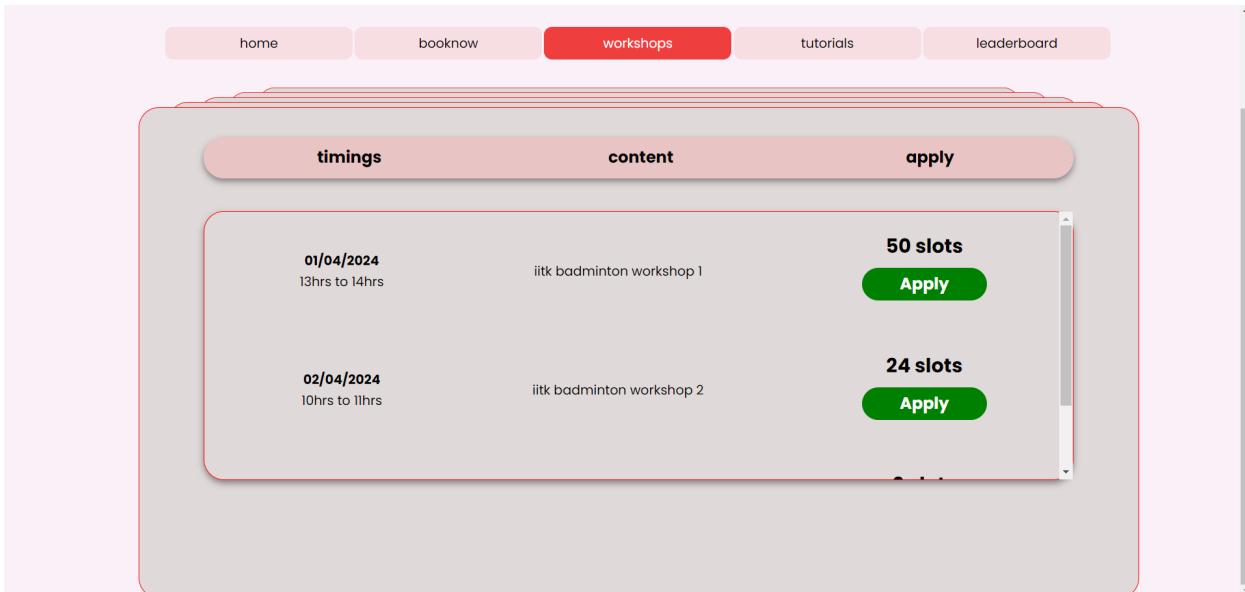


- This page is used to book slots in advance of more than a day

- It has a drop-down to select the time slot
  - A checkbox to find playmates if the user is registering alone.
  - Apply button: To finally apply for the slot selected
- **Active booking**

- This page is used to book free slots available on that particular day
- It has a drop-down to select the time slot
- Users will be displayed the unbooked courts in the *select court* dropdown list which can be applied for booking by the user.
- Option to add other users playing with by searching for them and clicking the add user button
- Apply button: To finally apply for the slot selected

#### **1.2.4.3 Workshops**



- Displays a list of workshops with the relevant details like date, time, content and availability in a table.
- Next to each workshop, there is an apply button which will enrol the user in the workshop when clicked.

#### 1.2.4.4 Tutorials

The screenshot shows a web page with a navigation bar at the top containing 'home', 'booknow', 'workshops', 'tutorials' (which is highlighted in red), and 'leaderboard'. Below the navigation bar is a table with three columns: 'topic', 'author', and 'link'. The table lists four tutorials:

topic	author	link
12 Basic Badminton Techniques that you MUST Know – Introduction	BG Badminton Academy	<a href="#">click here!</a>
Badminton Tutorial	Tutorialspoint	<a href="#">click here!</a>
4 Ways To Master Your Backhand In Badminton	Badminton Insight	<a href="#">click here!</a>
BADMINTON TRAINING FOR BEGINNERS	Shuttle Life	<a href="#">click here!</a>

- Displays the tutorials which are helpful for users to understand and play the sport
- The topic, author and the link to the sport are displayed in the form of a table and the user can view the particular tutorial by clicking on the button.

#### 1.2.4.5 Leaderboard

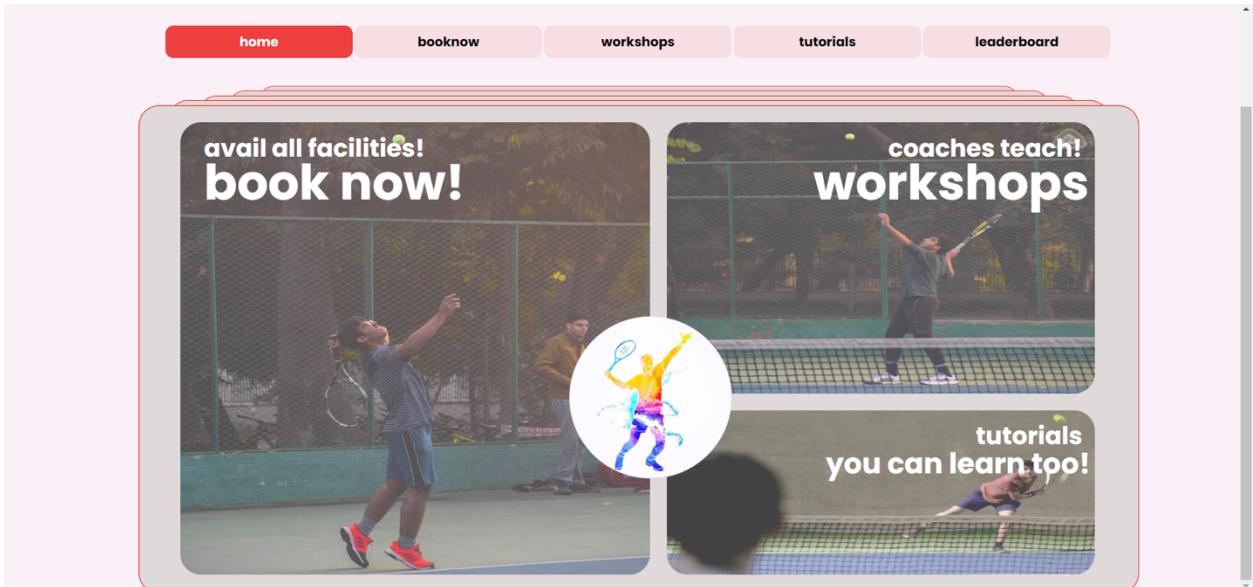
The screenshot shows a web page with a navigation bar at the top containing 'home', 'booknow', 'workshops', 'tutorials', and 'leaderboard' (which is highlighted in red). Below the navigation bar is a table with two columns: 'Position' and 'Name'. The table lists the top six performers:

Position	Name
1.	aditya_khandelia
2.	monica_khandelia
3.	pankaj_khandelia
4	arush_upadhyaya
5	rishita_upadhyaya
6	kushagra_srivastava

- Displays the top performers in the sport in the form of a table with their scores. Scores are calculated based on number of wins/ losses in a sport.

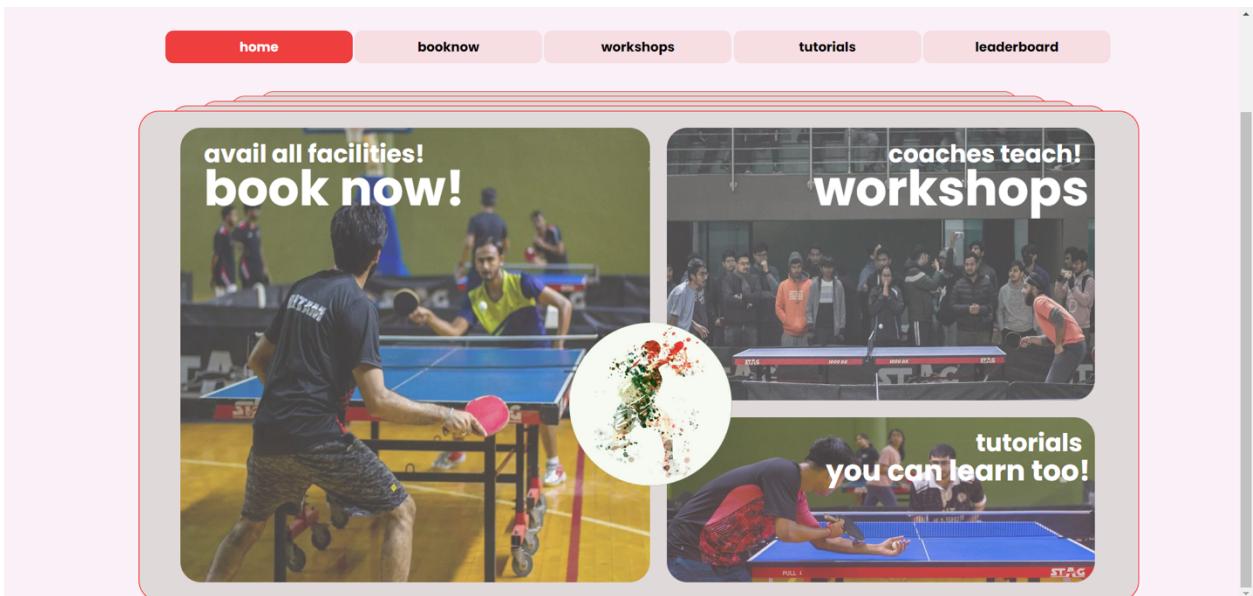
## 1.2.5 Tennis

All features are the same as for badminton.



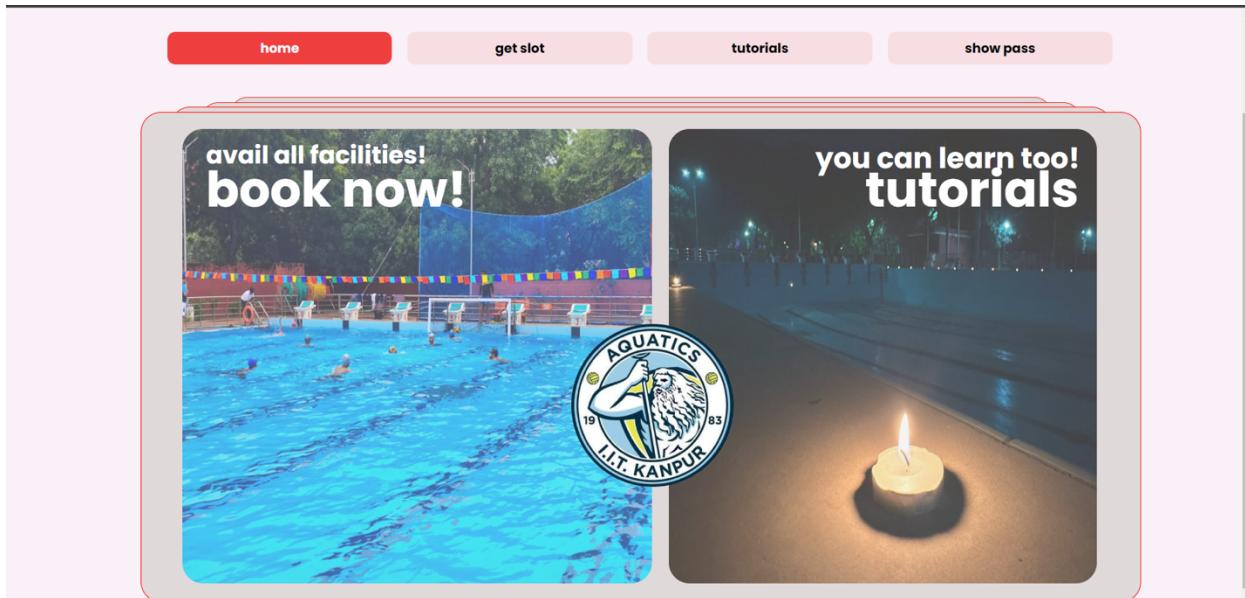
## 1.2.6 Table Tennis

All features are the same as for badminton.

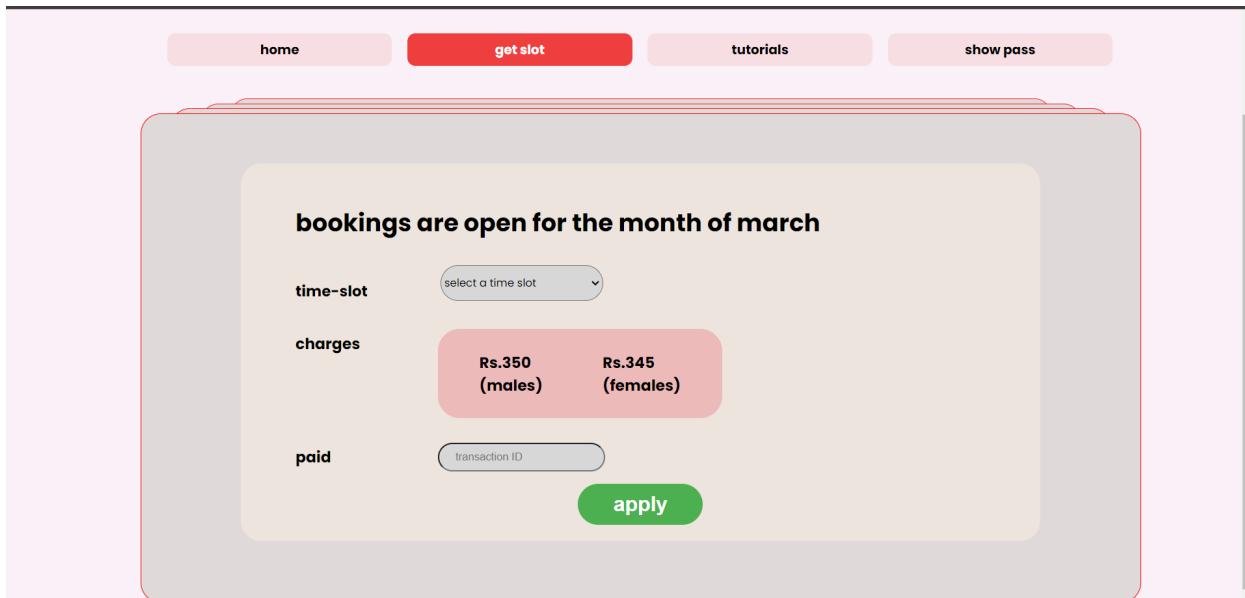


## 1.2.7 Swimming

### 1.2.7.1 Home



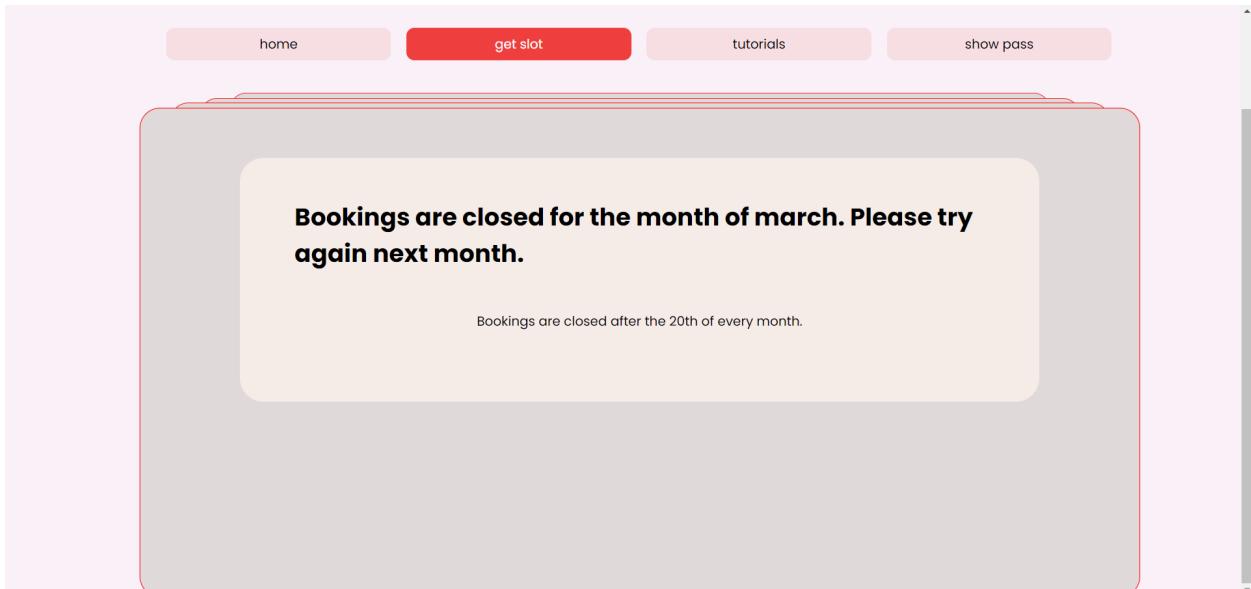
### 1.2.7.2 Get slot



Allows the user to book a slot for a single month.

- Select a suitable time slot for gym booking
- The charges applied are displayed.
- The payment transaction id has to be entered in the paid box.

Slots can be booked before the 20th of every month. After the 20th the following page is displayed.



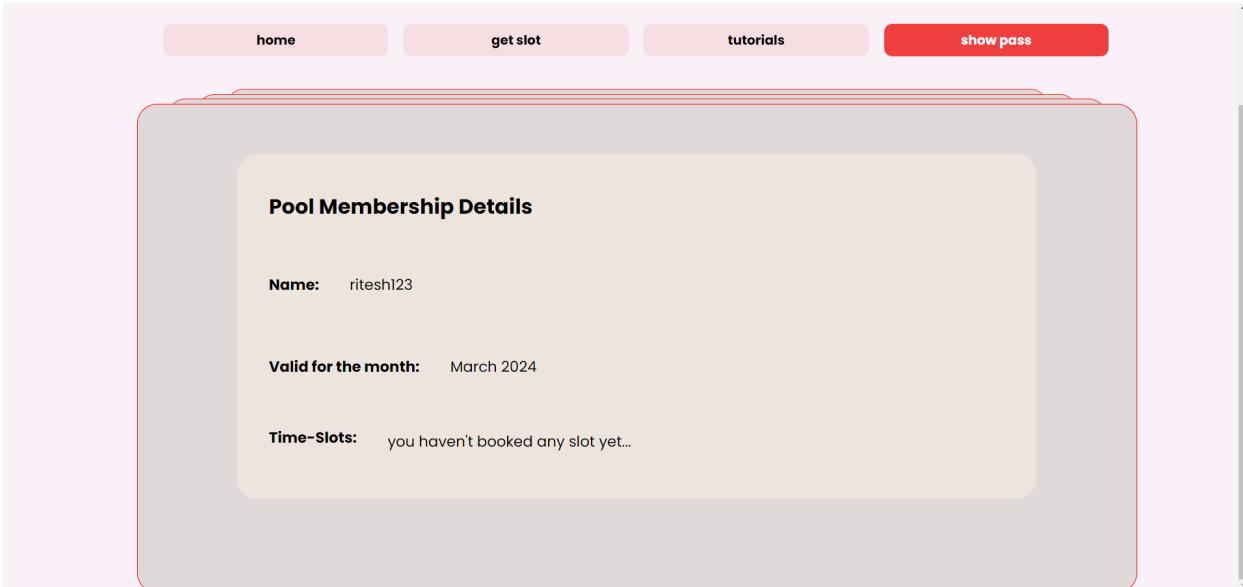
### 1.2.7.3 Tutorials

A screenshot of a web page with a light pink header and footer. The header contains four buttons: 'home' (light pink), 'get slot' (light pink), 'tutorials' (red), and 'show pass' (light pink). The main content area has a grey background with a red double-line border. It displays a table with three columns: 'topic', 'author', and 'link'. The 'topic' column lists: 'LEARN TO SWIM: TUTORIAL FOR BEGINNERS', 'Swimming Tutorial for Beginners', 'How to Swim: Instructions and Tips for Kids and Adults', and 'Freestyle Tutorials'. The 'author' column lists: 'SwimUp', 'Rocket Swimming', 'Kirsten Nunez', and 'Skills N' Talents'. The 'link' column contains four red buttons, each with the text 'click here!'. The table has a vertical scrollbar on the right side.

topic	author	link
LEARN TO SWIM: TUTORIAL FOR BEGINNERS	SwimUp	<a href="#">click here!</a>
Swimming Tutorial for Beginners	Rocket Swimming	<a href="#">click here!</a>
How to Swim: Instructions and Tips for Kids and Adults	Kirsten Nunez	<a href="#">click here!</a>
Freestyle Tutorials	Skills N' Talents	<a href="#">click here!</a>

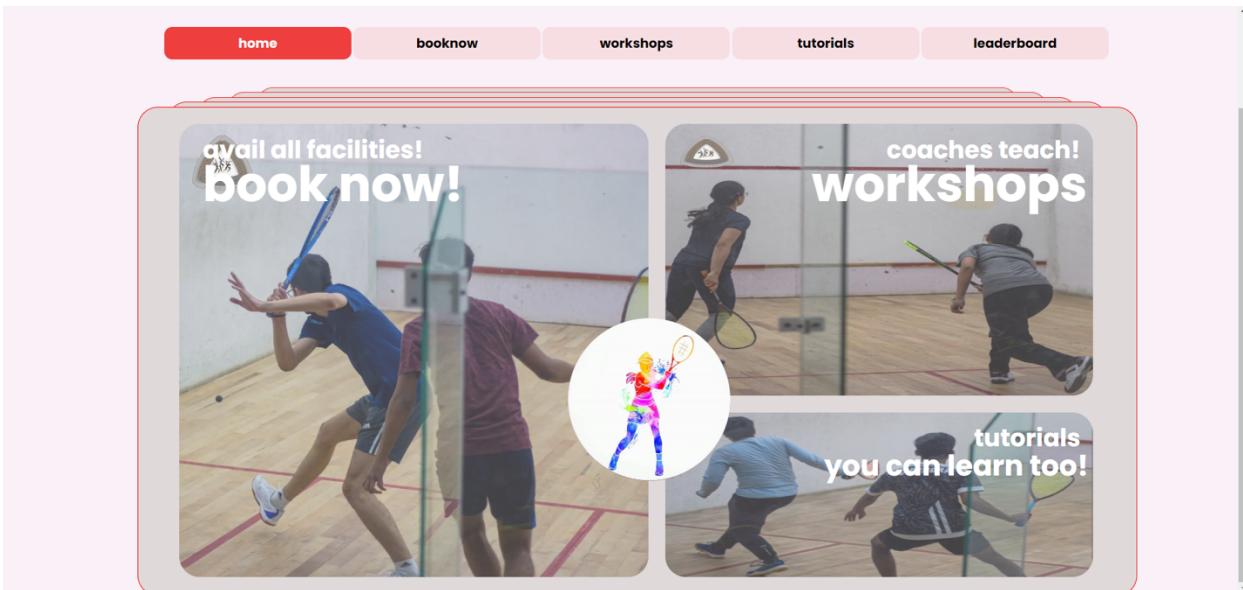
Displays a list of swimming-related tutorials.

#### 1.2.7.4 Show pass



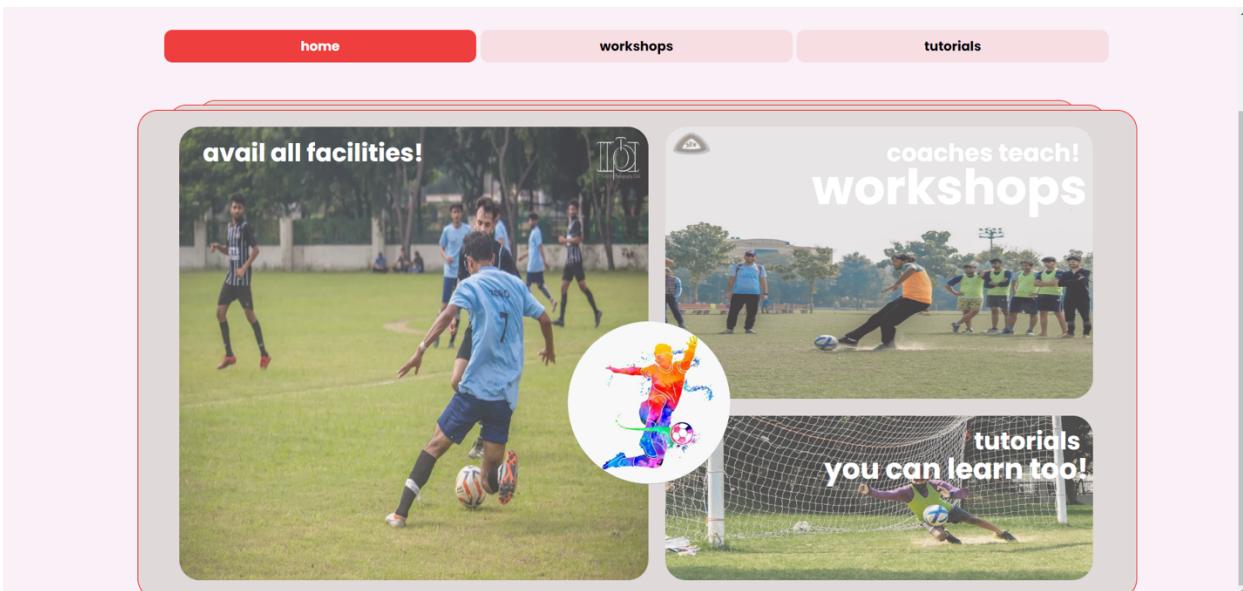
Displays a swim pass if the user has opted for swim booking that month.

#### 1.2.8 Squash



All features are similar to badminton.

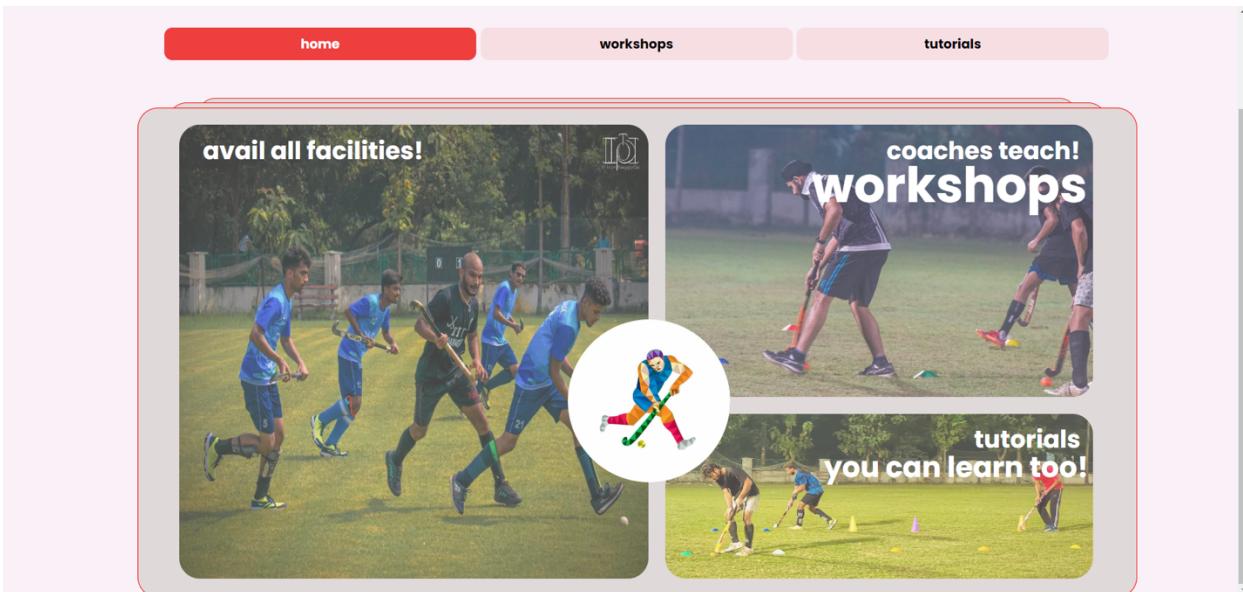
## 1.2.9 Football



The image shows a mobile-style website for football. At the top, there is a navigation bar with three tabs: "home" (highlighted in red), "workshops", and "tutorials". Below the navigation bar are three main content boxes. The left box features a photo of a player in a blue jersey kicking a ball, with the text "avail all facilities!" above it. The middle box features a photo of a coach in an orange vest teaching a group, with the text "coaches teach! workshops" above it. The right box features a photo of a goalkeeper in a purple jersey saving a shot, with the text "tutorials you can learn too!" above it. A central circular logo depicts a stylized soccer player in various colors.

All the features are the same as mentioned for basketball.

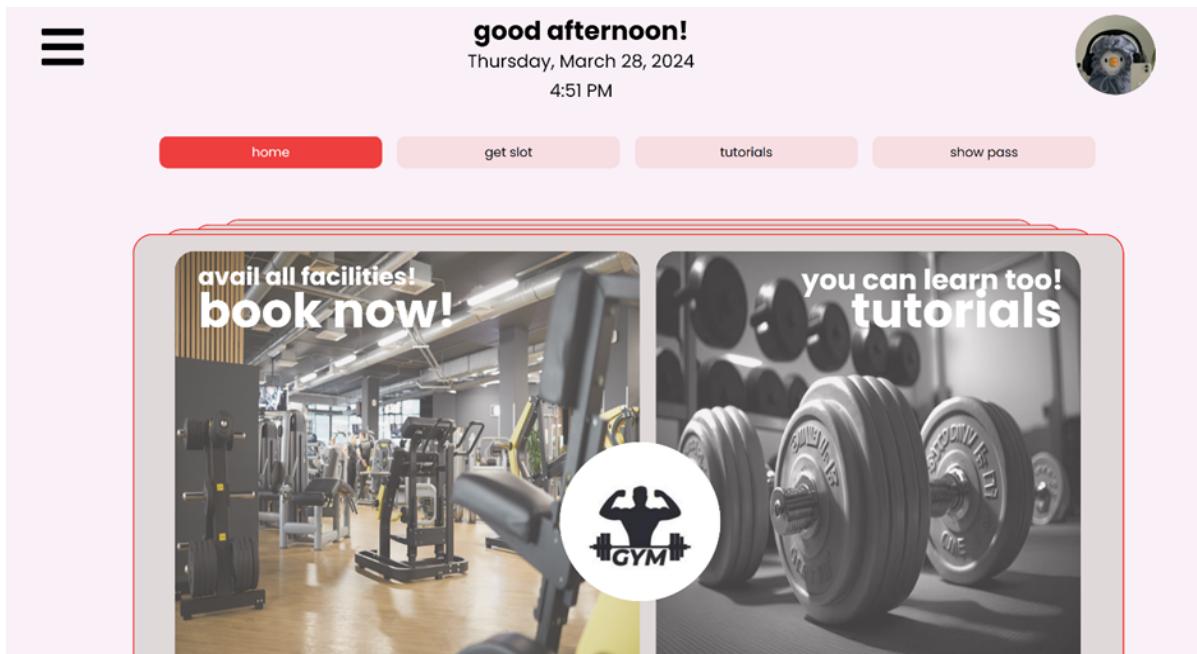
## 1.2.10 Hockey



The image shows a mobile-style website for hockey. At the top, there is a navigation bar with three tabs: "home" (highlighted in red), "workshops", and "tutorials". Below the navigation bar are three main content boxes. The left box features a photo of players in blue jerseys playing field hockey, with the text "avail all facilities!" above it. The middle box features a photo of a coach in a black shirt and cap teaching players, with the text "coaches teach! workshops" above it. The right box features a photo of players practicing with cones, with the text "tutorials you can learn too!" above it. A central circular logo depicts a stylized field hockey player in various colors.

All the features are the same as mentioned for basketball.

## 1.2.11 Gym



The gym booking page is the site where one can avail of the gym facilities and reserve the slots wherein, they can go gymming.

### 1.2.11.1 Home

The landing page of the gym booking process, contains links to subscription pages and tutorials

The screenshot shows a mobile application interface. At the top, there is a header with the text "good afternoon!" and the date "Thursday, March 28, 2024" followed by the time "4:51 PM". On the right side of the header is a circular profile picture of a person wearing headphones. Below the header, there is a navigation bar with four items: "home", "get slot" (which is highlighted in red), "tutorials", and "show pass". The main content area contains a large message box with a red border. Inside the message box, the text reads: "Bookings are closed for the month of march. Please try again next month." Below this message, a smaller text states: "Bookings are closed after the 20th of every month."

### 1.2.11.2 Get Slot

This page enables the user to choose the following

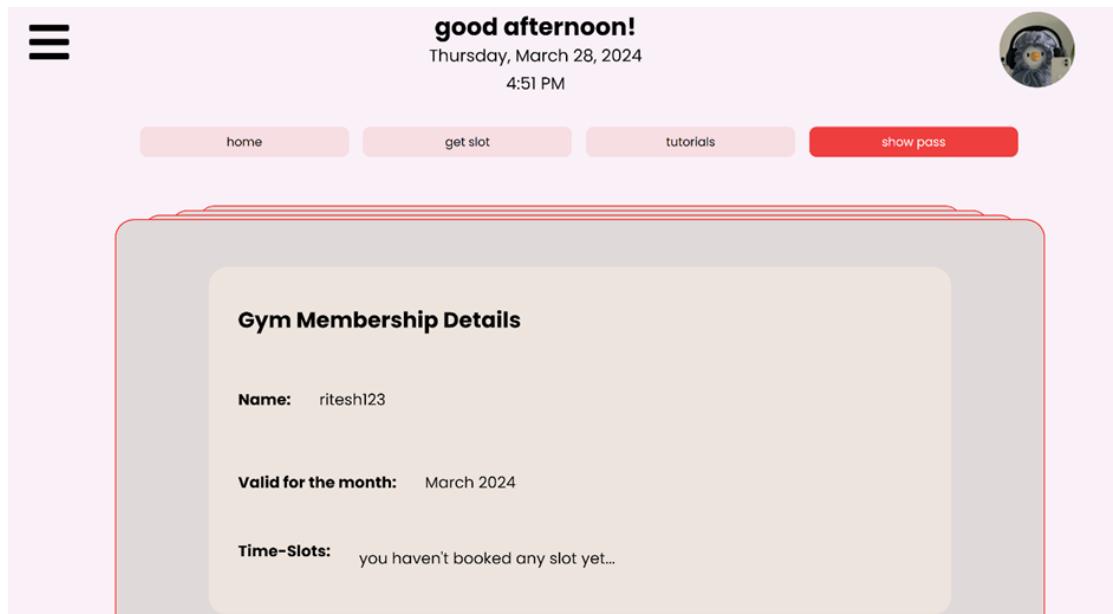
1. **Time slot:** This enables the user to choose the time of gymming
2. **Charges:** This informs the user regarding the charges of membership
3. **Transaction id:** The user enters the transaction id required for the verification of payment.

The screenshot shows a mobile application interface. At the top, there is a header with the text "good afternoon!" and the date "Thursday, March 28, 2024" followed by the time "4:51 PM". On the right side of the header is a circular profile picture of a person wearing headphones. Below the header, there is a navigation bar with four items: "home", "get slot" (which is highlighted in red), "tutorials", and "show pass". The main content area displays a table with three columns: "topic", "author", and "link". The table lists five rows of data, each with a "click here!" button on the right. The data is as follows:

topic	author	link
Gym workouts for beginners	Nuffield Health	<a href="#">click here!</a>
Beginner Full Body Gym Workout	Naomi Kong	<a href="#">click here!</a>
Beginner's Guide to the Gym   DO's and DON'Ts	Magnus Method	<a href="#">click here!</a>
6 Beginner Gym Workouts: How To Work Out In A Gym The Right Way!	Nerd Fitness	<a href="#">click here!</a>
How To Start Calisthenics	Browney	<a href="#">click here!</a>

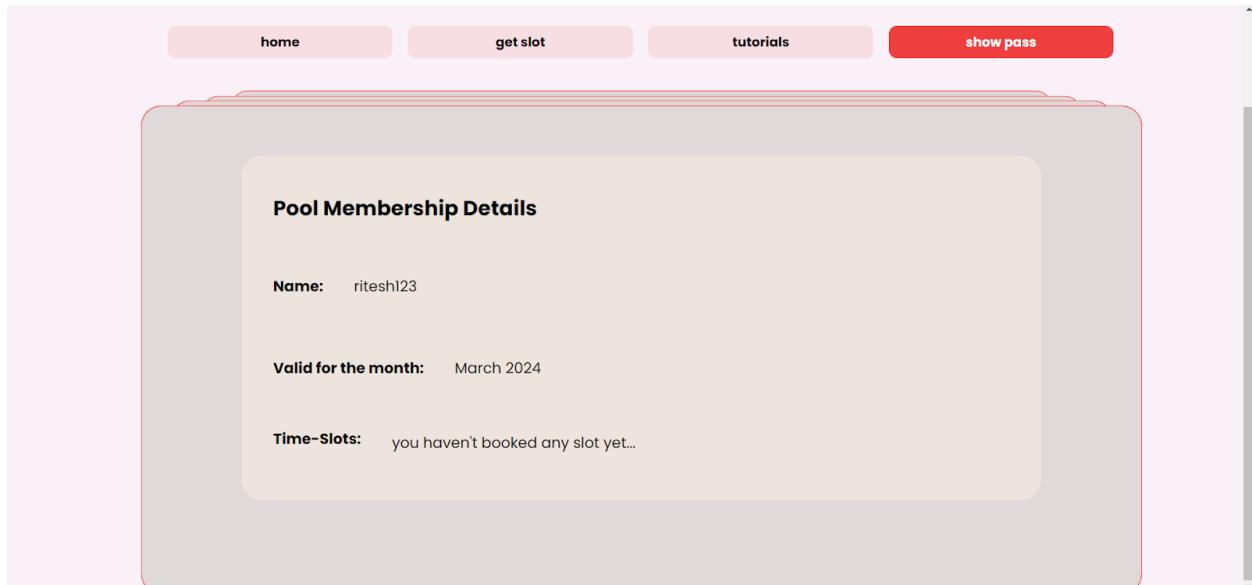
### 1.2.11.3 Tutorials

The user is given access to various tutorials concerning physical activity



### 1.2.11.4 Show pass

This page allows the user to view his/her membership details.



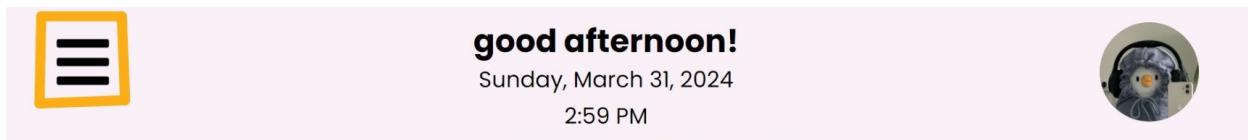
## 1.2.12 Yoga

In this section, you have access to the following features:

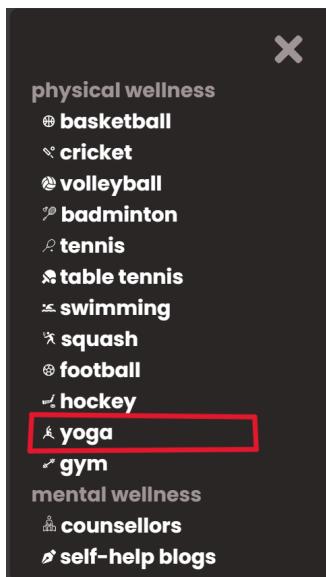
- **Book Yoga Sessions:** Reserve slots for yoga sessions.
- **View tutorials:** Explore tutorials through various online resources.

The section is organised into three subsections.

- To navigate to the “**Yoga**” section, click on the **Hamburger button** at the top left corner. Look for the golden rectangle in the image as a visual guide.

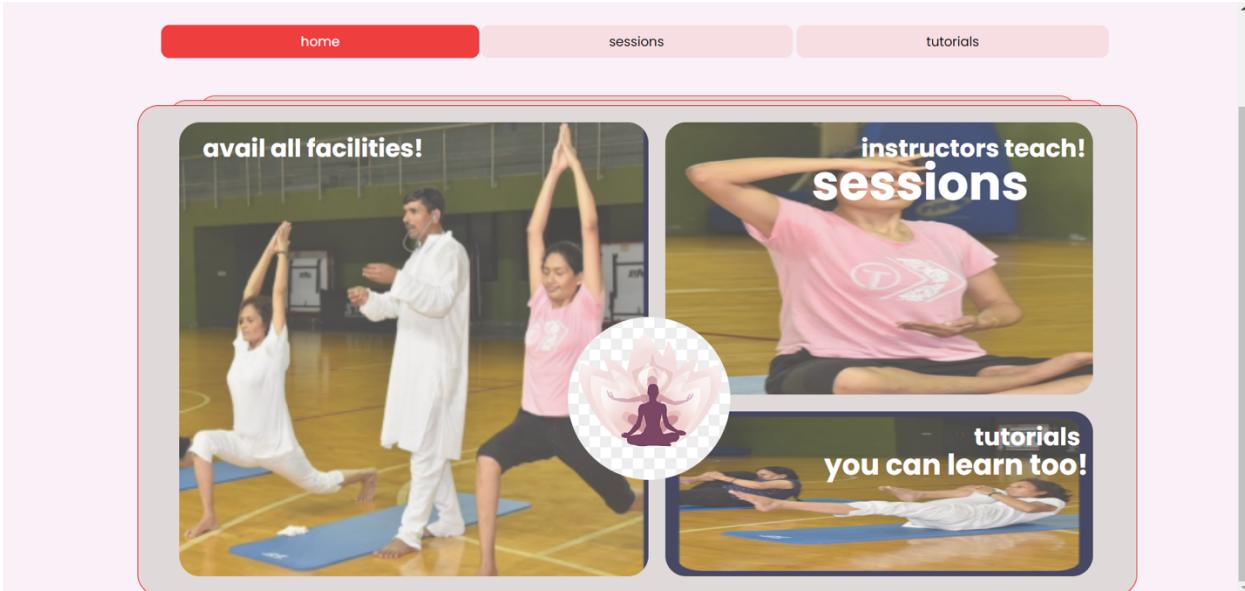


- Once you click the Hamburger button, a sidebar will open. Inside this sidebar, select the “**Yoga**” option, which is highlighted within the red rectangle in the below image. This will take you to the yoga section in the following subsection.



The subsections of the Yoga section appear in the green rectangle on the top. By default, you are taken to the Home subsection.

#### **1.2.12.1 Home**



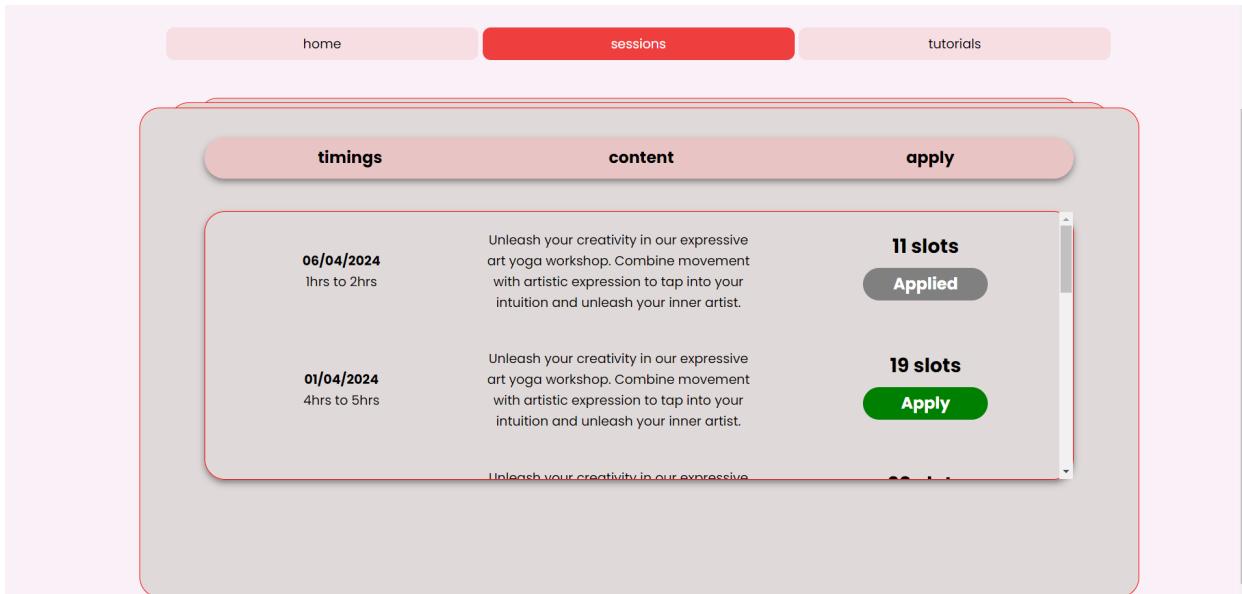
To navigate to the Yoga section from another section, follow the instructions at the start of this section of the document. If you are in a different section in the Yoga section, click on the “**Home**” button in the menu on the top, which is highlighted in red colour.

The home page primarily serves as the landing page for our yoga section, from where you can navigate to other subsections displayed in the green box.

To access tutorials, simply click on the purple box located on the bottom right side. This will take you directly to the tutorial section.

Alternatively, if you’re interested in yoga sessions posted by instructors, click on the rectangle box on the top right. This will lead you to the yoga sessions page.

### **1.2.12.2 Sessions**



To navigate to the Yoga section from another section, follow the instructions before this section of the document. If you are in a different section in the Yoga section, click on the “**session**” button in the menu.

The page has a table that displays information about available yoga slots for booking. If there are available slots in the session, you can apply for yoga sessions here.

- If there are available slots, you can book them by clicking on the **green “Apply” button**, as indicated in the image.
- If no slots are available or if the user has already applied for the session, the button will be greyed out as indicated in the image.

### 1.2.12.3 Tutorials

topic	author	link
Yoga For Beginners	Yoga With Adriene	<a href="#">click here!</a>
New to Yoga? How to Start a Yoga Practice at Home	Nike	<a href="#">click here!</a>
Yoga For Everyone	The New York Times	<a href="#">click here!</a>
10-Min Yoga: Core Flow	Nike Training Club	<a href="#">click here!</a>
Slow & Restorative Yoga	Nike Training Club	<a href="#">click here!</a>

- To navigate to the tutorial subsection, first navigate to the yoga section, and then click on the “**tutorials**” button in the menu.

On this page, you'll find a table containing a list of various tutorials. Each row in the table includes the following details:

1. **Topic:** The topic of the tutorial.
2. **Author:** The name of the source from where the tutorial is taken from.
3. **Click here Button:** This button redirects you to the specific tutorial page.

After clicking the ‘Click Here’ button, you will be redirected to the mentioned tutorial.

### 1.2.13 Counsellor

The screenshot shows a mobile application interface. At the top, there is a header with the text "good afternoon!" and the date "Sunday, March 31, 2024" and time "3:03 PM". On the right side of the header is a circular profile picture of a person with glasses. Below the header are three tabs: "counsellors" (highlighted in red), "book appointments", and "status". The main content area displays a table titled "counsellor username" with columns "day/date" and "timing". The table lists six entries:

counsellor username	day/date	timing
iitk_counsellor_1	04/04/2024	7am-8am, 5pm-6pm
iitk_counsellor_2	11/04/2024	8am-9am, 9am-10am
iitk_counsellor_2	TTThSaSu	3pm-4pm, 6pm-7pm
iitk_counsellor_3	20/04/2024	3pm-4pm, 4pm-5pm
iitk_counsellor_3	MTW	7am-8am, 6pm-7pm
iitk_counsellor_1	WThF	8am-9am, 9am-10am

This page is the interface which helps the user select among different counsellors and book counselling sessions as and when required.

### 1.2.13.1 Counsellors

This tab displays the usernames of counsellors and their dates of availability.

The screenshot shows a mobile application interface. At the top, there are three tabs: "counsellors" (highlighted in red), "book appointments", and "status". The main content area contains five input fields with dropdown menus:

- counsellor:** Select counsellor name
- date/day of appointment:** Select day/date
- preferred time:** Select time slot
- program:** Select program
- department:** Select department

The screenshot shows a user interface for booking appointments. At the top, there are three tabs: 'counsellors' (pink), 'book appointments' (red, currently selected), and 'status' (pink). Below the tabs is a form with the following fields:

- preferred time:** Select time slot
- program:** Select program
- department:** Select department
- hall:** Select hall
- contact number:** (empty input field)

At the bottom of the form is a large green button labeled 'book'.

### 1.2.13.2 Book Appointments

This tab is used by the user to book sessions. It consists of

- Name of the counsellor: Allows to choose the counsellor
- Date of Appointment: Allows to choose the date of appointment
- Preferred Time: Allows to provide the preferred time
- Program: The degree being pursued by the user
- Department: The department of the user
- Hall: The hall of residence of the user
- Contact: The contact no of the user

### 1.2.13.3 Status

This page denotes the status of the appointments requested.

They may be accepted, rejected or pending as denoted.

good afternoon!

Thursday, March 28, 2024  
4:56 PM

counsellors book appointments status

counsellor username	date	timing	booking status
KushagraSrivastava	01-04-2024	9am	rejected
KushagraSrivastava	27-03-2024	9am	pending
chinmay	01-04-2024	8pm	accepted
chinmay	26-03-2024	7pm	pending
KushagraSrivastava	27-03-2024	10am	pending
rishita	01-04-2024	0pm	pending

### 1.2.14 Self-Help Blogs

- Within this section, you'll find a blog to explore.
- To reach the “**Self-Help Blog**” section, click on the **Hamburger button** at the top left corner. Look for the yellow rectangle in the image as a visual guide.

good afternoon!

Sunday, March 31, 2024  
2:59 PM

- Once you click the Hamburger button, a sidebar will open. Inside this sidebar, select the “**Self-Help Blogs**” option, which is highlighted within the red rectangle in the image. This will take you to the self-help blog section in the following subsection.



After clicking on the “**Self-Help Blogs**” option the following page will be rendered.

- A random blog post will be shown on this page.
- To see a different blog post, simply refresh the page.



good afternoon!

Sunday, March 31, 2024

2:59 PM



As a counselor dedicated to supporting you on your academic journey, I understand that student life can be both exhilarating and overwhelming. The challenges you face are diverse, ranging from academic stress to personal growth and everything in between. Today, I want to share some insights on navigating these challenges and building resilience for a well-rounded college experience. Embrace Change: College is a time of transition and self-discovery. Embrace the changes, both big and small, as opportunities for growth. Whether it's adapting to a new academic environment or making new friends, be open to the experiences that come your way. Seek Support: You don't have to navigate this journey alone. There are resources and people available to help you succeed. Whether it's academic advisors, counselors, or friends, don't hesitate to reach out. Asking for help is a sign of strength, not weakness. Manage Stress: Academic pressure can be overwhelming, but it's essential to manage stress effectively. Develop healthy coping mechanisms such as regular exercise, mindfulness, or creative outlets. Balancing academics with self-care is key to maintaining a sustainable and fulfilling lifestyle. Set Realistic Goals: Set achievable goals for yourself, both academically and personally. Break down larger tasks into smaller, manageable steps. Celebrate your victories, no matter how small, and learn from setbacks. Build Connections: Establishing meaningful connections with peers, professors, and mentors can significantly enrich your college experience. These relationships provide support, guidance, and a sense of belonging that is essential for personal and academic success. Prioritize Self-Care: Your well-being is crucial. Make time for self-care activities that rejuvenate your mind and body. Whether it's reading a book, going for a walk, or spending time with loved ones, taking care of yourself is fundamental to your overall happiness. Embrace Failure as a Learning Opportunity: It's okay to stumble along the way. Every setback is a chance to learn and grow. Use failures as stepping stones toward success, and remember that resilience is built through overcoming challenges. Celebrate Your Achievements: Acknowledge and celebrate your accomplishments, no matter how small. Recognizing your achievements boosts confidence and motivation, fueling your journey towards even greater successes.

- The blog content will be visible on this page, where you can read the blog.

# **2 Gym/Swimming**

## **Instructor's**

## **Dashboard**

Designated instructors have access to the following features in this section:

1. **Enrollment Check:** Instructors can check student enrollments and pending requests.
2. **Statistics:** Instructors can see statistical analyses of participant engagement and session performance.

This section serves as the default landing page for designated instructors when they log in. Instructors do not need to navigate to this section separately.

### **2.1 Check enrollment**

If you are in a different sub-section in the current section, click on the "**Check enrollment**" button in the menu on the top in the green box, which is highlighted in red colour.

- This page has a table that displays information about enrollments to coaches.

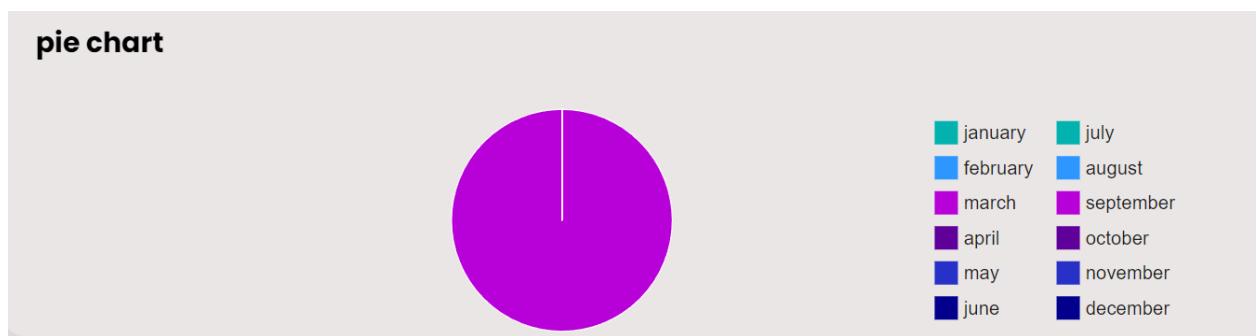
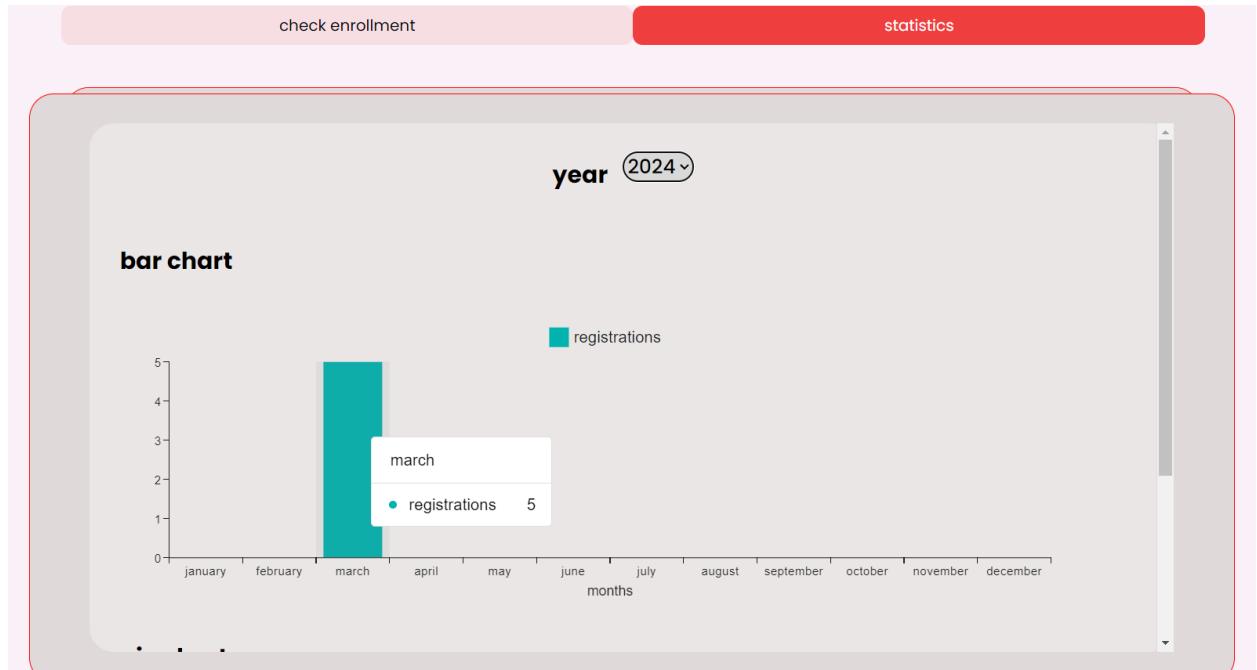
number of current enrollments : 5

username	year	month
sankalp_mittal	2024	march
aditya_khandelia	2024	march
akanksha_wattamwar	2024	march
monica_khandelia	2024	march
animesh_madaan	2024	march

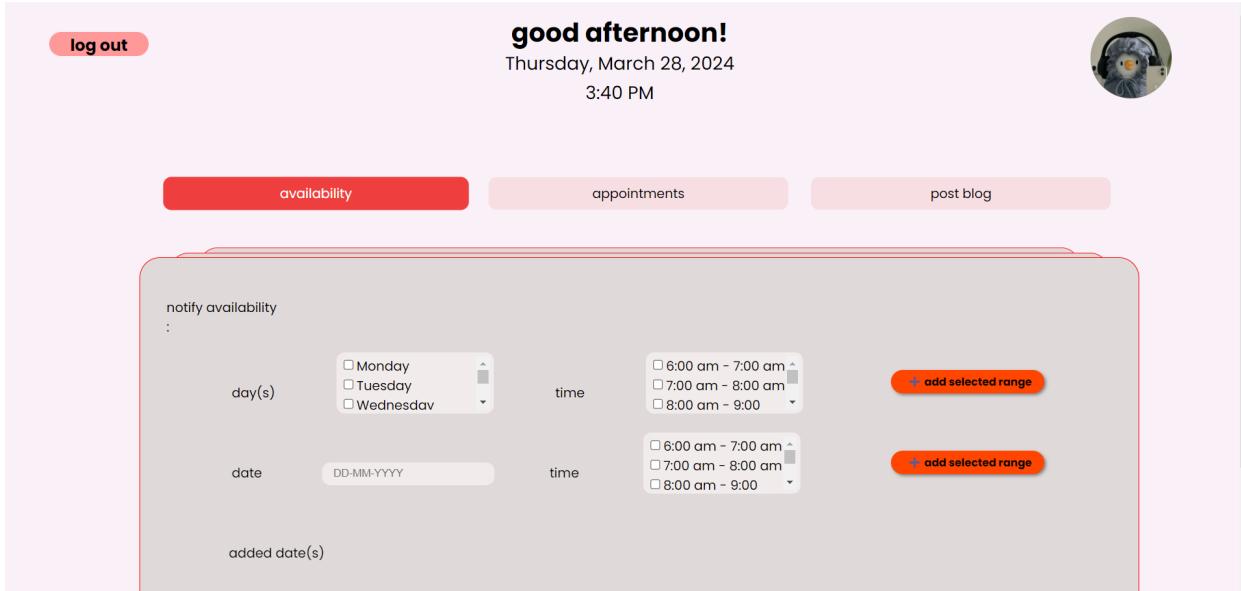
## 2.2 Statistics

If you are in a different sub-section in the current section, click on the “Statistics” button in the menu on the top in the green box, which is highlighted in red colour.

This page provides a comprehensive analysis of enrollments using various graphical representations, including graphs and pie charts as shown in the image:



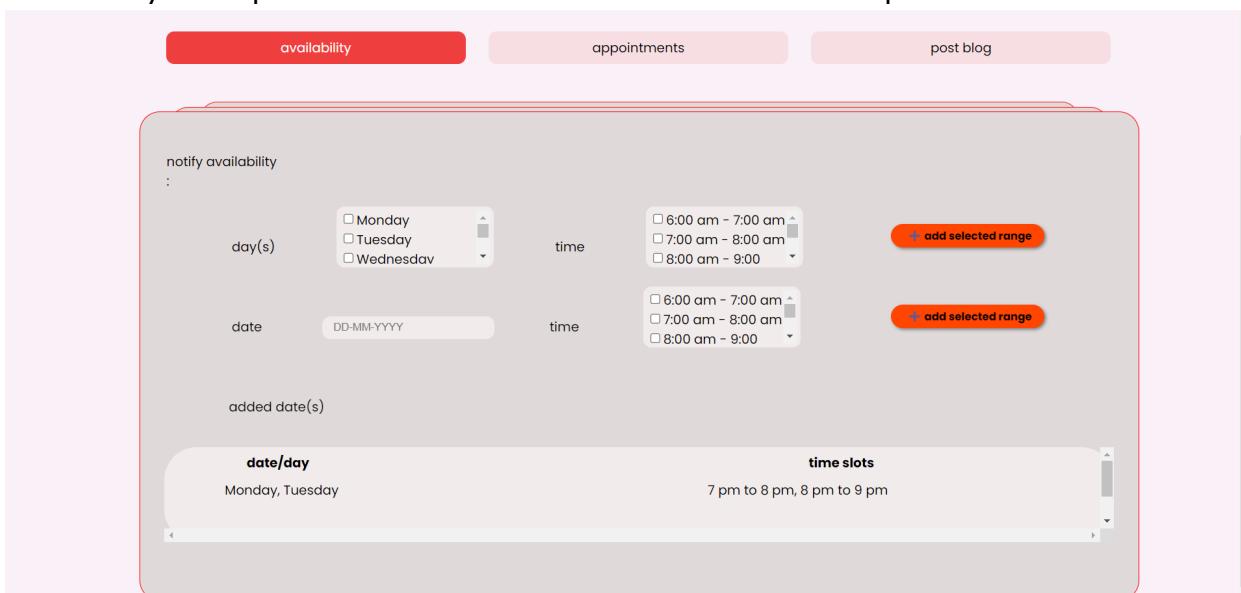
# 3 Counsellors' section



When a counsellor logs in he/she lands on the availability page by default. An option to logout is present at the upper left corner of the landing page.

### 3.1 Availability

The counsellor can indicate their availability by listing the days and time ranges they're free. Below that, there's a record of the dates and time slots they've already scheduled. By clicking on the add selected range button, the day and date can be added respectively. An availability for a period of at most 30 in the future can be updated.



### 3.2 Appointments

Counsellors can navigate to this page using the navigation bar present at the top. This page displays the requests from other users who have applied for a session and allows the

counsellors to take a suitable action(accept or reject). The user names of the users with upcoming appointments are displayed too.

The screenshot shows a web interface for managing appointments. At the top, there are three buttons: 'availability' (pink), 'appointments' (red), and 'post blog' (pink). Below these, a table lists users with their availability and appointment details. The first row shows 'aditi\_khandelia' available from '7 am to 8 am' on '04/04/2024' with 'Accept' and 'Reject' buttons. A scroll bar indicates more data below. The second section shows a list of users with their availability and appointment details:

name	time	date
arush_upadhyaya	5 pm to 6 pm	04/04/2024
aditi_khandelia	6 pm to 7 pm	03/04/2024
lavanya_srivastava	8 am to 9 am	04/04/2024
kushagra_srivastava	9 am to 10 am	04/04/2024
aditi_khandelia	8 am to 9 am	03/04/2024

### 3.3 Post blog

This page allows the counsellors to post a new blog. This will be posted in the wellness section for a normal user. The title has a word limit of 50 words and the content has a word limit of 10,000 words.

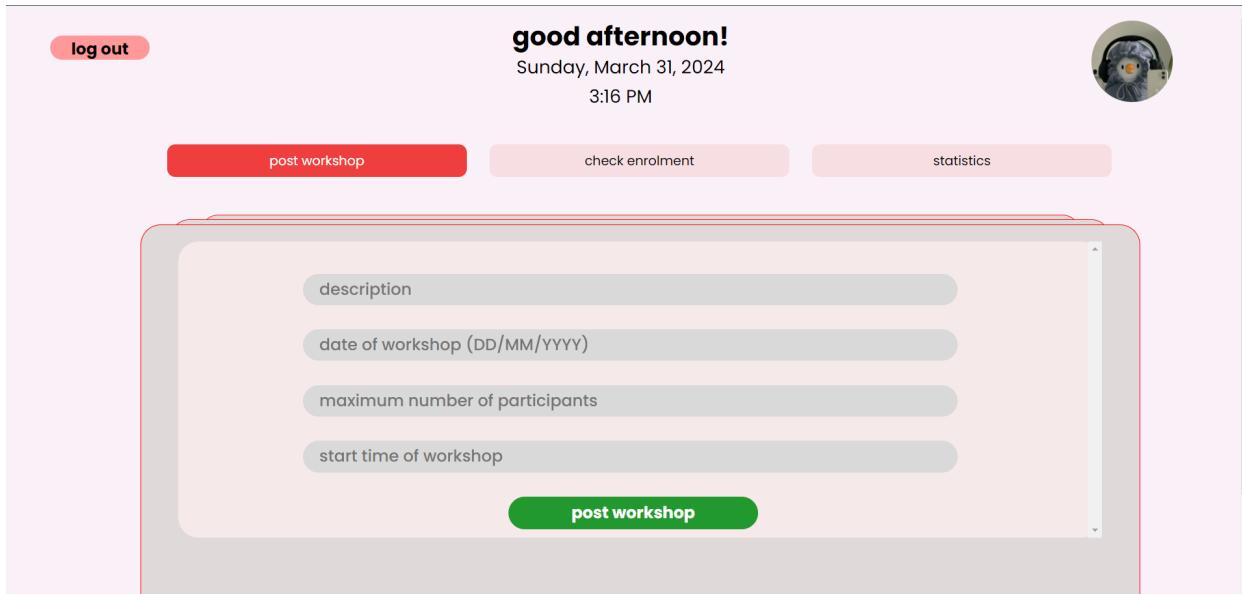
The screenshot shows a web interface for posting a blog. At the top, there are three buttons: 'availability' (pink), 'appointments' (pink), and 'post blog' (red). Below these, a form titled 'new post' is shown. It includes fields for 'Title:' (with a placeholder) and 'Content:' (with a large text area). A 'Post' button is located at the bottom right of the form area.

## 4 Coaches' section

A coach lands on this page when logged into Elysium. The post workshop page is open by default.

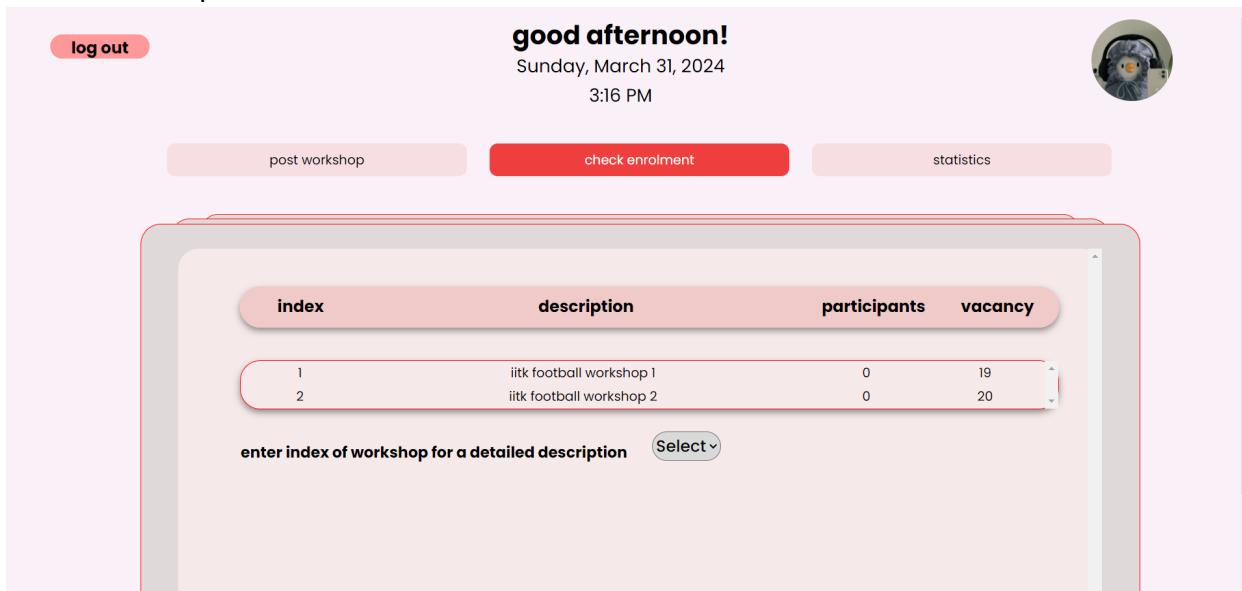
## 4.1 Post workshop

This page allows the coaches to assign a name to a workshop, allot a date, and a maximum number of participants that would be allowed to enrol in the workshop and allot a date and time slot to it. This workshop will be available for all users to get enrolled in.



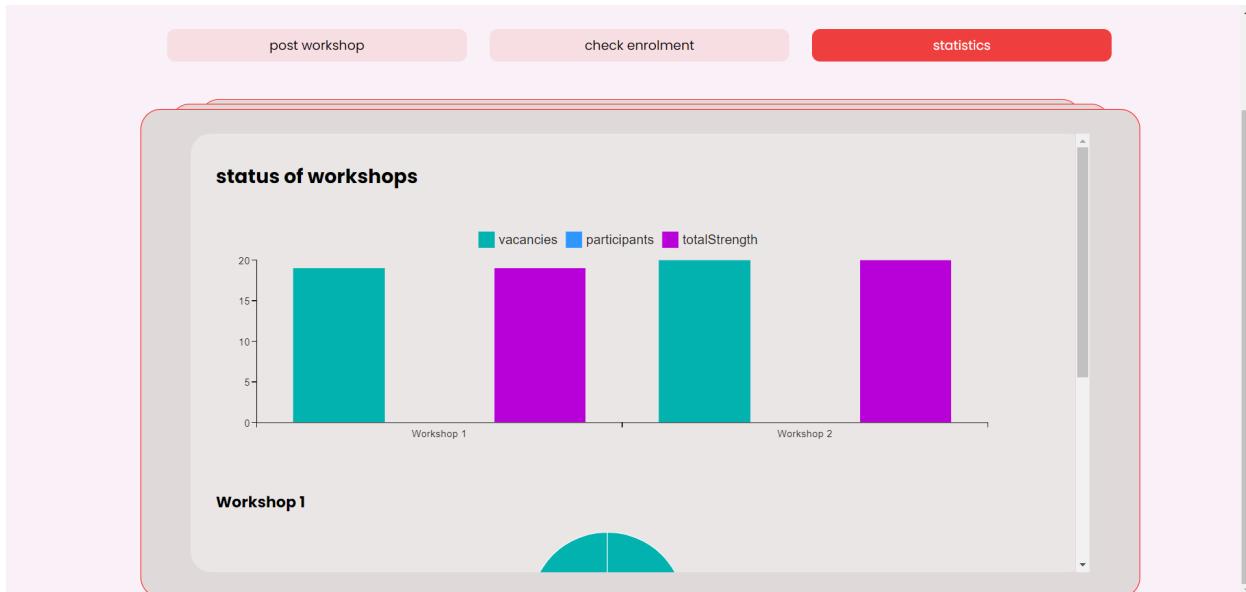
## 4.2 Check enrollment

This will allow the coach to select a workshop and display the users who have enrolled for that workshop.



## 4.3 Statistics

This page displays basic statistics for workshops.



# 5 Yoga instructor's section

Yoga instructor when logged in lands on the post session page by default. Various subsections are:

## 5.1 Post session

This page allows a yoga instructor to post a session by filling in various data fields as displayed in the images below.

The screenshot displays a web application interface with two main sections, each featuring a red header bar with three buttons: "post session", "check enrollment", and "statistics".

**Top Section:**

- content:** content
- location:** location
- batch size:** batch size
- date:**

**Bottom Section:**

- date:** start date
- start time:** Select start time
- end time:** Select end time

A large red button labeled "Post Session" is located at the bottom of the second section.

The taskbar at the bottom of the screen shows various system icons and the date/time: 29-03-2024, 01:55, ENG IN.

## 5.2 Post session

This page allows a yoga instructor to check the enrollment(vacancy and number of participants) of participants for a session.

post session

check enrollment

statistics

index	description	participants	vacancy
1	Unleash your creativity in our expressive art yoga workshop. Combine movement with artistic expression to tap into your intuition and unleash your inner artist.	5	11
2	Unleash your creativity in our expressive art yoga workshop. Combine movement with artistic expression to tap into your intuition and unleash your inner artist.	1	19
3	Unleash your creativity in our expressive art yoga workshop. Combine movement with artistic expression to tap into your intuition and unleash your inner artist.	0	20
4	yoga is a way of life, a way of life you should adopt.	5	5
5	yoga is a way of life. discover this new way of life.	0	10
6	discover the ancient way of Indian life.	4	14

enter index of workshop for a detailed description

## 5.3 Statistics

This page displays detailed statistics for workshops etc.

