

MINI PROJECT OF WEBSITE DESIGNING

TOPIC: **YOGAPOINT**

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ROLL NO.: **T027**

DEP.: **INFORMATION TECHNOLOGY**

COURSE: **WEBSITE DESIGNING**

COURSE CODE: **WSD198907**

FEATURES

- This website provides the information of yoga.
- It explains the different type of yoga using embedded YouTube videos.
- It has the contact us form and feedback form where we can take input from user.
- It is user friendly website, the navigation bar makes it easy for user to go to the page that he/she wants.

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Your home for online yoga



Why yoga ?

1. Yoga improves strength, balance and flexibility.

Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.

2. Yoga helps with back pain relief.

Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The American College of Physicians recommends yoga as a first-line treatment for chronic low back pain.

3. Yoga can ease arthritis symptoms.

Gentle yoga has been shown to ease some of the discomfort of tender, swollen joints for people with arthritis, according to a Johns Hopkins review of 11 recent studies.

Numerous studies show yoga's benefits in arthritis, osteopenia, balance issues, oncology, women's health, chronic pain and other specialties.

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**YOGAPOINT**
The point

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Pawanmuktasana



The benefits of pawanmuktasana, also known as wind-liberating, wind-relieving, or wind-removing pose, are quite a long list to go through. In fact, it is an ideal posture to start your day with to let out the digestive gases from the stomach and intestines.

