

Yoga-Healix

**Motilal Nehru National Institute of Technology
Allahabad**

Department of Computer Science and Engineering

Mini Project

Project Supervisor : Dr. Joohi Chauhan

Group No. - 15

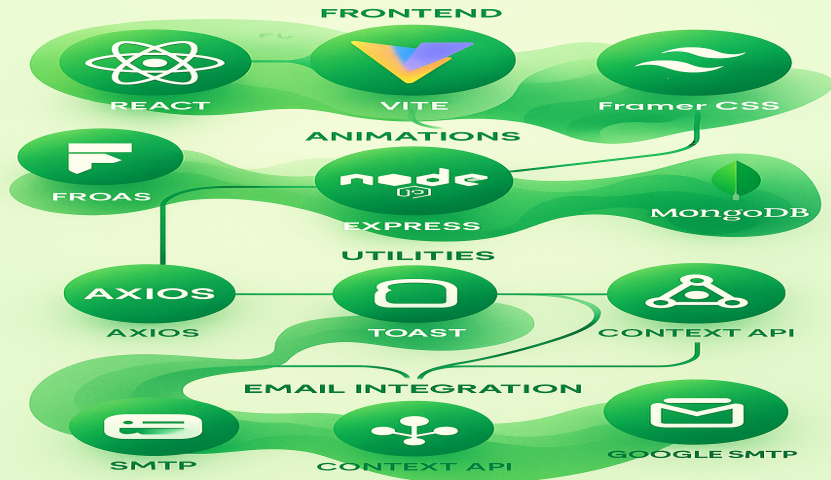
- In today's fast-paced world, achieving physical, mental, and emotional well-being is essential.
- Our Yoga Website offers a modern platform where users can explore authentic yoga practices, tailored to their individual needs and goals.
- It provides yoga asanas categorized by body parts and health conditions, along with step-by-step instructions, benefits, and calming music integration to enhance the learning and practice experience.
- Live sessions with instructors and personalized recommendations make yoga more accessible, interactive, and supportive for all users.

- The motivation behind developing the Yoga Website is to make authentic yoga practices more accessible, engaging, and personalized for users worldwide.
- Traditional yoga learning methods often lack customization, accessibility, and motivational tools, resulting in challenges with maintaining consistency and interest.
- By introducing features like streak maintenance, daily challenges, categorized asanas, calming music, and live sessions, we aim to encourage daily practice and bridge the gap between traditional yoga and modern lifestyles.

Project Goals

- Build an intuitive and visually engaging yoga website with smooth user experience.
- Enable users to explore yoga poses easily, categorized by body parts and health conditions.
- Track user progress through streak maintenance and daily challenges to enhance commitment.
- Deliver authentic yoga content with features like live sessions, personalized recommendations, and calming music integration.

Technology Stack




Website Layout Overview

- **Top Section** : Welcoming banner with site theme and mission.
- **Navbar** : Quick navigation links (Home, About, Reviews, Login). Includes options to filter asanas by body part or disease.
- **Main Area** : Asana cards with detailed steps, and "View More" option.
- **Live Classes** : Access to join live sessions and view previous classes.
- **Streak Data** : Track personal progress and maintain daily streaks with latest news related to health and fitness.
- **Footer** : Quick links, social media icons, and copyright info.


- **Yoga Benefits** : Highlighted benefits and expert quotes for motivation.
- **Asana Section** : Interactive asanas with step-by-step details.
- **Streak Tracker** : Motivates consistency through progress visualization.
- **Health Fitness News** : Latest articles and updates on health.
- **Notifications** : Admin-sent updates and reminders for users.
- **Call to Action** : Encouraging users to begin their yoga journey.

Body Part-Based Asana Filtering Disease Based Filtering

This page enables users to filter yoga asanas based on body parts like arms, legs, lungs, and head.

 **Yoga-Healix**

[Home](#) [Body Parts](#) [Diseases](#) [Task](#) [About Us](#) [Notifications](#)

[Nearby-Venue](#) [Previous Classes](#) [Live Yoga Classes](#) Welcome, Sunny 

Monday, April 28, 2025, 14:53:30 India Standard Time

Let your breath guide your body. Monday, April 28, 2025, 14:53:30 India Standard Time

Peace comes from within. Do not seek it without. Monday, April 28, 2025, 14:53:30 India Standard Time

The body benefits from

♥ Body Parts

Search body part...

Head

Neck

Eyes

Shoulders

Upper Back

Arms

Wrists

Forearms

Back


Spine

Core

Hips

Chest

Heart



Mountain Pose

Sanskrit Name: Tadasana

Category: Standing

Difficulty: Beginner

Duration: 30 seconds - 1 minute


Download Image

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Downward-Facing Dog

Sanskrit Name: Adho Mukha Svanasana

Category: Inversion

Difficulty: Beginner

Duration: 30 seconds - 1 minute


Download Image

Download Video

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Child's Pose

Sanskrit Name: Balasana

Category: Restorative

Difficulty: Beginner

Duration: 1 minute - 3 minutes


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Prénom NOM

Titre de présentation

28 avril 2025

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Asana Card Details

- **Benefits** : Lists key benefits like posture improvement, anxiety reduction, and leg strengthening.
- **How to Do** : Step-by-step instructions for performing each asana correctly.
- **Common Mistakes** : Highlights mistakes to avoid during practice.
- **Precautions** : Safety tips and situations when to avoid the pose.
- **Modifications** : Adaptations for different levels of experience.
- **Follow-Up Poses** : Recommended asanas to follow this one.
- **Breathing Instructions** : Breathing techniques to follow during the pose.
- **Timer Integration** : Option to track practice time with a built-in timer.

Login, Signup, Profile

- Split-screen Login/Signup forms for users and instructors.
- Update personal details and manage account settings.
- Secure authentication with session handling and token verification.

Welcome Back
Continue your practice 🧘

Email

Password

[Forgot Password?](#)

Login

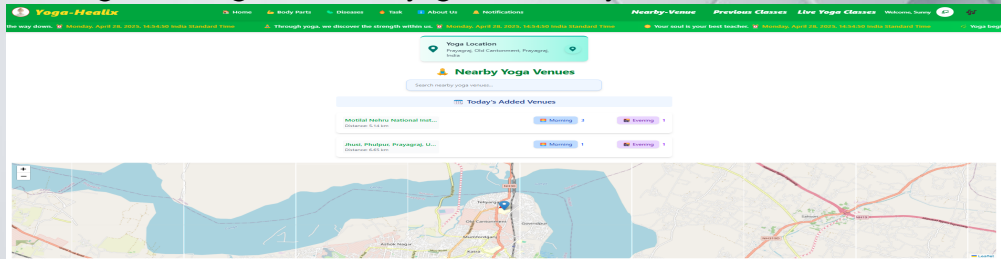
Fun Yoga Fact
🍕 Yoga isn't wrong unless you're holding pizza in Downward Dog.

Don't have an account? Sign Up

Did You Know?
🧘 Yoga improves flexibility, strength, and mental clarity!

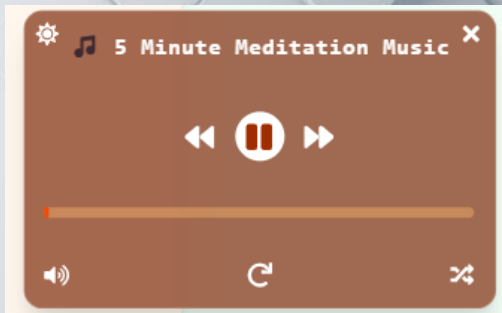
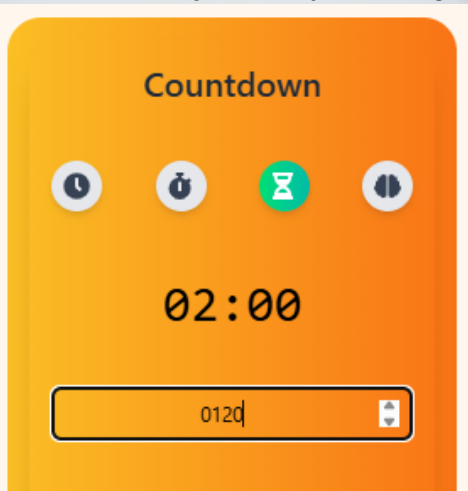
Community Engagement

Users can select local yoga centers to connect with fellow practitioners.
Join live sessions and participate in community yoga challenges.
Option to engage with nearby users for daily practice and events.
Building a thriving, connected yoga community with interactive features.



Timer and Music Player

- **Countdown Timer** : Ideal for yoga and meditation sessions.
- **Music Player** : Plays calming instrumental yoga tracks.



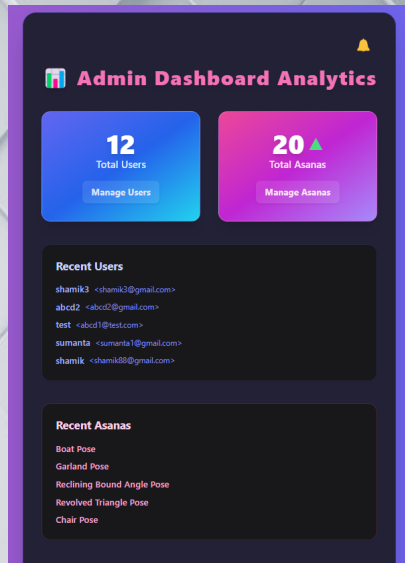
Admin Dashboard and Tools

Admin can create and manage asanas, update details, and send notifications.

Real-time user and asana statistics, including user engagement and performance.

Manage users, block inappropriate content, and track review reports.

Scalable for future features : user engagement reports, pose performance tracking.



- Users can write, edit, or delete reviews.
- Option to ask queries and get support.
- Access to "About Us" page to learn about the website.
- Explore the "Yoga History" page for an in-depth journey of yoga's evolution.

Key Challenges Overcome

- Implementing dynamic body part-based asana filtering.
- Ensuring smooth transitions between cards and detailed views.
- Optimizing media content (images/videos) for fast loading.
- Maintaining responsive design across various devices and layouts.

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Future Enhancements

- Personalized yoga plans based on body focus and goals.
- Live online yoga sessions with instructors for real-time interaction.
- Community-driven pose submissions, sharing, and feedback.
- Yoga challenges, leaderboards, and virtual badges to motivate users.
- Chat facility for strong community engagement and support.
- AI/ML integration for personalized recommendations and multilingual support.

Thank you, for your attention throughout this presentation.
Now, let's move forward with a live demonstration of our yoga platform.
We hope you enjoy exploring the features and functionality!

Explore Our Platform Now
Explore Our Admin Dashboard