

# Yoga-Healix

**Motilal Nehru National Institute of Technology Allahabad**

Department of Computer Science and Engineering

## Mini Project

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Group No. - 15

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*"A Complete Digital Yoga Journey"*

# Introduction

- 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.

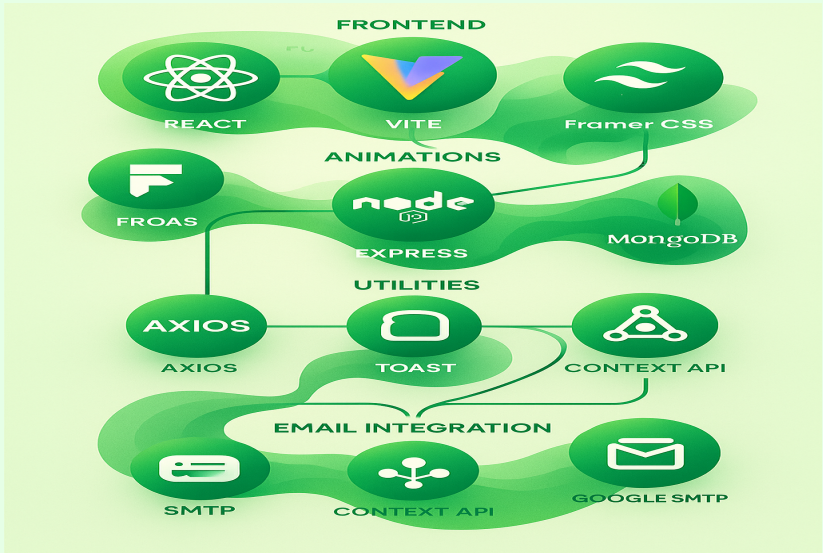
# Motivation

- Our goal is to develop a comprehensive Yoga Website that provides all content in a clear, organized, and easily accessible manner for users of all levels.
- Many existing platforms are cluttered or lack intuitive navigation, making it difficult for users to follow or understand yoga practices effectively.
- We aim to offer a seamless experience through categorized content, detailed steps, responsive design, and user-friendly features that simplify learning and practice.
- By combining structure with accessibility and aesthetics, we want to make yoga learning both enjoyable and sustainable for modern users.

# Project Goals

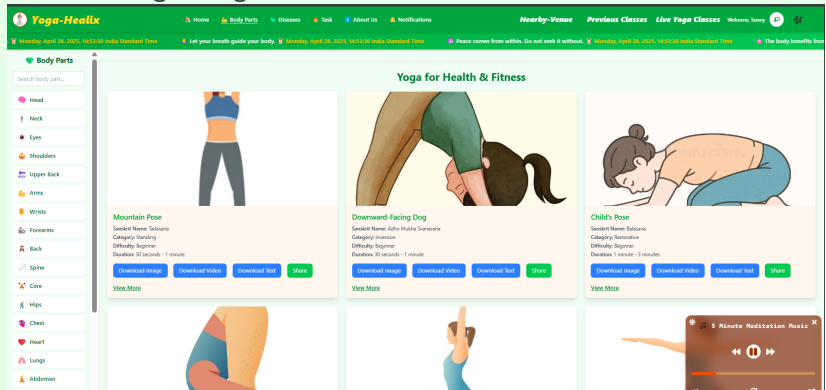
- Build an intuitive and visually engaging yoga website with a smooth user experience.
- Enable users to explore yoga poses easily, categorized by body parts and health conditions.
- Track user progress through streak maintenance and daily challenges to enhance commitment.
- Deliver authentic yoga content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

# Technology Stack



# 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.

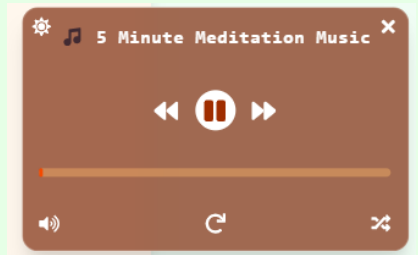
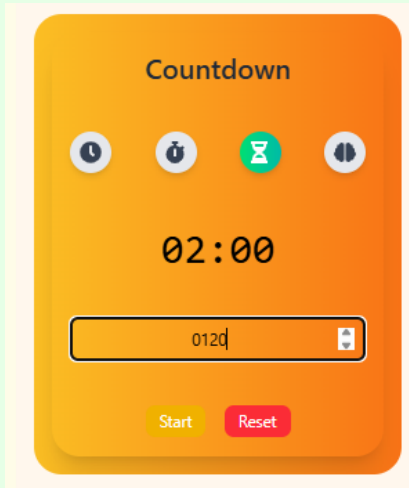


## Asana Card Details

- **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.

# Timer and Music Player

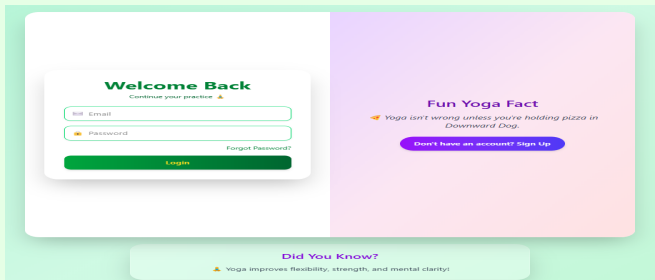
- **Countdown Timer:** Ideal for yoga and meditation sessions.
- **Music Player:** Plays calming instrumental yoga tracks.





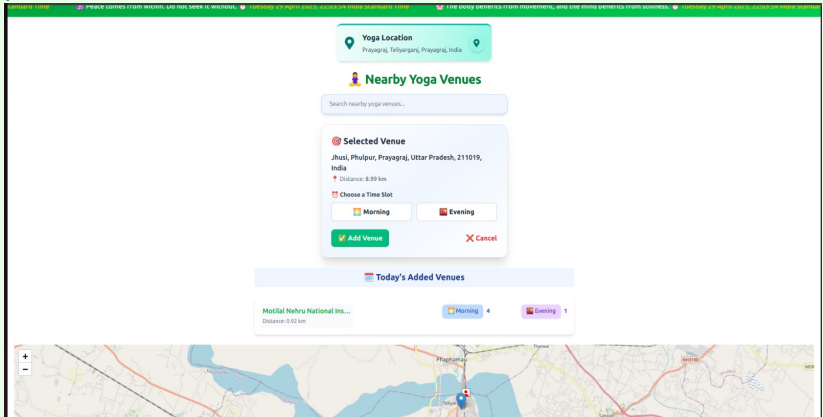
# Login, Signup, Profile

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



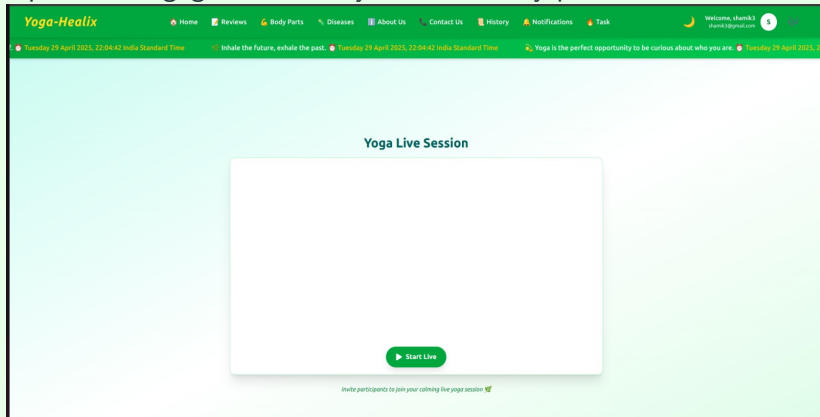
# Community Engagement

Users can select local yoga centers to connect with fellow practitioners.



# Video Streaming Live

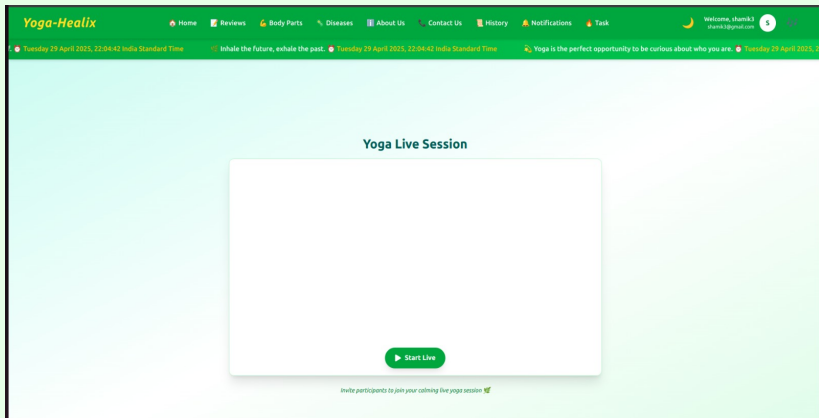
Join live sessions and participate in community yoga challenges.  
Option to engage with nearby users for daily practice and events.



# Previous Classes

The screenshot displays the Yoga-Healix website's 'Yoga Video Library' section. The top navigation bar includes links for Home, Reviews, Body Parts, Diseases, About Us, Contact Us, History, Notifications, and Task. A user profile for 'shamk3' is visible in the top right. A green banner at the top contains the text 'Inhale the future, exhale the past.' and 'Yoga is the perfect opportunity to be curious about who you are.' The main heading 'Yoga Video Library' is accompanied by the tagline 'Share your peaceful flow with others.' Below this is a video upload section with a 'Choose File' button (labeled 'No file chosen') and an 'Upload Video' button. The 'Available Videos' section shows two video thumbnails. The first video, titled 'video-1745493226906.webm', has a duration of 1:00 and a progress bar at 0:00 / 0:46. The second video, titled 'yoga-video.webm', also has a duration of 1:00 and a progress bar at 0:00 / 0:32.

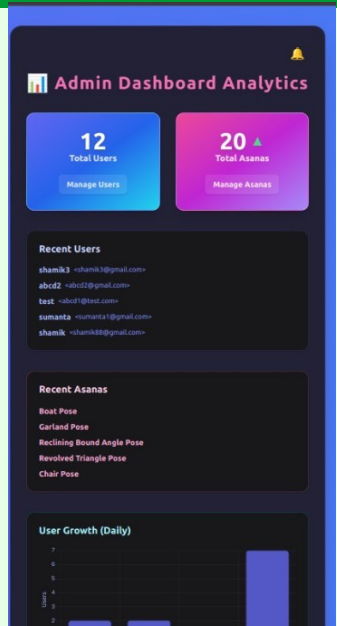
# View Live Class



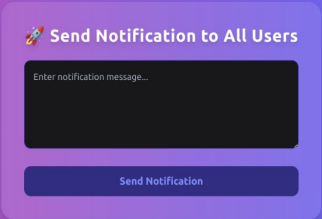
# Admin Dashboard and Tools

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.



# Notification From Admin



A screenshot of a web application interface for sending notifications. The background is a gradient of purple and blue. In the center, there is a light purple rounded rectangle containing a rocket icon, the title 'Send Notification to All Users', a text input field with the placeholder 'Enter notification message...', and a 'Send Notification' button.

 **Send Notification to All Users**

Enter notification message...

Send Notification

# Manage Users

### User Management

Add User

Name	Email	Actions
Harshit Pal	sumantanincet@gmail.com	<button>Delete</button>
HARSHIT PAL	harshit67811@gmail.com	<button>Delete</button>
Shamik Mandal	shamik@gmail.com	<button>Delete</button>
Shamik	shamik170@gmail.com	<button>Delete</button>
Sunny	ananteshchauhan24@gmail.com	<button>Delete</button>
Sunny	sunny@gmail.com	<button>Delete</button>
test	test@gmail.com	<button>Delete</button>
shamik	shamik88@gmail.com	<button>Delete</button>
sumanta	sumanta1@gmail.com	<button>Delete</button>
test	abcd1@test.com	<button>Delete</button>
abcd2	abcd2@gmail.com	<button>Delete</button>
shamik3	shamik3@gmail.com	<button>Delete</button>









# Manage Asanas

[← Back to Dashboard](#)

## 🧘 Asana Management

[Add Asana](#)

Name	Body Parts	Benefits	Steps	Image	Actions
Mountain Pose	Full Body, Spine, Core, Legs, Balance	Improves posture, Reduces anxiety, Enhances balance, Relieves body pain, Strengthens legs and core	[object Object], [object Object], [object Object]		<a href="#">Edit</a> <a href="#">Delete</a>
Downward-Facing Dog	Full Body, Shoulders, Arms, Back, Hamstrings	Relieves headaches, Reduces body pain, Improves circulation, Stretches hamstrings and back, Strengthens arms and shoulders	[object Object], [object Object], [object Object]		<a href="#">Edit</a> <a href="#">Delete</a>
Child's Pose	Hips, Lower Back, Spine, Abdomen	Calm mind, Reduces anxiety, Relieves lower back pain, Improves digestion, Stretches hips and spine	[object Object], [object Object], [object Object]		<a href="#">Edit</a> <a href="#">Delete</a>
Standing Forward Bend	Hamstrings, Back, Spine, Head	Relieves headaches, Reduces stress, Improves digestion, Stretches hamstrings and back, Calms nervous system	[object Object], [object Object], [object Object]		<a href="#">Edit</a> <a href="#">Delete</a>
Warrior I	Legs, Hips, Core, Chest, Balance	Strengthens legs, Improves heart health, Boosts confidence, Opens hips and chest, Enhances balance	[object Object], [object Object], [object Object]		<a href="#">Edit</a> <a href="#">Delete</a>
Warrior II	Legs, Hips, Core, Shoulders, Balance	Strengthens legs and core, Improves stamina, Reduces body pain, Enhances balance, Boosts confidence	[object Object], [object Object], [object Object]		<a href="#">Edit</a> <a href="#">Delete</a>

- 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.

# 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.

# Home Page Features

- **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.

# 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.

# 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**