Yoga-Healix

Motilal Nehru National Institute of Technology Allahabad

Department of Computer Science and Engineering

Mini Project

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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.

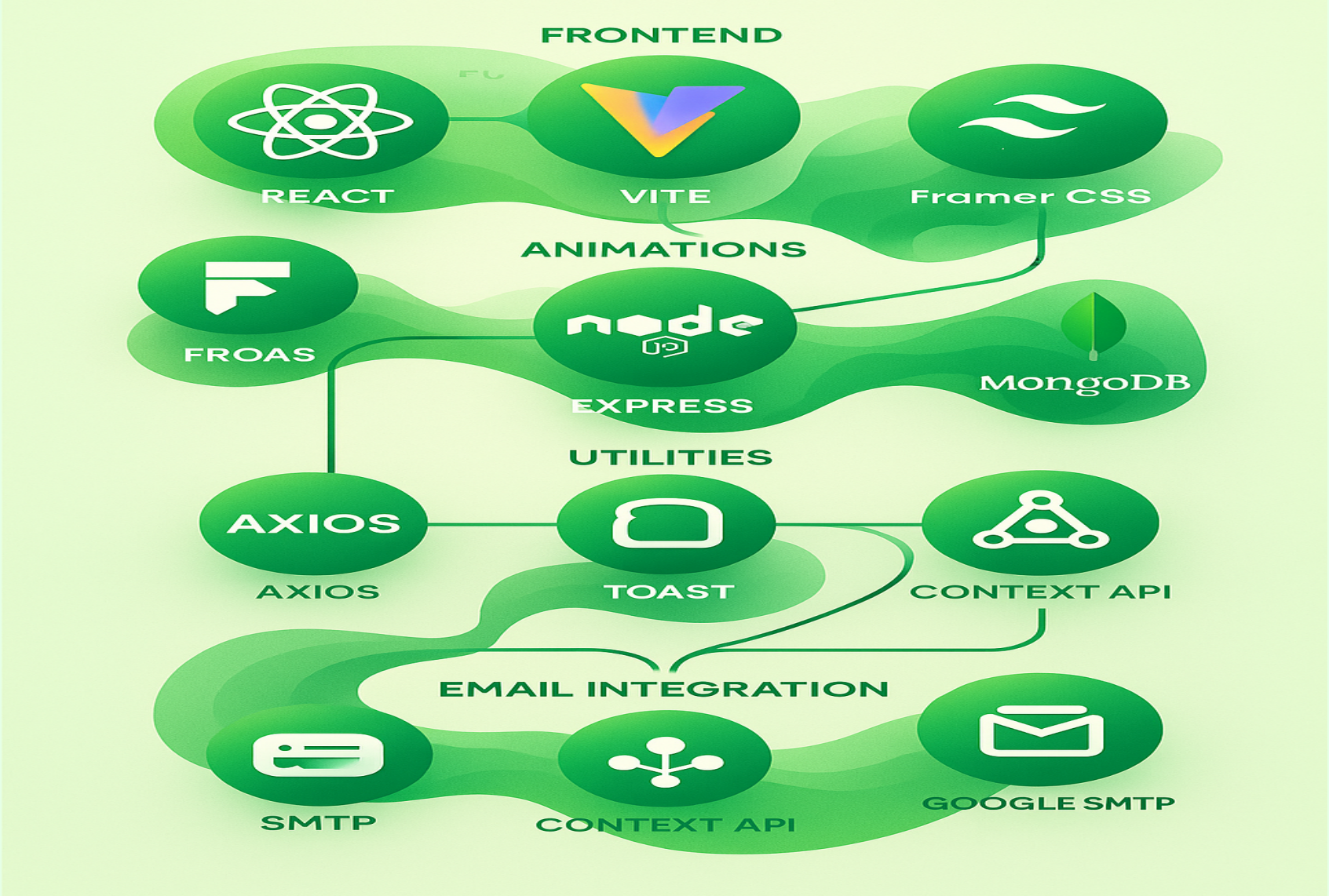
Motivation

- 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

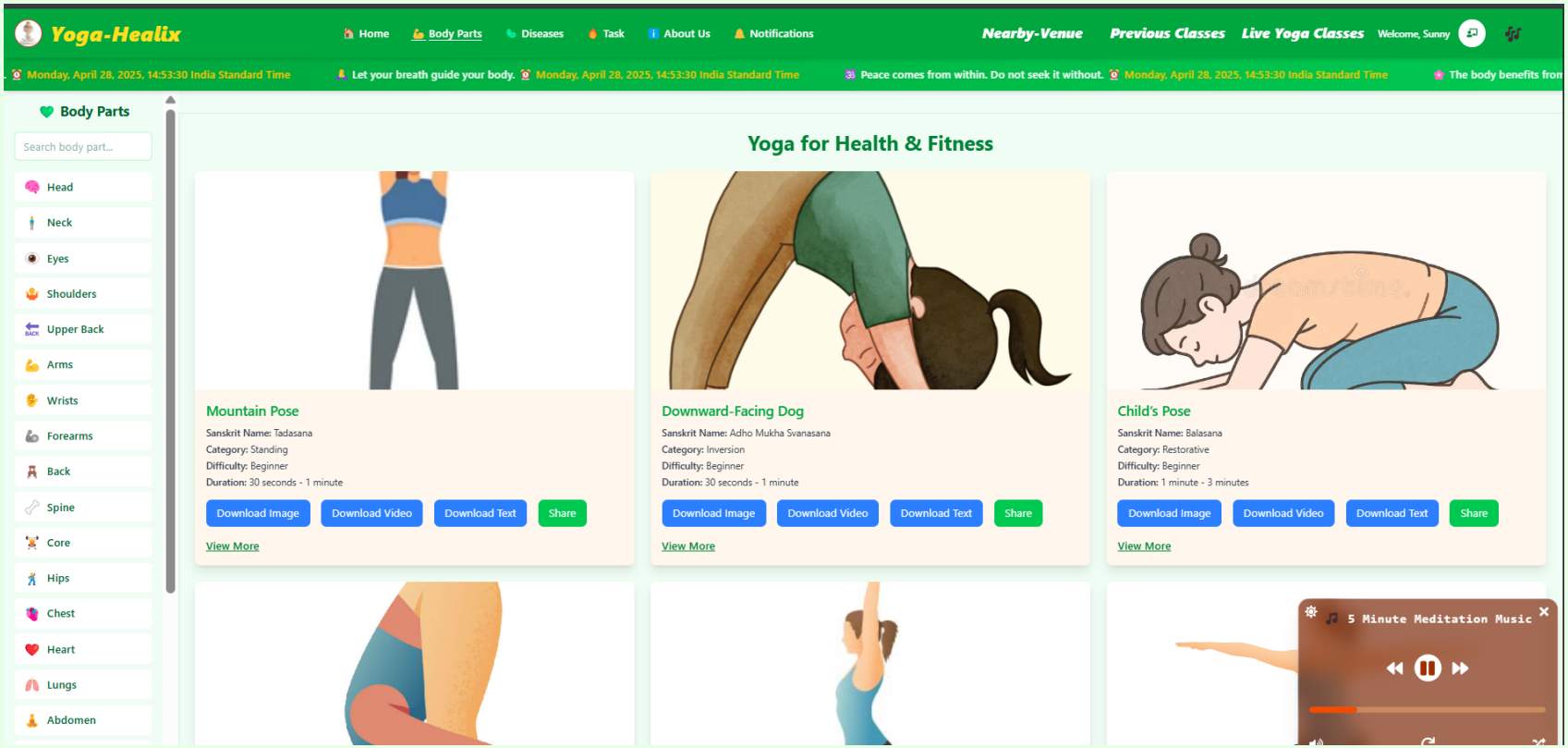
- Build an intuitive and visually engaging yoga website with a smooth user experience.
- Enable users to explore yoga poses easily, categorized by body parts and health conditions.
- Track user progress through streak maintenance and daily challenges to enhance commitment.
- Deliver authentic yoga content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

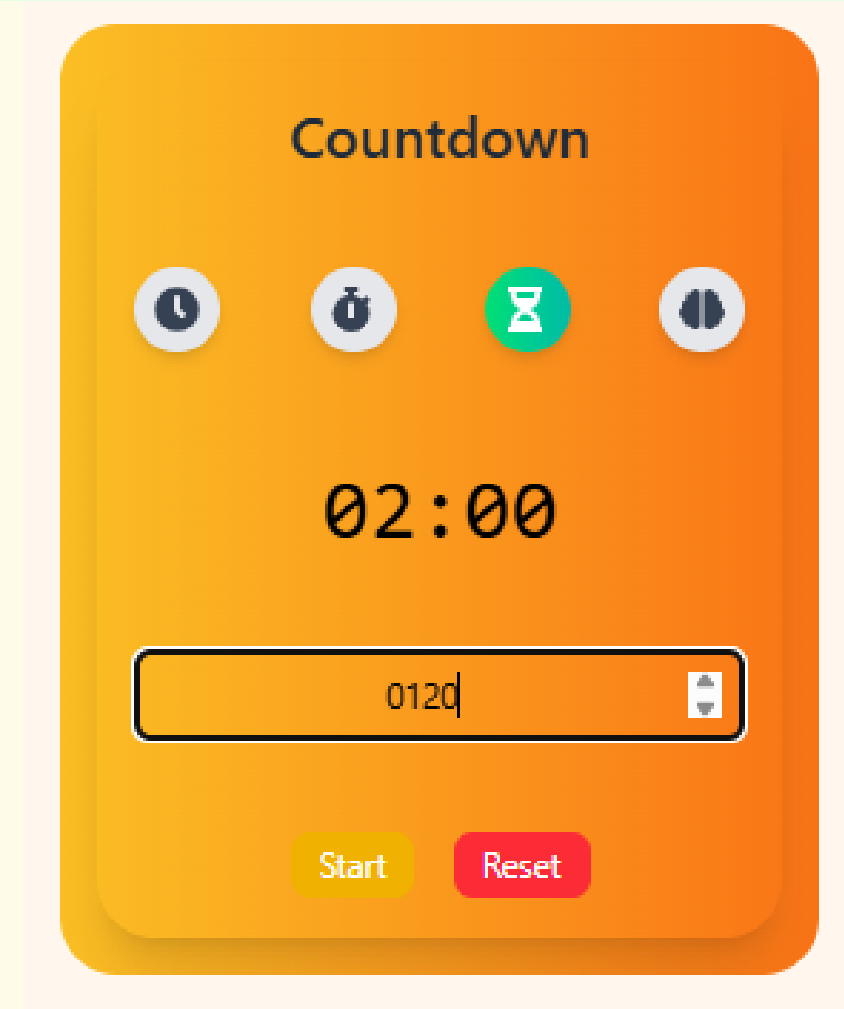


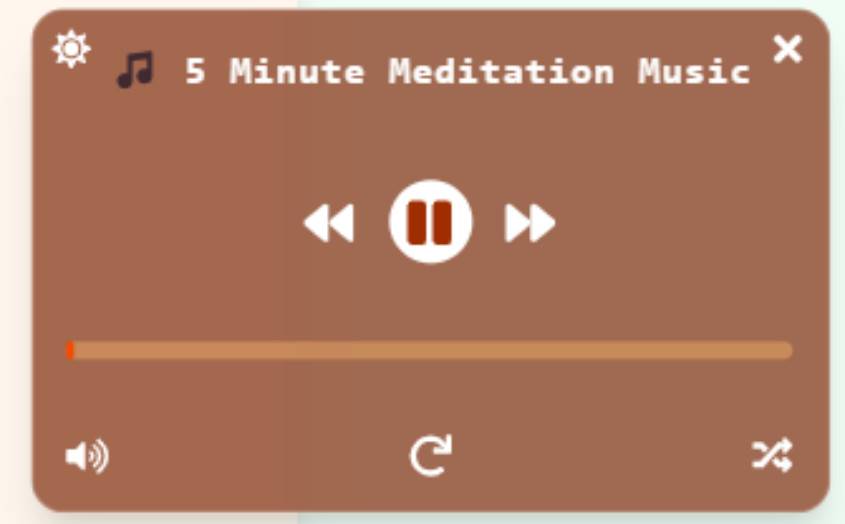
Asana Card Details

- **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

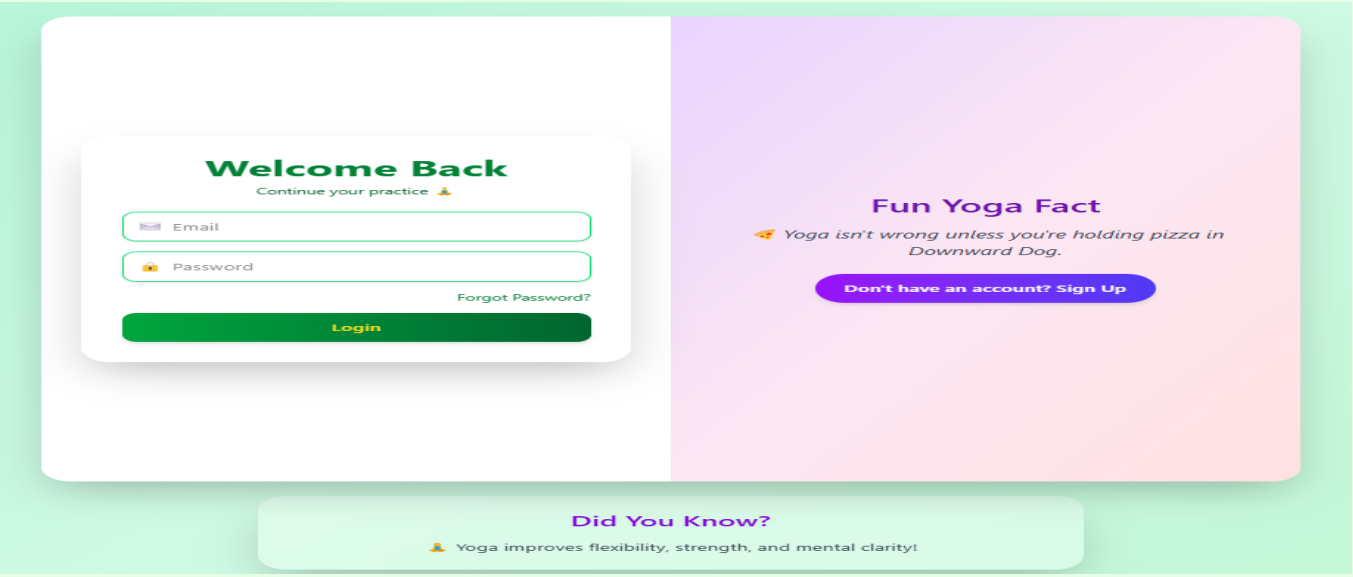
- **Countdown Timer:** Ideal for yoga and meditation sessions.
- **Music Player:** Plays calming instrumental yoga tracks.





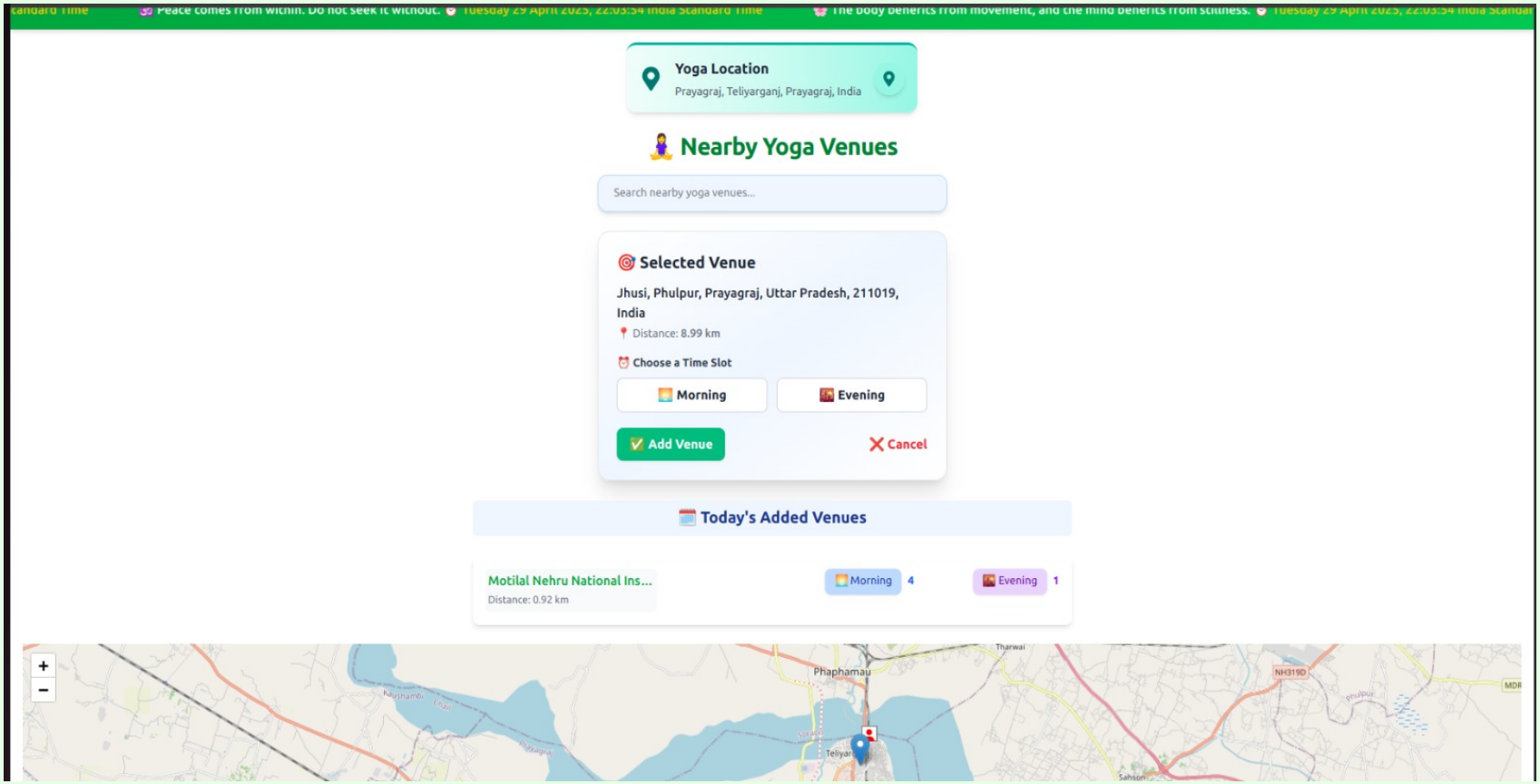
Login, Signup, Profile

- 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

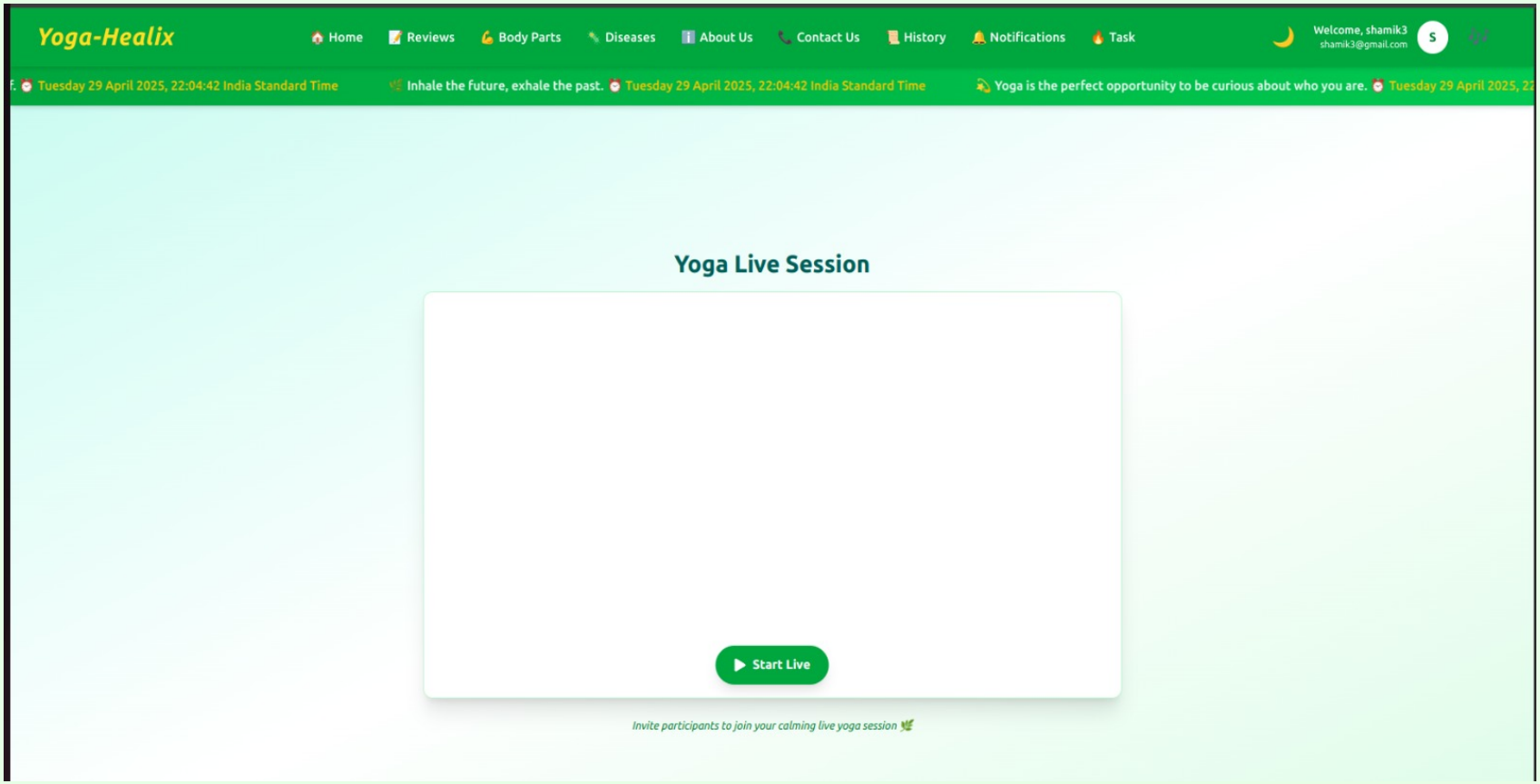
Users can select local yoga centers to connect with fellow practitioners.



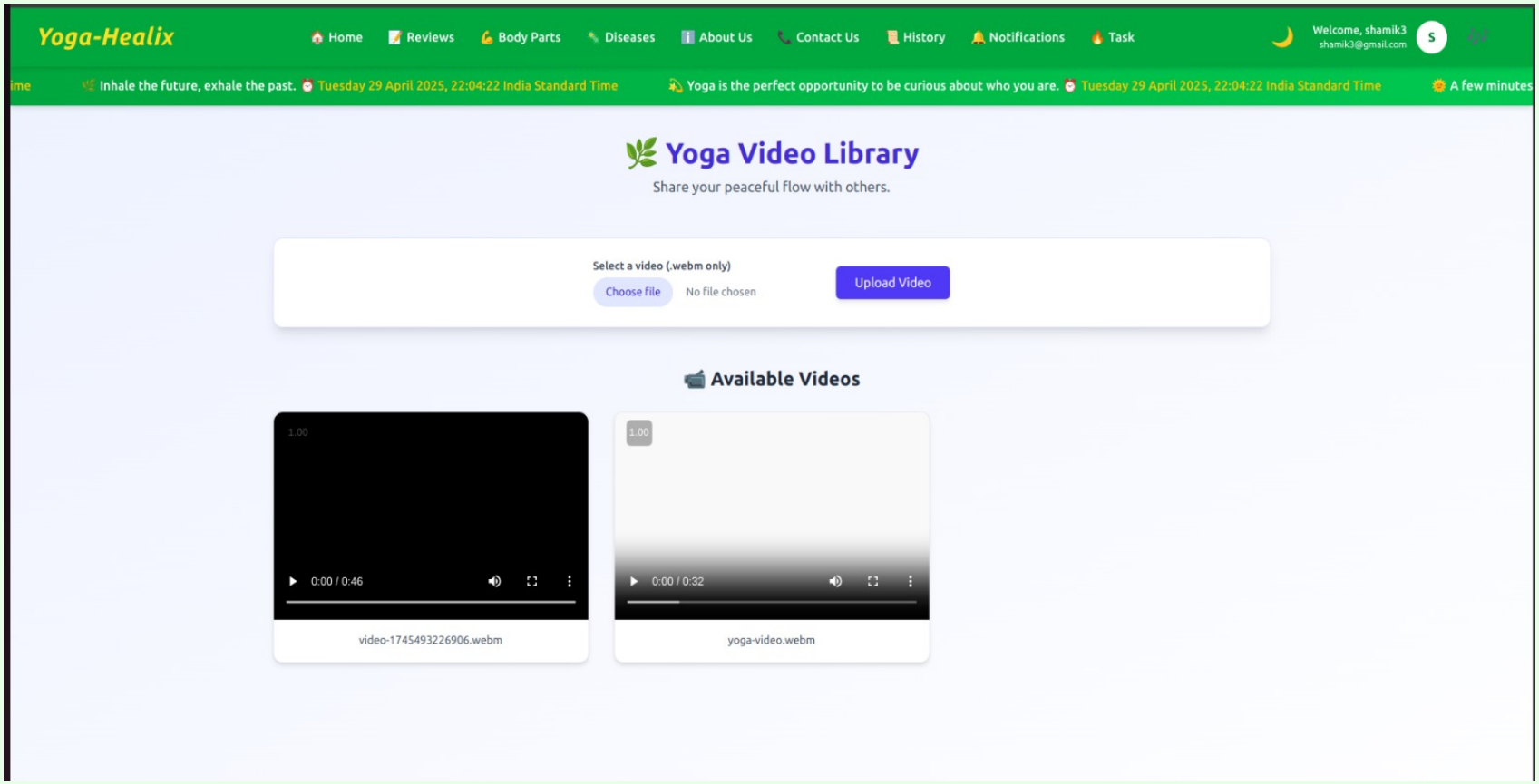
Video Streaming Live

Join live sessions and participate in community yoga challenges.

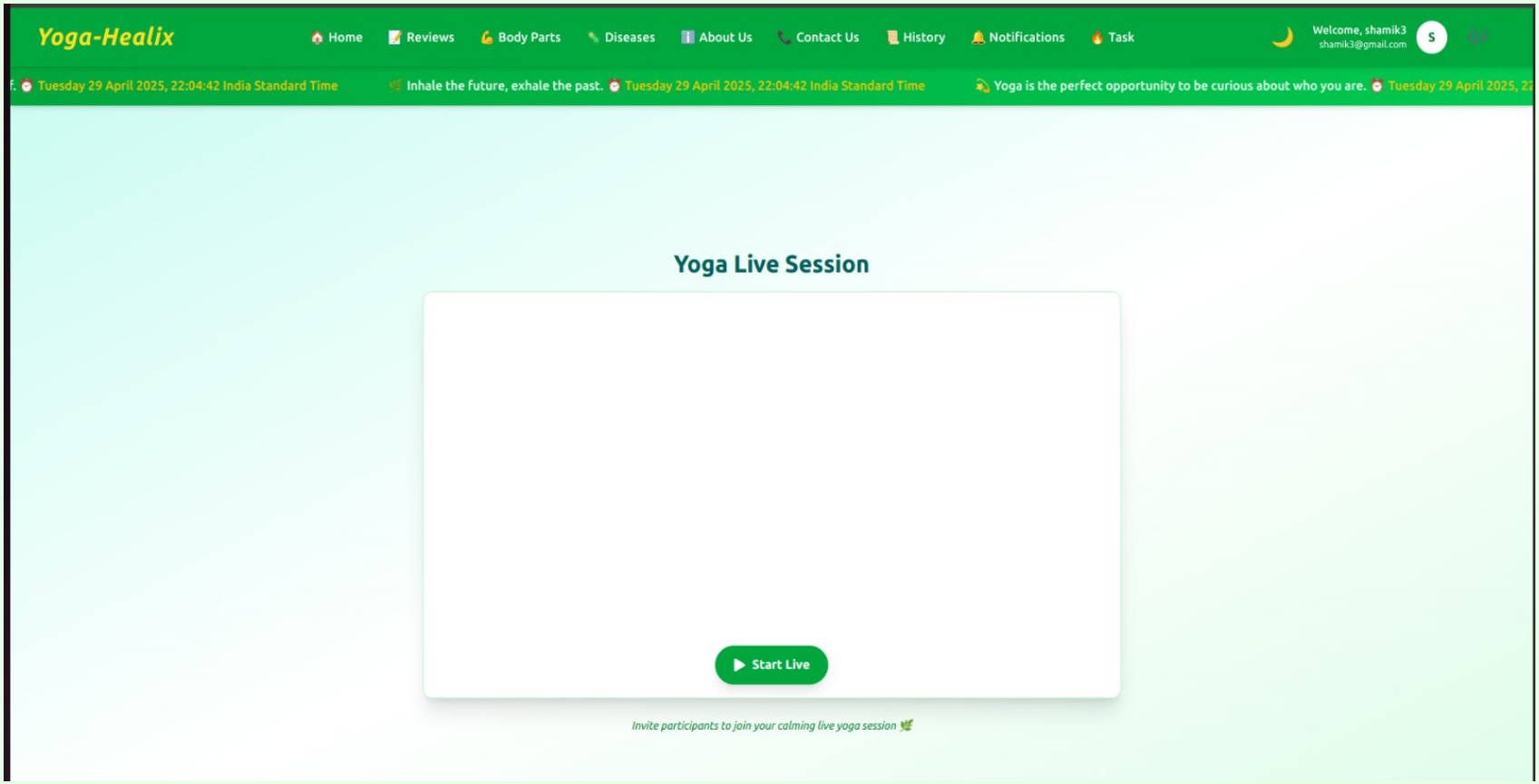
Option to engage with nearby users for daily practice and events.



Previous Classes

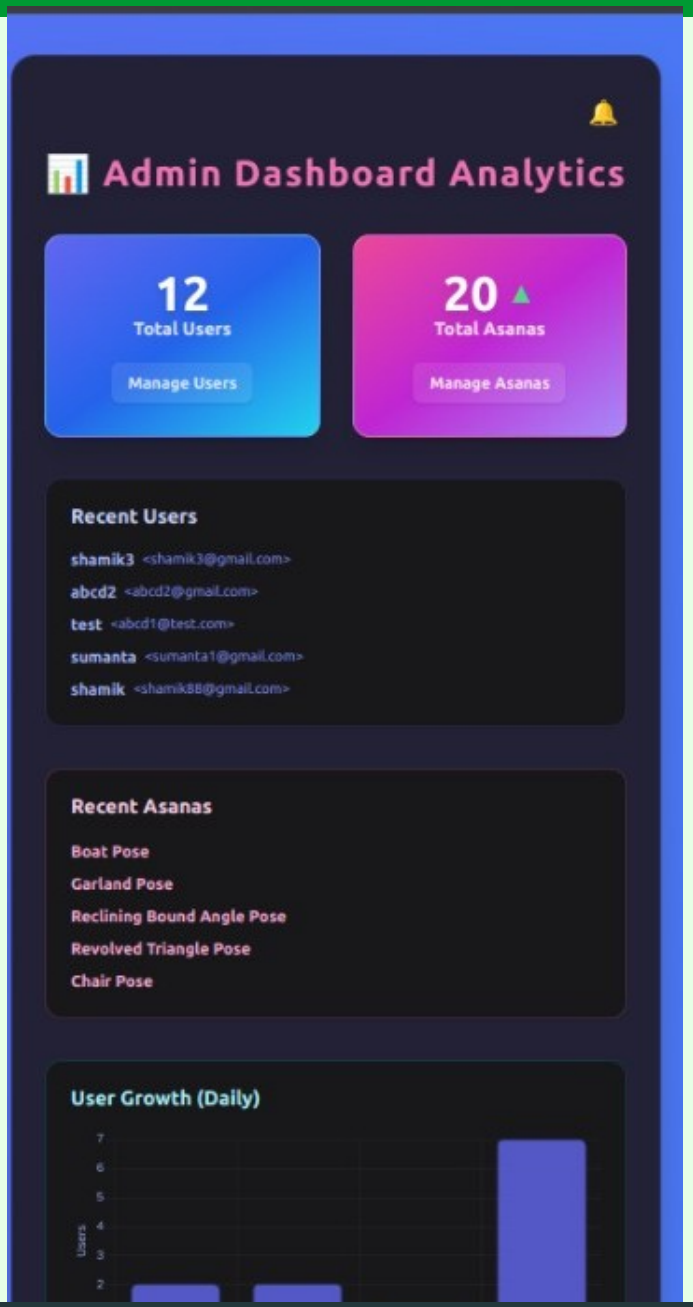


View Live Class

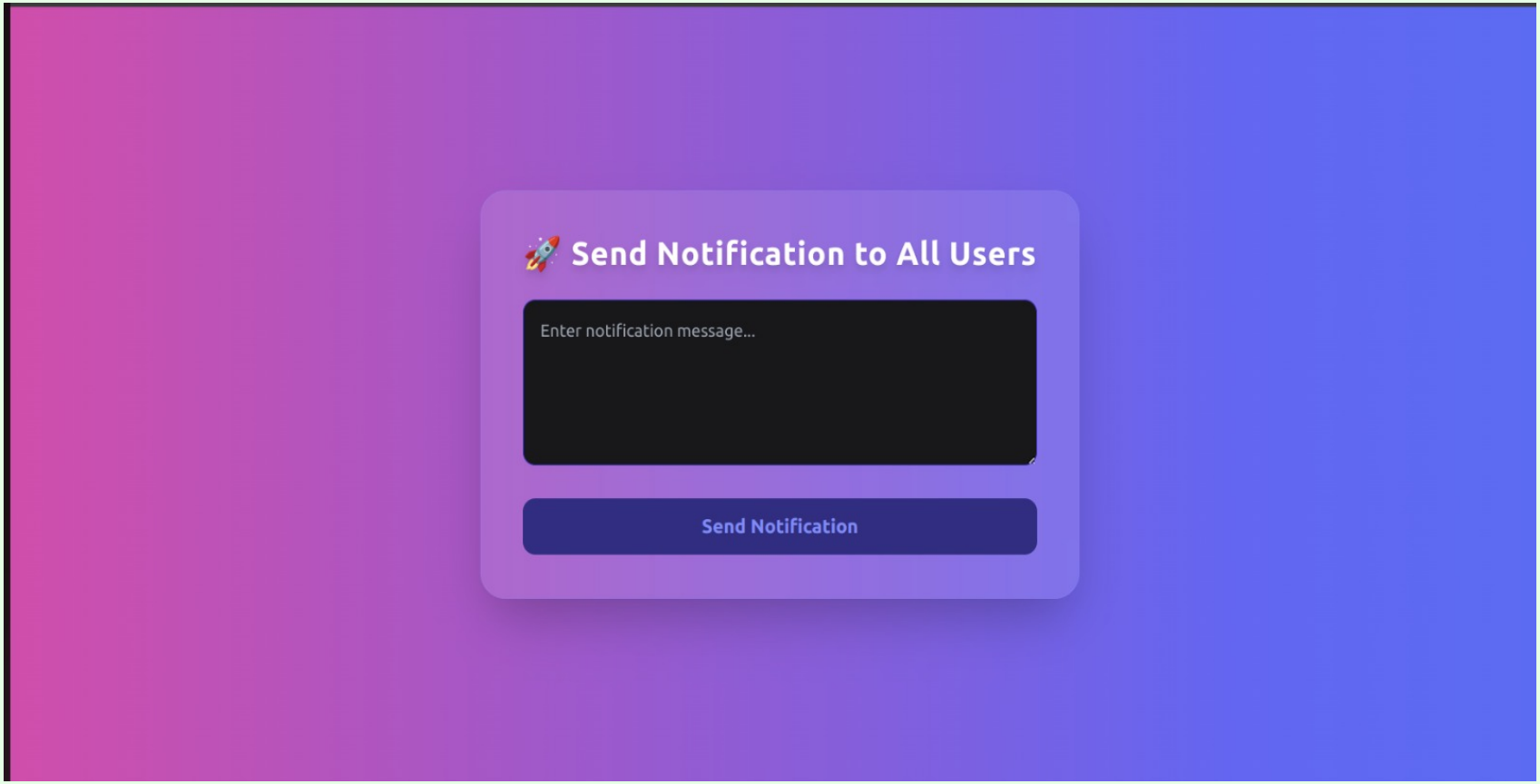


Admin Dashboard and Tools

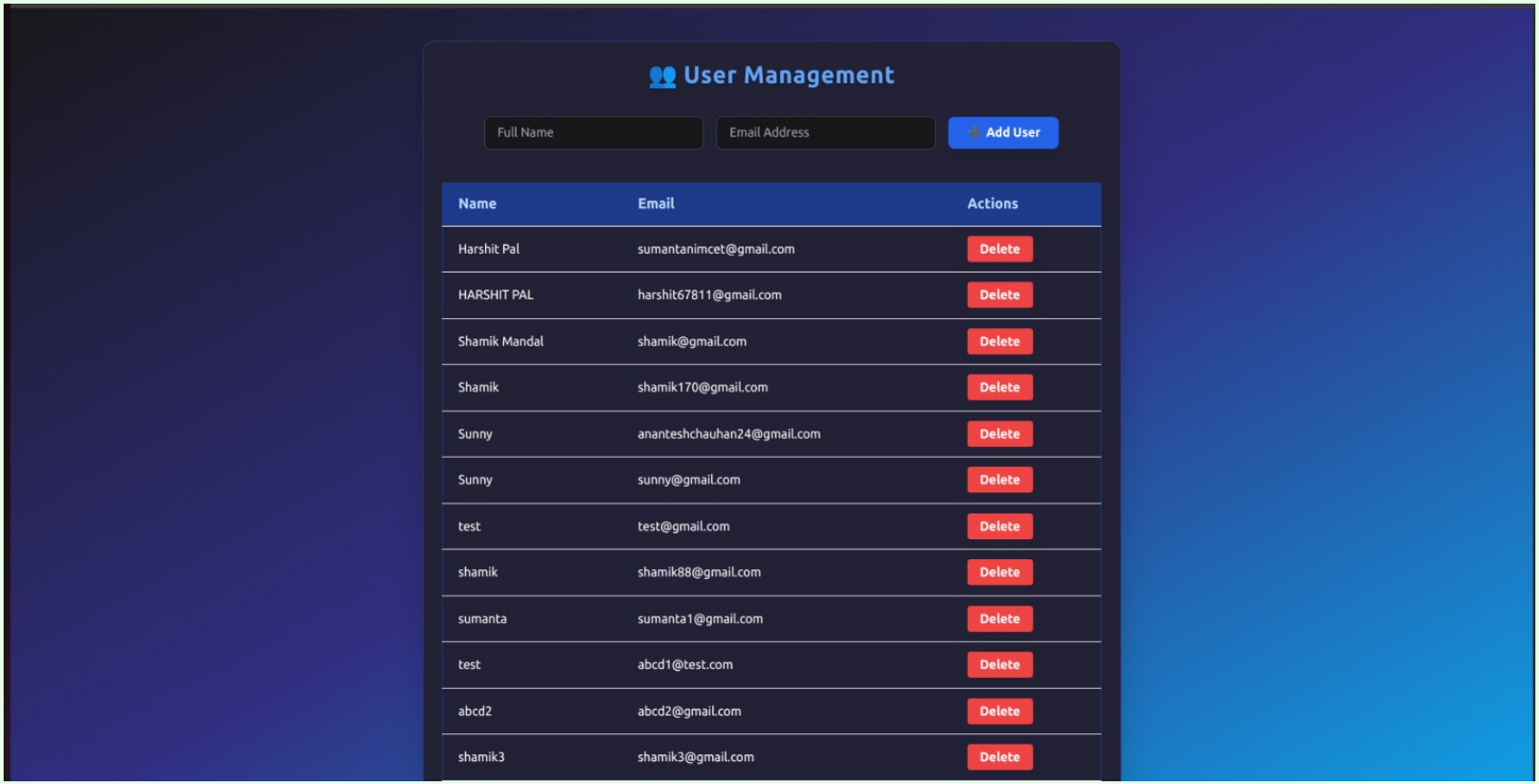
Admin can create and manage asanas, update details, and send notifications.
Real-time user and asana statistics, including user engagement and performance.
Manage users, block inappropriate content, and track review reports.
Scalable for future features: user engagement reports, pose performance tracking.



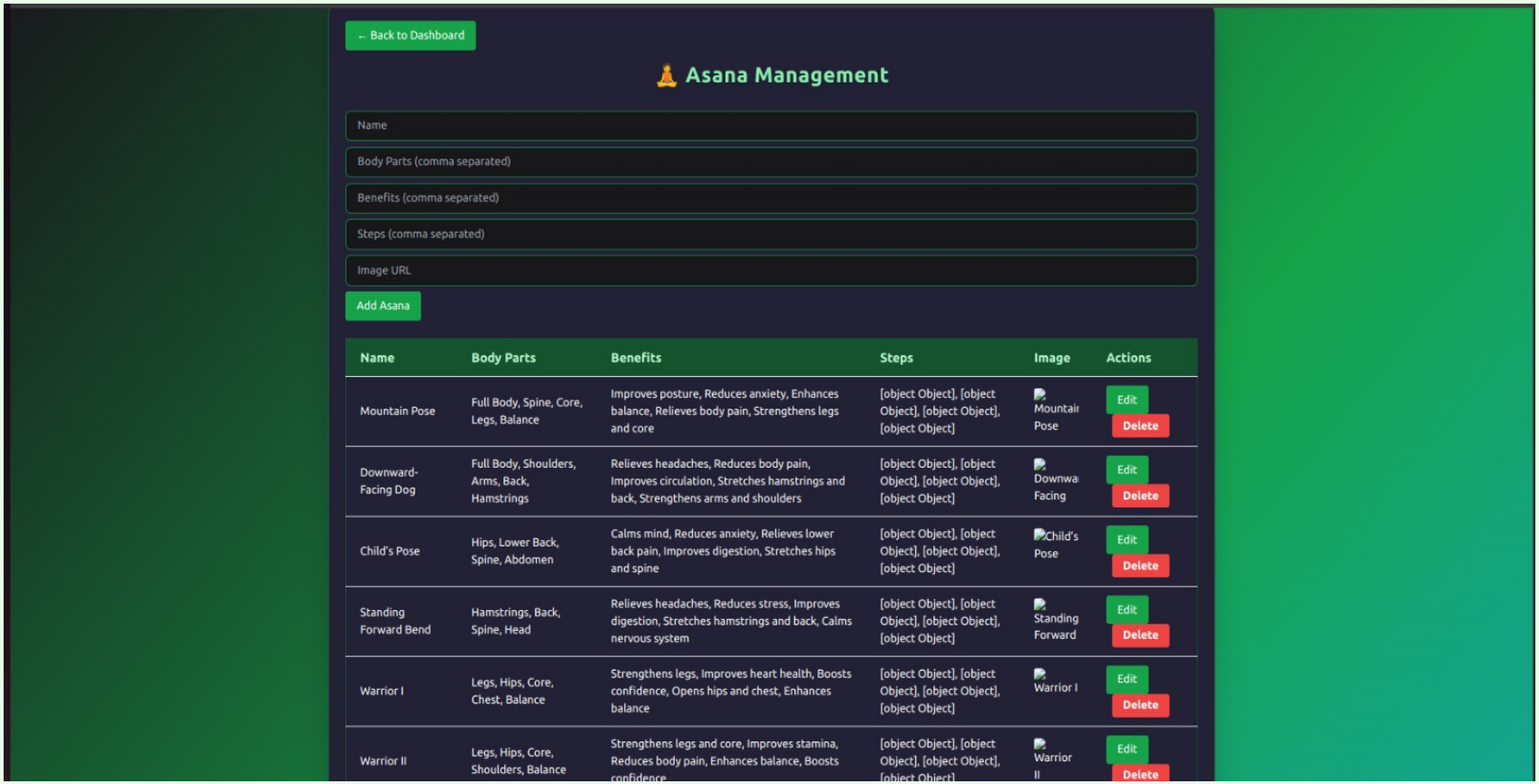
Notification From Admin



Manage Users



Manage Asanas



Review and Information System

- 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