

Mini Project Report

by Group 15

General metrics

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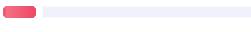
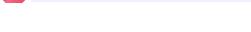
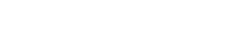
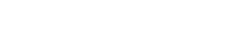
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77

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59

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Measures average sentence length

words per sentence

Mini Project Report

Yoga-Heelix

A Yoga Learning and Wellness Platform

MINI PROJECT

MASTER OF COMPUTER APPLICATIONS

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vii

Undertaking

We declare that the work presented in this report titled "Yoga-Healix: A Yoga Learning and Wellness Platform" submitted to the Computer Science and Engineering Department, Motilal Nehru National Institute of Technology Allahabad, Prayagraj, for the award of the Master of Computer Applications degree, is our original work. In case this undertaking is found incorrect, we accept that our degree may be unconditionally withdrawn.

April 2025

Anantesh Chauhan - 2023CA15 Shamik Makdal - 2023CA88 Harshit Pal -
2023CA43

Abhishek Kumar Gond - 2023CA04

Certificate

⁴ This is to certify that Anantesh Chauhan (2023CA15), Shamik Makdal
(2023CA88), Harshit Pal (2023CA43), and Abhishek Kumar Gond (2023CA04)
⁵ have successfully carried out the completion of the project entitled "Yoga-
Healix: A Yoga Learning and Wellness Platform" under my supervision during
the session 2024-25 and have met all the requirements of the project.

April 2025

Dr. Joohi Chauhan Computer Science and Engineering Dept.
MNNIT Allahabad

⁶ Acknowledgment

We would like to express our sincere gratitude to our mentor, Dr. Joohi Chauhan,⁷ who guided us throughout our project "Yoga-Healix: A Yoga Learning and ⁸ Wellness Platform" with invaluable advice and thoughtful suggestions. Our ¹ project would not have been possible without her constant support, encouragement, and expert guidance, which helped us complete our work successfully and on time. We feel honored and privileged to have worked under ¹ ⁹ her supervision.

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Abstract

Our project, "Yoga-Healix: A Yoga Learning and Wellness Platform," is a web-based application developed to promote holistic health and well-being through ¹⁰ the practice of yoga. Designed with accessibility and personalization in mind, Yoga-Healix enables users to explore a wide range of ¹¹ yoga asanas categorized by body parts, offering detailed step- by-step instructions, images, videos, and benefits to suit individual fitness needs. Upon registration and login, users can maintain daily practice streaks, track their progress, and participate in online live yoga sessions led by professional instructors.

To create an immersive experience, the platform also integrates a custom music player that provides meditation tracks and practice-friendly background music, enhancing focus and relaxation during sessions. The system features dynamic asana filtering, personalized dashboards, a wellness news sidebar, and an animated user interface built using the MERN stack. Additionally, Yoga-Healix incorporates streak maintenance mechanisms to motivate daily engagement and provides user review sections to foster a supportive community.

Under the hood, the application uses MongoDB for efficient data storage, Express.js and Node.js for scalable backend services, and React.js combined with Tailwind CSS and Framer Motion for a responsive and visually appealing frontend. Features like real-time live sessions, personalized progress tracking, and interactive learning modules transform static wellness information into an engaging, community-driven experience. By blending traditional yoga practices with modern technologies, Yoga-Healix empowers users to lead healthier, more mindful lifestyles in a digitally connected world.

Anantesh Chauhan - 2023CA15 Shamik Makdal - 2023CA88 Harshit Pal - 2023CA43

Abhishek Kumar Gond - 2023CA04

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Chapter 1 Introduction

Motivation

Our project, "Yoga-Healix: A Yoga Learning and Wellness Platform," is inspired by the growing need to promote holistic health, mindfulness, and well-being in today's fast- paced digital world. Many individuals seek accessible, authentic resources for practicing yoga but often find scattered information, a lack of structured guidance, and poor engagement in traditional wellness platforms. Yoga-Healix addresses this gap by offering an interactive, comprehensive, and

visually enriching platform that organizes yoga practices according to body parts, goals, and skill levels.

Recognizing the importance of regularity and motivation in wellness journeys, Yoga- Healix introduces innovative features like live online yoga sessions, a built-in music component for meditation and practice enhancement, and daily streak maintenance for habit building. With intuitive interfaces, personalized dashboards, community reviews, and multimedia content, the platform aims to make yoga accessible, engaging, and integral to everyday life.

Objective

The objective of our project is to develop a user-friendly, dynamic, and interactive web-based Yoga platform where users can explore, learn, and practice yoga seamlessly. Yoga- Healix enables users to filter asanas by body part, view detailed instructions with multi-media support, attend live yoga sessions, and maintain daily practice streaks to encourage consistency.

Technologies such as the MERN stack (MongoDB, Express.js, React.js, Node.js), Tailwind CSS for styling, and Framer Motion for animations are employed to ensure a modern, responsive, and smooth user experience. The platform also integrates a custom music player offering curated tracks for meditation and focus, enhancing user engagement during sessions. This document presents a comprehensive analysis of Yoga-Healix, including its core functionalities, system design, and methodologies for implementation. We further discuss its potential impact on users' lifestyles and propose future enhancements for broader adoption and deeper personalization.

Chapter 2 Literature Overview

The domain of online wellness platforms and yoga education has expanded significantly with advancements in web technologies, interactive learning models, and the increasing adoption of digital health practices. Early ¹ yoga websites were primarily static, offering limited textual information and few instructional resources. However, the emergence of dynamic frameworks like ²⁹ React.js, along with Tailwind CSS for responsive designs, has enabled the development of highly engaging, user-centric platforms [1].

The integration of multimedia elements such as instructional videos, curated music playlists, and live interactive sessions has been shown to significantly ³⁰ enhance user engagement and adherence to wellness routines. Studies ³² highlight the effectiveness of combining visual learning aids with audio components in promoting better technique retention and mindfulness practices [2].

Gamification features like streak maintenance and progress tracking have proven success-³⁴ ful in forming long-term habits, particularly in health and education domains. Maintaining streaks and achieving personal milestones ^{1,35} ^{35,36} boosts user motivation and commitment, fostering sustainable behavior change [3].

Furthermore, the demand for live, instructor-led sessions has surged post-pandemic, with online yoga classes providing flexibility and personalized guidance to users worldwide. Platforms that successfully blend asynchronous content (like videos and articles) with synchronous experiences (like live sessions) offer a more holistic and impactful learning journey [4].

Yoga-Healix leverages these insights by integrating live sessions, an interactive ³⁷ music player for enhanced practice ambiance, detailed asana libraries categorized by body parts, and daily streak systems—providing a comprehensive and modern approach to online yoga and wellness education.

Chapter 3

Software and Hardware Requirements

The technical requirements for developing and deploying the Yoga-Healix website are practical and accessible for most systems. To ensure smooth performance—especially for live sessions, dynamic libraries, music playback, and real-time streak tracking—a stable internet connection and a moderately powerful system are recommended. The frontend is lightweight, while the backend (with user authentication, database, or live session management) benefits from cloud hosting or optimized servers.^{1,38,39}

Software Requirements

The technologies and libraries required for development and deployment are:

Frontend: React.js, Vite.js, Tailwind CSS, Framer Motion, Axios, React Router¹⁵

Backend: Node.js with Express.js, MongoDB, Socket.io (optional for live sessions)¹³

Deployment: Netlify / Vercel (frontend), Render / Railway / AWS (backend)¹⁵

Tools: Git & GitHub, Postman

Hardware Requirements

OS: Windows 10 / 11, Linux, macOS

Processor: Intel Core i5 (10th Gen or later), AMD Ryzen 5

RAM: Minimum 8 GB (16 GB recommended)

Storage: 10 GB free (SSD preferred)

Internet: High-speed connection (for live sessions and media)

Chapter 4 System Design

Use Case Diagram

Below is the use case diagram for the Yoga-Healix website, which depicts how different users (Admin, Instructor, and User) interact with the system. It highlights key actions such as asana management by the admin, session creation by the instructor, user participation in sessions, and user progress tracking. The diagram shows the primary use cases reflecting the interactions among these entities and the system.

Figure 1: Use Case Diagram

Data Flow Diagrams

Level 0 DFD

DFD Level 0 provides an overview of the Yoga-Healix system. It shows the system as a single process communicating with external parties (users, instructors, and admins) and depicts the data flow between the system, users, instructors, admins, and the shared database.

Figure 2: Level 0 DFD

Level 1 DFD

Level 1 DFD elaborates on the system's internal workings. The admin manages the asanas and user data, while the instructor is responsible for creating and managing live yoga sessions. The user interacts with the system to view asanas,

filter them based on disease, track progress, and join live sessions. The system stores and updates data in a shared database.¹

Figure 3: Level 1 DFD

Class Diagram

The class diagram represents the structure of the Yoga App by showing its classes, attributes, and relationships among objects.⁴⁴⁴⁴

Figure 4: Class Diagram of Yoga App

Pseudocode

START

Load Yoga Asanas Data

Collect asanas data (images, instructions, videos)

⁴⁵ FOR each asana:

Clean and store image, title, description, and disease associations

Classify asana based on targeted body part and disease

User Interaction

⁴⁶ User selects a body part or disease filter from the sidebar

⁴⁷ Display relevant asanas based on selection

⁴⁸ ⁴⁹ User selects an asana for detailed view

Show Asana Details

Fetch and display full details of the selected asana (image, steps, benefits)

⁵⁰ Allow user to add a review or track progress

Allow user to view previous asanas and their details

Progress Tracking

Store user's completed asanas and update streak data

Track daily tasks assigned by admin and maintain streak for completion^{51 52}

Admin Interaction

Admin manages asanas and updates their information (image, description, disease tags)

Admin manages user data and oversees user progress

Instructor Interaction

Instructor logs in to create online live sessions

⁵³ Instructor can manage and update live session details (time, participants)

⁵⁴ Instructor hosts live sessions for users to join

User Interaction with Live Sessions

Users can view and join live sessions created by instructors

Users can view past sessions and asanas they've participated in

Location & Participation

Users can view a map of yoga practice locations

Users can select a location and see how many other users are attending there⁵⁵

Display Updates

Show the user's progress, including completed asanas, streak count, and

⁵⁶ upcoming sessions

END

Chapter 5 Proposed Work

Requirement Gathering

This phase focuses on identifying the core requirements and functionalities for⁵

⁵⁷ the Yoga- Healix platform. Key requirements include:¹

- A comprehensive list of yoga asanas categorized by body parts and diseases.
- User accounts with profiles, tracking progress, and maintaining a streak count for daily asana completion.
- Ability to upload and manage yoga videos, images, and step-by-step guides for each asana.⁵⁹
- Admin role for managing asanas and user data, assigning daily tasks, and overseeing reviews.
- Instructor role for creating live yoga sessions and managing interactive group sessions.^{60 61}
- A dynamic filtering system for asanas based on body parts, diseases, and difficulty levels.⁶²
- Integration of a live session map to view yoga practice locations and attendance.⁶³
- Progress tracking for users, including detailed analytics, streak count, and milestone achievements.⁶⁴
- A review and feedback system for asanas, where users can like, dislike, or comment.⁶⁵
- Video streaming for live yoga sessions where users can join and interact.

Design and Architecture

The YogaHealix platform will be designed with a user-friendly interface, ensuring an intuitive experience for users, instructors, and admins. The system will be built using the MERN stack for the backend and frontend with the following architecture:

Frontend: Developed with React and Vite for a fast, responsive UI. Tailwind CSS will be used for styling. Features like dynamic filtering, profile management, and a responsive dashboard will be integrated.^{15 66 67 13 15 68}

****Backend**:** Built using Node.js, Express, and MongoDB. This will handle authentication, asana management, user progress tracking, and live session creation. The backend will handle API routes for user data, progress updates, live session details, and more.

Key components of the backend system include:

****User Authentication & Authorization**:** Using JWT for user login and signup, ensuring secure access to profiles, reviews, and sessions.

****Asana Management**:** Admins will be able to add, update, or delete asanas, categorize them, and assign them to users based on body part, disease, or level.

****Progress Tracking**:** Users' streaks and completed asanas will be tracked, updating their progress daily.

****Instructor Sessions**:** Instructors will have the ability to create live yoga sessions with video integration and allow users to join.

****Live Session Map**:** A map feature will allow users to select and view yoga practice locations and see how many people are attending.

****Reviews System**:** Users can leave feedback on asanas, rate them, and track their improvement.

Development

The development will be divided into various stages:

****Frontend Development**:** - Building responsive components for user registration, login, and profile management. - Implementing the body part filter and disease-based asana filter. - Creating yoga asana pages with detailed step-by-step instructions, images, and videos. - Implementing the live session map and user progress tracking dashboard.

****Backend Development****: - Setting up API routes for asana management (CRUD operations), user data management, progress tracking, and session creation. - Developing logic for user streaks, tracking daily completed asanas, and saving progress to the database. - Setting up WebSocket for real-time interaction in live yoga sessions. - Creating a review system where users can like, comment, and track their own reviews on asanas.

****Admin & Instructor Roles****: - Admins will have access to a panel to manage asanas, users, and sessions. - Instructors will be able to create live sessions, manage session details, and interact with users. - Admins will also manage task assignment, giving users daily yoga asanas to complete based on their personal progress and goals.

****Progress & Streaks****: - Users will receive daily asanas assigned by the admin. Their streaks will be updated upon completion. - Users will be able to view their completed asanas, track progress over time, and see their streak count.

Testing

This phase involves rigorous testing to ensure the performance, reliability, and security of the YogaHealix platform:

****Functionality Testing****: Verifying that users can view, filter, and select asanas, and track their progress correctly.

****Performance Testing****: Ensuring the system works smoothly under high user loads, especially during live yoga sessions and large data retrievals.

****Security Testing****: Verifying that user data is securely stored, login/signup processes are safe, and progress tracking is accurate.

****User Feedback****: Collecting feedback from users to refine the UX and UI of the platform.

Maintenance and Updates

Post-deployment, the system will be monitored regularly to ensure smooth operation and user satisfaction:

****Bug Fixes****: Addressing any issues or bugs that arise after launch.

****Feature Updates****: Adding new features based on user feedback (e.g., adding new asanas, improving progress tracking, etc.).

****Instructor and Admin Panel Enhancements****: Making the admin and instructor dashboards more efficient for better management.

****Scalability****: Ensuring the platform can handle an increasing number of users, especially for live sessions and high volumes of data.

The system will also be updated with new asanas and content as YogaHealix expands, ensuring a fresh and engaging experience for users.

Architecture

Figure 5: Architecture of YogaHealix

Phases

Phase 1 – User & Asana Management:

This phase involves building the core structure of the platform, where users can register, log in, and track their progress. Admins will manage asanas, including categorization by body parts and diseases, and assign daily tasks to users.

Phase 2 – Live Session Integration:

In this phase, instructors will be able to create live yoga sessions, which users can join. The system will integrate real-time video streaming, and users can view available sessions on a map based on location.

Phase 3 – Progress Tracking & Streaks:

Here, we will implement streak tracking, where users can see their daily progress. Admins will assign tasks, and users will see their task completion status along with their streak count.¹⁹¹

Chapter 6 Implementation

The development of the YogaHealix platform involves several key components, including front-end development, back-end development, and an admin panel for content management.¹⁵¹³⁹²

Front-End Development¹⁵

The front-end of the YogaHealix platform is built using React and Vite, ensuring a modern and responsive user experience. The interface is designed with user engagement in mind, featuring:^{15,93}

A clean and intuitive homepage showcasing yoga poses and categories.

A dynamic asana filter that allows users to select body parts or difficulty levels.

A user profile section to track progress, view streaks, and see completed asanas.

A yoga session scheduler for live sessions, with integration to a map showing the availability of instructors.⁹⁶

Real-time updates to provide users with instant feedback on their session participation and asana progress.⁹⁷⁹⁷

A review and rating system for each asana, enabling users to share experiences and track improvements.

The front-end design emphasizes usability, making it easy for users to navigate through the website and engage with the content, regardless of their technical background.¹⁵⁹⁸

Back-End Development¹³

The back-end of the YogaHealix platform is developed using Node.js and Express, providing an efficient and scalable architecture. The back-end is responsible for managing user data, asana content, and session management, including:

- Handling user authentication and authorization through JWT tokens.
- Managing user profiles, including tracking progress, streaks, and saved asanas.
- Providing APIs for retrieving and filtering asanas based on body parts or disease targets.
- Managing admin and instructor roles, enabling them to create, update, and remove yoga asanas.

Implementing a review system, where users can rate asanas and leave feedback.

Managing live session creation, scheduling, and real-time updates on the map.
By using a lightweight, script-based backend, YogaHealix ensures fast performance and easy maintainability for long-term scalability.

Admin Panel for Content Management

The YogaHealix platform includes a dedicated admin panel for managing content and user interactions. The admin panel allows authorized users (admins and instructors) to:

Manage Asanas: Admins can add new asanas, update existing ones, remove outdated content, and manage asana categories (e.g., difficulty levels, body part focus).

****Review Moderation**:** Admins can monitor user reviews, filter inappropriate content, and manage feedback left by users.

****User Management**:** Admins can view user profiles, track activity, and manage accounts (e.g., ban users, reset passwords).

****Live Session Management**:** Admins can schedule, cancel, and update live yoga sessions, as well as track attendance and engagement.

****Analytics Dashboard**:** Provides insights into user engagement, the most popular asanas, and overall platform performance.¹⁰³

The admin panel is built with a user-friendly interface that enables easy management of the platform's content and interactions.¹⁰⁴

Yoga Asana Content Management

YogaHealix provides a comprehensive library of yoga asanas categorized by body parts, levels, and health benefits. The platform allows instructors and admins to upload, manage, and update asanas, including:¹⁰⁵

****Asana Images and Videos**:** High-quality images and step-by-step video guides demonstrate the correct form and technique for each asana.¹⁰⁶

****Instructions**:** Each asana includes detailed instructions, benefits, and targeted muscle groups.

****Difficulty Level**:** Each asana is assigned a difficulty level, helping users choose poses suitable for their experience.

****Health Focus**:** Asanas are categorized based on specific health goals, such as flexibility, strength, relaxation, and injury prevention.

The asana library is continuously updated to include new practices and user-generated content, keeping the platform dynamic and engaging.¹⁰⁷

User Progress Tracking

Progress tracking is a core feature of YogaHealix, designed to help users stay motivated and engaged.¹ Features include:

****Daily Task Assignment**:** Users are given daily yoga challenges based on their previous activity and progress.

****Streak Count**:** The system tracks consecutive days of activity and provides incentives for completing asanas regularly.

****Milestones**:** Users can achieve milestones, such as completing 30 consecutive days of practice, and receive badges or rewards.

****Analytics Dashboard**:** A visual dashboard showing user progress, including completed asanas, streaks, and milestones reached.

These features encourage users to engage with the platform regularly and track their improvements over time.

Live Yoga Session Integration

YogaHealix offers live yoga sessions with instructors. Features related to live sessions include:

****Live Session Scheduling**:** Users can see available sessions based on their preferred time, location, and difficulty level.¹⁰⁸

****Session Map**:** A real-time map shows live session locations, along with the number of users attending.¹⁰⁹

****Real-Time Interaction**:** Users can interact with instructors and ask questions during the live session.

****Session Recording**:** Sessions are recorded and available for later viewing in case users miss the live event.

This live session integration provides a real-time, interactive experience, helping users stay engaged with instructors and fellow yoga practitioners.

Review and Feedback System

YogaHealix includes a robust review system that allows users to share their experiences and feedback on asanas. Key features include:

****Like/Dislike System**:** Users can rate asanas and leave feedback to help others choose effective practices.

****Comment Section**:** Users can leave detailed comments about their experiences with specific asanas.

****Review Sorting**:** Reviews can be filtered by rating, helping users find the most relevant feedback.

****Verified Reviews**:** Reviews from verified users (those who have completed a set of specific asanas) are highlighted.

The review system ensures that users can make informed decisions and engage with the community by sharing their yoga journey.

Evaluation and Optimization

YogaHealix's performance is continuously evaluated to ensure it meets user needs and maintains high standards. Key evaluation methods include:

****User Feedback**:** Collecting regular feedback through surveys and ratings to refine the user experience.

****Performance Metrics**:** Monitoring page load times, server response times, and system uptime to ensure smooth operation.

****Data Analytics**:** Analyzing user interaction data to identify patterns, suggest improvements, and optimize the system.

****Continuous Improvement**:** Regular updates and bug fixes are deployed to keep the system functioning optimally.

These evaluation and optimization processes ensure YogaHealix remains responsive to user needs and scalable for growth.

YogaHealix System Architecture

Figure 6: System Architecture of YogaHealix

Phase Breakdown

Phase 1 – Core System Development:

This phase focuses on the basic features of the YogaHealix platform, such as user authentication, profile creation, and asana management.¹¹⁶

Phase 2 – Advanced Features and Admin Panel Integration:

In this phase, advanced features like personalized recommendations, live session scheduling, and the implementation of the admin panel for content and user management will be developed.¹¹⁷¹¹⁸

Phase 3 – User Engagement and Optimization:

This phase will focus on enhancing the user experience by adding live interaction features, improving the review system, and continuously optimizing system performance based on user feedback.

Chapter 7 Results

home

Figure 7: Home Page

Querying Yoga Asanas by Body Part

(a) Image Demonstration (b) Written Details

(c) Clock (d) Music Player

Figure 8: Querying Yoga Asanas based on selected body part

Admin Panel for Asana Management

Figure 9: Admin panel interface for managing yoga asanas.

Managing User Profiles

Figure 10: Admin panel for managing user profiles.

Admin Panel for Notification

Figure 11: Admin panel for sending notification.¹¹⁹

User Signup & login

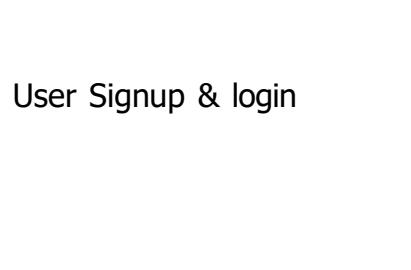


Figure 12: User login

User Profile

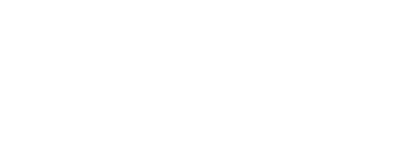


Figure 13: User Profile

Venues selection

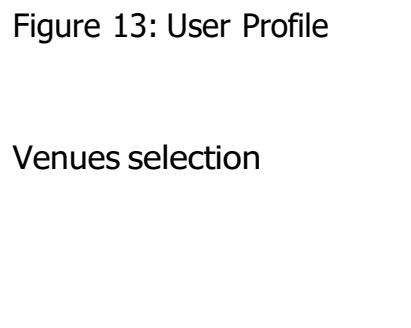


Figure 14: Venue Selection

Write Review



Figure 15: Write Review

Update Profile

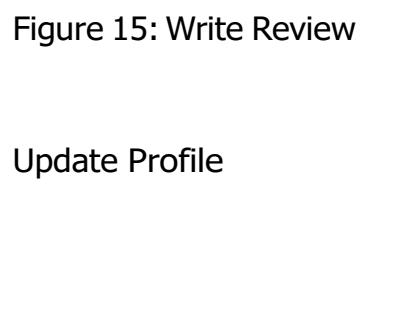


Figure 16: Update Profile

Apply as Instructor

Figure 17: Apply to become an instructor

Previous Classes

Figure 18: Venue Selection

Instructor Login

Figure 19: Instructor login ¹²⁰

Instructor Profile

Figure 20: Venue Selection

Start Live Session

Figure 21: User Profile

Daily Task

Figure 22: Venue Selection

Chapter 8 Conclusion and Future Work

Conclusion

The YogaHealix website is a significant advancement in how individuals can explore and engage with yoga asanas for specific body parts. By combining intuitive navigation, a user-friendly interface, and a comprehensive collection of yoga poses, the platform provides users with an easy way to find the right asanas tailored to their needs. The website utilizes an efficient filtering system by body part, making it easier to locate targeted exercises for areas such as the back, legs, and shoulders.

Through the integration of a dynamic, interactive platform, users are empowered to track their progress, view detailed instructions, and even receive personalized suggestions based on their activity and preferences. The review and community features further contribute to creating an engaging environment where users can share experiences and insights.

This project illustrates the power of combining front-end development, back-end management, and content organization to create a comprehensive tool that can benefit users at any experience level in their yoga journey.

Future Work

The future development of YogaHealix aims to enhance the platform's capabilities by introducing more advanced and personalized features. Key areas for future work include:

****AI Integration**:** Incorporating AI to recommend personalized yoga routines based on user preferences, activity, and progress. This could involve using machine learning models to analyze user behavior and suggest asanas for improved flexibility, strength, or relaxation.¹²⁹¹²⁸

****Gamification**:** Introducing gamified elements to increase user engagement, motivation, and consistency. Features like achievements, challenges, and points for completing yoga routines could be added to create a more fun and rewarding experience.¹³¹¹³²

****Multilingual Support**:** Expanding the platform's reach by supporting multiple languages, allowing users from diverse linguistic backgrounds to easily access content in their native language.¹³³

****Improved Music Player Integration**:** Enhancing the existing music player by integrating yoga-specific soundtracks, ambient music, or guided meditation features. The music player could be further optimized to cater to different yoga practices, such as Vinyasa, Hatha, or Restorative yoga.¹³⁴¹³⁴

****Real-Time User Progress Tracking**:** Enabling real-time tracking of user progress through an integrated system that monitors asana completion, flexibility improvements, and overall wellness. This system could offer insights and provide feedback on the user's journey.¹³⁵¹³⁶

****Advanced Admin Panel**:** Enhancing the admin panel for better content management, with improved tools for tracking user feedback, moderating reviews, and updating asana data. Additionally, the admin interface could be expanded to manage user progress and provide personalized recommendations.¹³⁶¹³⁶¹³⁶¹³⁷

****Community and Social Features**:** Building community-driven features, such as user-generated content, social sharing, and collaboration on yoga

challenges or routines, to further engage users and encourage interaction. By implementing these advancements, YogaHealix will continue to grow as a comprehensive and interactive platform for yoga enthusiasts of all levels, offering a personalized, motivating, and community-driven experience.¹³⁸

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Plagiarism Report

plag_report.png

Plagiarism Check Certificate

1.	<i>. In; . Our; . We; . Designed; . Upon; . The; . Additionally; . Features; . By; . Many; . Yoga-Healix; . With; . Yoga; . This; . Early; . However; . Studies; . Maintain; . Platforms; . To; . It; . Key; . Tailwind; . Admins; . By; . Additionally; . dev; . [; . com; . yogaposes.com; . [; . com/yog...</i>	Text inconsistencies	Correctness
2.	<i>In-case</i> → <i>If</i>	Wordy sentences	Clarity
3.	<i>our degree may be unconditionally withdrawn</i>	Passive voice misuse	Clarity
4.	<i>This</i>	Intricate text	Clarity
5.	<i>ear-ried</i> → <i>carried</i>	Misspelled words	Correctness
6.	<i>Acknowledgment</i> → <i>Acknowledgement</i>	Mixed dialects of English	Correctness
7.		Tone suggestions	Delivery
8.	<i>We would like to express our sincere gratitude to our mentor, Dr. Joohi Chauhan, who guided us throughout our project "Yoga-Healix: A Yoga Learning and Wellness Platform" with invaluable advice and thoughtful suggestions.</i>	Unclear sentences	Clarity
9.	<i>honored</i> → <i>honoured</i>	Mixed dialects of English	Correctness
10.	<i>the practice of</i>	Wordy sentences	Clarity
11.	<i>step-by-step</i> → <i>step-by-step</i>	Confused words	Correctness
12.	<i>To create an immersive experience</i>	Misplaced words or phrases	Correctness

13.	<i>backend; Backend; back-end; Back-End</i>	Text inconsistencies	Correctness
14.	frontend → front	Confused words	Correctness
15.	<i>frontend; Frontend; front-end; Front-End</i>	Text inconsistencies	Correctness
16.	Acknowledgment → Acknowledgement	Mixed dialects of English	Correctness
17.	fast-paced → fast-paced	Confused words	Correctness
18.	<i>Many individuals seek accessible, authentic resources for practicing yoga but often find scattered information, a lack of structured guidance, and poor engagement in traditional wellness platforms.</i>	Ungrammatical sentence	Correctness
19.	<i>Many individuals seek accessible, authentic resources for practicing yoga but often find scattered information, a lack of structured guidance, and poor engagement in traditional wellness platforms.</i>	Unclear sentences	Clarity
20.	com-ponent → component	Confused words	Correctness
21.	<i>The objective of our project is to develop a user-friendly, dynamic, and interactive web-based Yoga platform where users can explore, learn, and practice yoga seamlessly.</i>	Unclear sentences	Clarity
22.	web-based → web-based	Confused words	Correctness
23.	multi-media → multi-media	Confused words	Correctness
24.	Tail-wind → Tail-wind	Confused words	Correctness

25.	<i>are employed</i>	Passive voice misuse	Clarity
26.	dur-ing → <i>during</i>	Misspelled words	Correctness
27.	fur-ther → <i>further</i>	Confused words	Correctness
28.	<i>We fur- ther discuss its potential impact on users' lifestyles and propose future enhancements for broader adoption and deeper personalization.</i>	Unclear sentences	Clarity
29.	<i>However, the emergence of dynamic frameworks like React.js, along with Tailwind CSS for responsive designs, has enabled the development of highly engaging, user-centric platforms [1].</i>	Unclear sentences	Clarity
30.	<i>been shown</i>	Passive voice misuse	Clarity
31.	<i>to enhance user engagement and adherence to wellness routines significantly</i>	Inappropriate colloquialisms	Delivery
32.	<i>The integration of multimedia elements such as instructional videos, curated music playlists, and live interactive sessions has been shown to significantly enhance user engagement and adherence to wellness routines.</i>	Unclear sentences	Clarity
33.	vi-sual → <i>visual</i>	Confused words	Correctness
34.	success-ful → <i>successful</i>	Misspelled words	Correctness
35.	<i>Maintain- ing streaks and achieving personal milestones boosts user motivation and commitment, fostering sustainable behavior change [3].</i>	Ungrammatical sentence	Correctness

36.	Maintain-ing → Maintaining	Wordy sentences	Clarity
37.	ambiance → ambience	Mixed dialects of English	Correctness
38.	<i>To ensure smooth performance—especially for live sessions, dynamic libraries, music playback, and real-time streak tracking—a stable internet connection and a moderately powerful system are recommended.</i>	Unclear sentences	Clarity
39.	<i>The frontend is lightweight, while the backend (with user authentication, database, or live session management) benefits from cloud hosting or optimized servers.</i>	Ungrammatical sentence	Correctness
40.	different	Wordy sentences	Clarity
41.	partici-pation → participation	Misspelled words	Correctness
42.	and depicts → . It depicts	Hard-to-read text	Clarity
43.	<i>The admin manages the asanas and user data, while the instructor is responsible for creating and managing live yoga sessions.</i>	Unclear sentences	Clarity
44.	<i>The class diagram represents the structure of the Yoga App by showing its classes, attributes, and relationships among objects.</i>	Ungrammatical sentence	Correctness
45.	FOR → For	Confused words	Correctness
46.	The user	Determiner use (a/an/the/this, etc.)	Correctness
47.	the selection	Determiner use (a/an/the/this, etc.)	Correctness

48.	The user	Determiner use (a/an/the/this, etc.)	Correctness
49.	a detailed	Determiner use (a/an/the/this, etc.)	Correctness
50.	user → users	Incorrect noun number	Correctness
51.	a streak	Determiner use (a/an/the/this, etc.)	Correctness
52.	for → of	Wrong or missing prepositions	Correctness
53.	The instructor, or An instructor	Determiner use (a/an/the/this, etc.)	Correctness
54.	The instructor	Determiner use (a/an/the/this, etc.)	Correctness
55.	there.	Closing punctuation	Correctness
56.	sessions.	Closing punctuation	Correctness
57.	<i>This phase focuses on identifying the core requirements and functionalities for the Yoga-Healix platform.</i>	Ungrammatical sentence	Correctness
58.	<i>A comprehensive list of yoga asanas categorized by body parts and diseases.</i>	Incomplete sentences	Delivery
59.	<i>Ability to upload and manage yoga videos, images, and step-by-step guides for each asana.</i>	Incomplete sentences	Delivery
60.	ses-sions → sessions	Misspelled words	Correctness
61.	<i>Instructor role for creating live yoga sessions and managing interactive group ses-sions.</i>	Incomplete sentences	Delivery
62.	<i>A dynamic filtering system for asanas based on body parts, diseases, and difficulty levels.</i>	Incomplete sentences	Delivery

63.	<i>Integration of a live session map to view yoga practice locations and attendance.</i>	Incomplete sentences	Delivery
64.	<i>Progress tracking for users, including detailed analytics, streak count, and milestone achievements.</i>	Unclear sentences	Clarity
65.	<i>A review and feedback system for asanas, where users can like, dislike, or comment.</i>	Incomplete sentences	Delivery
66.	<i>be built</i>	Passive voice misuse	Clarity
67.	<i>Tailwind CSS will be used</i>	Passive voice misuse	Clarity
68.	<i>be integrated</i>	Passive voice misuse	Clarity
69.	<i>This</i>	Intricate text	Clarity
70.	<i>This will handle authentication, asana management, user progress tracking, and live session creation.</i>	Ungrammatical sentence	Correctness
71.	will be able to → can	Wordy sentences	Clarity
72.	**Instructor Sessions**: <i>Instructors will have the ability to create live yoga sessions with video integration and allow users to join.</i>	Unclear sentences	Clarity
73.	are attending → attend	Wordy sentences	Clarity
74.	<i>be divided</i>	Passive voice misuse	Clarity
75.	**Frontend Development**: - <i>Building responsive components for user registration, login, and profile management.</i>	Unclear sentences	Clarity

76.	asana → Asana	Confused words	Correctness
77.	Develop-ing → Developing	Incorrect phrasing	Correctness
78.	- <i>Cre- ating a review system where users can like, comment, and track their own reviews on asanas.</i>	Ungrammatical sentence	Correctness
79.	<i>ating</i>	Unknown words	Correctness
80.	own	Wordy sentences	Clarity
81.	will be able to → can	Wordy sentences	Clarity
82.	assignment → assignments	Incorrect noun number	Correctness
83.	personal	Wordy sentences	Clarity
84.	<i>be updated</i>	Passive voice misuse	Clarity
85.	will be able to → can	Wordy sentences	Clarity
86.	asanas,	Punctuation in compound/complex sentences	Correctness
87.	pro-cesses → processes	Confused words	Correctness
88.	<i>the system will be monitored</i>	Passive voice misuse	Clarity
89.	<i>**Scalability**: Ensuring the platform can handle an increasing number of users, especially for live sessions and high volumes of data.</i>	Unclear sentences	Clarity
90.	will be able to → can	Wordy sentences	Clarity
91.	along with their → and	Wordy sentences	Clarity

92.	manage—ment → <ins>management</ins>	Confused words	Correctness
93.	front-end → <ins>front end</ins>	Confused words	Correctness
94.	<i>is built</i>	Passive voice misuse	Clarity
95.	<i>is designed</i>	Passive voice misuse	Clarity
96.	to → <ins>into</ins>	Wrong or missing prepositions	Correctness
97.	<i>Real-time updates to provide users with instant feedback on their session participation and asana progress.</i>	Ungrammatical sentence	Correctness
98.	through	Wordy sentences	Clarity
99.	pro—viding → <ins>providing</ins>	Confused words	Correctness
100.	back-end → <ins>back end</ins>	Confused words	Correctness
101.	asana → <ins>Asana</ins>	Confused words	Correctness
102.	system,	Punctuation in compound/complex sentences	Correctness
103.	popu—lar → <ins>popular</ins>	Misspelled words	Correctness
104.	<i>is built</i>	Passive voice misuse	Clarity
105.	man—age → <ins>manage</ins>	Confused words	Correctness
106.	<i>**Asana Images and Videos**: High-quality images and step-by-step video guides demonstrate the correct form and technique for each asana.</i>	Unclear sentences	Clarity
107.	asana → <ins>Asana</ins>	Confused words	Correctness

108.	pre-f <ins>ferred</ins> → preferred	Misspelled words	Correctness
109.	<i>**Session Map**: A real-time map shows live session locations, along with the number of users attending.</i>	Unclear sentences	Clarity
110.	<i>are highlighted</i>	Passive voice misuse	Clarity
111.	<i>is continuously evaluated</i>	Passive voice misuse	Clarity
112.	<i>YogaHealix's performance is continuously evaluated to ensure it meets user needs and maintains high standards.</i>	Unclear sentences	Clarity
113.	Collecting → Collect	Incorrect verb forms	Correctness
114.	<i>are deployed</i>	Passive voice misuse	Clarity
115.	<i>that YogaHealix</i>	Conjunction use	Correctness
116.	authen-tication → authentication	Confused words	Correctness
117.	schedul-ing → scheduling	Confused words	Correctness
118.	<i>be developed</i>	Passive voice misuse	Clarity
119.	notification → notifications	Incorrect noun number	Correctness
120.	login → Login	Confused words	Correctness
121.	<i>The YogaHealix website is a significant advancement in how individuals can explore and engage with yoga asanas for specific body parts.</i>	Unclear sentences	Clarity
122.	right → proper	Word choice	Engagement

123.	<i>The website utilizes an efficient filtering system by body part, making it easier to locate targeted exercises for areas such as the back, legs, and shoulders.</i>	Unclear sentences	Clarity
124.	the integration of → <ins>integrating</ins>	Wordy sentences	Clarity
125.	<i>are empowered</i>	Passive voice misuse	Clarity
126.	contribute to creating → <ins>create</ins>	Wordy sentences	Clarity
127.	man-agement → <ins>management</ins>	Misspelled words	Correctness
128.	<i>This</i>	Intricate text	Clarity
129.	learn-ing → <ins>learning</ins>	Wordy sentences	Clarity
130.	behavior → <ins>behaviour</ins>	Mixed dialects of English	Correctness
131.	com-pleting → <ins>completing</ins>	Misspelled words	Correctness
132.	<i>pling yoga routines could be added</i>	Passive voice misuse	Clarity
133.	<ins>to access content in their native language easily</ins>	Inappropriate colloquialisms	Delivery
134.	<i>The music player could be further optimized to cater to different yoga practices, such as Vinyasa, Hatha, or Restorative yoga.</i>	Unclear sentences	Clarity
135.	<ins>user progress tracking</ins>	Wordy sentences	Clarity

136.	<i>**Advanced Admin Panel**: Enhancing the admin panel for better content management, with improved tools for tracking user feedback, moderating reviews, and updating asana data.</i>	Ungrammatical sentence	Correctness
137.	<i>the admin interface could be expanded</i>	Passive voice misuse	Clarity
138.	compre-hensive → comprehensive	Confused words	Correctness
139.	<i>https</i>	Unknown words	Correctness
140.	dev → Dev	Improper formatting	Correctness
141.	<i>Express, "Express - Fast, unopinionated, minimalist web framework for Node.js."</i>	Unclear sentences	Clarity
142.	<i>https</i>	Unknown words	Correctness
143.	com → Com	Improper formatting	Correctness
144.	Jour-nal → Journal	Confused words	Correctness
145.	De-velopment → Development	Confused words	Correctness
146.	tailwindess → tailwinds	Misspelled words	Correctness
147.	<i>Department of Computer Science and Engineering Motilal Nehru National Institute of Technology Allahabad</i>	D6136048419 - International Journal of Engineering and Advanced Technology (IJEAT) https://www.ijeat.org/portfolio-item/d6136048419/	Originality

148.	<i>Undertaking We declare that the work presented in this report titled</i>	Apple Brand Audit: MBA Project Report https://studylib.net/doc/27125058/brand-audit-of-apple-converted--1-	Originality
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149. <i>Computer Science and Engineering Department, Motilal Nehru National Institute of Technology Allahabad,</i>	<p>Article: Multiple watermarking for copyright protection using DWT and dual-tree CWT Journal: International Journal of Intelligent Engineering Informatics (IJIEI) 2011 Vol.1 No.3/4 pp.348 - 369 Abstract: This paper proposes two techniques for multiple image watermarking based on discrete wavelet transform (DWT) and dual-tree complex wavelet transform (DT-CWT) using spread transform. The proposed scheme embed two watermarks by spreading the orthogonal projection vectors into the cover vectors extracted from the first level decomposition discrete wavelet coefficients in first technique and dual tree CWT coefficients of the host image in the second technique. The spread transform disperse the watermark over a large number of frequencies providing robustness to geometric attacks like rotation, scaling, cropping, etc., as well as compression like JPEG. The multiple watermark signals are embedded in different orientations of projection vectors which increase the embedding capacity as compared to the single watermark embedding techniques. The experimental results show that the watermarked image by both the techniques has good visual quality in terms of PSNR. Thus the proposed scheme provides the balanced trade off between important parameters of watermarking, i.e., capacity, robustness and imperceptibility. Inderscience Publishers - linking academia, business and industry through research https://www.inderscience.com/info/in/article.php?artid=44104</p>	Originality
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150.	<i>In case this undertaking is found incorrect, we accept that our degree may be unconditionally withdrawn.</i>	Remote home appliances PDF https://fr.slideshare.net/hamed0432/remote-home-appliances	Originality
151.	<i>holistic health and well-being through the practice of yoga.</i>	Yoga Therapy Emilee's Healing Hut https://www.emileeshealinghut.com/about-5	Originality
152.	<i>enables users to explore a wide range of</i>	Social Emotional Avatars – Clint Carlson https://www.clintcarlson.com/category/social-emotional-avatars/	Originality
153.	<i>, and benefits to suit individual fitness needs. Upon registration and login, users can maintain daily practice streaks, track their progress, and participate in online live yoga sessions led by professional instructors. To create an immersive experience, the platform also integrates a custom musi...</i>		Originality
154.	<i>for a responsive and visually appealing frontend. Features like real-time live sessions, personalized progress tracking, and interactive learning modules transform static wellness information into an engaging, community-driven experience. By blending traditional yoga practices with modern technolo...</i>		Originality

155. *enhancement, and daily streak maintenance for habit building. With intuitive interfaces, personalized dashboards, community reviews, and multimedia content, the platform aims to make yoga accessible, engaging, and integral to everyday life. Objective The objective of our project is to develop a u...*
156. *itation and focus, enhancing user engagement during sessions. This document presents a comprehensive analysis of Yoga-Healix, including its core functionalities, system design, and methodologies for implementation. We further discuss its potential impact on users' lifestyles and propose future ...*
157. *ption and deeper personalization. Chapter 2 Literature Overview The domain of online wellness platforms and yoga education has expanded significantly with advancements in web technologies, interactive learning models, and the increasing adoption of digital health practices. Early yoga websites wer...*
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158.	<p><i>ing limited textual information and few instructional resources. However, the emergence of dynamic frameworks like React.js, along with Tailwind CSS for responsive designs, has enabled the development of highly engaging, user-centric platforms [1]. The integration of multimedia elements such as ins...</i></p>	Originality
159.	<p><i>has been shown to significantly enhance user engagement and</i></p>	Photography - Optivum Agency https://optivum-agency.com/service/photography/
160.	<p><i>long-term habits, particularly in health and education domains. Maintaining streaks and achieving personal milestones boosts user motivation and commitment, fostering sustainable behavior change [3]. Furthermore, the demand for live, instructor-led sessions has surged post-pandemic, with online ...</i></p>	Originality
161.	<p><i>sions) offer a more holistic and impactful learning journey [4]. Yoga-Healix leverages these insights by integrating live sessions, an interactive music player for enhanced practice ambiance, detailed asana libraries categorized by body parts, and daily streak systems—providing a comprehensive and ...</i></p>	Originality

162. *el 0 DFD DFD Level 0 provides an overview of the Yoga-Healix system. It shows the system as a single process communicating with external parties (users, instructors, and admins) and depicts the data flow between the system, users, instructors, admins, and the shared database. Figure 2: Level 0 DF*
163. *d in Location & Participation
Users can view a map of yoga practice locations Users can select a location and see how many other users are attending there Display Updates Show the user's progress, including completed asanas, streak count, and upcoming sessions END Chapter 5 Proposed Work Requirements...*
164. *users, including detailed analytics, streak count, and milestone achievements. A review and feedback system for asanas, where users can like, dislike, or comment. Video streaming for live yoga sessions where users can join and interact. Design and Architecture The YogaHealix platform will be designed...*
165. *a user-friendly interface, ensuring an intuitive experience for users,*
- The best free remote desktop software of 2024
<https://digitalcrunch.com/best-free-remote-desktop-software/>
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- Originality
-
- Originality
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- Originality
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- Originality

166. *instructors, and admins. The system will be built using the MERN stack for the backend and frontend with the following architecture: **Frontend**: Developed with React and Vite for a fast, responsive UI. Tailwind CSS will be used for styling. Features like dynamic filtering, profile management, an...* Originality
167. *ard will be integrated. **Backend**: Built using Node.js, Express, and MongoDB. This will handle authentication, asana management, user progress tracking, and live session creation. The backend will handle API routes for user data, progress updates, live session details, and more. Key components ...* Originality
168. *user login and signup, ensuring secure access to profiles, reviews, and sessions. **Asana Management**: Admins will be able to add, update, or delete asanas, categorize them, and assign them to users based on body part, disease, or level. **Progress Tracking**: Users* Originality
169. *' streaks and completed asanas will be tracked, updating their progress daily. **Instructor Sessions**: Instructors will have the ability to create live yoga sessions with video integration and allow users to join. **Live Session Map**: A map feature will allow users to select and view yoga pract...* Originality
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170.	<i>an leave feedback on asanas, rate them, and track their improvement. Development The development will be divided into various stages: **Frontend Development**: - Building responsive components for user registration, login, and profile management. - Implementing the body part filter and disease- bas...</i>	Originality	
171.	<i>database. - Setting up WebSocket for real-time interaction in live yoga sessions. - Creating a review system where users can like, comment, and track their own reviews on asanas. **Admin & Instructor Roles**: - Admins will have access to a panel to manage asanas, users, and sessions. - Instructor...</i>	Originality	
172.	<i>be able to create live sessions, manage session details, and interact with users. - Admins will also manage task assignment, giving users daily yoga asanas to complete based on their personal progress and goals. **Progress & Streaks**: - Users will receive daily asanas assigned by the admin. Thei...</i>	Originality	
173.	<i>This phase involves rigorous testing to ensure the</i>	MULTIDATA PIPELINE https://multi-data.eu/	Originality

		Originality
174.	<p><i>performance, reliability, and security of the YogaHealix platform:</i> **Functionality Testing**: Verifying that users can view, filter, and select asanas, and track their progress correctly. **Performance Testing**: Ensuring the system works smoothly unde</p>	Originality
175.	<p><i>r high user loads, especially during live yoga sessions and large data retrievals.</i> **Security Testing**: Verifying that user data is securely stored, login/signup processes are safe, and progress tracking is accurate. **User Feedback**: Collecting feedback from users to refine the UX and UI of th...</p>	Originality
176.	<p><i>Bug Fixes**:</i> Addressing any issues or bugs that arise after</p>	Custom Software Development - Telsource Labs : Innovative Software Development, Cloud Management & IT Consulting https://telsourcelabs.com/custom-software-development/
177.	<p><i>Feature Updates**:</i> Adding new features based on user feedback</p>	How Long Does It Take to Develop a Fitness App? - European Raptors https://europeanraptors.org/how-long-does-it-take-to-develop-a-fitness-app/
178.	<p><i>*: Making the admin and instructor dashboards more efficient for better management. **Scalability**:</i> Ensuring the platform can handle an increasing number of users, especially for live sessions and high volumes of data. The system will also be updated with new asanas and content as YogaHealix expand...</p>	Originality

179. *ture Figure 5: Architecture of YogaHealix Phases Phase 1 – User & Asana Management: This phase involves building the core structure of the platform, where users can register, log in, and track their progress. Admins will manage asanas, including categorization by body parts and diseases, and as...*
180. *his phase, instructors will be able to create live yoga sessions, which users can join. The system will integrate real-time video streaming, and users can view available sessions on a map based on location. Phase 3 – Progress Tracking & Streaks: Here, we will implement streak tracking, where users ...*
181. *ee their task completion status along with their streak count.*
Chapter 6 Implementation The development of the YogaHealix platform involves several key components, including front-end development, back-end development, and an admin panel for content management. Front-End Development The front-e...
182. *The interface is designed with user engagement in mind, featuring:*
- ChatGPT Notification Chrome Extension on Toolio.ai: instant alerts
<https://www.toolio.ai/tool/chatgpt-notification-chrome-extension/>
183. *engage with the content, regardless of their technical*
- Digital Transformation Archives - AI - IT - Engineering - Cloud - Finance - Trends
<https://enoumen.com/tag/digital-transformation/>
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184. *yoga asanas. Implementing a review system, where users can rate asanas and leave feedback. Managing live session creation, scheduling, and real-time updates on the map. By using a lightweight, script-based backend, YogaHealix ensures fast performance and easy maintainability for long-term scalabil...*
185. *Healix platform includes a dedicated admin panel for managing content and user interactions. The admin panel allows authorized users (admins and instructors) to:* ****Manage Asanas****: Admins can add new asanas, update existing ones, remove outdated content, and manage asana categories (e.g., difficult...)
186. *s can monitor user reviews, filter inappropriate content, and manage feedback left by users.* ****User Management****: Admins can view user profiles, track activity, and manage accounts (e.g., ban users, reset passwords). ****Live Session Management****: Admins can schedule, cancel, and update live yoga ses...
187. *insights into user engagement, the most popular asanas, and overall platform performance.* The admin panel is built with a user-friendly interface that enables easy management of the platform's content and interactions. *Yoga Asana Content Management* *YogaHealix provides a comprehensive library of...*
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188. *The platform allows instructors and admins to upload, manage, and update asanas, including:*
****Asana Images and Videos**:**
High-quality images and step-by-step video guides demonstrate the correct form and technique for each asana. ****Instructions**:**
Each asana includes detailed instructions, benefi...
189. *ana is assigned a difficulty level, helping users choose poses suitable for their experience.*
****Health Focus**:** Asanas are categorized based on specific health goals, such as flexibility, strength, relaxation, and injury prevention. The asana library is continuously updated to include new practices
190. *designed to help users stay motivated and engaged.*
- Rowing Machine Like House of Cards
- Grooming Wise
<https://www.groomingwise.com/rowing-machine-like-house-of-cards/>
191. *m tracks consecutive days of activity and provides incentives for completing asanas regularly.*
****Milestones**:** Users can achieve milestones, such as completing 30 consecutive days of practice, and receive badges or rewards. ****Analytics Dashboard**:** A visual dashboard showing user progress, includin...
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192. *h the platform regularly and track their improvements over time.*
Live Yoga Session Integration
YogaHealix offers live yoga sessions with instructors.
Features related to live sessions include: ****Live Session Scheduling****: Users can see available sessions based on their preferred time, location, ...
193. *Map***: A real-time map shows live session locations, along with the number of users attending.
****Real-Time Interaction****: Users can interact with instructors and ask questions during the live session. ****Session Recording****: Sessions are recorded and available for later viewing in case users miss t...
194. *users to share their experiences and feedback on* GameServerKings Hosting - Reviews - the misticos forums
<https://forum.misticos.dev/t/gameserverkings-hosting/24>
195. *Comment Section***: Users can leave detailed comments about their experiences with specific asanas. ****Review Sorting****: Reviews can be filtered by rating, helping users find the most relevant feedback. ****Verified Reviews****: Reviews from verified users (those who have completed a set of specific asanas...)
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196.	<p><i>cisions and engage with the community by sharing their yoga journey. Evaluation and Optimization</i> YogaHealix's performance is continuously evaluated to ensure it meets user needs and maintains high standards. Key evaluation methods include: **User Feedback**: Collecting regular feedback through sur...</p>	Originality
197.	<p><i>Monitoring page load times, server response times, and system uptime to ensure smooth operation. **Data Analytics**:</i> Analyzing user interaction data to identify patterns, suggest improvements, and optimize the system. **</p>	Originality
198.	<p><i>Continuous Improvement**:</i> Regular updates and bug fixes are</p>	<p>Why TikTok Requires Significant Storage Capacity: Unveiling the Secrets Behind Its Data-Intensive Nature https://en.bursahaga.com/why-tiktok-requires-significant-storage-capac.html</p>
199.	<p><i>gaHealix remains responsive to user needs and scalable for growth. YogaHealix System Architecture</i> Figure 6: System Architecture of YogaHealix Phase Breakdown Phase 1 – Core System Development: This phase focuses on the basic features of the YogaHealix platform, such as user authen- tica</p>	Originality

200. *tion, profile creation, and asana management. Phase 2 – Advanced Features and Admin Panel Integration: In this phase, advanced features like personalized recommendations, live session scheduling, and the implementation of the adm*
201. *igure 20: Venue Selection Start Live Session Figure 21: User Profile Daily Task Figure 22: Venue Selection Chapter 8 Conclusion and Future Work Conclusion The YogaHealix website is a significant advancement in how individuals can explore and engage with yoga asanas for specific body parts. B...*
202. *friendly interface, and a comprehensive collection of yoga poses, the platform provides users with an easy way to find the right asanas tailored to their needs. The website utilizes an efficient filtering system by body part, making it easier to locate targeted exercises for areas such as the back, ...*
203. *back-end management, and content organization to create a comprehensive tool that can benefit users at any experience level in their yoga journey. Future Work The future development of YogaHealix aims to enhance the platform's capabilities by introducing more advanced and personalized features. K*
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204. Key areas for future work include:
AI Integration: Incorporating AI to recommend personalized yoga routines based on user preferences, activity, and progress. This could involve using machine learning models to analyze user behavior and suggest asanas for improved flexibility, strength, or rel...
205. and consistency. Features like achievements, challenges, and points for completing yoga routines could be added to create a more fun and rewarding experience. **Multilingual Support**: Expanding the platform's reach by supporting multiple languages, allowing users from diverse linguistic backgrounds...
206. *Improved Music Player Integration*: Enhancing the existing music player by integrating yoga-specific soundtracks, ambient music, or guided meditation features. The music player could be further optimized to cater to different yoga practices, such as Vinyasa, Hatha, or Restorative yoga.
**Real-Time...
207. stem that monitors asana completion, flexibility improvements, and overall wellness. This system could offer insights and provide feedback on the user's journey. **Advanced Admin Panel**: Enhancing the admin panel for better content management, with improved tools for tracking user feedback, monitoring...

Originality

Originality

Originality

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		Originality
208.	<p><i>derating reviews, and up-dating asana data. Additionally, the admin interface could be expanded to manage user progress and provide personalized recommendations.</i></p> <p>**Community and Social Features**: Building community- dri</p>	
209.	<p><i>React, "React - A JavaScript library for building user interfaces.</i></p>	<p>React – jennifer.blog https://jennifer.blog/2015/01/23/react</p>