

# **Yoga-Healix**

A Yoga Learning and Wellness Platform

## **MINI PROJECT**

### **MASTER OF COMPUTER APPLICATIONS**



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# **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 In case this undertaking is found incorrect, we accept that our degree may be unconditionally withdrawn.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

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# Certificate

This is to certify that Anantesh Chauhan (2023CA15), Shamik Makdal (2023CA88), Harshit Pal (2023CA43), and Abhishek Kumar Gond (2023CA04) 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

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# Acknowledgment

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. Our 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 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 the practice of yoga. Designed with accessibility and personalization in mind, Yoga-Healix enables users to explore a wide range of 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.

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# Chapter 1

## Introduction

### 1.1 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.

### 1.2 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 multimedia 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 yoga websites were primarily static, offering 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 instructional videos, curated music playlists, and live interactive sessions has been shown to significantly enhance user engagement and adherence to wellness routines. Studies 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 successful in forming 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 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 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.

### 3.1 Software Requirements

The technologies and libraries required for development and deployment are:

- Frontend: React.js, Vite.js, Tailwind CSS, Framer Motion, Axios, React Router
- Backend: Node.js with Express.js, MongoDB, Socket.io (optional for live sessions)
- Deployment: Netlify / Vercel (frontend), Render / Railway / AWS (backend)
- Tools: Git & GitHub, Postman

### 3.2 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

### 4.1 Use Case Diagram

Above 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.

## 4.2 Data Flow Diagrams

### 4.2.1 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.

### 4.2.2 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.

#### **4.2.3 Class Diagram**

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

## 4.3 Pseudocode

START

1. Load Yoga Asanas Data
  - Collect asanas data (images, instructions, videos)
  - FOR each asana:
    - a. Clean and store image, title, description, and disease associations
    - b. Classify asana based on targeted body part and disease
2. User Interaction
  - User selects a body part or disease filter from the sidebar
  - Display relevant asanas based on selection
  - User selects an asana for detailed view
3. Show Asana Details
  - Fetch and display full details of the selected asana (image, steps, benefits)
  - Allow user to add a review or track progress
  - Allow user to view previous asanas and their details
4. Progress Tracking
  - Store user's completed asanas and update streak data
  - Track daily tasks assigned by admin and maintain streak for completion
5. Admin Interaction
  - Admin manages asanas and updates their information (image, description, disease tags)
  - Admin manages user data and oversees user progress
6. Instructor Interaction
  - Instructor logs in to create online live sessions
  - Instructor can manage and update live session details (time, participants)
  - Instructor hosts live sessions for users to join
7. 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
8. 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
9. Display Updates
  - Show the user's progress, including completed asanas, streak count, and upcoming sessions

END

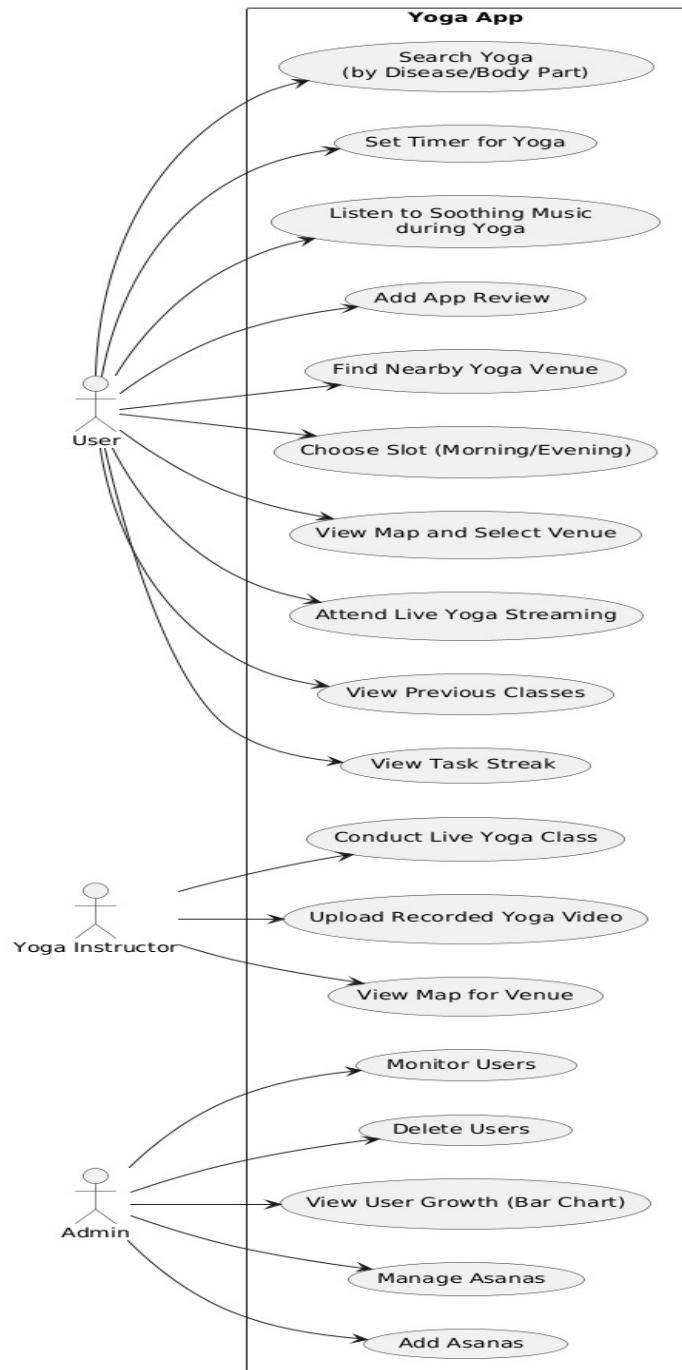


Figure 1: Use Case Diagram

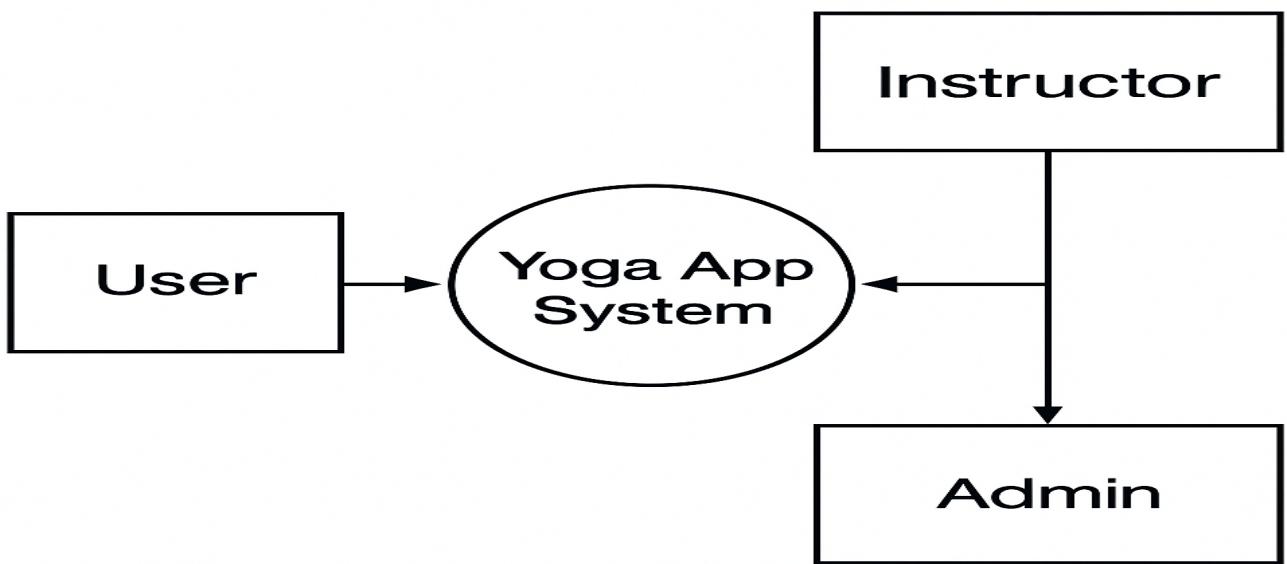


Figure 2: Level 0 DFD

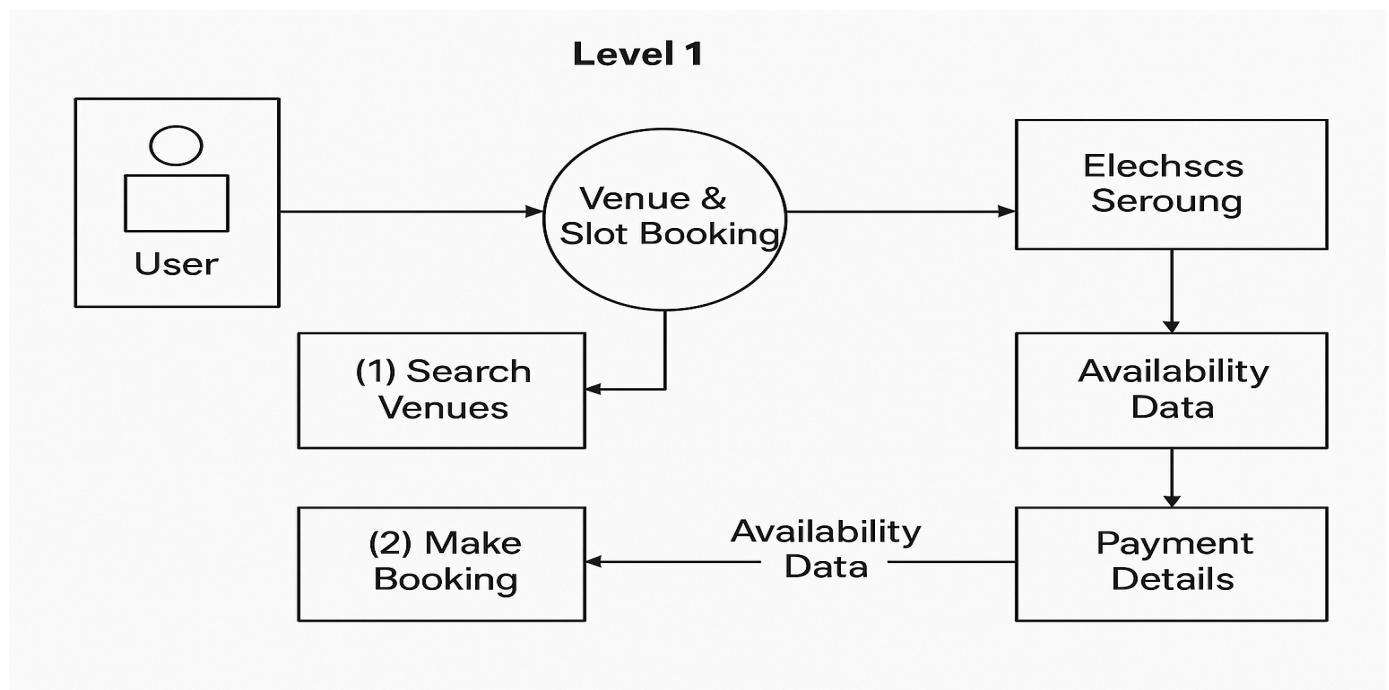


Figure 3: Level 1 DFD

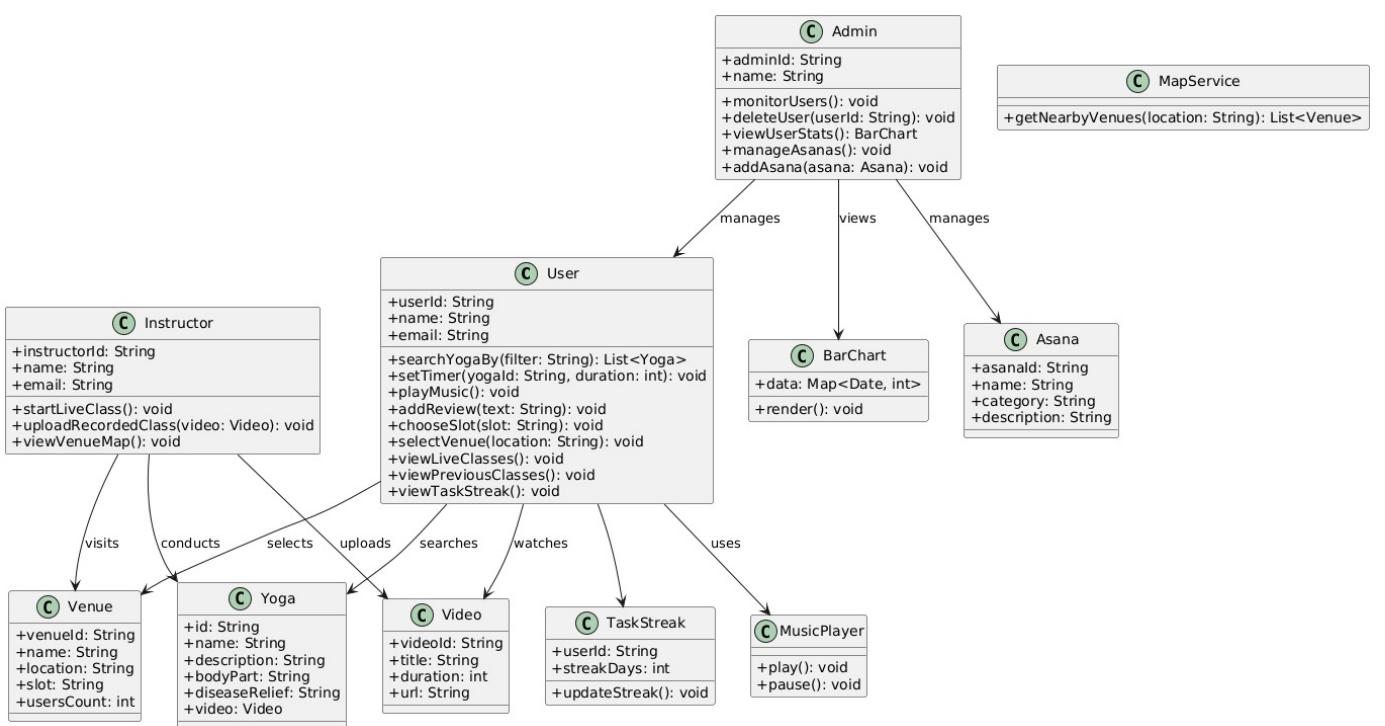


Figure 4: Class Diagram of Yoga App

# Chapter 5

## Proposed Work

### 5.1 Requirement Gathering

This phase focuses on identifying the core requirements and functionalities for the YogaHealix platform. Key requirements include:

- 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.
- 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.
- A dynamic filtering system for asanas based on body parts, diseases, and difficulty levels.
- Integration of a live session map to view yoga practice locations and attendance.
- Progress tracking for 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.

### 5.2 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.

- **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.

### 5.3 Development

The development will be divided into various stages:

1. **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.
2. **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.
3. **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.
4. **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.

### 5.4 Testing

This phase involves rigorous testing to ensure the performance, reliability, and security of the Yoga-Healix 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.

## 5.5 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.

## 5.6 Architecture

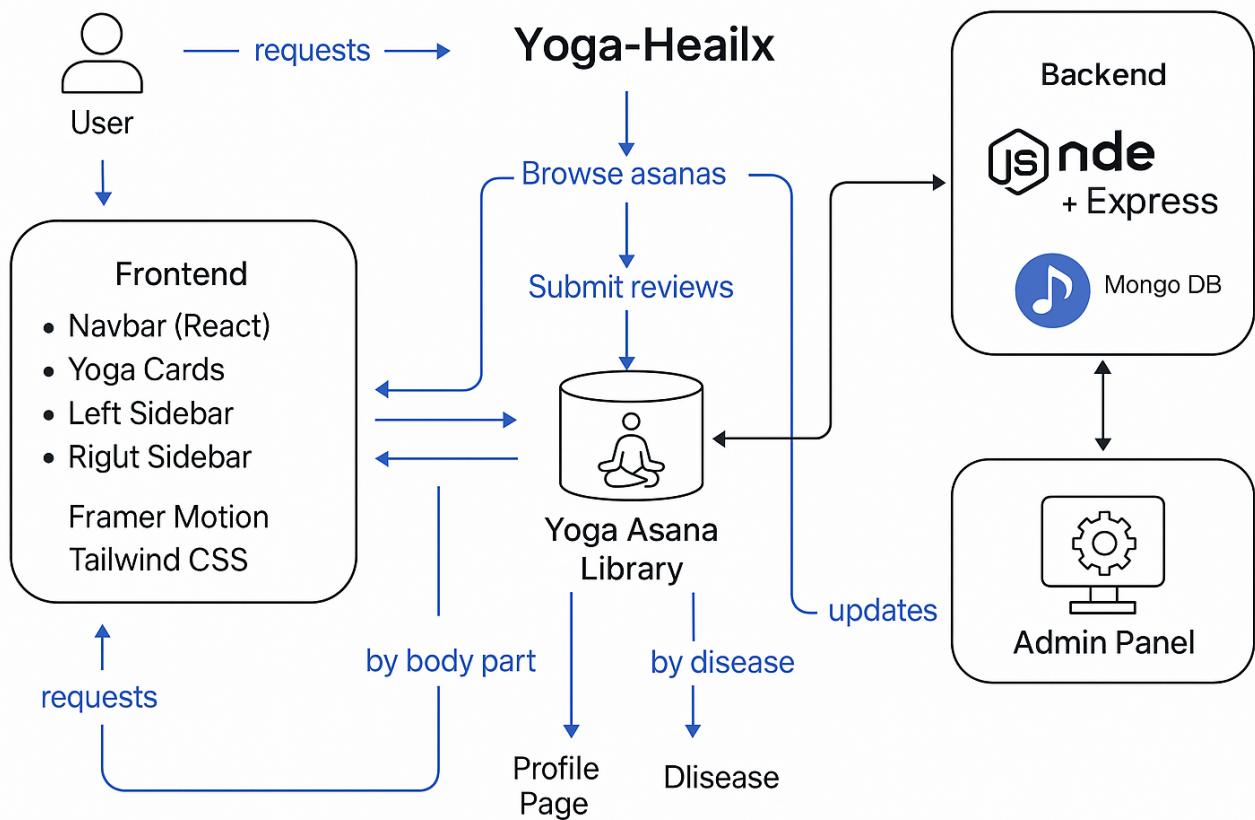


Figure 5: Architecture of YogaHealix

## 5.7 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.

# 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.

### 6.1 Front-End Development

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:

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

### 6.2 Back-End Development

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.

## 6.3 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.

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

## 6.4 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:

- **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, 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.

## 6.5 User Progress Tracking

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

## 6.6 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.
- **Session 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 the live event.

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

## 6.7 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.

## 6.8 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.

## 6.9 YogaHealix System Architecture

### System Architecture of YogaHealix

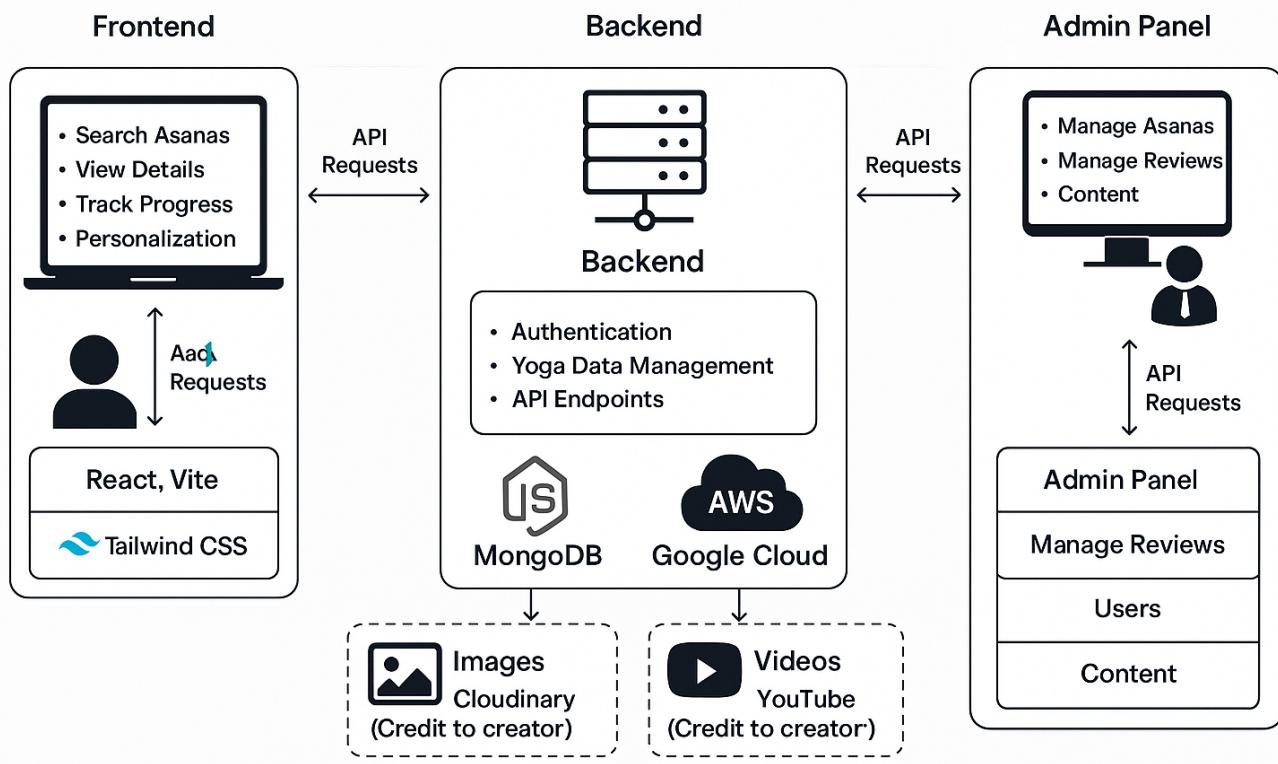


Figure 6: System Architecture of YogaHealix

## 6.10 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.

### 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.

### 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

### 7.1 home

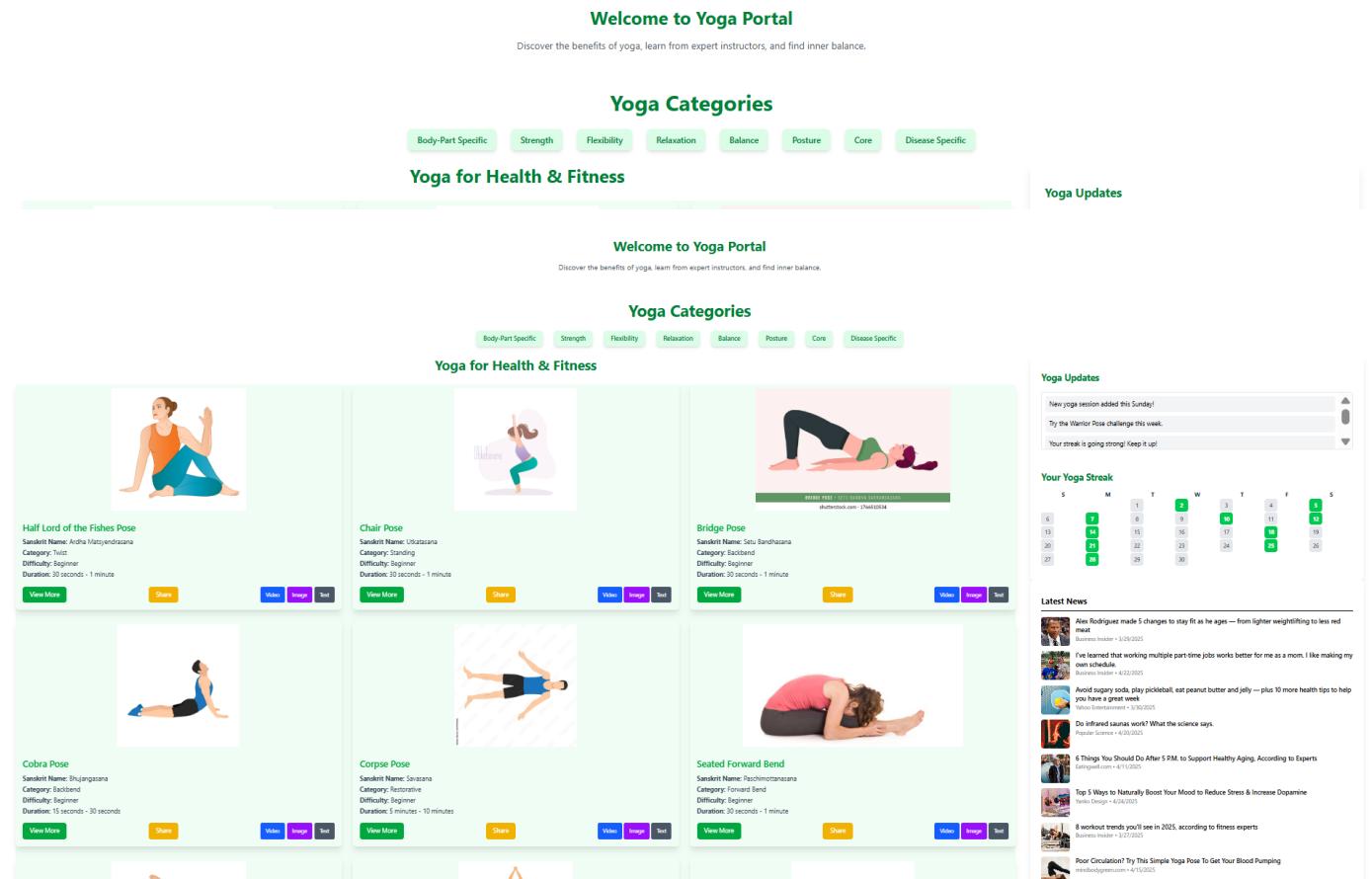
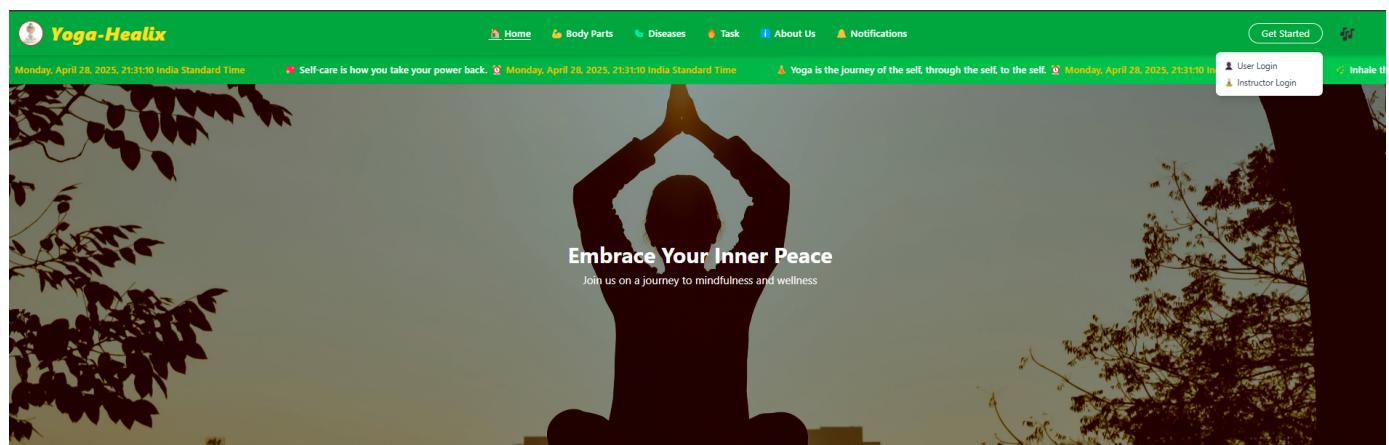


Figure 7: Home Page

## 7.2 Querying Yoga Asanas by Body Part

**Yoga-Healix**

Monday, April 28, 2025, 21:34:10 India Standard Time

Yoga is the perfect opportunity to be curious about who you are. Monday, April 28, 2025, 21:34:10 India Standard Time

A few minutes of yoga every day can change your life. Monday, April 28,

**Body Parts**

Search body part...

- Head
- Neck
- Eyes
- Shoulders
- Upper Back
- Arms
- Wrists
- Forearms
- Back
- Spine
- Core
- Hips
- Chest
- Heart

### Yoga for Health & Fitness

**Mountain Pose**

Sanskrit Name: Tadasana  
Category: Standing  
Difficulty: Beginner  
Duration: 30 seconds - 1 minute

[Download Image](#) [Download Video](#) [Download Text](#) [Share](#)

[View More](#)

**Downward-Facing Dog**

Sanskrit Name: Adho Mukha Svanasana  
Category: Inversion  
Difficulty: Beginner  
Duration: 30 seconds - 1 minute

[Download Image](#) [Download Video](#) [Download Text](#) [Share](#)

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**Child's Pose**

Sanskrit Name: Balasana  
Category: Restorative  
Difficulty: Beginner  
Duration: 1 minute - 3 minutes

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### Downward-Facing Dog

**Start on your hands and knees.** **Press into hands and raise knees.** **Lift your tailbone up toward the ceiling.** **Hold.**

**EVERYDAYHEALTH**

**Downward-Facing Dog**

Sanskrit Name: Adho Mukha Svanasana  
Category: Inversion  
Difficulty: Beginner  
Duration: 30 seconds - 1 minute

**Benefits:**

- Reduces headaches
- Reduces body pain
- Improves digestion
- Stretches hamstrings and back
- Strengthens arms and shoulders

**How To:**

- Start on All Fours:** Begin on hands and knees, wrists under shoulders, knees under hips.
- Lengthen Spine:** Push hips up, forming an inverted V-shape.
- Align Body:** Spread fingers, press palms down, and strengthen spine.
- Relax and Breathe:** Soften heels toward floor, relax head, and breathe deeply.
- Common Mistakes:**
  - Rounding back:** Lengthen spine and push hips up.
  - Overextending elbows:** Keep arms straight but not locked.

**Precautions:**

- Avoid with wrist injuries
- Consult doctor for high blood pressure

**Modifications:**

- Bend knees slightly to ease hamstring tension
- Use a block for lower back support

**Chakras:** ☀: Solar Plexus

**Predecessor Poses:** ☀: Cat-Cow Pose, Plank Pose

**Successor Poses:** ☀: Utthanasana, Child's Pose

**Breathing Instructions:** ☀: Inhale to lengthen spine, exhale to deepen stretch.

**Alignment Tips:**

- Keep legs shoulder-width apart
- Align hips high to form a V-shape
- Relax neck and gaze toward feet

(a) Image Demonstration

**Clock**

9:45:23 PM

Monday, April 28, 2025 at 9:45:23 PM  
GMT+5:30

(b) Written Details

**Deep Sleep in 10 Minutes**

◀ ▶

(c) Clock

(d) Music Player

Figure 8: Querying Yoga Asanas based on selected body part

## 7.3 Admin Panel for Asana Management



Figure 9: Admin panel interface for managing yoga asanas.

## 7.4 Managing User Profiles

The User Management interface includes search fields for 'Full Name' and 'Email Address' and a blue 'Add User' button. A table lists 14 user profiles with columns for 'Name', 'Email', and 'Actions'. Each row contains a 'Delete' button. The table entries are:

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

Figure 10: Admin panel for managing user profiles.

## 7.5 Admin Panel for Notification

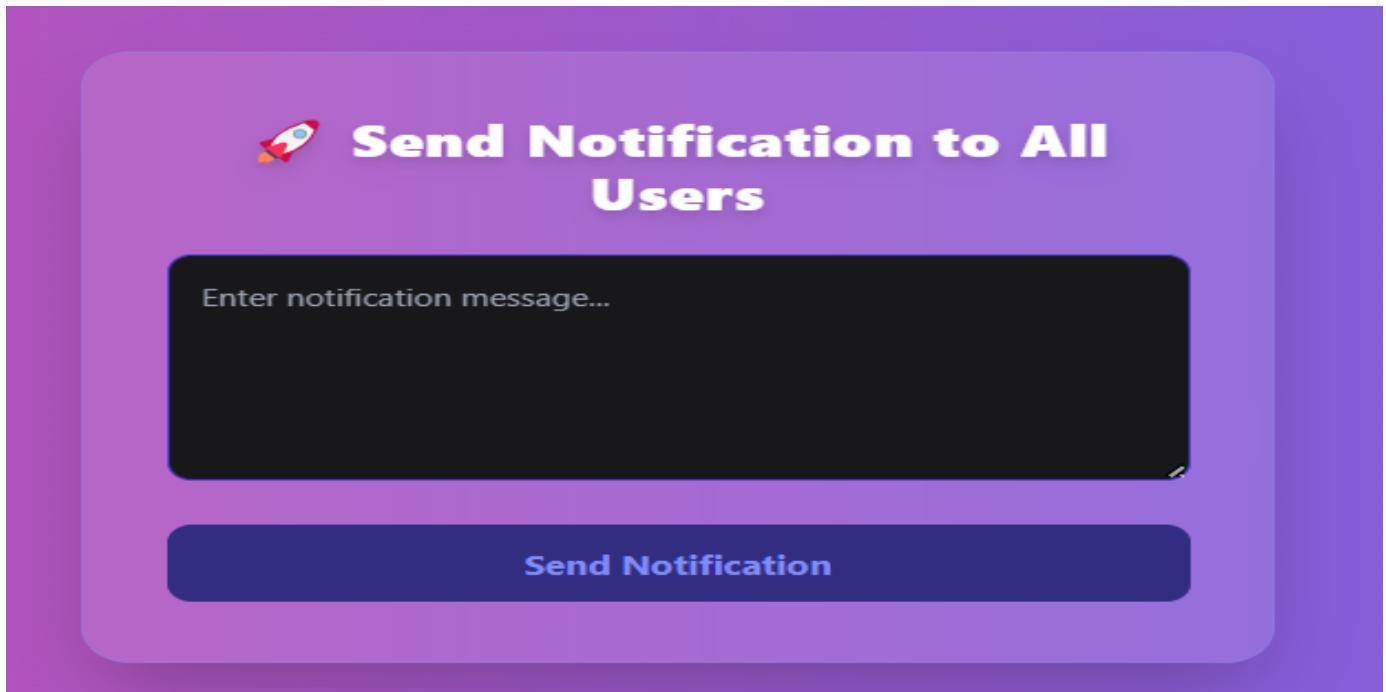


Figure 11: Admin panel for sending notification.

## 7.6 User Signup & login

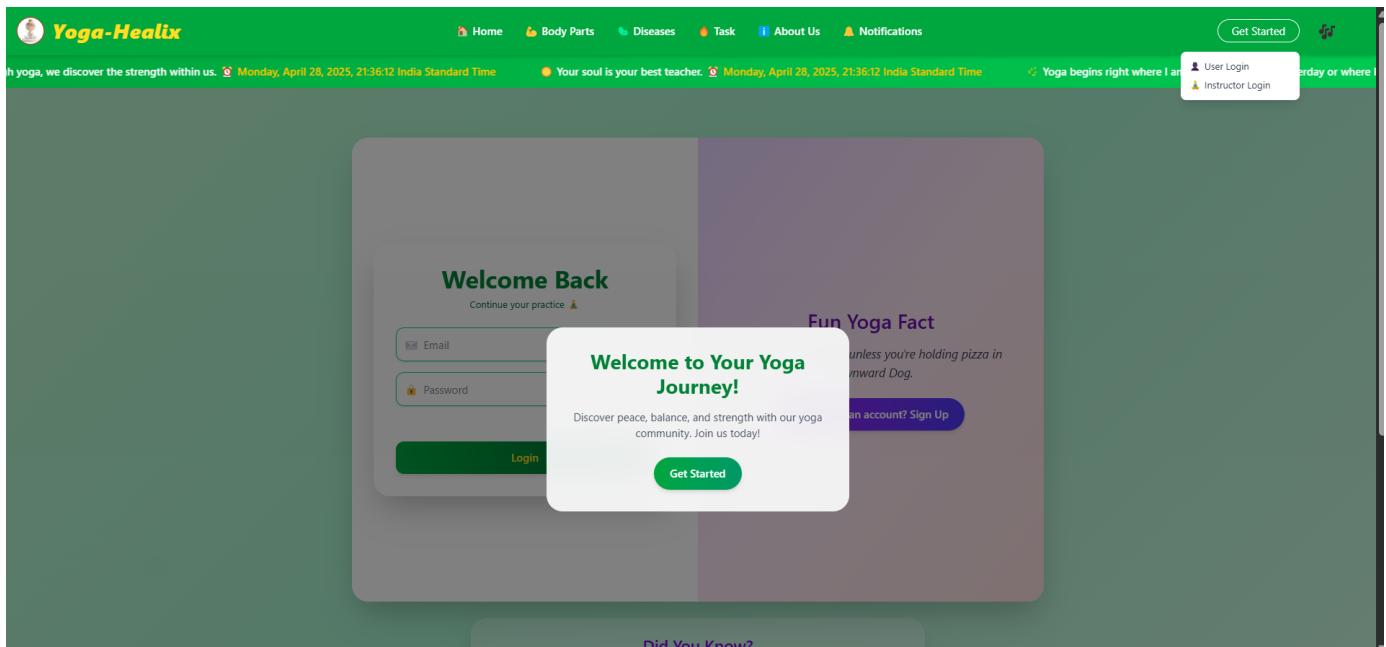


Figure 12: User login

## 7.7 User Profile

The screenshot shows a user profile for "Sunny". The profile includes a circular icon of a cartoon character in a meditative pose, the username "@ananteshchauhan24", and the bio "Yoga Enthusiast | Embracing Positivity". Below this are details: "Mau" (gender), "Fri Jan 24 2003" (date of birth), "Male" (gender), "7081722283" (phone number), and the goal "Goals: I want to make a better website". To the right is a "Clock" widget displaying the time as 9:46:00 PM on Monday, April 28, 2025, at 9:46:00 PM GMT+5:30. Below the profile is a section titled "Your Yoga Streak" with a fire emoji, showing a current streak of 0 days, a longest streak of 0 days, and total active days of 0. A calendar grid for May shows activity on Monday, Wednesday, and Friday. At the bottom are navigation links: Overview (underlined), Progress, Reviews, Settings, Update-Profile, and Become Instructor.

Figure 13: User Profile

## 7.8 Venues selection

The screenshot shows the "Nearby-Venue" section of the Yoga-Healix website. It features a map of Prayagraj, India, with a red dot indicating the "Yoga Location" at Talyarganj, Prayagraj, India. Below the map is a search bar labeled "Nearby Yoga Venues" with the placeholder "Search nearby yoga venues...". Underneath is a section titled "Today's Added Venues" showing two entries: "Motilal Nehru National Inst..." (Distance: 5.14 km) with morning sessions (3) and evening sessions (1), and "Jhusi, Phulpur, Prayagraj, U..." (Distance: 6.65 km) with morning (1) and evening (1) sessions. The top of the page has a navigation bar with links for Home, Body Parts, Diseases, Task, About Us, Notifications, Nearby-Venue, Previous Classes, Live Yoga Classes, and a welcome message for "Sunny".

Figure 14: Venue Selection

## 7.9 Write Review

The screenshot shows a 'Write a Review' interface. At the top, there's a navigation bar with links: Overview, Progress, **Reviews**, Settings, Update-Profile, and Become Instructor. Below the navigation is a section titled 'Write a Review' with a 'Your Review' text area containing placeholder text 'Write your review here...'. A 'Rating' section shows a yellow star followed by four grey stars. A large green 'Submit Review' button is at the bottom. Underneath, a section titled 'Your Reviews' displays two previous reviews. The first review is a 4-star rating from April 20, 2025, stating 'Loved the guided meditation session!'. The second review is a 3-star rating from April 15, 2025, stating 'Good session, but could include more breathing exercises.'

Figure 15: Write Review

## 7.10 Update Profile

The screenshot shows an 'Update Your Profile' interface. At the top, there's a navigation bar with links: Overview, Progress, Reviews, Settings, **Update-Profile**, and Become Instructor. Below the navigation is a section titled 'Update Your Profile' with various input fields. These include: 'Name' (text input 'Enter your name'), 'Email' (text input 'Enter your email'), 'Phone' (text input 'Enter your phone'); 'Gender' (dropdown menu 'Other'), 'Date of Birth' (date input 'dd-mm-yyyy'), 'Location' (text input 'City, Country'); 'Goals' (text input 'Share your goals (e.g., flexibility, fitness)'); and social media links: 'Instagram' (text input 'Your instagram profile link'), 'Youtube' (text input 'Your youtube profile link'), 'Facebook' (text input 'Your facebook profile link'), and 'Twitter' (text input 'Your twitter profile link'). A large green 'Update Profile' button is at the bottom.

Figure 16: Update Profile

## 7.11 Apply as Instructor

**Become a Yoga Instructor**

Name Sunny	Email ananteshchauhan24@gmail.com
Date of Birth 24-01-2003	
Phone 	Gender Other
Location 	
Certifications Eg: Hatha Yoga, Vinyasa	Specializations Eg: Hatha Yoga, Vinyasa
Teaching Languages Eg: English, Hindi	Hourly Rate (₹) 
Available Days Eg: Monday, Wednesday, Friday	
Upload Resume Choose File No file chosen	
Message Write a message or personal introduction...	
Profile Summary Write a brief description of your teaching style or philosophy.	
Social Links	
Instagram 	YouTube 
Facebook 	Twitter 

Figure 17: Apply to become an instructor

## 7.12 Previous Classes

**Yoga-Healix** Welcome, Sunny

Home Body Parts Diseases Task About Us Notifications Nearby-Venue Previous Classes Live Yoga Classes

e. exhale the past. Monday, April 28, 2025, 21:40:47 India Standard Time Yoga is the perfect opportunity to be curious about who you are. Monday, April 28, 2025, 21:40:47 India Standard Time A few minutes of yoga every day can change your life. Monday, April 28, 2025, 21:40:47

**Yoga Video Library**  
Share your peaceful flow with others.

Select a video (.webm only) Choose File No file chosen Upload Video

**Available Videos**

video-1745493226906.webm

yoga-video.webm

Figure 18: Venue Selection

## 7.13 Instructor Login

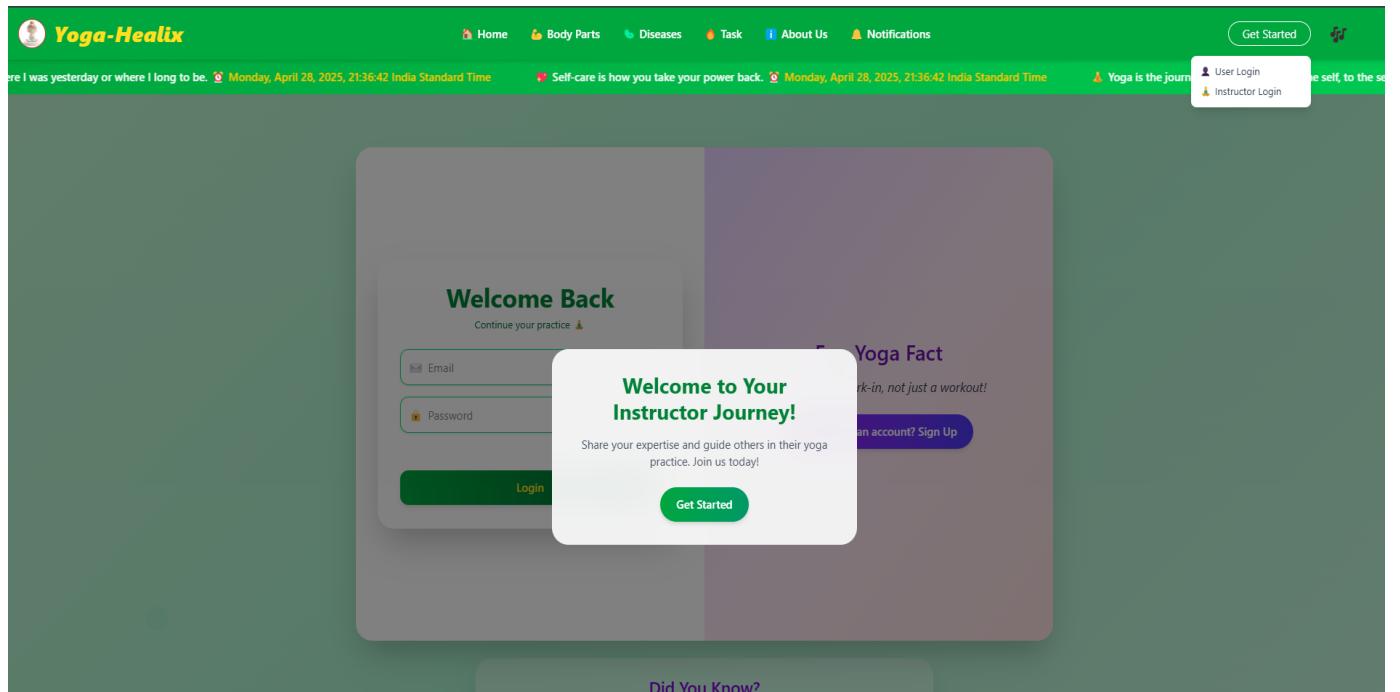


Figure 19: Instructor login

## 7.14 Instructor Profile

A screenshot of the Yoga-Healix website showing an instructor profile for "Sunny". The profile card includes a circular profile picture of a person in a meditative pose, the name "Sunny", the handle "@sunny", and a bio: "Passionate Yoga Instructor | Cultivating Inner Peace". It also lists "Earth" as the gender, "Date of Birth Not Set", "Other" as the occupation, and "No phone number linked". The expertise is listed as "Vinyasa, Hatha, and Power Yoga". To the right of the profile card is a blue "Clock" module displaying the time as "9:37:56 PM" and the date as "Monday, April 28, 2025 at 9:37:56 PM GMT+5:30". Below the profile card is a "Overview" tab, followed by "Settings" and "Update-Profile". A "Instructor Profile Overview" section shows basic information: Name: Sunny, Email: sunny@gmail.com, and Gender: Other.

Figure 20: Venue Selection

## 7.15 Start Live Session

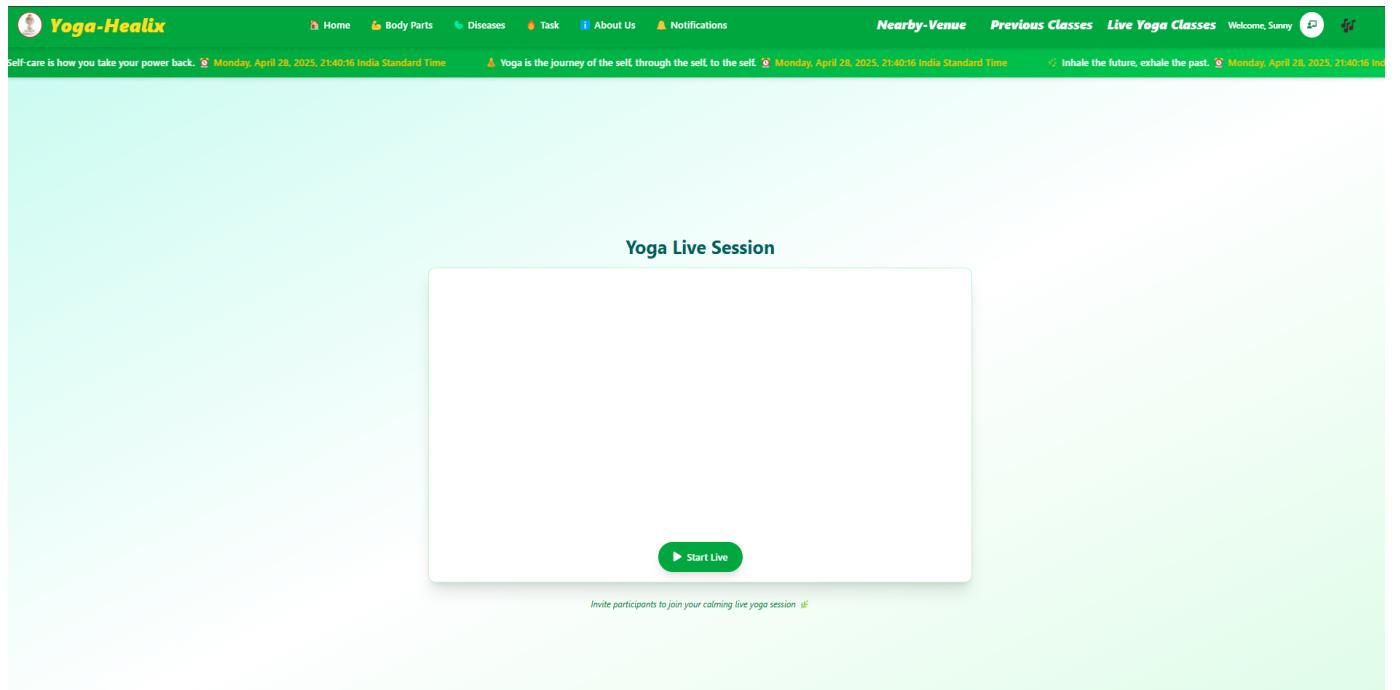


Figure 21: User Profile

## 7.16 Daily Task

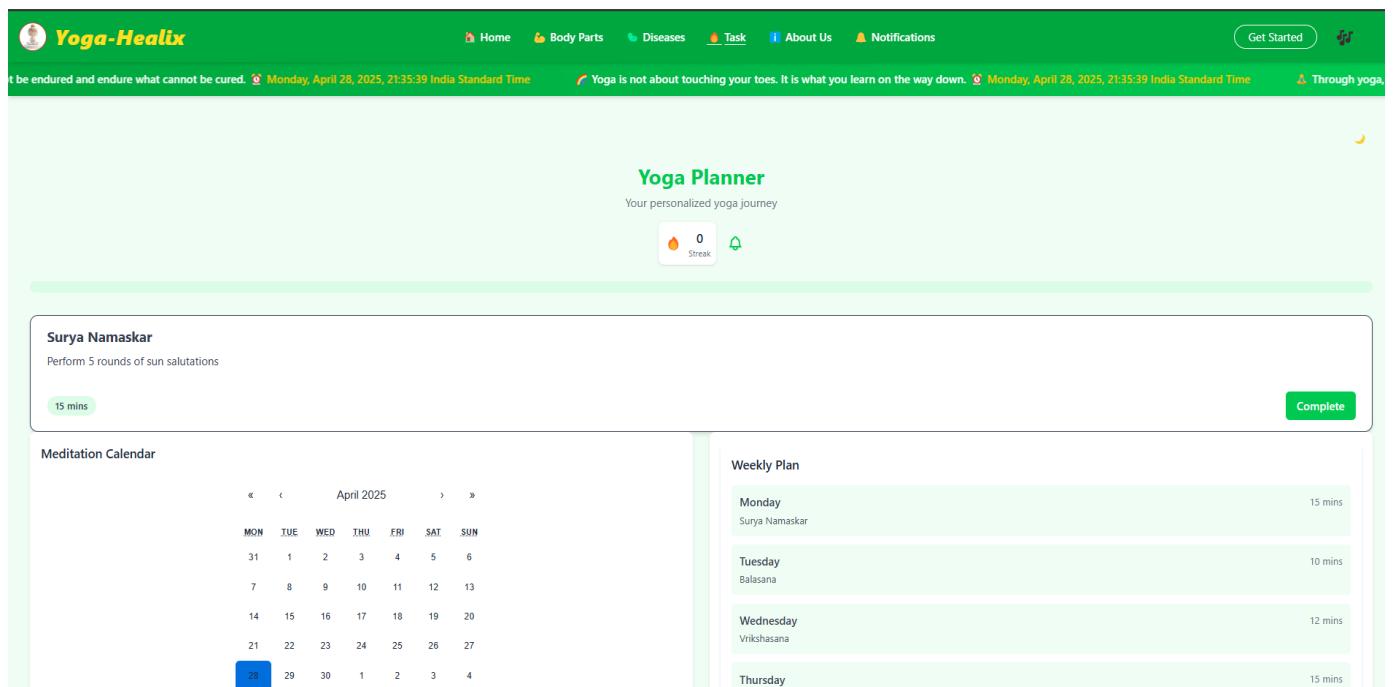


Figure 22: Venue Selection

# Chapter 8

## Conclusion and Future Work

### 8.1 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.

### 8.2 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:

1. **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.
2. **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.
3. **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.
4. **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.
5. **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.
6. **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.
7. **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.

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Report: Mini Project Report

## Mini Project Report

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