**KLE'S JAGADGURU TONTADARYA COLLEGE, GADAG**



**DEPARTMENT OF BACHELORS OF COMPUTER APPLICATIONS**

**Project Synopsis**

**on**

**“TITLE OF THE PROJECT”**

**Under the Guidance of**

**Prof. Guide Name.**

**Team members:**

|  |  |  |
| --- | --- | --- |
| **SL. NO.** | **NAME** | **REG. NO** |
| 1 |  |  |
| 2 |  |  |

**ABSTRACT**

Yoga has been the subject of research in the past few decades for therapeutic purposes for modern epidemic diseases like mental stress, obesity, diabetes, hypertension, coronary heart disease, and chronic obstructive pulmonary disease. Individual studies report beneficial effect of yoga in these conditions, indicating that it can be used as nonpharmaceutical measure or complement to drug therapy for treatment of these conditions. However, these studies have used only yoga asana, pranayama, and/ or short periods of meditation for therapeutic purposes. General perception about yoga is also the same, which is not correct. Yoga in fact means union of individual consciousness with the supreme consciousness. It involves eight rungs or limbs of yoga, which include yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, and samadhi. Intense practice of these leads to self-realization, which is the primary goal of yoga. An analytical look at the rungs and the goal of yoga shows that it is a holistic way of life leading to a state of complete physical, social, mental, and spiritual well-being and harmony with nature. This is in contrast to purely economic and material developmental goal of modern civilization, which has brought social unrest and ecological devastation.

**CHAPTER: 1**

**INTRODUCTION**

‘Yoga’ is a Sanskrit term meaning ‘to join, unite or yoke together’, and the essential purpose of yoga is to bring together body, mind and spirit into a harmonious whole.

The central methods of yoga are physical postures or ‘asanas’ and movement, breathing techniques or ‘pranayama’ and meditation. Yoga includes guidance on healthy lifestyle, eating habits, mental attitude, and Ayurvedic medicine is also part of the Yogic path to health and balance.

Hatha yoga is the path of physical yoga, which is the most popular branch of yoga in the West. ‘HA’ means ‘SUN’, and ‘THA’, ’MOON’, so Hatha Yoga is the joining, or the yoking together of these different energies in harmonious equilibrium, positive and negative, active and receptive.

**CHAPTER: 2**

**SYSTEM ANALYSIS**

**2.1 Scope of the Project (Objectives):**

* The main objectives of the Yogic practices are to make one free diseases, ignorance, egoism, miseries the affiliations of old age, and fesr and death etc.
* Yoga is control over the mind. A man who can-not control his mind will find it difficult to attain divine communion, but the self-controlled man can attain it if tries and directs his energy by the right means.

**2.2 Aim of Project (Problem Statement):**

The main aim of yoga is integrating the body, mind, and thoughts so as to work for good ends. Modern life style leads to diseases, which are mostly due to poor food habits, heavy daily routines and to air and water pollution in turn easily affect the human body.

**2.3 Hardware and Software Requirement:**

**Hardware requirements:**

|  |  |
| --- | --- |
| **Number** | **Description** |
| 1. Hard-Disk | PC with 2 GB |
| 2. RAM | 256 MB |

**Software requirements:**

|  |  |
| --- | --- |
| **Number** | **Description** |
| 1.Operating System | Windows, Linux |
| 2.Database | Xampp(Tomcat and MySQL) |
| 3. Programming Languages | HTML,JavaScript,JAVA(JSP) |

**CHAPTER: 3**

**ADVANTAGES**

Yoga can support the healing process and help the person experience symptoms with more centeredness and less distress. Yoga develops inner awareness. It focuses your attention on your body’s abilities at the present moment. It helps develops breath and strength of mind and body.

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