

YOGA HEALTH CARE MANAGEMENT SYSTEM



PROBLEM DEFINITION



This YOGA app suggests yoga to solve various hair , health and skin related problems of various people .

USES OF APP

- ◉ Since yoga is a natural remedy to solve health problems
- ◉ It will create awareness about yoga
- ◉ Suggest yoga for your problems depending upon your gender ,age group and level of learning

CONNECTIVITY OF BACKEND,GUI

- PYTHON (3.6) TKINTER
- FRAME
- LABEL
- CANVAS
- BUTTONS

USE OF PYTHON

1.Code:

```
from tkinter import *  
root=Tk()
```

- Use:

- Imports tkinter package

- Creates root object in Tk

2.Code:

```
def nextaction():  
    frame1.pack_forget()  
    frame2.pack()
```

- Use:

function nextaction when executed it will forget frame1 i.e close frame one and frame2.pack will display frame 2

3.Code:

```
frame1=Frame(root)
```

- USE:

Creates Frame frame1 on root

4.Code:

```
canvas=Canvas(frame1)
img = PhotoImage(file='Web.png')
canvas.create_image(-18,0, image=img, anchor=NW)
canvas.grid(row=0)
```

- Use:

Canvas is used to create a blank canvas for image on frame1 in row=0.

img contains Photoimage of name Web.png

X=-18 ,y=0 is location wrt xy direction where image is placed on canvas

5.Code:

```
b1=Button(frame1,text="GetStarted",command=nex  
taction).grid(row=1)
```

- Use:

Creates button b1 having text “Get started” displayed placed in row1 .

On clicking this button function nextaction will be executed.

6.Code:

- `b3=Button(frame2,text="Female",command=male,font=("Helvetica",22),fg="red",bg="#98fb98").grid(row=4, padx=10, pady=10)`

- Use:

Attribute font contains font name,fontsize

Fg sets foreground colour whereas bg sets background colour

Pad x,y used inside grid manages the space between two buttons

7.Code:

```
l4=Label(frame3,text="Select age-  
group").grid(row=0,column=0)
```

- Use:

Creates label l4 in frame3 containing text “Select age group “ and placed in 0th row and 0th column.

8. Code:

```
frame1.pack()
```

- Use:

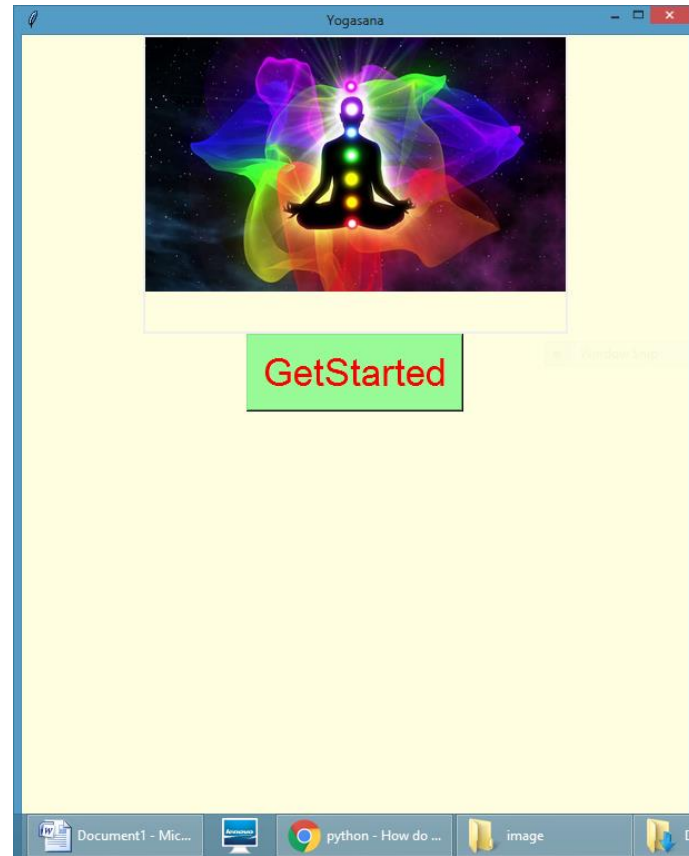
frame1 is created and stored as packet with all the buttons and labels placed inside this frame

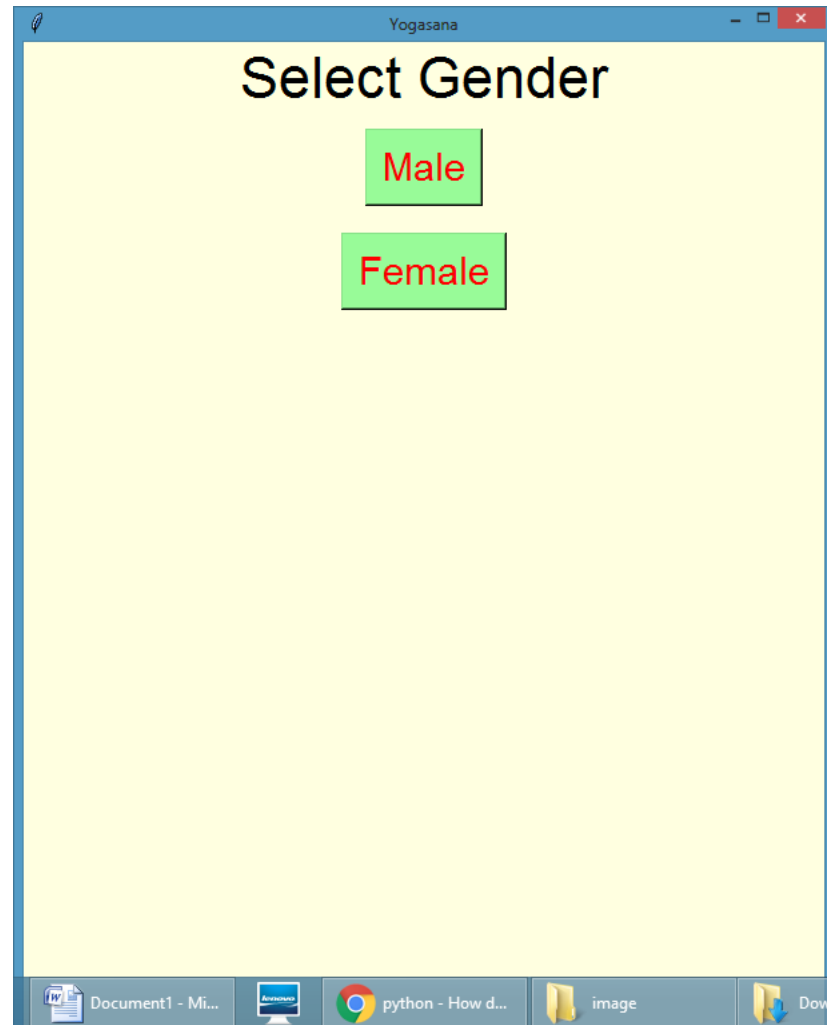
9. Code:

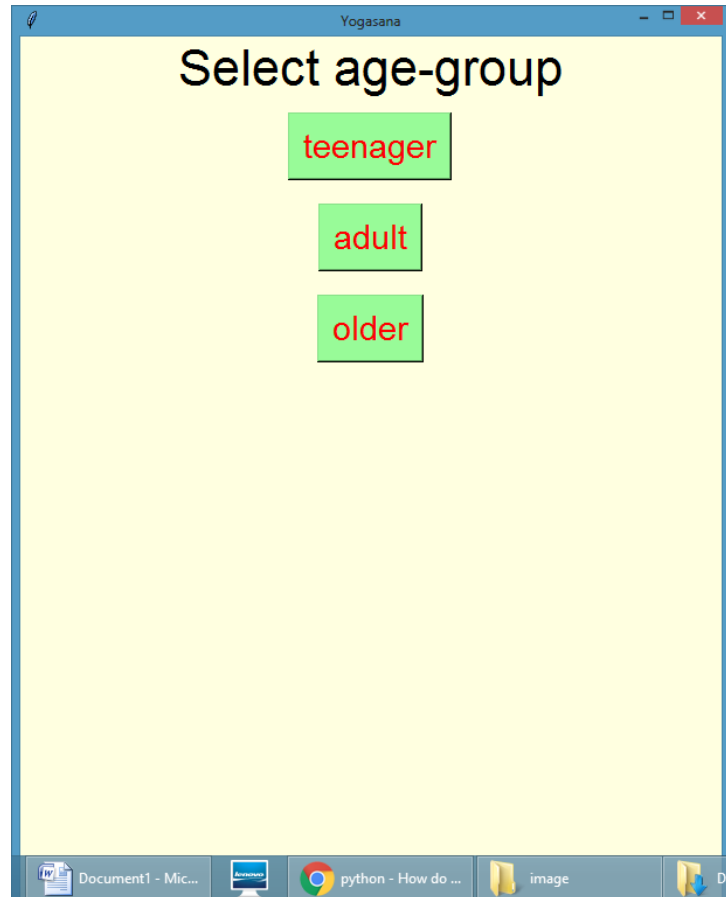
```
root.mainloop()
```

- Use:

Object root calls mainloop to be executed continuously





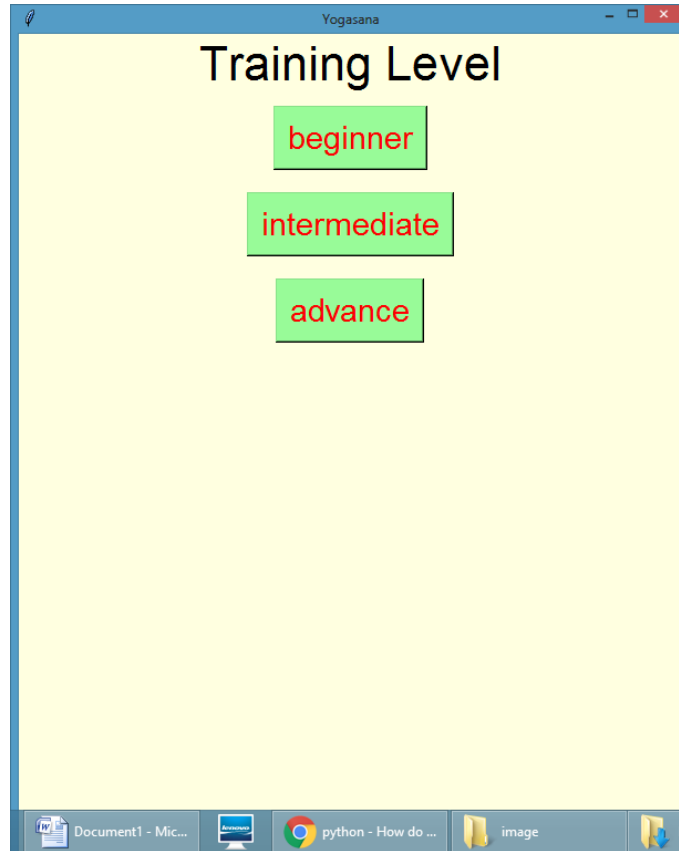


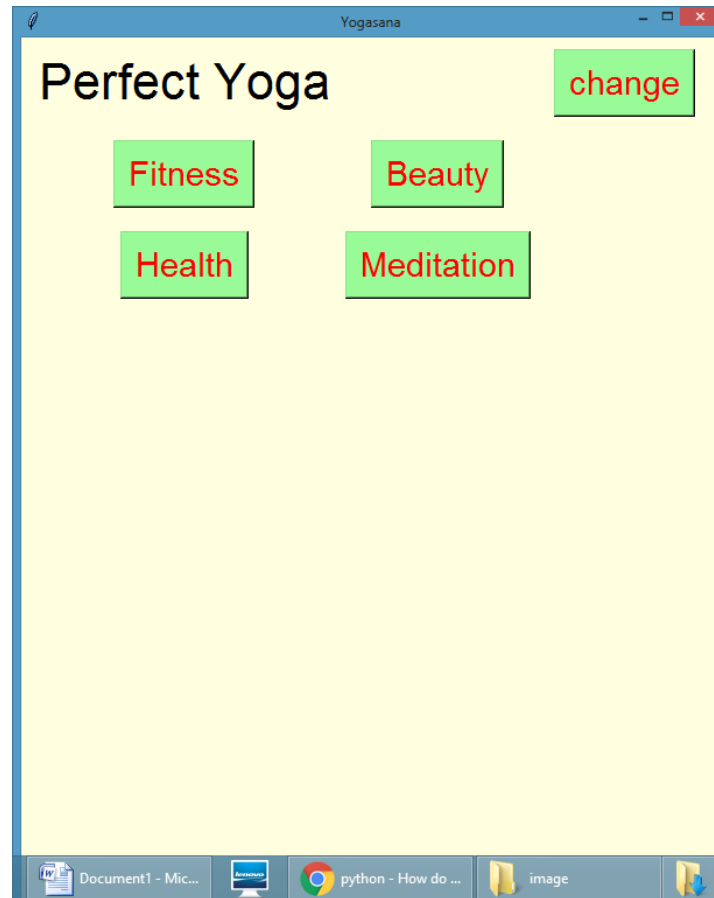
Training Level

beginner

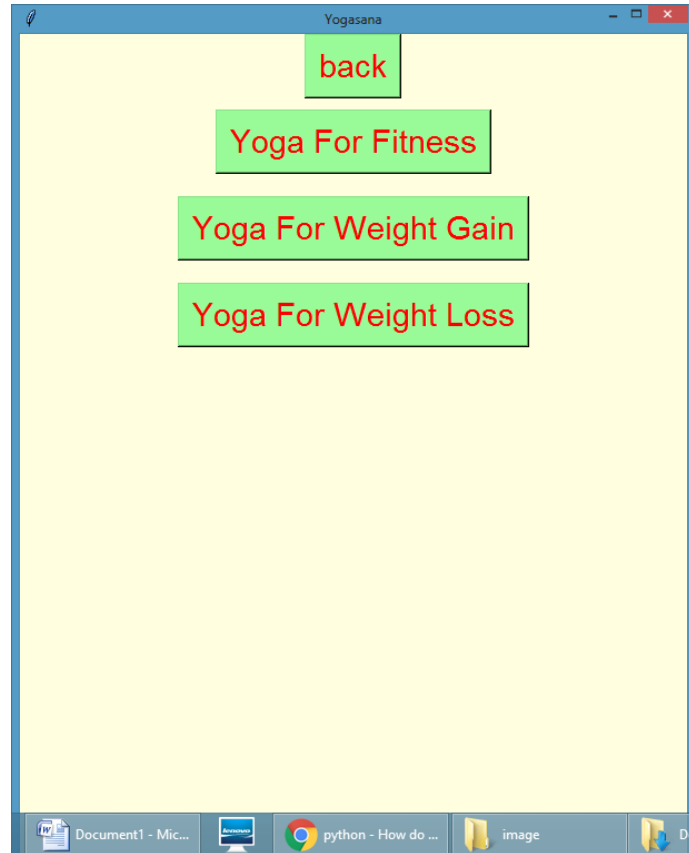
intermediate

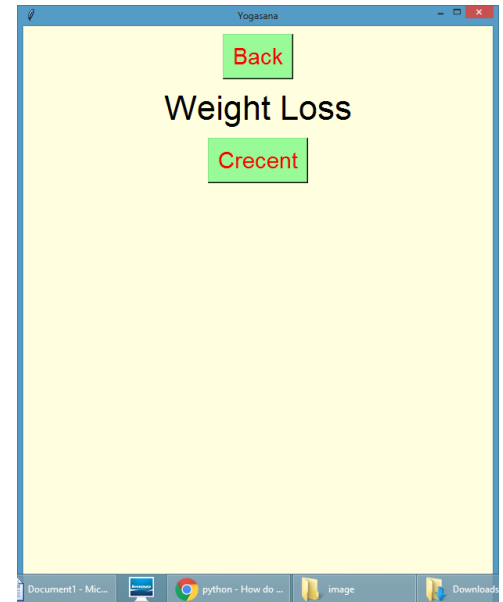
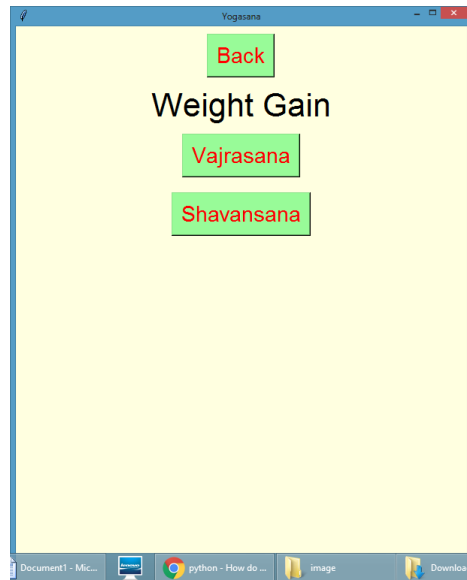
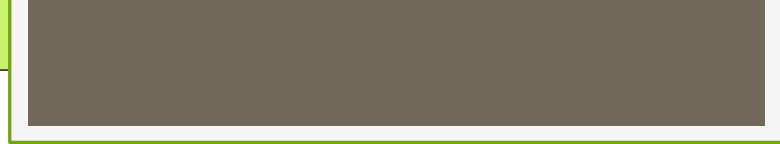
advance



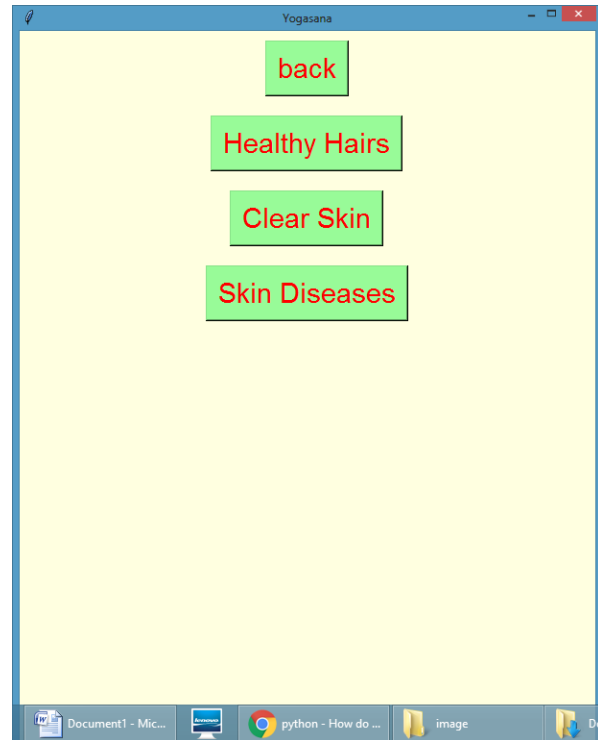


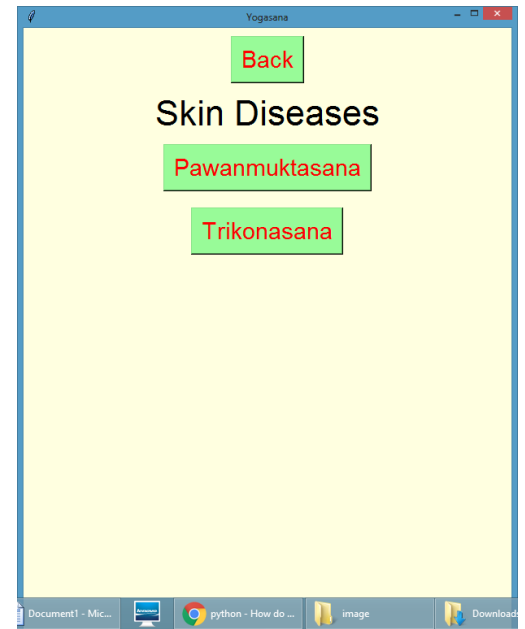
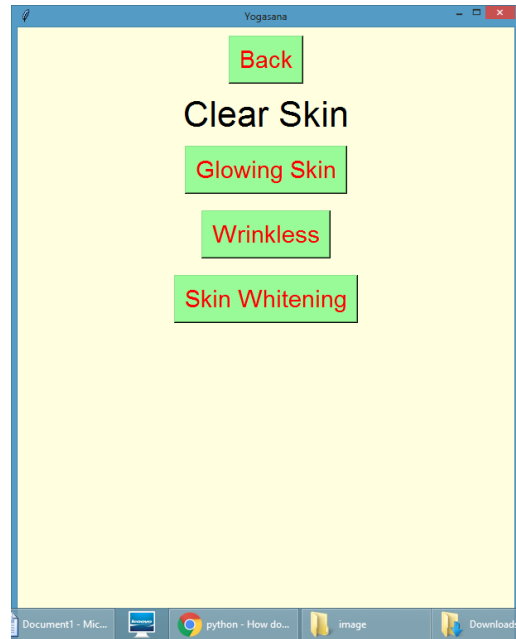
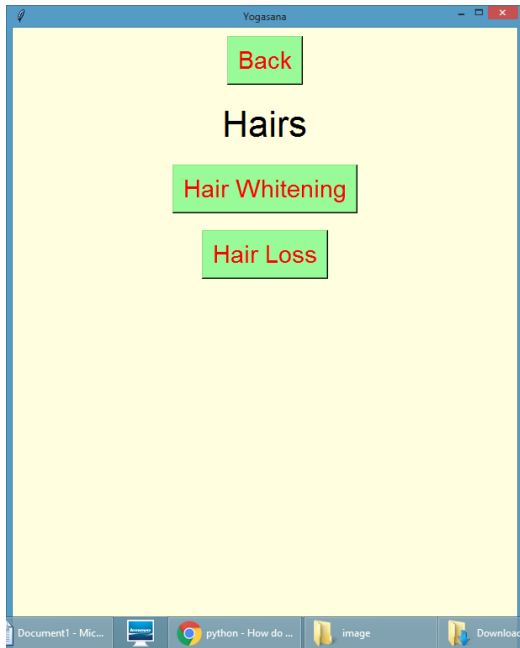
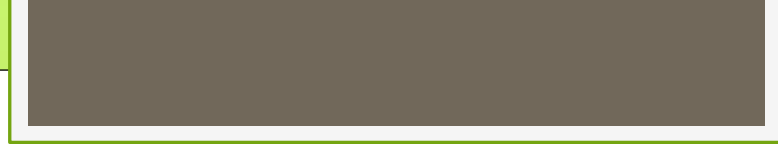
FITNESS



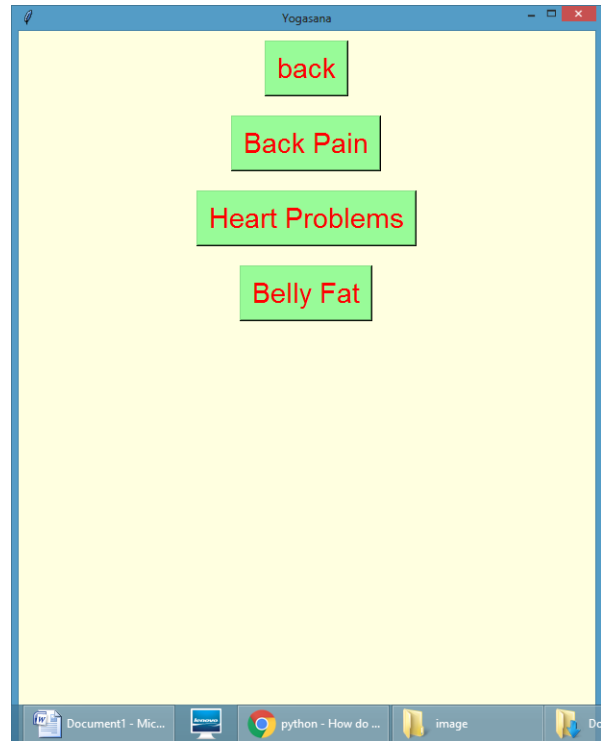


BEAUTY






HEALTH



YOGA SUGGESTED


Yogasana



1. Stand tall and straight with arms by the side of your body.
2. Bend your right knee and place the right foot high up on your left thigh. The sole of the foot should be placed flat and firmly near the root of the thigh.
3. Make sure that your left leg is straight. Find your balance.
4. Once you are well balanced, take a deep breath in, gracefully raise your arms over your head from the side, and bring your palms together in 'Namaste' mudra (hands folded position).
5. Look straight ahead in front of you, at a distant object. A steady gaze helps maintain a steady balance.
6. Ensure that your spine is straight. Your entire body should be taut, like a stretched elastic band. Keep taking in long deep breaths. With each exhalation, relax the body more and more.
7. With slow exhalation, gently bring down your hands from the sides. You may gently release the right leg.
8. Stand tall and straight as you did at the beginning of the posture.

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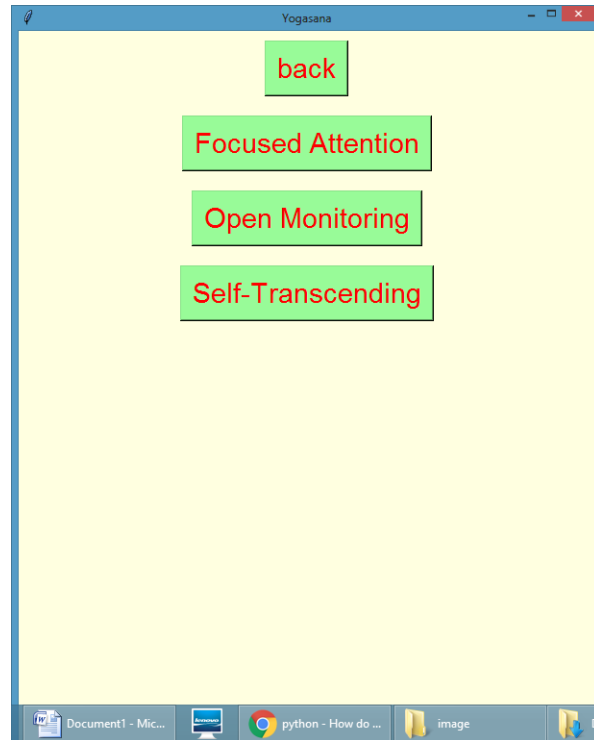
Yogasana



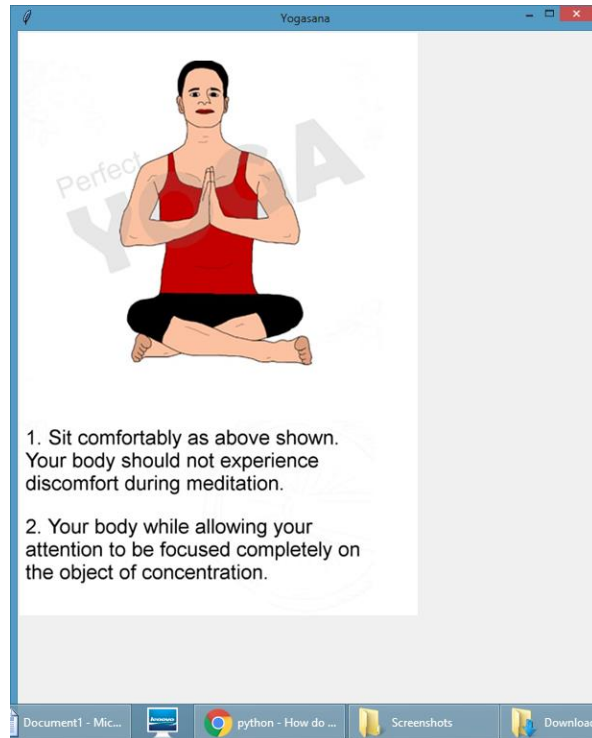
1. Stand erect, and place your legs slightly apart, with your hands hanging alongside your body.
2. You must make your thigh muscles firm. Lift your kneecaps while ensuring you do not harden the lower part of your belly.
3. Strengthen the inner arches of your inner ankles as you lift them.

Document1 - Mic... python - How do ... Screenshots

MEDITATION



MEDITATION SUGGESTED



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