

SYNOPSIS

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- **TITLE:-**

MEDYOG [meditation and yoga practice application]

- **OBJECTIVE:-**

MEDYOG is an application which has yoga and meditation guidance with a touch of spiritual wellbeing in your life for people who want to keep up their fitness but cant attend classes regularly this is a handy app to practice yoga and meditate from the from the comfort of their homes .It is designed to train a beginner till advanced level of user ,

- **PROJECT CATEGORY:-**

The project category is window based developed in android studio with sql.

Language used is kotlin.

- **LANGUAGE AND SOFTWARE TOOL USED:-**

- 1) Front End:- Android Studio(kotlin)
- 2) Operating System: Windows 10
- 3) Back End:- sql

- **MODULES:-**

- 1) **Signup:-** user can signup using their gmail accounts where message will sent to your respected email id.
- 2) **Profile:-** user will have a profile of its own to keep track of activity.
- 3) **Beginner's yoga program:-** beginner friendly for someone to start newly.
- 4) **Intermediate yoga program :-** for intermediate level of people.
- 5) **Advanced yoga program:-** for advanced level of people.
- 6) **Beginner's meditation program:-** beginner friendly for someone to start newly.
- 7) **Intermediate meditation program:-** intermediate level meditation guide for users.
- 8) **Advanced meditation program :-** advanced level of meditation videos.

- **HARDWARE REUIREMENT :-**

- 1) Microsoft Windows 10
- 2) 8GB RAM
- 3) 250GB disk space

- **SOFTWARE REUIREMENT:-**

- 1) Android Studio
- 2) sql Database