## Visvesvaraya Technological University Belagavi, Karnataka – 590018



#### INTERNSHIP REPORT

ON

# "Online Yoga Training Website"

Submitted in partial fulfillment for the award of degree(18CSI85)

# BACHELOR OF ENGINEERING IN COMPUTER SCIENCE AND ENGINEERING

Submitted by

RAMA MUTALIKDESAI 1JS19CS135



Conducted at VARCONS TECHNOLOGIES PVT LTD

**JSS Academy of Technical Education** 



JSS Academy of Technical Education, Bengaluru – 560060, Department of Computer Science and Engineering

### JSS Mahavidyapeetha, Mysuru

# **JSS Academy of Technical Education**

JSS Campus, Uttarahalli – Kengeri Main road, Bengaluru – 560060

**Department of Computer Science and Engineering** 



#### **CERTIFICATE**

This is to certify that the Internship titled "Online Yoga Training Website" carried out by Miss. Rama Mutalikdesai, a bonafide student of JSS Academy of Technical Education, in partial fulfillment for the award of Bachelor of Engineering, in Computer Science and Engineering under Visvesvaraya Technological University, Belagavi, during the year 2022-2023. It is certified that all corrections/suggestions indicated have been incorporated in the report.

The project report has been approved as it satisfies the academic requirements in respect of Internship prescribed for the course Internship / Professional Practice (18CSI85)

**Signature of Guide** 

**Signature of HOD** 

**Signature of Principal** 

# DECLARATION

I, **Rama Mutalikdesai**, final year student of Computer Science and Engineering, JSS Academy of Technical Education - 560060, declare that the Internship has been successfully completed, in Varcons Technologies Pvt Ltd. This report is submitted in partial fulfillment of the requirements for award of Bachelor Degree in Computer Science and Engineering, during the academic year 2022-2023.

Date: 25/09/2022

Place: Bangalore

USN: 1JS19CS135

NAME: Rama Mutalikdesai

#### OFFER LETTER PROVIDED BY THE COMPANY





Date: 23rd August, 2022

Name: Rama Mutalikdesai

 $\mathrm{USN:}~\mathbf{1JS19CS135}$ 

#### Dear Student,

We would like to congratulate you on being selected for the Full Stack Web Development Internship position with Varcons Technologies Pvt Ltd, effective Start Date 23<sup>rd</sup> August, 2022, All of us are excited about this opportunity provided to you!

This internship is viewed as being an educational opportunity for you, rather than a part-time job. As such, your internship will include training/orientation and focus primarily on learning and developing new skills and gaining a deeper understanding of concepts of **Full Stack Web Development** through hands-on application of the knowledge you learn while you train with the senior developers. You will be bound to follow the rules and regulations of the company during your internship duration.

Again, congratulations and we look forward to working with you!.

Sincerely,

Spoorthi H C **Director**VARCONS TECHNOLOGIES PVT LTD

213, 2<sup>st</sup> Floor,

18 M G Road, Ulsoor,

Bangalore-560001

## ACKNOWLEDGEMENT

This Internship is a result of accumulated guidance, direction and support of several important persons. We take this opportunity to express our gratitude to all who have helped us to complete the Internship.

We express our sincere thanks to our Principal, Dr. Bhimasen Soragaon for providing us adequate facilities to undertake this Internship.

We would like to thank our Dr. Naveen N.C., Head of Dept - CSE, for providing us an opportunity to carry out Internship and for his valuable guidance and support.

We would like to thank our Software Services for guiding us during the period of internship.

We express our deep and profound gratitude to our guide, Guide name, Assistant/Associate Prof, for her keen interest and encouragement at every step in completing the Internship.

We would like to thank all the faculty members of our department -CSE, for the support extended during the course of Internship.

We would like to thank the non-teaching members of our dept-CSE, for helping us during the Internship.

Last but not the least, we would like to thank our parents and friends without whose constant help, the completion of Internship would have not been possible.

#### RAMA MUTALIKDESAI

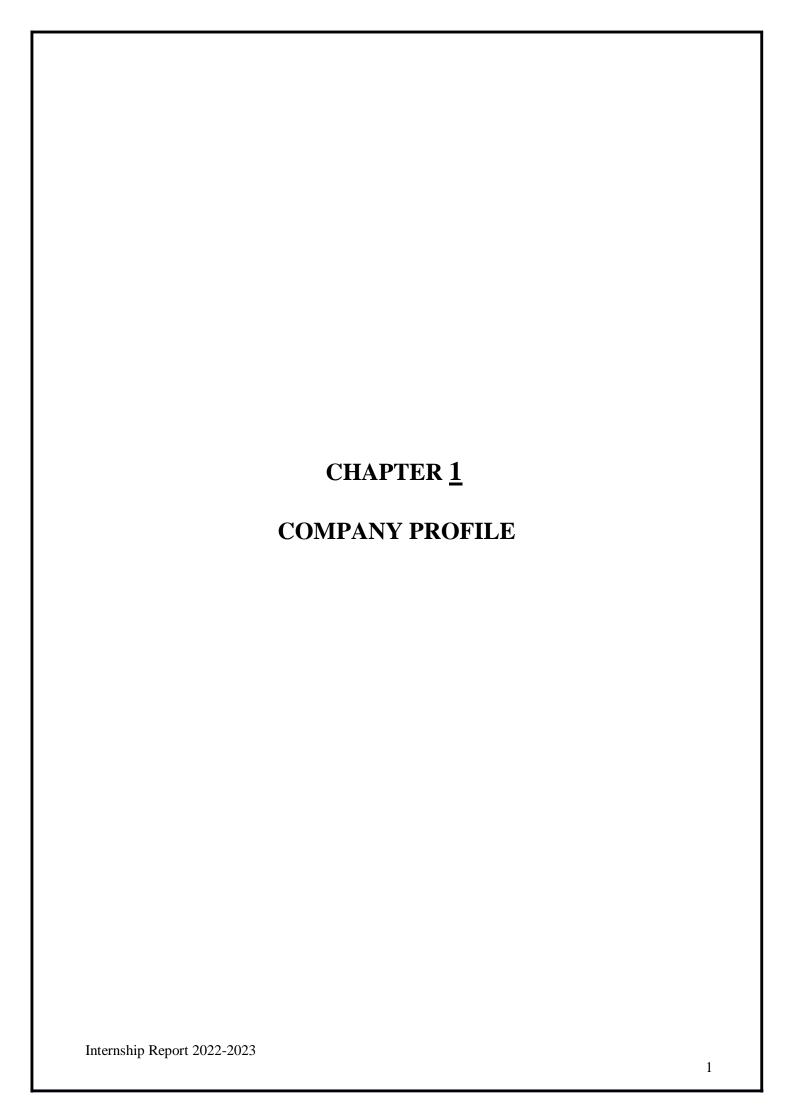
#### 1JS19CS135

# **ABSTRACT**

Traditionally, Yoga has always been taught one to one, in fact the physical presence of the teacher has been an absolute necessity in Yoga and for all forms of physical, mental and spiritual development. Yoga classes have seen people lining up to learn from an experienced Yogi or yogini. Despite the challenges of distance and time, people have always been walking into a class to learn. The benefits of yoga have always pushed people towards it and people have taken great pains to attend Yoga Classes. In times like this, a yoga class would be essential since it helps reduce stress and brings about a positive attitude. With the whole world opting to work online, study online, the idea of an online yoga class took seed. Sunita Wadhawan explored this area by conducting a monthlong, live, online yoga class. Different yogic exercises both physical and mental were carried out by people under the watchful guidance of the teacher, instructor through technology. "A yogi is not only flexible in his/her body but also finds creative ways to solve a problem". It is this adaptability and openness that led to these online classes. The outcome of these classes was recorded through a questionnaire and on evaluation of the responses, it was found that all the traditional thoughts about importance of physical proximity of the teacher and people could be after all a myth. Yoga classes could very well be conducted online and its effectiveness not compromised at all. In fact the classes ensured a diverse and geographically spread out group could come together as a class. Online Yoga classes could well be the future of Yoga and its dissemination throughout the world.

# **Table of Contents**

Sl no	Description	Page no
1	Company Profile	1-2
2	About the Company	3-6
3	Introduction	7-9
4	System Analysis	10-11
5	Requirement Analysis	12-13
6	Design Analysis	14-16
7	Implementation	17-18
8	Snapshots	19-39
9	Conclusion	40-41
10	References	42



# 1. COMPANY PROFILE

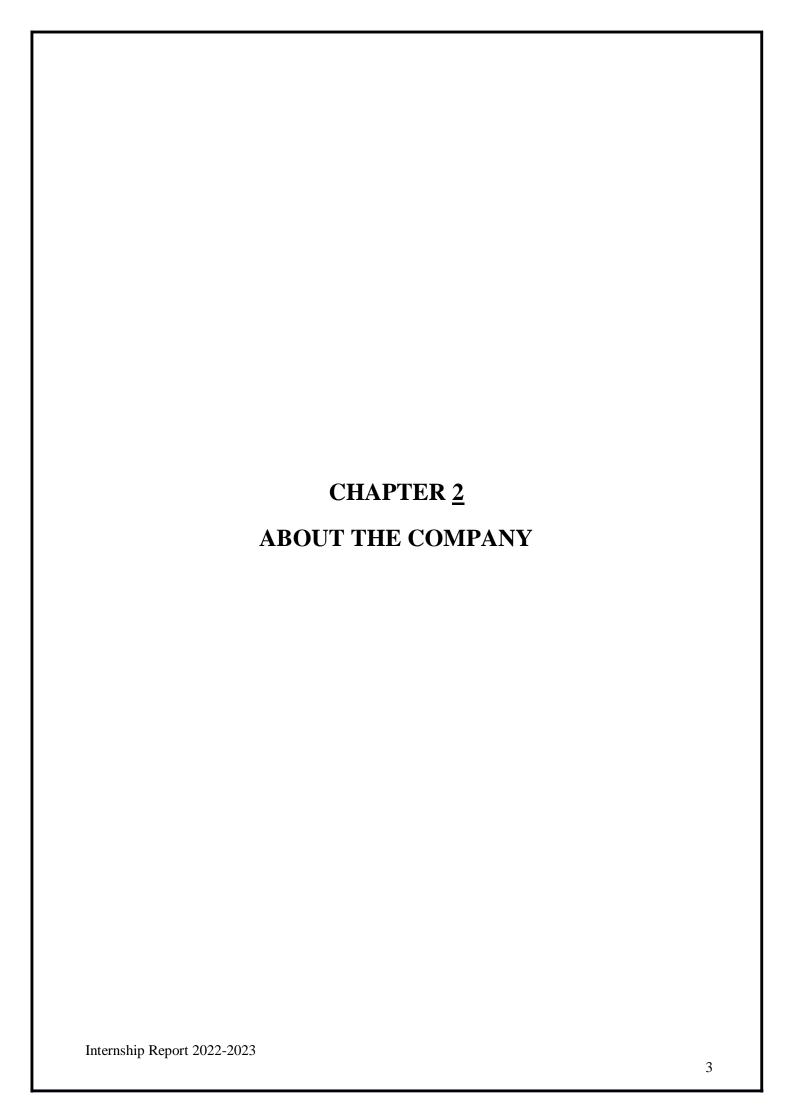
# A Brief History of Varcons Technologies Pvt Ltd

Varcons Technologies Pvt Ltd, was incorporated with a goal "To find smart ways of using technology that will help build a better tomorrow for everyone, everywhere". Every business is a different and has a unique business model and so are the technological requirements. SaaS offers a variety of advantages over traditional software licensing models and They tend to include the key features of SaaS in everything they build.

It was founded by a group of friends who started by scribbling their ideas on a piece of paper, today they offer smart, innovative services to dozens of clients. They develop SaaS products, provide Corporate Seminars, Industrial trainings and much more.

At VCT, They make sure every product/service that they offer is built keeping in mind the practical usability of the product/Service, The company is a startup focused on Creativity and Customizability, and They also provide subscription models for Software that they have already built, Since the application is already configured, the user has a ready-to-use application. This not only reduces installation and configuration time but also cuts down the time wasted on potential glitches linked to software deployment.

They believe that Technology when used properly can help any business to scale and achieve new heights of success. It helps Improve its efficiency, profitability, reliability.



# 2. ABOUT THE COMPANY



Varcons Technologies Private Limited is an unlisted private company incorporated on 11 July, 2022. It is classified as a private limited company and is located in Karnataka. Its authorized share capital is INR 10.00 lac and the total paid-up capital is INR 10,000.00.

Varcons Technologies Private Limited has two directors - Chikaegowdanadoddi Kariyappa Somalatha and Haralahalli Chandraiah Spoorthi.

The Corporate Identification Number (CIN) of Varcons Technologies Private Limited is U72900KA2022PTC163646. The registered office of Varcons Technologies Private Limited is at #8/9, 5th Main, 3rd Cross road, Beside Sachidananada Nagar, R R Nagar Bangalore Bangalore, Karnataka.

### **Products of Varcons Technologies Pvt Ltd**

#### **Web Application**

It is a client–server computer program in which the client (including the user interface and client- side logic) runs in a web browser. Common web applications include web mail, online retail sales, online auctions, wikis, instant messaging services and many other functions. web applications use web documents written in a standard format such as HTML and JavaScript, which are supported by a variety of web browsers. Web applications can be considered as a specific variant of client–server software where the client software is downloaded to the client machine when visiting the relevant web page, using standard procedures such as HTTP. The Client web software updates may happen each time the web page is visited. During the session, the web browser interprets and displays the pages, and acts as the universal client for any web application. The use of web application frameworks can often reduce the number of errors in a program, both by making the code simpler, and by allowing one team to concentrate on the framework while another focuses on a specifified use case. In applications which are exposed to constant hacking attempts on the Internet, security-related problems can be caused by errors in the program.

Frameworks can also promote the use of best practices such as GET after POST. There are some who view a web application as a two-tier architecture. This can be a "smart" client that performs all the work and queries a "dumb" server, or a "dumb" client that relies on a "smart" server. The client would handle the presentation tier, the server would have the database (storage tier), and the business logic (application tier) would be on one of them or on both. While this increases the scalability of the applications and separates the display and the database, it still doesn"t allow for true specialization of layers, so most applications will outgrow this model. An emerging strategy for application software companies is to provide web access to software previously distributed as local applications. Depending on the type of application, it may require the development of an entirely different browser-based interface, or merely adapting an existing application to use different presentation technology. These programs allow the user to pay a monthly or yearly fee for use of a software application without having to install it on a local hard drive. A company which follows this strategy is known as an application service provider (ASP), and ASPs are currently receiving much attention in the software industry.

Security breaches on these kinds of applications are a major concern because it can involve both enterprise information and private customer data. Protecting these assets is an important part of any web application and there are some key operational areas that must be included in the development process. This includes processes for authentication, authorization, asset handling, input, and logging and auditing. Building security into the applications from the beginning can be more effective and less disruptive in the long run.

#### Services offered

VCA provides a host of services to its customers/users/clients, Enabling business success driven by technology Harnessing the power of technology, we create a measurable difference for our clients across various industries & multiple geographies.

### Services provided by Varcon Technologies Pvt Ltd.

#### • Website as Software

We develop websites that behave and interact similar to sophisticated software.

#### • Branding and Design

We offer professional Graphic design, Brochure design & Logo design. We are experts in crafting visual content to convey the right message to the customers. We also design custom wraps for your products (also known as package designing).

#### • Search Engine Optimisation

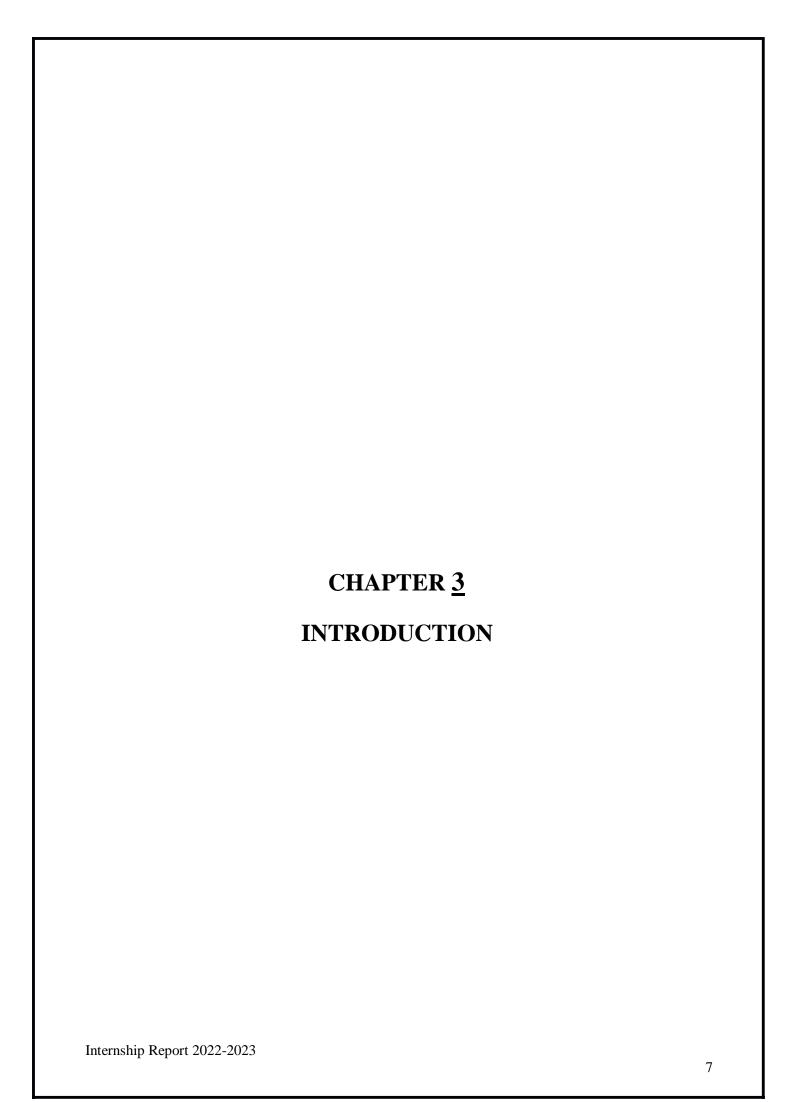
We help you manage your SEO campaign more efficiently and effectively. We help you gain market share by leveraging our expertise. our holistic approach to identify anything that may be hurting your traffic or rankings and show you just how to outrank the competition.

#### Analytics and Research

We analyse the way your users/customers interact with you/your business by gathering, studying and understanding the consumer voice and their perception of the product/service.

#### • Comprehensive Customer Support

With a comprehensive range of services, we guarantee your technology needs are not just met, but exceeded. We shall work with your customers/users closely to understand the way your users/customers use/make use of products/services.



# 3. INTRODUCTION

### **Introduction to Web Apps**

Web applications are similar to the traditional applications you'd install on your Information, such as Microsoft Office. They are able to perform the same kinds of tasks, they look the same and they feel the same but there is one key difference - the application itself is not installed on your phone or Information, but lives in the cloud. Web apps are not new, but it used to be that they were often unable to compete with more traditional applications for business critical functions or where rich user interaction was required. This is no longer the case. With the power of modern web technologies, we are able to design and build performing, secure, and feature rich applications that live in the cloud and bring with them a huge number of benefits.

#### 1. They can be accessed from anywhere.

- Because web applications are built with web technologies and they run in a web browser Internet Explorer, Google Chrome, Mozilla Firefox this allows them to be accessed from every web enabled tool. As long as you have an internet connection you can use them.
- It allows for remote working, it allows for rapid publishing of content, it allows for real time collaboration between teams. If you have web access, you have the ability to access your business tools.

#### 2. They are cost effective.

 Web applications are cheaper to produce and maintain than traditional applications. No matter how many platforms your business uses (Mac, Linux, Windows) web application build can be used across them all.

#### 3. They benefit from more rapid update cycles.

• A huge benefit of web applications is that when an update is released, all of your users are immediately using that version. This doesn't happen with installed applications, especially in large organizations with IT policies that restrict administrator access.

#### 4. They are secure.

• Web developers have had to become experts in security – the web is a platform designed to share everything with everyone! As such, the types and levels of security included in web applications are often far greater than those seen in traditional applications.

• They also benefit from the ability to launch updates in real-time – the application on the servers is the application people are using. The applications on people's laptops however are the version last installed. And when those laptops get left on a train it's not a concern, as nothing is stored locally.

#### 5. They enable more computing with fewer Information.

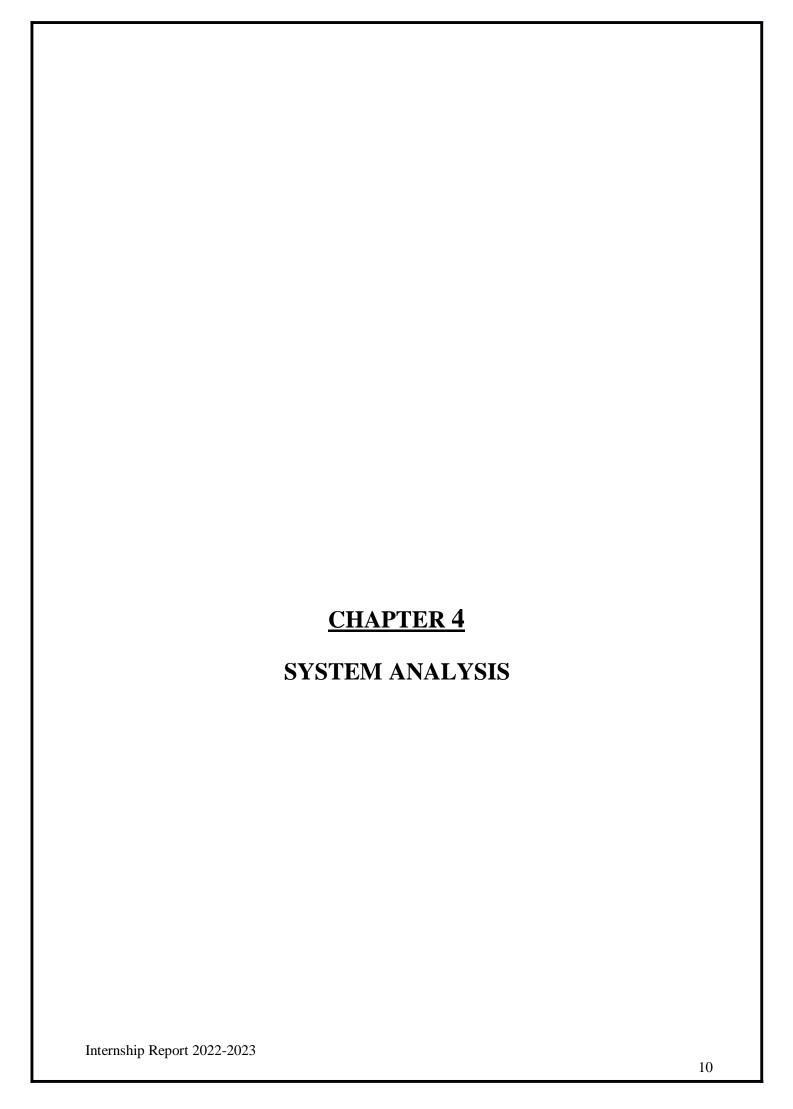
- Web applications push all of the hard work to the servers, and act as intermediaries between the user interface and the calculations happening behind the scenes. This means you can accomplish terrifyingly complex work on a tablet, or your phone.
- We've built web applications that allow people to understand the complex relationships between 250,000 pieces of art on their phones, and applications that run the business systems of one of the largest solar energy providers in the world. Often these products are not financially viable to build using traditional application processes.

#### **Problem Statement**

Develop a template for an online Yoga training center, The template that you build should be aimed at providing customers to sign up for the online yoga training, it should include a form to input consumer/query details, should contain about us section etc.

### Introduction to Online Yoga training center website Yoga@NET

Yoga@NET website guides people to do Yoga in online mode through online classes, if not possible to follow online classes go through recorded videos, instructor will guide people. It has different types of classes for regular batches. It will be helpful for Weight loss, Body Toning, Flexibility. Online yoga to be acceptable as a realistic alternative to in-person classes, yoga instructors would need to be convinced about the effectiveness and safety of delivering yoga online.



# 4. SYSTEM ANALYSIS

#### 1. Existing System

In an Existing system, we address these challenges and present an approach to efficient, incremental consolidation of data-intensive flows. Following common practice, our method iterates over information requirements to create the final design. We show how to efficiently accommodate a new information requirement to an existing design and also, how to update a design in an evolving information requirement. The final design satisfies all requirements.

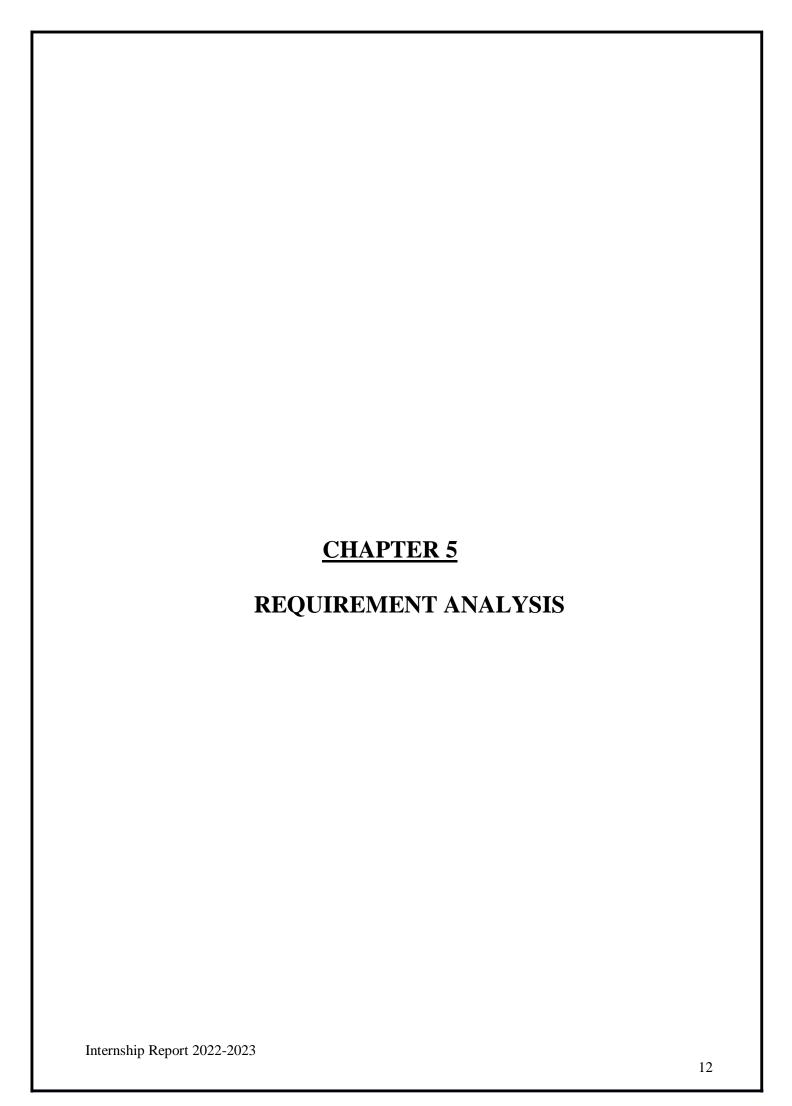
Yoga has been adopted as a way of life for people so that Yoga training centers are opened. People getting expected outcomes such as fitness and flexibility, peace and flexibility, peace and calm.

### 2. Proposed System

Many people have been inspired to adopt yoga, so that several different forms have emerged for different needs of the people according to their age, fitness levels. To save time, while going to the center, online yoga training is introduced. In this online classes live streaming is going on and recorded video is also given. This is only for registered people for effective and efficient classes.

### 3. Objective of the System

- To develop methods, tools and techniques to administer simple Yogic and Meditation practices as part of a prevention intervention strategy to reduce aggression in people.
- To study the feasibility and acceptability of these techniques as interventions to reduce aggression in a people.
- This system is helpful for the people who adopt yoga. Yoga always gives fitness and brings harmony between the mind and body.



# 5. REQUIREMENT ANALYSIS

### **Hardware Requirement Specification**

• Processor: Intel core i5 processor

• Memory: 256 GB

• Hard Disk: 1 TB

### **Software Requirement Specification**

• MongoDB

• NODE JS

• VS Code

### • Functional Requirements

- The Yoga@NET website should contain different sections like Home page, About us, contact us page, login and sign up page.
- The website should be responsive.
- The website should be interactive
- The website must be user friendly.

#### • Non-Functional Requirements

#### Availability

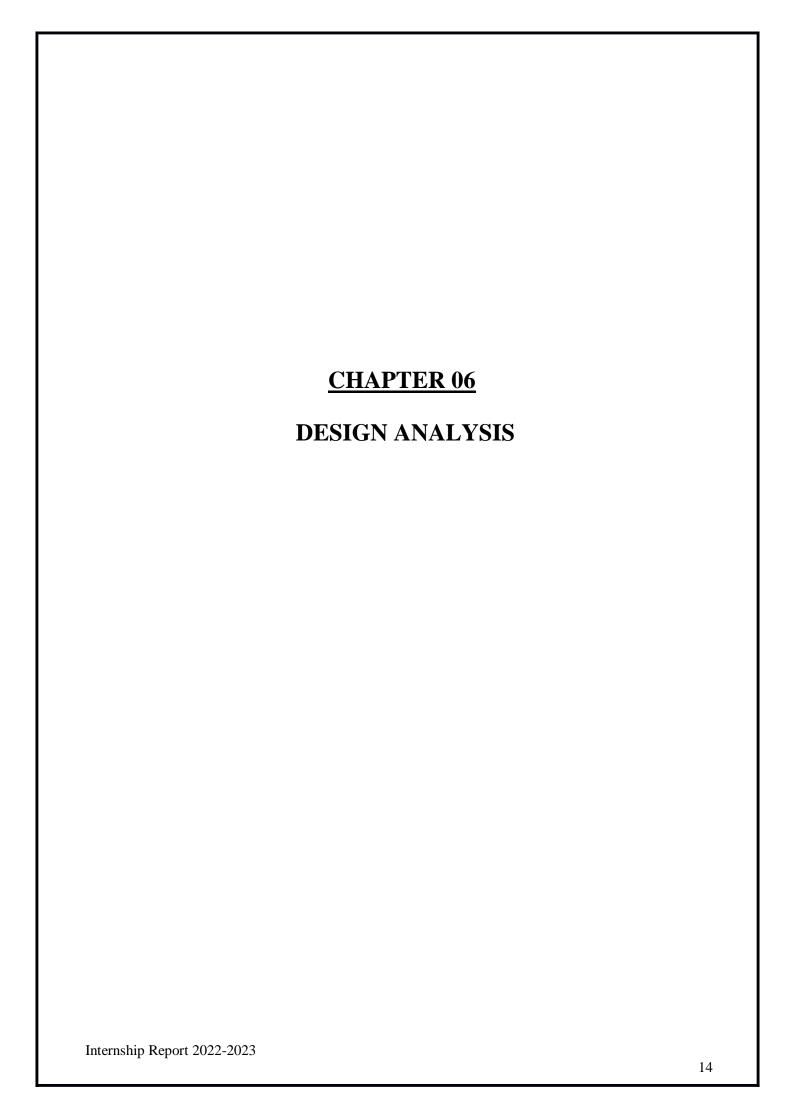
The online registration system shall permit backing up of the registration database while other registration activities are going on.

#### • Accessibility

The system shall be accessible by people with specific vision needs to the extent that a user shall be able to display the whole user interface in a larger font without truncating displayed text or other values.

#### Security

The access permissions for system data may only be changed by the systems data administrator passwords shall never be viewable at the point of entry or any other time.



# 6. **DESIGN ANALYSIS**

#### **Introduction:**

The project entitled "Online Yoga Training Website" is developed as a part of the Full Stack Web Development Internship provided by Varcons Technologies Ltd.,

- Our website has various kinds of information that helps regarding booking of online yoga classes and performing yoga at their place of comfort.
- Users will be able to get detailed specifications of various online yoga classes, which
  includes information like, different yoga classes, prerequisites needed for the
  corresponding classes, outcomes of the classes, timing and scheduling of the yoga classes,
  price details etc. Hereby, they will be able to choose a yoga class suitable to their routine
  and health and perform yoga at their place of comfort.

### **Analysis:**

The Online Yoga Training Website is an online platform which renders information about various online yoga classes, and which is capable of providing online yoga classes to its users. This website is mainly created to fulfill the following requirements, it comprises of the following properties: -

- A central database that will store all information.
- An online website that will provide real- time information about the various online yoga classes offered by the yoga center along with the course price details.
- The website allows three types of users: admin, user and guest.
- Only one person is made into admin where he or she can login to view course details and can manipulate the class schedules, thereby implementing the cred operation.
- The user refers to any person who has registered to the website. The user can access the course details like prerequisites to take up the course, outcome of the course, course schedule and price details etc. The user can also reach out to the members of the yoga center by sending his query in the 'Contact Us' page.
- In case the user is willing to join any of the courses, he can express his willingness to join the course by filling a form and specifying the particular course.
- The guest can view the schedules of the classes and an overview of the classes available on the home page. To know more about the courses, the guest has to sign in.
- Every registered user can change his password any time he wants to change.

The flowchart describing the website sections and working is as shown below in the figure.

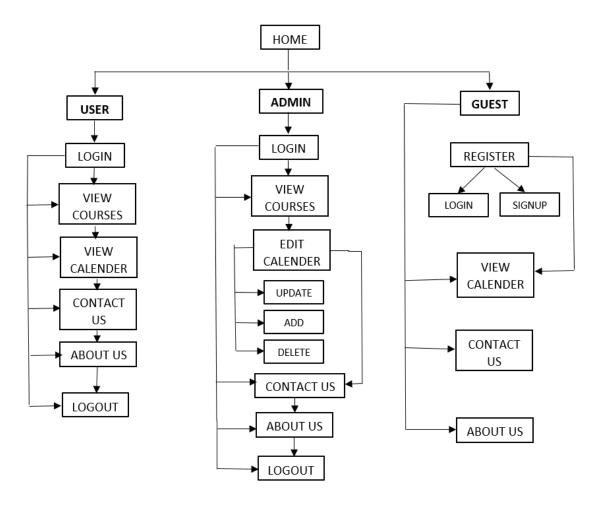
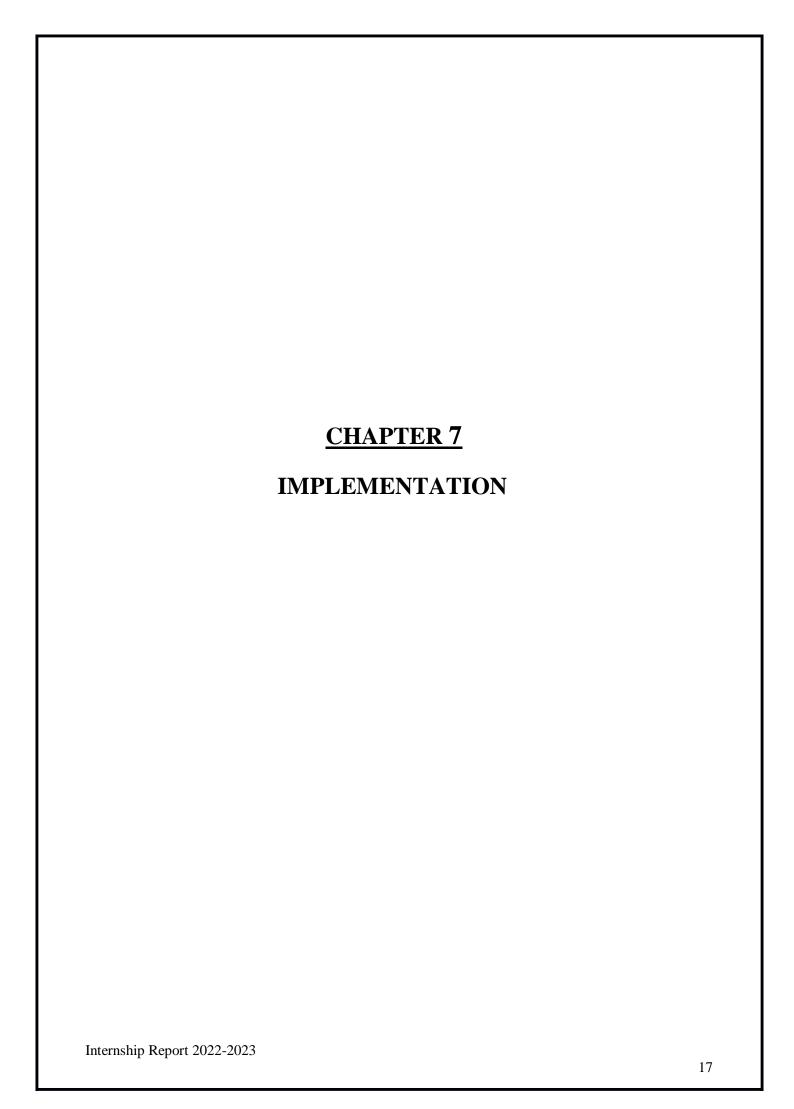


Figure: The figure showing the flowchart for the design analysis of the Yoga@NET website.



# 7. IMPLEMENTATION

Implementation is the stage where the theoretical design is turned into a working system. The most crucial stage in achieving a new successful system and in giving confidence on the new system for the users that it will work efficiently and effectively.

The system can be implemented only after thorough testing is done and if it is found to work according to the specification. It involves careful planning, investigation of the current system and it constraints on implementation, design of methods to achieve the change over and an evaluation of change over methods a part from planning.

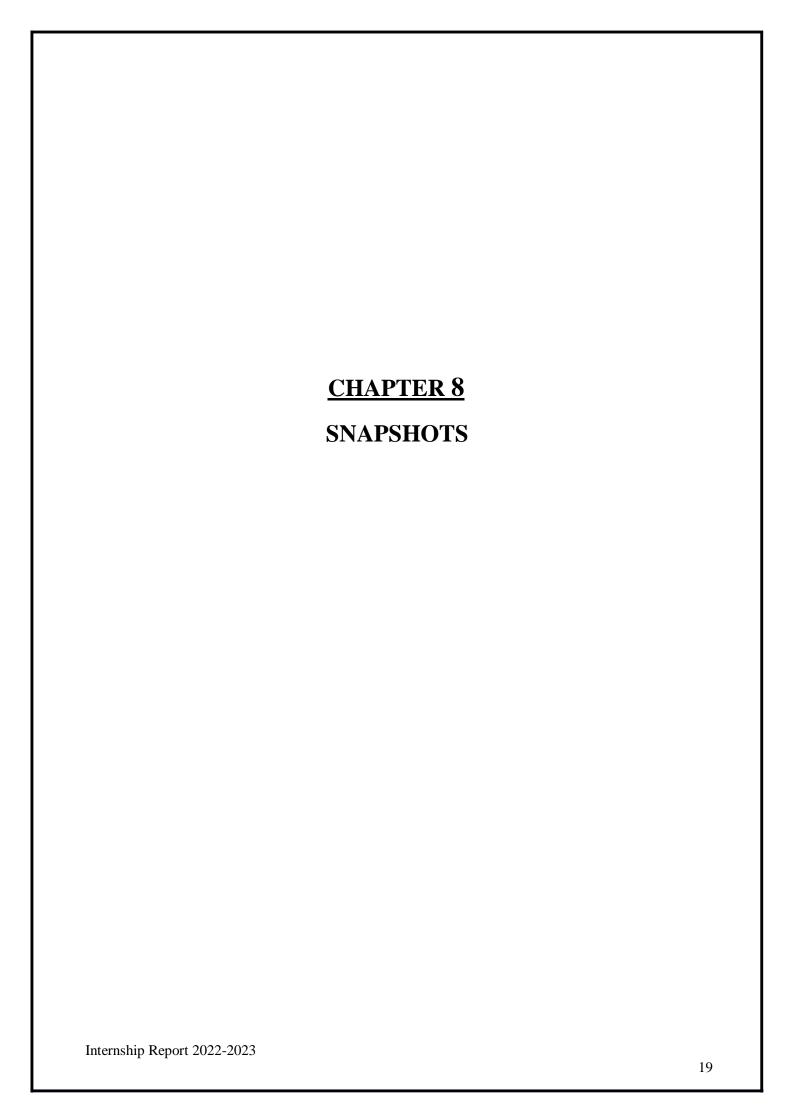
Two major tasks of preparing the implementation are education and training of the users and testing of the system. The more complex the system being implemented, the more involved will be the system analysis and design effort required just for implementation.

The implementation phase comprises of several activities. The required hardware and software acquisition is carried out. The system may require some software to be developed. For this, programs are written and tested. The user then changes over to his new fully tested system and the old system is discontinued.

#### **TESTING**

The testing phase is an important part of software development. It is the Information zed system will help in automate process of finding errors and missing operations and also a complete verification to determine whether the objectives are met and the user requirements are satisfied. Software testing is carried out in three steps:

- 1. The first includes unit testing, where in each module is tested to provide its correctness, validity and also determine any missing operations and to verify whether the objectives have been met. Errors are noted down and corrected immediately.
- Unit testing is the important and major part of the project. So errors are rectified easily in particular module and program clarity is increased. In this project entire system is divided into several modules and is developed individually. So unit testing is conducted to individual modules.
- 3. The second step includes Integration testing. It need not be the case, the software whose modules when run individually and showing perfect results, will also show perfect results when run as a whole.



# 8. SNAPSHOTS

Here are a few snaps from various instances of the application:

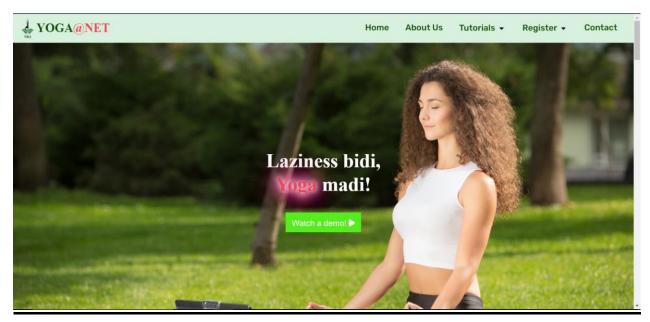


Figure 8.1: Main Tab

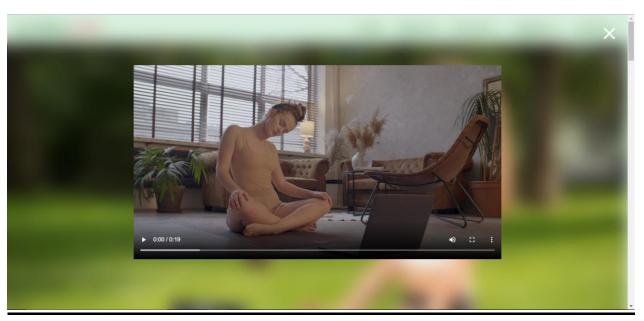


Figure 4.1.1: Demo video tab

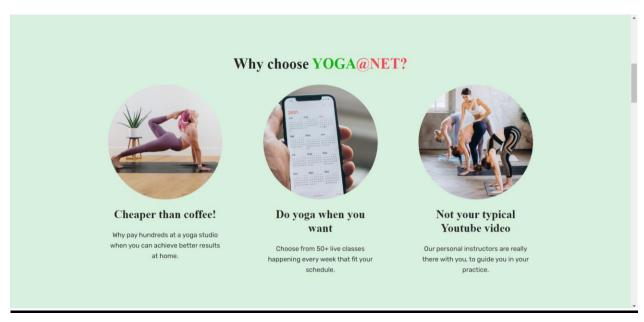


Figure 4.1.2: why choose us section

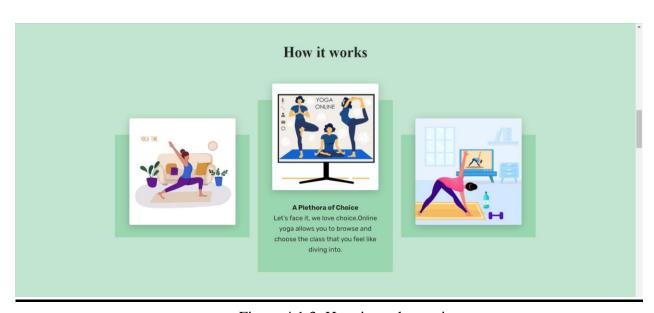


Figure 4.1.3: How it works section

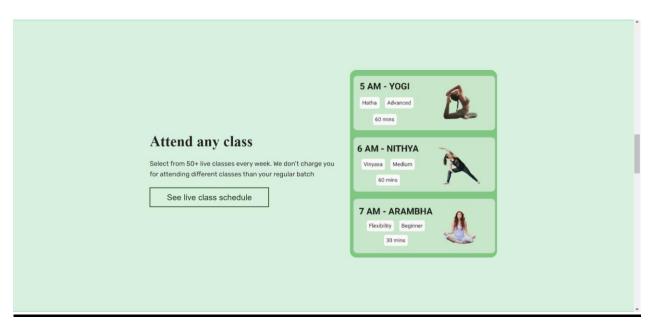


Figure 4.1.4: Attend any class section

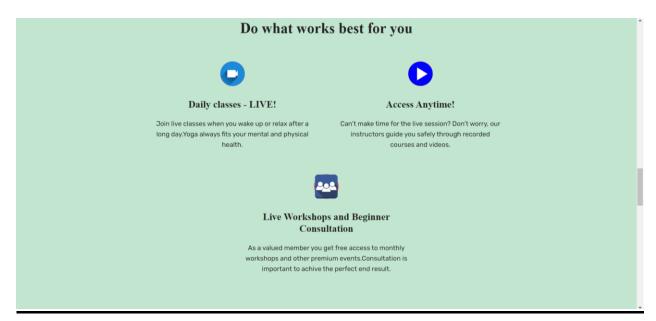


Figure 4.1.5: Do what works best for you section

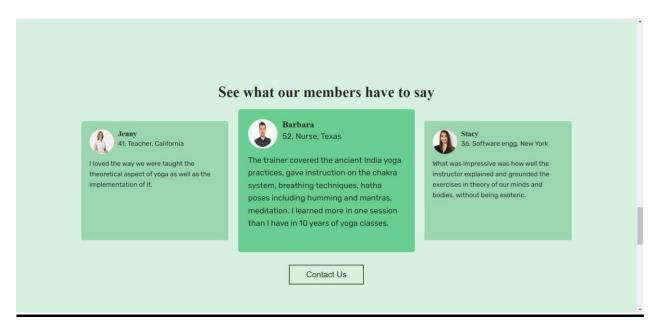


Figure 4.1.6: Testimonials section



Figure 4.1.6: small batch section

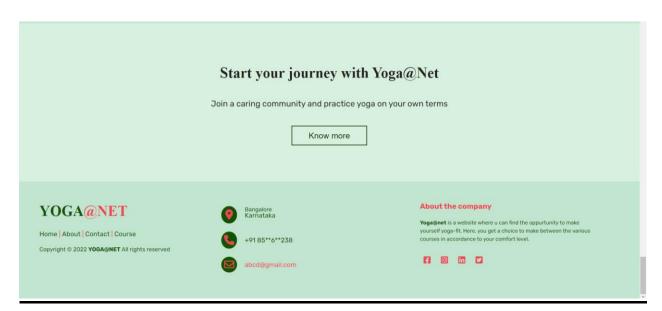


Figure 4.1.7:start your journey and footer section

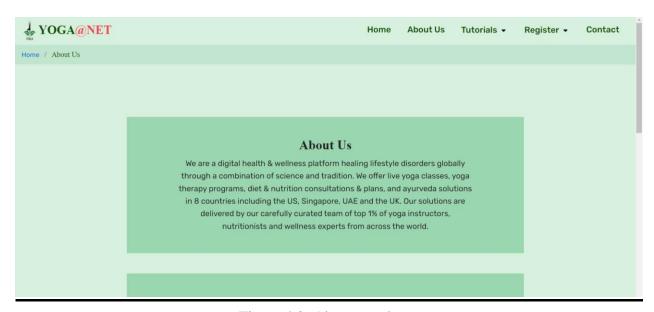


Figure 4.2: About us tab

#### **Our Mission and Vision**

We are helping people be healthier, happier and the best version of themselves through scientifically proven, traditionally rooted yogic solutions, reversing chronic health conditions in the most natural way.

#### **MEET OUR FOUNDERS!!**







Figure 4.2.1: mission vision section

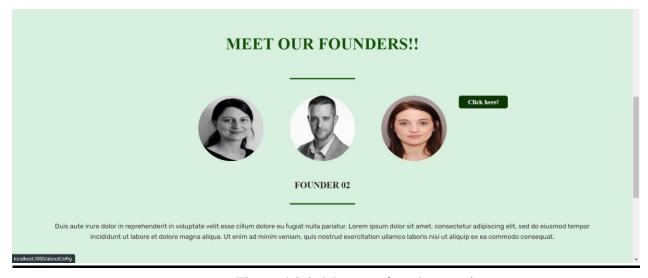


Figure 4.2.2: Meet our founders section

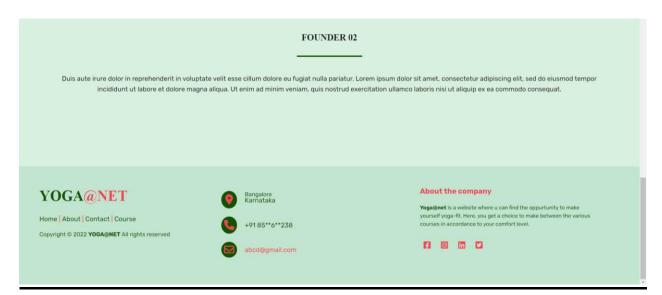


Figure 4.2.3: founders details section

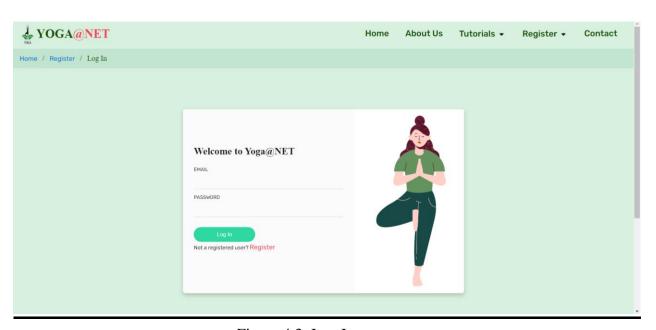


Figure 4.3: Log In page

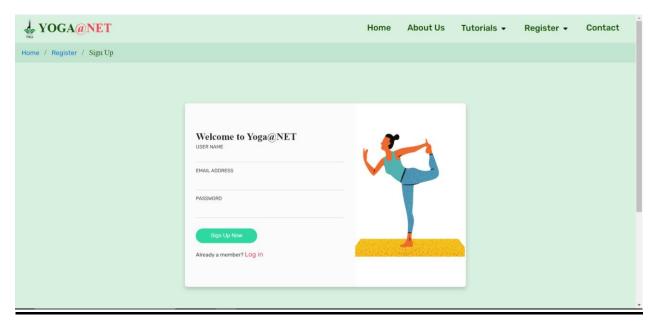


Figure 4.4: Sign up page

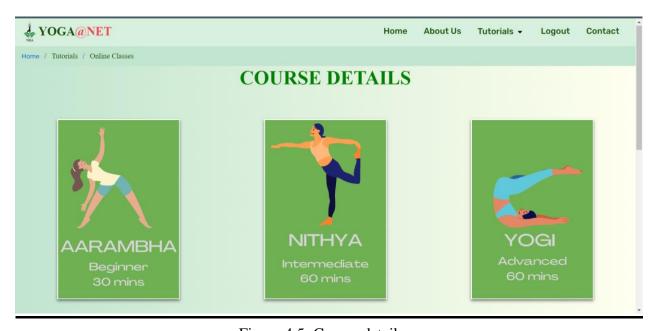


Figure 4.5: Course details page



Figure 4.5.1:Details of course section

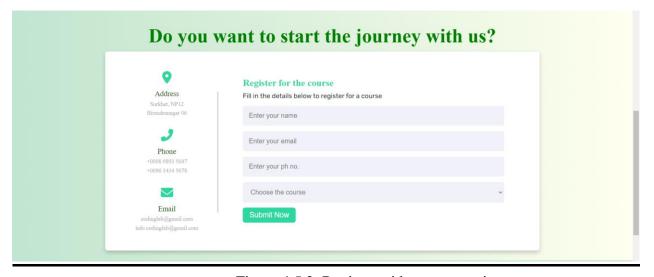


Figure 4.5.2: Register with course section



Figure 4.6:Calendar page

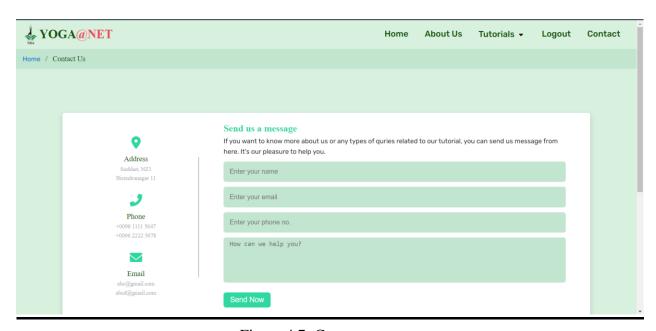


Figure 4.7: Contact us page

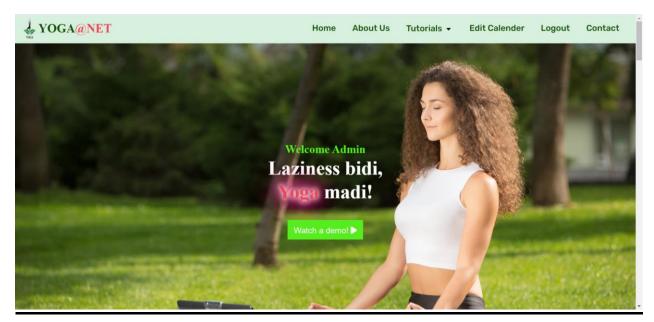


Figure 4.8: Home page for user(logged in)



Figure 8.9: Calendar edit page for Admin



Figure 8.9.1: New calendar to insert page for admin



Figure 8.9.2:Update calendar page

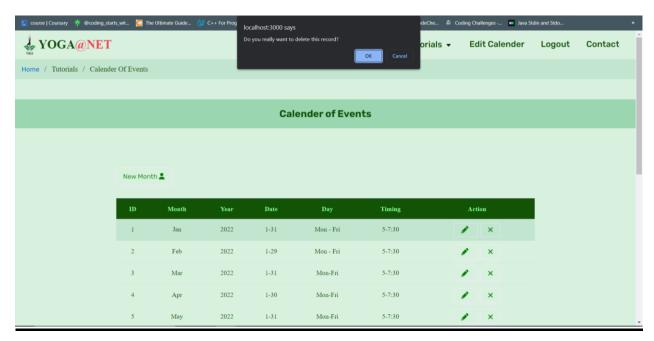
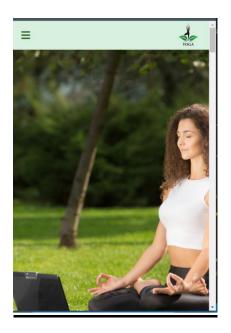
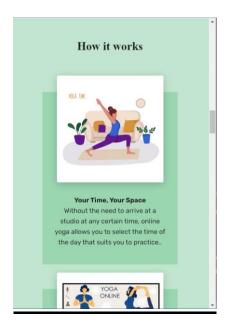


Figure 8.9.3:Delete calendar page

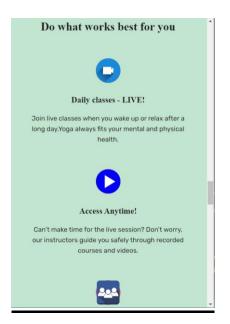
## **Responsive View of the website:**

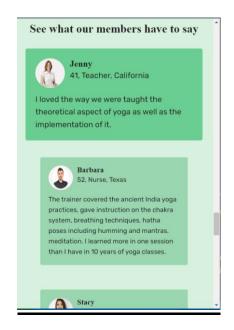




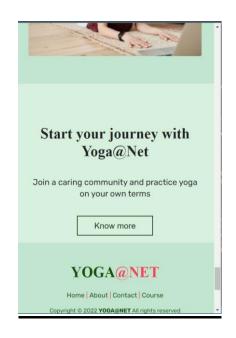




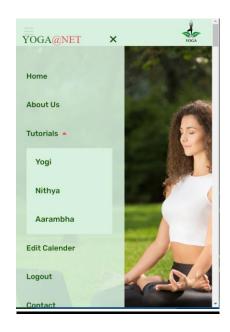


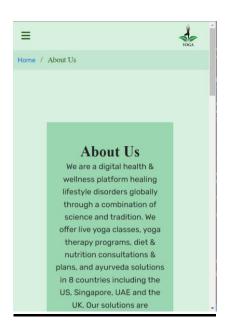


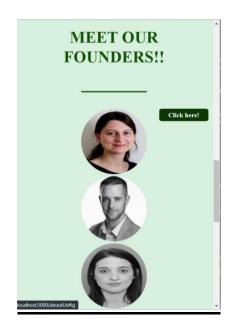


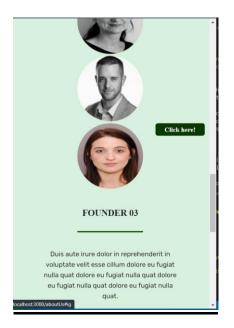


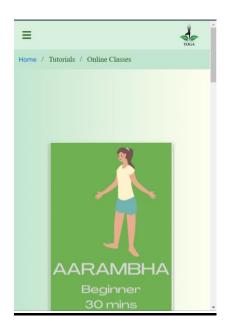


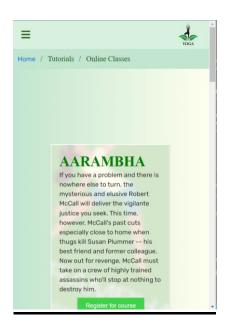


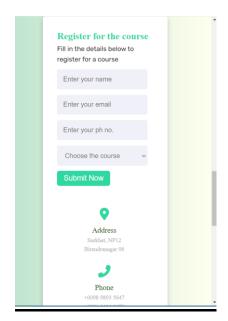




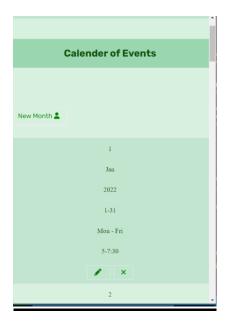








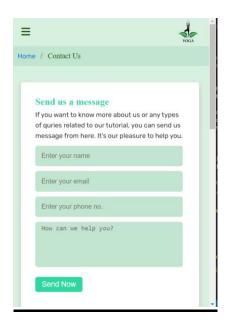


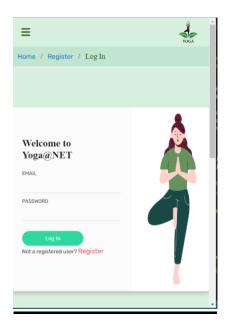


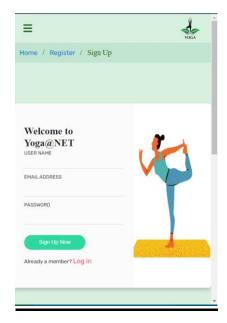


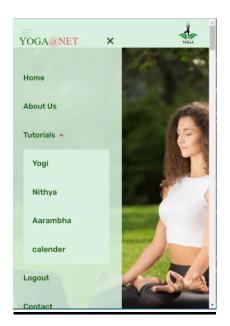


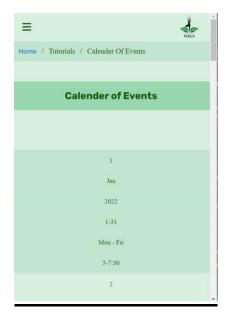


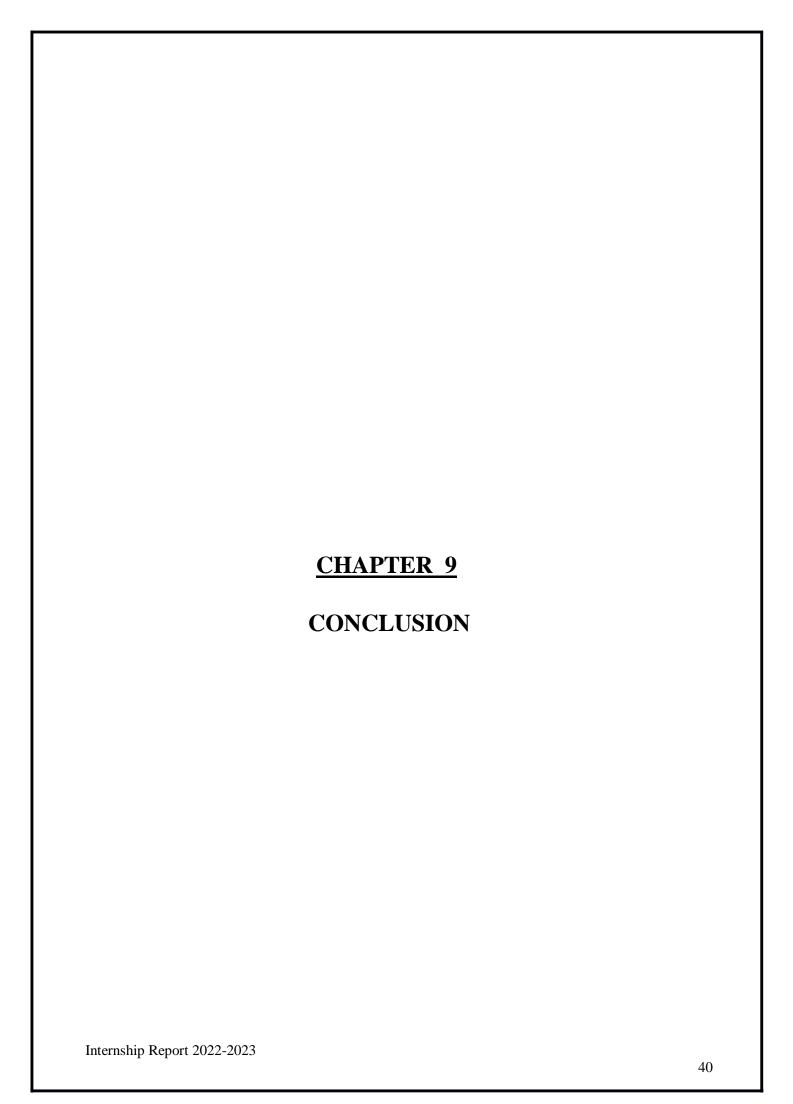












## 9. CONCLUSION

We found out that Yoga for Weight loss, Flexibility, and Metabolic disorders, even when practiced online for a short duration, helps in reducing waist circumference and building self awareness and improving quality of life.

- Automation of the entire system improves efficiency.
- It gives appropriate access to the authorized users depending on their permissions.
- It saves time for going to the training center.
- It is helpful for beginners and advanced people.
- Updating information becomes so easy.
- System security, data security and reliability are the striking features.

The System has adequate scope for its future.

## 10. REFERENCES

- Stack overflow to resolve errors
- W3schools
- Youtube