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Yoguru: Yoga Information Website

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Abstract

This report presents an overview of a comprehensive yoga information website, designed to promote understanding and awareness of the ancient practice of yoga. The website aims to serve as a reliable and accessible resource for individuals seeking knowledge about the diverse aspects of yoga, including its origins, philosophy, techniques, and health benefits.

Keywords: Relaxation, Asanas, Pranayama, scientific trials, concentration improvement

1. INTRODUCTION

A yoga information website serves as a comprehensive platform dedicated to all things related to yoga. It typically offers a wealth of resources, including articles, tutorials, videos, and guides on various yoga practices, techniques, philosophy, and its holistic benefits for mind, body, and spirit. These websites often cater to practitioners of all levels, from beginners to advanced yogis, providing insights into different yoga styles, poses, breathing exercises, meditation practices, wellness tips, and even information on the history and origins of yoga. They aim to foster a community, offering forums or discussion boards where enthusiasts can share experiences, ask questions, and engage with fellow yoga enthusiasts and experts. Overall, these websites aim to be an invaluable hub for individuals seeking to deepen their understanding and practice of yoga for overall well-being and balance in life.

2. PROBLEM STATEMENT

Yoga serves as a comprehensive approach to well-being, seamlessly integrating into everyday life. Addressing various aspects of an individual, including the physical, mental, emotional, psychic, and spiritual dimensions, it stands as a science of holistic living. The term "yoga" derives from the Sanskrit word 'yuj,' meaning 'to join' or 'unity.'

Rooted in ancient Indian philosophy with a history dating back 5000 years, this practice incorporates diverse elements such as exercise, controlled breathing, mindful diet, relaxation, and meditation. By merging physical and mental disciplines, yoga seeks to enhance physical strength, foster overall health, and cultivate tranquility and mental control. The ultimate objective is self-realization achieved through this harmonious synthesis of various disciplines.

In our system, Yoga is considered the art of living, catering to the diverse needs of individuals. It encompasses a journey of self-discovery, offering classes tailored for beginners, intermediate, and advanced practitioners. This categorization allows instructors to assess and plan lessons according to the proficiency levels of students. The curriculum includes essential components such as Asana (body postures), Pranayama (breath control for vital energy), Kriya's (cleansing practices), Meditation, and Relaxation, all contributing to stress reduction and the development of self-confidence.

3. REQUIREMENT ANALYSIS

Web applications are accessible through network access, posing a challenge in restricting the user population. However, it is crucial to

implement measures to control access and enhance security. This involves securing both the infrastructure supporting web applications and the applications themselves, including web databases and e-commerce platforms where sensitive user information is stored.

Efforts should be directed towards establishing secure modes throughout the infrastructure. This encompasses implementing robust security protocols, authentication mechanisms, and access controls. By doing so, the aim is to safeguard sensitive connections and ensure that only authorized users can access the web applications.

Additionally, within the applications, it is imperative to embed security features. This involves employing encryption methods to protect data, especially when handling sensitive user information during extraction and storage in web databases. Implementing these security measures is crucial for maintaining the confidentiality and integrity of user data within the web application environment. Application have become heavy integrated with critical corporate and

4. Literature Survey

FINDING: Short educational program for stress management and lifestyle modification based on yoga leads to reduction in anxiety. Yoga Type: Asanas and pranayama. Frequency/Duration: 8-day outpatient course, 3-4 hours/day, over 10 days (with a 2-day weekend break)

OBJECTIVES: To study the short-term impact of a comprehensive, yet brief, lifestyle intervention based on yoga in diseased and normal individuals.

METHODS: The research subjects had a history of hypertension, coronary artery disease, diabetes mellitus, obesity, psychiatric disorders and thyroid disorders. The intervention involved a comprehensive approach, encompassing various elements such as asanas, pranayama, relaxation techniques, group support, personalized guidance, informative lectures, and audiovisual content on yoga philosophy, meditation, and stress management in daily life.

The study's results were assessed through anxiety scores measured at the beginning and end of the course. Notably, individuals dealing with health conditions exhibited a positive change, showing a reduction in anxiety levels by the conclusion of the program.

5. EXISTING SYSTEMS

Various mobile apps and websites cater to information related to Health, Emergency, Beauty, and Fitness individually, yet a comprehensive app combining these categories is notably absent. Existing apps lack audio or video instructional features, and the integration of information on Health, Emergency, Beauty, Fitness, Hospitals, and Toll-Free services is not consolidated into a single mobile app.

5.1 Scope and Limitations of Existing Systems

Scope of the System:

Several scientific trials, though varying in quality, have been conducted on yoga. While there is room for more rigorous studies on its health benefits, existing research generally supports yoga as a safe and effective method for enhancing physical activity, including improvements in strength, flexibility, and balance. Some evidence suggests that regular yoga practice may be beneficial for individuals dealing with conditions such as high blood pressure, heart disease, various aches and pains (including lower back pain), as well as mental health issues like depression and stress.

Limitations:

Existing apps lack audio or video instructional features.

There is an absence of a comprehensive mobile app consolidating information on Health, Emergency, Beauty, Fitness, Hospitals, and Toll-Free services into a single platform.

6. PURPOSE / OBJECTIVE AND GOALS

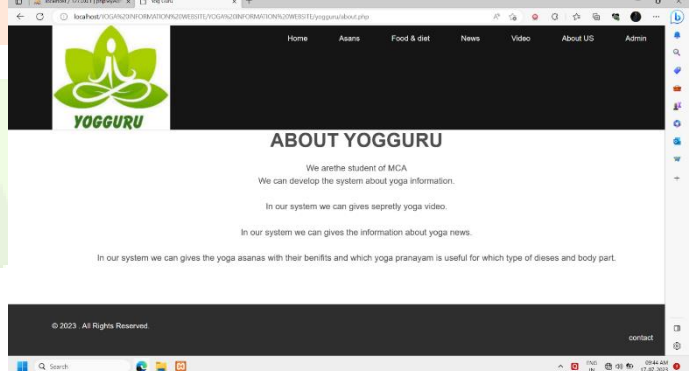
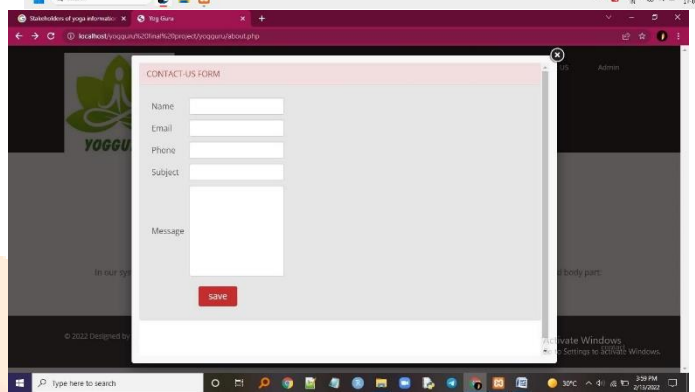
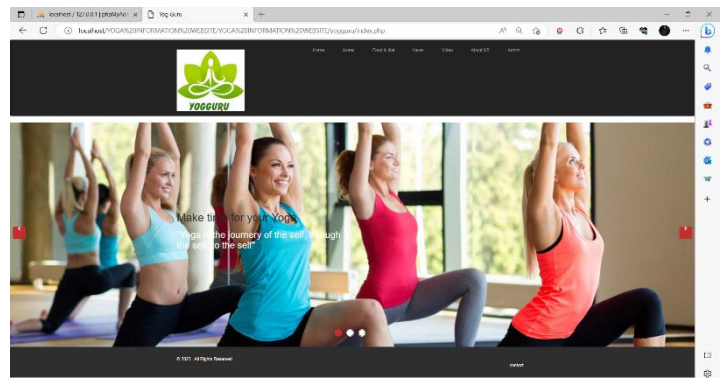
Yoga contributes positively to posture and structural balance, fostering mental equilibrium. It enhances flexibility and suppleness, while also promoting strength and stamina. The practice of yoga tones internal organs, refining concentration and teaching effective breathing techniques. Moreover, it facilitates relaxation, leading to a calm and composed mind. In our system, we maintain the information about Yoga Asan Type. It also provides videos to teach yoga asans. Yoga is associated with a healthy and lively lifestyle with a balanced approach to life. Advantages in our system:

- 1) Provide information about complete exercise to the body.

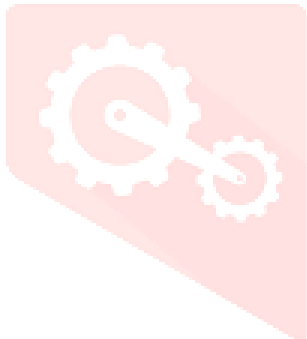
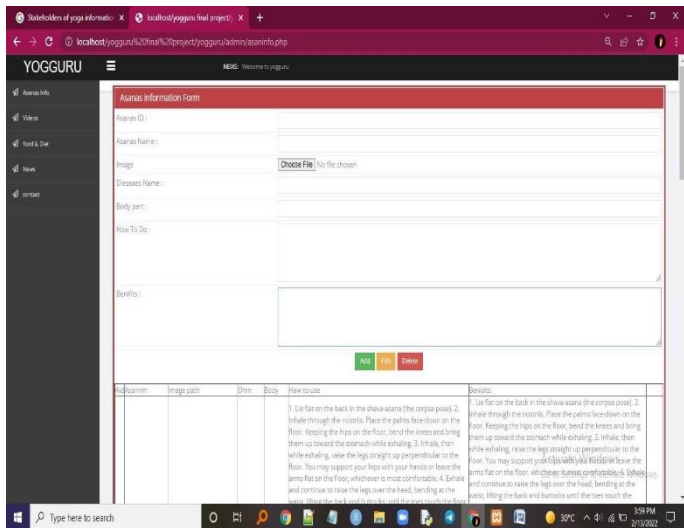
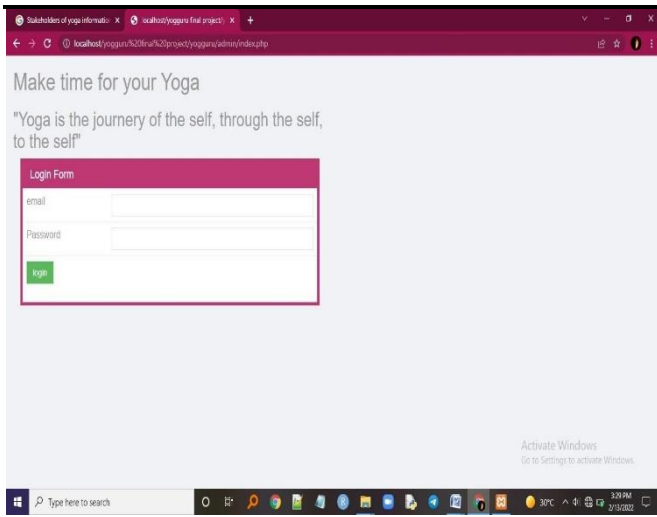
- 2) Provide yoga images and videos.
- 3) It provide Yoga camp news information

7.1 Results

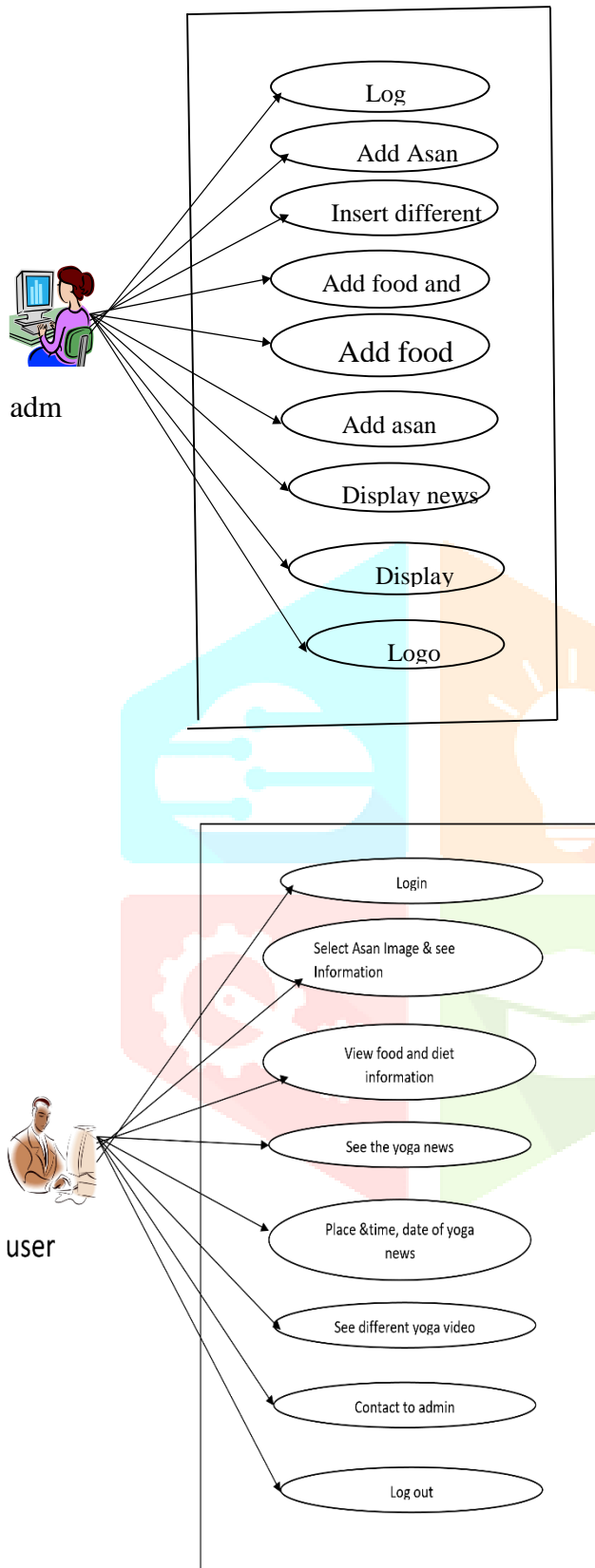
- User



- Admin



8. UseCase Diagram



9. Conclusion

The graphical user interface of PHP language has made our project to become more users friendly. As different techniques are used which are easy to use. Any user can use our project more easily & more efficiently. This software manage different asans information, food benefits, different asan videos and provide the asan news also. This software manage different asans information, food benefits, different asan videos and provide the asan news also.

10. References

Yoga Journal (www.yogajournal.com): A reliable source encompassing a wide range of yoga-related topics, including pose instructions, yoga philosophy, meditation techniques, and various articles on yoga.

International Association of Yoga Therapists (www.iayt.org): A professional organization dedicated to advancing the field of yoga therapy. The website provides valuable resources, research papers, and information on the therapeutic applications of yoga.

Yoga Anatomy Websites: Platforms like www.yoganatomy.com and www.yogajournal.com/poses serve as visual and textual references for yoga asana alignment, variations, and modifications.

Yoga Alliance Directory

Yoga International - Meditation Challenges

DoYogaWithMe - Pranayama Courses