

Find Your YOGA Guru

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Abstract

Science has supported the comprehensive health advantages of yoga, which include both the mind and the body. Due to the rise in demand for qualified yoga instructors, remote yoga practice sessions have become increasingly popular. In order to overcome this difficulty, we developed a web application called "FIND YOUR YOGA GURU," which aims to - provide personalized training based on each person's fitness objectives, such as improving strength, flexibility, reducing stress, improving overall health, and losing weight. This app links users with the top yoga instructors who can be of assistance. The functioning of the application is as follows: once a user registers and submits their fitness goal, the application displays a list of suitable trainers based on the user's preferences. Users can then select a trainer from the list, and once assigned, they will be added to a yoga group. The instructors conduct online video classes, which are also recorded for users to review. Users can track their daily progress through feedback forms and get their queries addressed during live classes conducted by the instructor. This unique approach allows users to receive professional yoga training tailored to their fitness goals remotely and at their convenience. Unlike many online yoga websites that provide only prerecorded videos on a subscription basis, our application offers live classes for a more interactive and personalized experience.

Keywords: Web Development, Python, Flask, localhost, PhpMyAdmin.

1 Introduction

Yoga has witnessed a surge in the popularity of remote practice sessions due to advancements in technology and increased demand for professional yoga instructors. However, many of the existing yoga websites primarily offer prerecorded videos for training, which may not be as effective. Access to instructor-led yoga videos is often

limited to premium members. Our innovative idea is to provide online live yoga sessions conducted by experienced instructors, catering to the learners' convenience and schedule.

2 Literature Survey

Currently, numerous yoga websites offer yoga classes taught by renowned yoga instructors, available as prerecorded sessions, or live online sessions daily.[2] Users have the flexibility to select from a wide variety of classes in different styles such as vinyasa, hatha, restorative, prenatal, yin, and more. They also have the option to upgrade to premium on-demand yoga classes taught by top instructors. Upon becoming a member, users gain full access to all the classes and can practice by viewing the classes.

- [1]Existing yoga applications offer generic online training sessions that are not tailored to individual users.
- Existing yoga applications cannot offer personalized training that aligns with users' specific fitness goals, such as weight loss, immunity boosting, and flexibility enhancement.
- In Existing yoga applications, users are required to conduct their research to identify the specific asanas (poses) they need to perform for their particular fitness requirements. This search process can be time-consuming and may cause users to lose interest in practicing yoga.
- Existing yoga applications do not take into consideration the medical conditions of users, such as diabetes, cholesterol, hypertension, thyroid issues, physical injuries, or PCOS, which may restrict them from practicing certain types of asanas (poses).

3 Proposed System

The proposed website "FIND YOUR YOGA GURU" aims to offer customized training based on individuals' fitness goals, which may include enhancing strength, improving flexibility, weight loss, and advancing yoga practice. Our training is conducted through online yoga classes, making it convenient for users to learn and interact with trainers by asking questions in real time through the chat option on the website as well as during live sessions. Additionally, the classes are recorded, allowing users to review them for their future reference at their convenience.

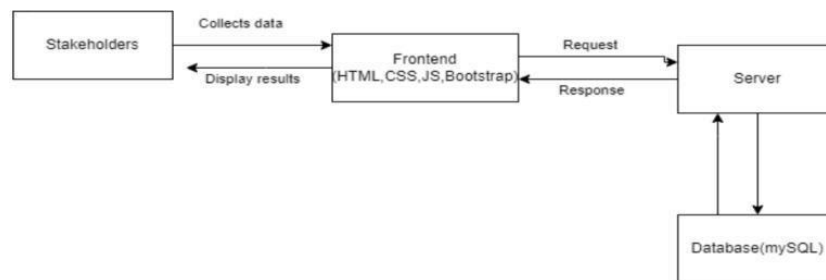


Figure 1: System Architecture of Proposed Model

4 Implementation

The operational approach of the project can be outlined as follows:

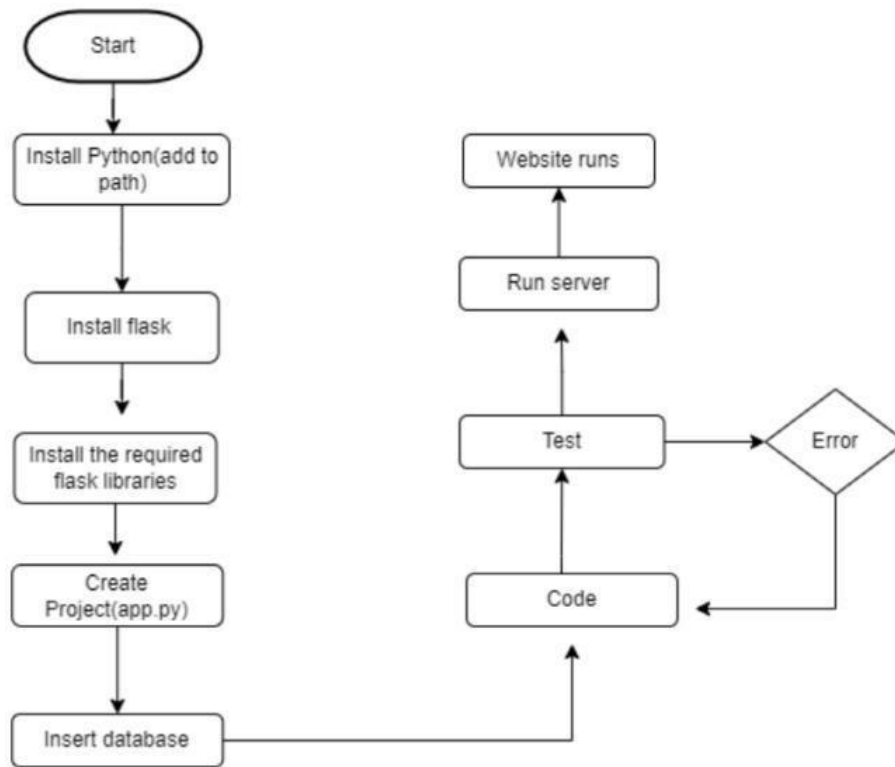


Figure 2: Working Methodology of Proposed Model

The operational procedure for each module is outlined as follows:

- **User**

This module encompasses the functionalities performed by the users. It consists of a registration form where users can register by providing information about their medical conditions, fitness goals, and preferred timings. Based on the user's requirements, instructors are displayed on the screen, and the user can select their preferred instructor. If the instructor approves the user's request, the user is added to the yoga group and gains access to live sessions. The user is also required to fill out a daily feedback form, which is then used to generate a progress graph. Additionally, the user can provide ratings to the instructor for their services.

- **Instructor**

The primary objective of the instructor is to provide high-quality yoga sessions to the users. The instructor is required to complete a separate registration form, which includes details such as preferred timings, years of experience, specialized areas, and fitness goals expertise. The instructor's profile is made visible to users only after verification and approval by the admin. Once approved, suitable instructors are

displayed to the users. If a user selects a particular instructor, the instructor receives a request to accept or reject the user. If the instructor accepts the user, the user is added to the yoga group by the instructor. The link for live sessions is shared in the chat, and these sessions are also recorded for future reference. The recorded videos are stored in the chat for users to access again. Additionally, the instructor can send text, links, and files, such as audio or video, through chat.

- **Admin**

The admin holds a key role in approving instructors. This is determined by evaluating the details provided by the instructor, which includes years of experience, specialized areas, specialization in fitness goals, and certifications obtained. The admin verifies the authenticity of the instructor by reviewing their certifications in specialized areas, and only after approval, the instructors are displayed to the users.

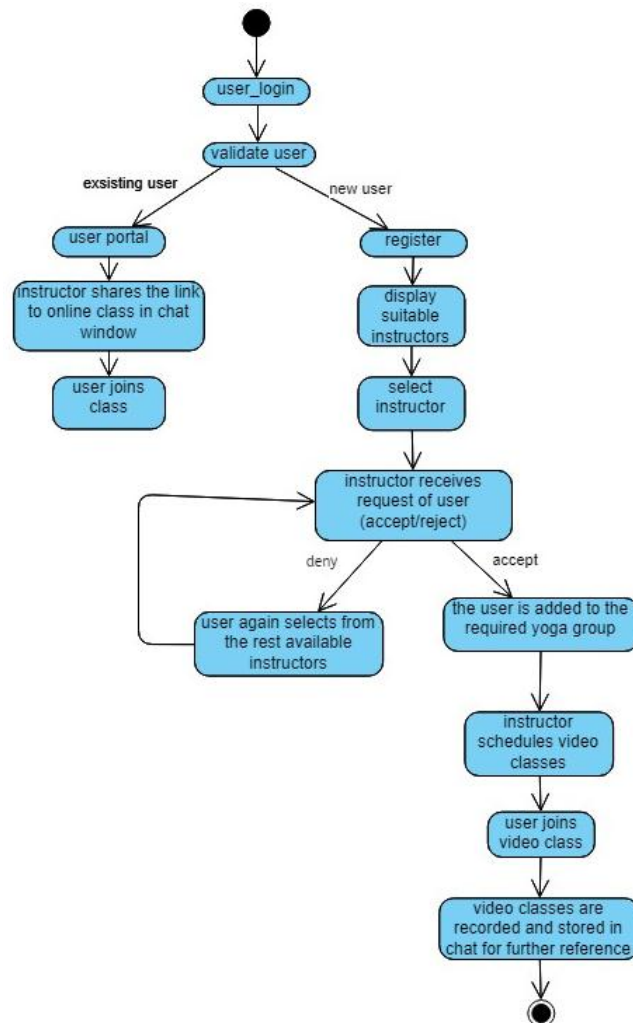


Figure 3: Working Process of Project

5 Conclusion & Future Scope

In conclusion, the numerous health benefits offered by yoga have captivated many individuals, inspiring them to adopt it to lead a healthy lifestyle. Yoga incorporates physical postures, breathing exercises, and relaxation techniques that promote the alignment of the mind and body. As a result, practitioners of yoga are likely to experience various physical and mental well-being advantages. For instance, yoga can help lower blood sugar and pressure levels, while also facilitating inner peace. Therefore, consistent, and mindful practice of yoga can positively impact individuals' physical and spiritual well-being. To facilitate the integration of yoga into daily life, we provide online classes and expert mentors for guidance, making it accessible from anywhere. We encourage individuals to utilize our website as a resource to enhance their lifestyle. In the future, we plan to expand our offerings to include:

- Healthy diet recommendations
- Online payment options for user convenience
- Personalized tutors for individual guidance.

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