

Website for Peaceful Soul's

Ms. Prajakta Iranna Kore¹, Ms. Mansi Anand Mhetre², Ms. Ankita Vishnu Gavate³, Ms. Shweta Suresh Godyal⁴,
Ms. Suhani Yoginath Kore⁵, Ms. Raksha Dilip Mutha⁶, Ms. Sheetal Channappa Savalgi⁷

¹Diploma Student, Department of Information Technology, Shri Siddheshwar Women's Polytechnic, Solapur, prajaktakore7@gmail.com ²Diploma Student, Department of Information Technology, Shri Siddheshwar Women's Polytechnic, Solapur, manasimhetre3@gmail.com ³Diploma Student, Department of Information Technology, Shri Siddheshwar Women's Polytechnic, Solapur, gavateankita04@gmail.com ⁴Diploma Student, Department of Information Technology, Shri Siddheshwar Women's Polytechnic, Solapur, shwetagodyal83@gmail.com ⁵Diploma Student, Department of Information Technology, Shri Siddheshwar Women's Polytechnic, Solapur, suhanikoreyoginath@gmail.com ⁶Lecturer, Department of Information Technology, Shri Siddheshwar Women's Polytechnic, Solapur, rakshamutha14@gmail.com ⁷Lecturer, Department of Information Technology, Shri Siddheshwar Women's Polytechnic, Solapur, sheetalsavalagi@gmail.com

I. ABSTRACT

As a normal Human being's aim to be physically fit, but the current busy environment doesn't let it true. So, humans are having many problems like pain in many parts of the body and the side effects of many medicines.

To reduce the problems faced by humans and to properly guide them our idea will help to overcome the problem and guide the user with proper information about yoga and herbs.

II. INTRODUCTION

As everyone has problems like pain in body parts, side effects of medicines and many more diseases, which are cured by many tablets and Dr appointments, it leads to the unawareness of yoga and herbs.

Yoga and herbs are precious things for human beings. It can cure many problems with the continuous use and practice in our lifestyle. It can even cure diseases like cancer, diabetes, etc.

It is very major to know the use of herbs and to use yoga in our lifestyle. It leads to the perfect lifestyle with the balance of everything.

So, we are representing the idea that represents the importance of yoga and herbs, which spread proper awareness and information among the people.

We are going to build a user-friendly website which will include information related to herbs, videos on many categories for yoga with its benefits, and animated yoga videos especially for children.

The animated video will include the cartoon which

performs all yoga asanas. It will be an entertainment plus exercise for children, which leads to practice of yoga asanas. To reduce the side effects of medicines our website will provide all the information related to herbs with

its uses, benefits and when to include the herb in diet and lifestyle. On our website users can easily search for any yoga video based on a specific category, for example yoga for relaxation, yoga for weight loss, etc.

Another module for herbs where users can search for any herb with name of herbs for example Shata Vari, ashwagandha, etc. Next is especially for children's which includes the animated cartoon videos of yoga asanas which helps children to understand and to practice the asanas in a good manner. special animated videos module to attract and engage children's+ with yoga and herbs.

III. LITERATURE SURVEY

In the paper "Effect of yoga on worry, pressure and nap one of health safe keeping white-collar worker during a public health calamity" The paper emphasis importance of yoga to reduce the pressure, panic and health calamity with the continued training of asanas in daily routine. This paper has done a simple test toward assessing the efficiency of unified yoga intermediation on intellectual health calculations and nap grade one of humans working with no yoga patterns. This test study was supervised by 110 people, involving doctors and nursing workforce, with an age between 20-65 years who were taken on through a satisfying selection method and allocated to yoga group. Group-A acquired a weekly 1-hour yoga session followed by a 30-minute self-

instruction 3 times a week at home for 1 month. Group-B followed an activity heart rate (HR), blood pressure, tension measures (recognized tension and optimal graph for tension) lifestyle related worry, nap grade of life and preventive sensible thoughts were evaluated before and after intermediation. A significant decrease in stress measure, increase in good quality sleep. [1]

In the paper "Asanas for mature fitness" Asanas is a training that merges brain, soul and skeleton. This yoga merges respirating methods, tangible standpoints, mitigation and deliberation. The focus of this section helping hands is to make better form of the health in teenagers. This section helps hands work aims from the preparation phase, give out survey for pre-tests, describing the motive, characteristics of asanas procedure for asanas training, and doing asanas training. Next a survey was given to get the post test. This activity was taken out in partnership between the university of Muhammadiyah. This will help mature better their health and make their lifestyle better. [2]

In the paper "accrediting and improving plans for asanas guider and yoga therapist: suggestions for yoga testers and yoga therapy testers". In January 2016, the asanas journal and asanas association let out the 2016 asanas in America test. For the 2,021 peoples above the age 18 who are asked for survey the higher 3 causes specified for involving in asanas training were delightful, well-being advantages and pressure reduce "what inaccuracy live to make sure the security and fortune of the more than 36 million yoga members?" the solution comes in the form of self-discipline of the company by asanas and the international alliance of asanas therapists and the nonmandatory involved by asanas guider and asanas therapist. [3].

In paper of "Latter-day asanas and smiths" The religious American premise (HAF) is a corporation devoted to making sure 'a correct grasp of heritage. In 2010 HAF reach the rewriter of asanas publication a paper that encourages asanas training and beliefs and poses that above a million subscribers HAF write down to investigate why the paper never made any instance of religion. The response they got was combined small and pointed religion comes with too much luggage. This response gave rise to HAF to begin an institution planned to recover asanas for religion. The institution was trade entitled to Take back

Asanas, an expression that plainly deal with not fear that

Asanas have been hijacked from religion by trade interest. Such cover can also be listened in survey of Assem Shukla, a cofounder of HAF in Washington post blog calming that religious is the sufferer of the facile compilation of generations of Hindu yogis, gurus. [4]

IV. PROPOSED METHODOLOGY

There are 3 modules such as

1.Database layer

2.Presentation layer

3.Business logic layer

We are offering managers to office holders because all details must be correct and related to asanas and herbs with proper and correct details, so the admin can confirm all information and add them to our database.

After inserting details, we are offering control to users that they can sign up and log in first then admin can confirm details and accept the user. Then the user can see the videos of yoga and herbs information.

We are focusing on animated videos for children with specific categories related to health issues and for a good lifestyle, the animated videos for children will guide them in proper manner and increase their interest throughout the video. They can enjoy yoga with their favorite cartoon character.

The information module with the benefits and advantages and disadvantages of herbs will provide accurate information related to all herbs, this will lead to reduce the use of medicines and side effects of medicines. The herbs are real miracle things with no side effects. We can consistently use the herbs in our daily lifestyle to achieve a good and better lifestyle.

Both yoga and herbs can balance our body in a proper manner with no side effects and positivity. Yoga and control our whole body and make changes as the time passes but the results are awesome, we should be consistent with yoga and herbs.

"Asanas is not a warm-up it is a work in, and this is the point of religious training to make us teachable to open up hearts and aim our awareness so that we can know what already know and be who we already are."

V. SYSTEM ARCHITECTURE

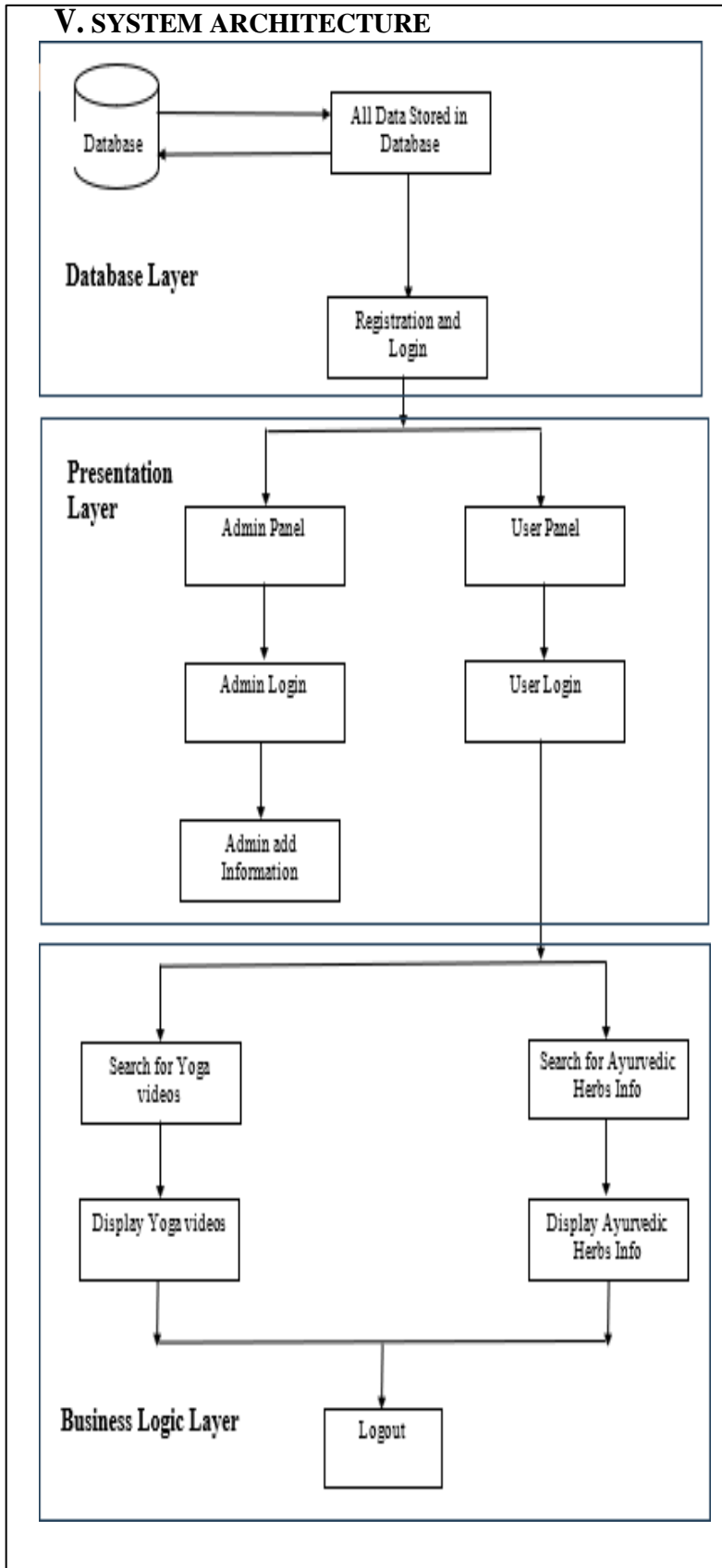


Figure 1- System

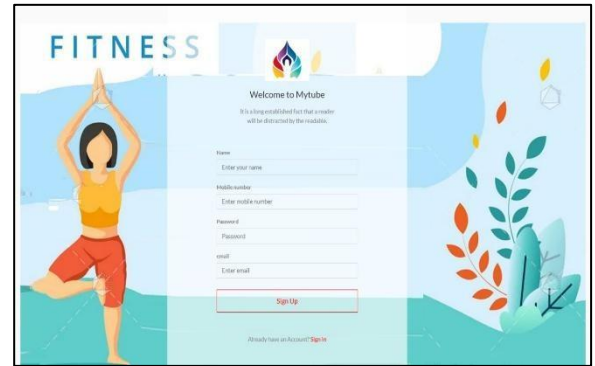


Figure 2- user signup

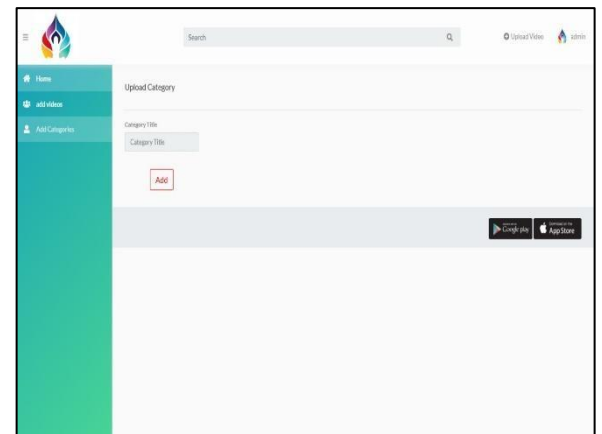


Figure 3- Admin panel to add videos.

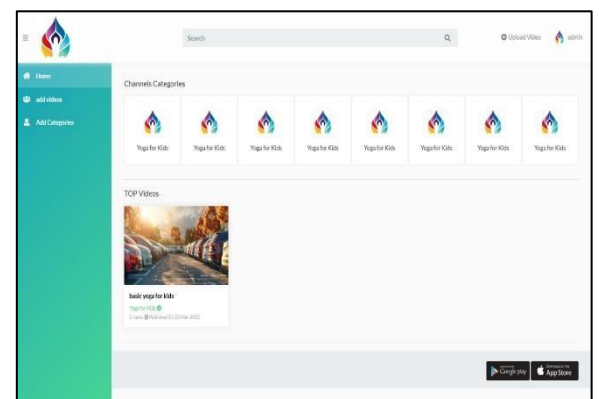


Figure 4- Admin Pannel to add categories

VI. RESULT DISCUSSION

The website developed using PHP, XAMPP, MYSQL databases, CSS, and HTML, has created a seamless and efficient website.

Key results include:

1. ENHANCED ANIMATED VIDEOS: user can access the animated videos for children's.
2. SECURITY AND TRUST: security is provided through authentication for user sign-up sign-in process.
3. USER FEEDBACK: user can give feedback as per their experience.
4. FUTURE ENVIRONMENT: Enhancing the website with a specified categories and animated videos.

VII. CONCLUSION

In conclusion, the website for peaceful souls emphasizes the holistic benefits of yoga which includes physical fitness, mental well-being and emotional stability. The website will help to improve all the things in our life with better and good lifestyle the yoga can make the impossible things possible in our life.

The motive of asanas is to make polyphony in the tangible, essential, intellectual, conceptual and intangible features of the human being. In the preceding pages of this website we have explained the method of meditation in various postures standing, lying and sitting postures which bring in this polyphony.

Asanas is not mere training for an hour or two in a day but is a most research-based way of livelihood all the 24 hours of the day during the whole day you may be only in one of these three postures and hence a skill full and adaptation in them will affect the required polyphony. "Asanas Atha kuru Armani – be accepted in yoga and do all your duties". "Yoga karmas Kausalya – yoga is skill in action." "Skill here means to be in tune with the true nature of the great reality. Be a yogin always is the lovely formation of lord Krishna. Changes life into yoga so that you may make sure success in all sections of activity. By methodical training, utilizing your due to existence of mental, quality and perception, you can become yogin's and enjoy happiness and peace whatever be situation and

states in which you are positioned.

VIII. REFERENCES

- [1]. Accreditation and Policy update for asanas guider and asanas therapist: suggestions for asanas investigation and Yoga Therapy investigation.
Tamara Fischer-White, Ann Gill Taylor
- [2]. asanas Therapy Research, Individualized asanas Therapy and Call It Yoga Therapy
Eleanor Criswell, Mary Partlow Laut Tamus
- [3]. Integral Yoga - A new yoga
Background: Many new systems of asanas have emerged in India in the last few centuries.
Niranjana H Bhate since 2014
- [4]. Modern Yoga and Tantra
Lola Williamson