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# Puissance of Gender - Specific, Physical and Mindfulness based Mobile Application in Android Environment

Ms.G.Krishnaveni<sup>1</sup>, Mrs. K. Chandra Prabha<sup>2</sup>,

1PG- Student, 2 Associate Professor, Department of Master of Computer Applications, Alagappa Chettiar Government College of Engineering and Technology-Anna University, Tamilnadu

**Abstract:** *The purpose of this study is to examine and explore gender based Yoga asana in android environment devices and how it relates to a human body energetic, how these postures may benefit yoga followers mental and physical health, and how these techniques relate to designated research. The study also investigates yogic breathing techniques and how these exercises relate to selected research. Lastly, the paper examines an android mobile devices introducing a practice of daily yogic mediation of mudra and mantra techniques, and how Particular asana help to clear corresponding diseases.*

**Keywords:** *Asana, Mudra, Mindfulness, Pranayama, Meditation, Android.*

## I. INTRODUCTION

“Become slower in your journey through life. Practice yoga and meditation if you suffer from 'hurry sickness.'- Wayne Dyer (American philosopher). A taxonomy to distinguish physical activities that are most stress reducing is needed because the psychological benefits of Yoga cannot be extrapolated to other types of exercise, a taxonomy of physical activities needs to be developed to predict each activity's stress reducing benefits. A taxonomy would be of particular value to physical educators, mental health professionals, and the general population who wish to use exercise for stress reduction. But the professionals not obtainable at any time or anywhere. Nowadays, Android devices are used by every persons. Yoga has its roots in Indian philosophy and has been a part of traditional Indian spiritual and medical practice for around 5000 years. While the ultimate goal of traditional yoga has been described as uniting mind, body, and spirit, yoga has become a popular means to promote physical and mental well-being]. As such, yoga has been adapted as part of complementary and alternative medicine in Western societies. While yoga traditionally also comprises advice for ethical lifestyle and spiritual practice, it is most often associated with physical postures (asana), breathing techniques (pranayama), and meditation (dhyana) in Western societies. Different yoga schools have emerged that put varying focus on physical and mental practices. However, even exercise-based yoga interventions differ from purely gymnastic exercises in that the yoga practitioner focuses his mind on the postures with inner awareness and a meditative focus of mind. Yoga is gaining increased popularity as a therapeutic practice. The newly released *2016 Yoga in America Study Conducted by Yoga Journal and Yoga Alliance* shows that the number of US yoga practitioners has increased to more than 36 million, up from 20.4 million in 2012, while annual practitioner spending on yoga classes, clothing, equipment, and accessories rose to \$16 billion, up from \$10 billion over the past four years.

## II. PROBLEM DEFINITION

Don't run from yoga in fear of injury - it's usually safe for healthy women. However, serious injuries such as strokes and nerve damage occur on rare occasions, according to the National Center for Complementary and Alternative Medicine. Certain poses are especially risky if you have glaucoma or high blood pressure. Even if you're healthy, you could suffer muscle tears if you attempt difficult poses too quickly; injuring hamstrings, shoulders and wrists may lead to long-lasting pain. Help prevent injury by using proper form and mastering easier poses before moving on to more complex moves. Some Asana should avoid by the instructors. Because it make some dangerous to the particular persons. For example\_Kapalbhati Pranayama-People with high blood pressure, heart problems should not perform this *asana* And Women who have recently given birth and girls during their mensurational cycle should avoid this *asana*. Here is the problem arised. Pepole don't know all the details about yoga Asana, which are best for their health, so they should face many problems. The objective of this application is avoid these problems who are use this application.

The old version of yoga applications shows common yoga asana's for both men and women. There was no android application available to specify for men and women asana's and also no android applications provide meditation music's and meditation yoga's videos. People spend large amount of time in yoga centres.

**A. Men Vs Women Body Difference**

Naturally there are differences in male and female physiology. Their body structure and growth of the organs will change. Generally, men's body structure is stronger than female body. The yoga practice also has the best and most effective aspirations for the male and female body. "Sexual dimorphism" is the scientific term for physical differences between males and females of a species. Men and women are more physically similar than we are different. The more testosterone a man has, the stronger his brow, cheekbones and jaw line. Meanwhile, the more estrogen a woman has, the wider her face, fuller her lips and the higher her eyebrows. In short, sex hormones control the divergence of male and female facial features. Along with chiselled jaws, higher testosterone has been shown to correlate with muscle strength and aggression in men, as well as with genetic vigor. Perhaps for this reason, studies have shown that women judge men with more angular features as likely to be dominant over men with rounder, more effeminate faces. Men are, in general, more muscular than women. Women are just over half as strong as men in their upper bodies, and about two-thirds as strong in their lower bodies. While the male metabolism burns calories faster, the female metabolism tends to convert more food to fat. Women store the extra fat in their breasts, hips, buttocks, and as subcutaneous fat in the bottom layer of their skin giving a woman's skin its softer, plumper feel. Male and female bodies are well-designed for each gender's role in a primitive society. Women are built for carrying and birthing children, and must have wider hips and keep extra fat in store for the ordeal of pregnancy. Men, free from the requirements of childbirth, benefit from being as strong and lithe as possible, both in their search for food, and when in competition with other men.

**III.APPLICATION STRUCTURE**

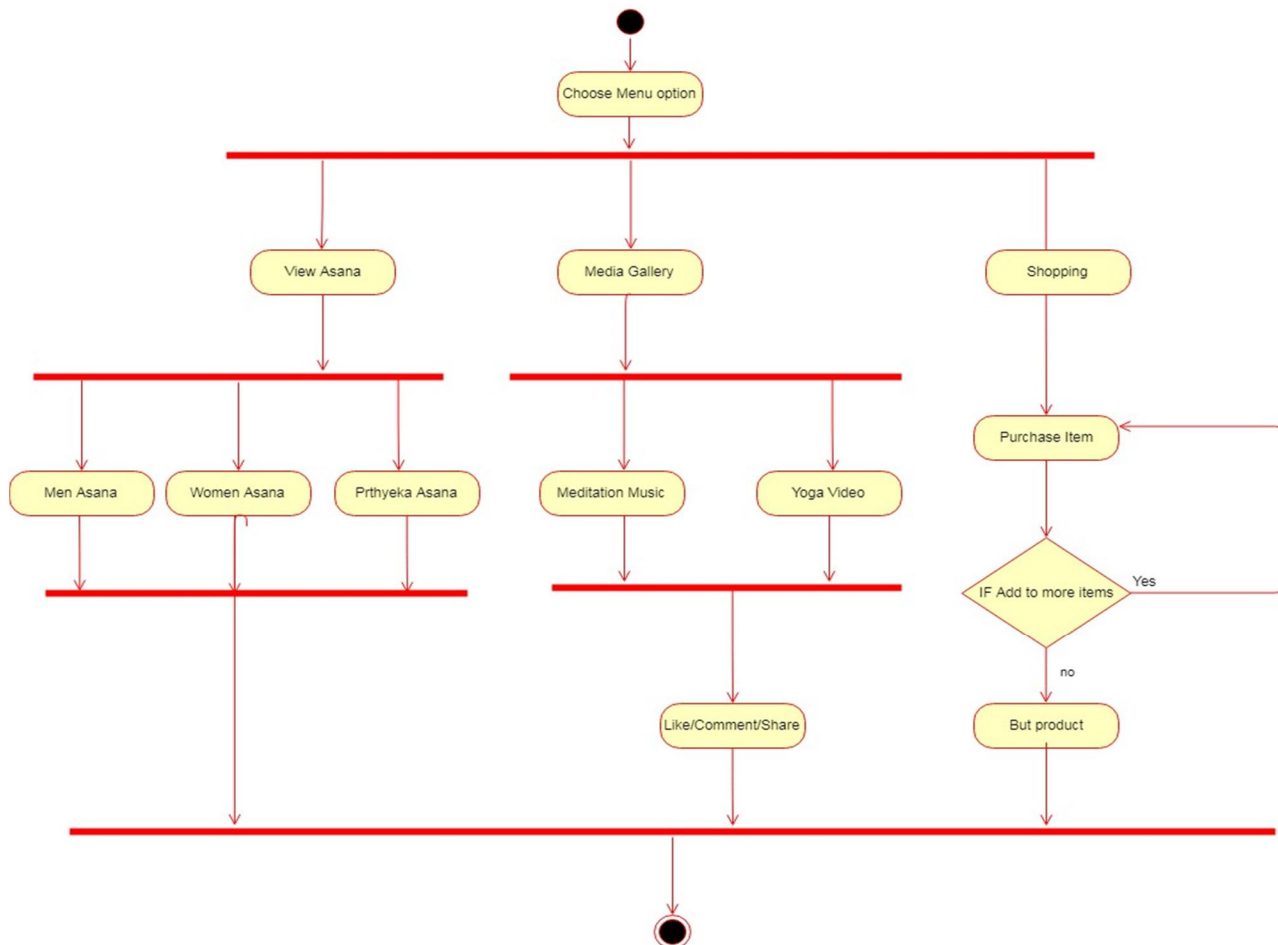


Fig :1 –The Yoga application structure

#### IV. IMPLEMENTATION

##### A. Women Asana

The following Yoga set is highly recommended for women to perform. This is part of the technology of Kundalini Yoga based on angles and triangles. It also deals with creating pressure and stretching specific organs of the body. Ākarṇa dhanurāsana (archer pose) - This is an excellent one for women. It stretches the front muscles and opens the hips. Bālāsana (baby pose) - This is a great posture for relaxation. It aids digestion and brings the Kundalini energy from the lower triangle to the upper one. Ustrasana (camel pose) - This pose adjusts the reproductive woman organs. In this system should have the above and etc asana's which are suitable for women. In a running environment this system can show the details about each asana steps and benefits to the end users.

##### B. Men Asana

Vinyasa yoga builds strength in the cardiovascular system and raises male body heart rate. Male lungs will become stronger and ability to breathe deeply and fully will improve - which provides more oxygen in the body and improves men endurance overall. Many yoga poses are held for a series of breaths which allow the muscles to lengthen and strengthen simultaneously. When men combine weightlifting with yoga, the normally ignored sections of muscles are activated. For instance, the subtle "boxer's muscles" or serratus anterior is strengthened and visible, which helps give the abdominal muscles a more "cut" appearance. Yoga also practices many different breathing techniques that do more than build strength in our lungs. The deep abdominal breathing activates the parasympathetic nervous system which lowers the levels of cortisol - a hormone that makes our body hold belly fat. When men practice deep breathing, then effectively reduce stress and cortisol levels in the body - something everyone can benefit from. Last but not least - Yoga increases libido and improves sexual performance. The breathing techniques gained from your yoga practice and the increase in concentration helps men channel their sexual energy and build endurance.

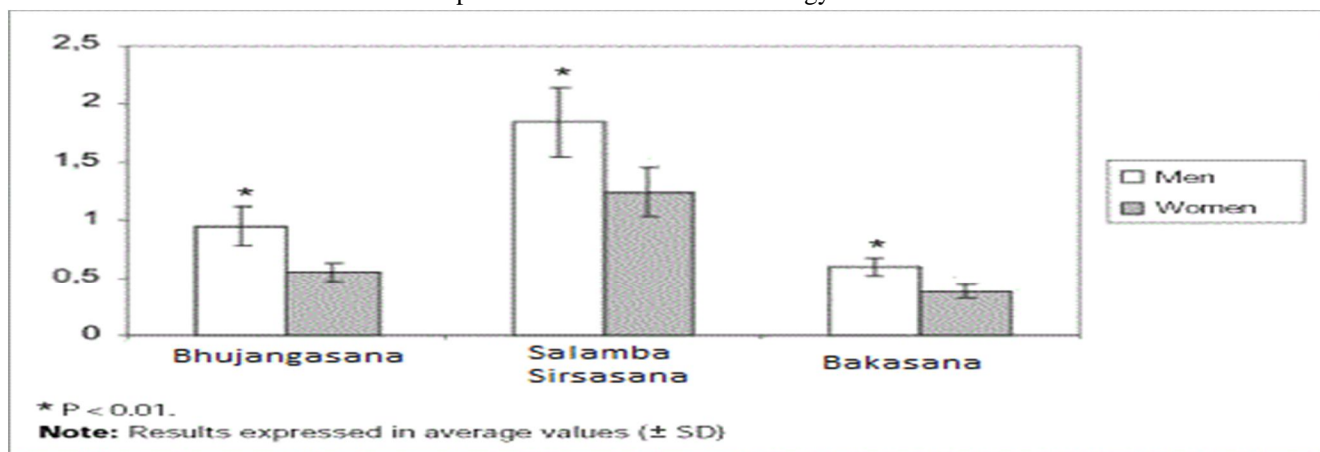


Fig.2- Relative muscular strength (total load lifted in 1-RM test/body mass) of men (n=50) and women (n=33) in the Bhujangasana, Salamba Sirsasana and Bakasana

##### C. Prathyega asana

Yoga can cure almost any disease under the sky. In fact it would be fair to say that you can stay free from all diseases if you practice yoga asanas regularly. And if you have developed a particular disease, the natural cure for that ailment might be there in yoga. After all, yoga is the collective wisdom of ages and encompasses a system of cure without modern medicines. Yoga can cure many chronic diseases like asthma and arthritis if it is practiced regularly. Yoga cannot cure diabetes but it is effective in controlling the blood sugar to a normal level. There are various yoga asanas that are natural cures for lower back pain and indigestion. The splitting headaches that are symptoms of migraine can be easily cured through yoga. So yoga can cure a number of severe health problems. If you don't like popping pills for everything, then try the alternative natural cure. Here are some serious illnesses that can be cured by yoga. For example Diabetes is one of the major incurable diseases in the world. You cannot really cure insulin resistance but some yoga asana's like the triangle pose can help to control your blood sugar levels. Some common features that have include:

Asana videos: Asana tutorial video is about one to two minutes long—just enough to help user get up and running with a certain feature or way of using Asana. Different people have different learning styles, and existing gotten feedback from user that while the articles on the Guide are helpful, they would benefit from seeing the steps in action. And in fact, studies have shown that

incorporating more visuals into educational materials can help learners better comprehend and remember the subject matter. So this application have the video tutorials for yoga asana.

Meditation Music: It contains List of Meditation music files which is used to reduce the depression .Meditation music is music performed to aid in the practice of meditation. It can have a specific religious content, but also more recently has been associated with modern composers who use meditation techniques in their process of composition, or who compose such music with no particular religious group as a focus. Music has a calming effect on people. Research shows that music can alter a person's mood and behaviour. It also can affect the physical body.

## V. CONCLUSIONS

No doubt mobile technology is changing our daily routines. And now, it is changing the way we heal. The benefits of mobile Yoga application are discussed above to give you an appreciation of the possibilities in this area. However, the risks should not be ignored If end users should follow their corresponding yoga asana ,they will get the 100% puissance from those asana .

Using them without proper standards can lead to unsafe practices are dangerous for the end user health. Yoga instructors should thus implement a strategy that will help keep the quality of service high while keeping the users safe. With a robust mobile strategy, healthcare providers can take advantage of the accurate and real-time information help improve end-to-end healthcare processes. Imagine having a resource that tells you all about that yoga pose you were wondering about, shows you sequences involving that pose. Well, a quick look through a this application available for your mobile phone will show you this is a definite reality!

## VI. ACKNOWLEDGMENT

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