

VISVESVARAYA TECHNOLOGICAL UNIVERSITY

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MINI PROJECT REPORT

OF

GYM REGISTRATION AND MAINTENANCE SYSTEM

Submitted by

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Under the Guidance

of

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DEPARTMENT OF INFORMATION SCIENCE & ENGINEERING
ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY

MOODBIDRI- 574225, KARNATAKA

2022-23

Mini Project Guide

Dept. of ISE, AIET

HOD

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CERTIFICATE

Certified that the mini project work entitled "GYM REGISTRATION AND MAINTENANCE SYSTEM" is a bonafide work carried out by

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in partial fulfilment for the award of **BACHELOR OF ENGINEERING** in **INFORMATION SCIENCE AND ENGINEERING** of the **VISVESVARAYA TECHNOLOGICAL UNIVERSITY, BELGAUM** during the year 2022-2023 It is certified that all corrections/suggestions indicated for Internal Assessment have been incorporated in the report deposited in the departmental library The project report has been approved as it satisfies the academic requirements in respect of project work prescribed for the Bachelor of Engineering Degree.

A handwritten signature in red ink, appearing to be "Pradeep", written over a horizontal line.

Mr. PRADEEP NAYAK

Project Guide

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Dr. SUPHEER SHETTY

Head of Department

ABSTRACT

This abstract introduces a gym website that aims to inspire and motivate individuals to lead healthier and more active lives through comprehensive fitness programs and a supportive community. The abstract delves into the primary reasons behind the website's creation, its underlying motive, and the methods employed to drive change in individuals' fitness journeys.

Why the Gym Website Exists: The gym website was conceived with a vision to address the growing concerns about sedentary lifestyles and the negative impact they have on physical and mental health. Recognizing the rising prevalence of lifestyle-related diseases, the website aims to be a transformative platform that empowers people to make positive changes in their lives.

Motive: The core motive behind the gym website is to promote holistic well-being by fostering a fitness culture that emphasizes regular exercise, balanced nutrition, and a positive mindset. The website's founders believe that everyone deserves the opportunity to lead a healthier and happier life, regardless of their age, fitness level, or background.

How it's Changing Lives: The gym website aims to change lives through several key strategies:

- a. **Comprehensive Fitness Programs:** The website offers a diverse range of fitness programs tailored to meet individual needs and preferences. These programs are designed and curated by certified fitness experts, providing members with effective and safe workout routines.
- b. **Supportive Community:** Building a sense of community is vital for motivation and accountability. The gym website creates a welcoming and encouraging environment where members can connect, share their experiences, and inspire each other on their fitness journeys.
- c. **Expert Guidance:** Recognizing that proper guidance is crucial for success, the website provides access to experienced fitness trainers and nutritionists who offer personalized advice and support to members.