



Promoting Mental Health
and Wellbeing among Young
People through Yoga

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2017-2-ES02-KA205-009942



HIPPOCAMPUS



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O2. Mobile App Description

GRIAL RESEARCH GROUP (USAL)

HIPPOCAMPUS CONSORTIUM

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1. INTRODUCTION

This document will cover the basic technical aspects necessary to understand how the results were obtained and how the mobile application was created.

Founded by:

- European Union.
- Erasmus+ (Spanish Agency).
- KA 2 - Cooperation for innovation and exchange of good practice.
- Strategic partnership for the development of innovation.

Total Budget: 192.000 €

Duration: 24 months (01/10/17-30/09/19) •Reference: 2017-2-ES02-KA205-009942

1.1. The Project

The aim of the HIPPOCAMPUS project is to develop and implement an appropriate yoga-based approach to bring the benefits of yoga to young people in situations of disadvantage.

In this context, it has been proposed the creation of a multiplatform mobile application that allows to support the practice of Yoga in the homes of the students. This way, sessions given in the classrooms will be reinforced with the home practice. This tool will power up the initiative so that teachers can send homework to their students to in order to ensure their well-being.

Aspects of innovation:

- Inclusivity, disadvantaged as part of the whole.
- Varied youth environments, not just schools.
- Holistic, including whole organization.
- Support app for home practice, sustaining the benefits.





1.2. Name choice

At the time of choosing the name, different proposals made by the different partners participating in the project were considered. After evaluating all the options and making a fair vote, it was agreed to call the application "Yuva Yoga".

All the partners agreed that the name should include the word Yoga to ensure that it was understood in a first moment what was the main functionality of the app. On the other hand, "Yuva" was chosen because it means young in Sanskrit.





2. TECHNICAL REPORT

2.1. Involved technologies and platform architecture

To ensure a certain quality and the proper functioning of the app, we have opted for a native development approach. In this way, we have two client applications for each of the two most used mobile platforms (Android and iOS).

The project raised the need to create communication spaces between users. In response to this need, it was proposed to create classes in which teachers could send homework tasks to their students in a controlled environment, without the latter being able to interact with each other to guarantee the correct use of the app.

Due to this functionality, it was necessary to use a cloud server that would allow to coordinate this kind of interactions as well as the storage of the videos of how to perform each of the exercises, or the implementation of a user authentication system, and the maintenance of a minimum database that will store the teachers' tasks.

Given the limited time available for the development of the system, it was decided to use a BaaS (Backend as a Service) service. Therefore, saving considerable development costs.

In addition, to support all offline content such as activities, sessions or programs, it was necessary to use local offline databases in client applications. It has been used Realm (in the Android client) and CoreData (in the iOS client).

As results, we have a platform formed by two native mobile applications interconnected through a backend as we can see in the diagram in the following page.

2.2. Data structure

As we have mention, the app manages both, online and offline content. Therefore, we have to type of data:

- **Static data:** it is formed by activities, sessions and programs that are available offline. It is necessary to update the app in order to add, remove, or modify this kind of content.



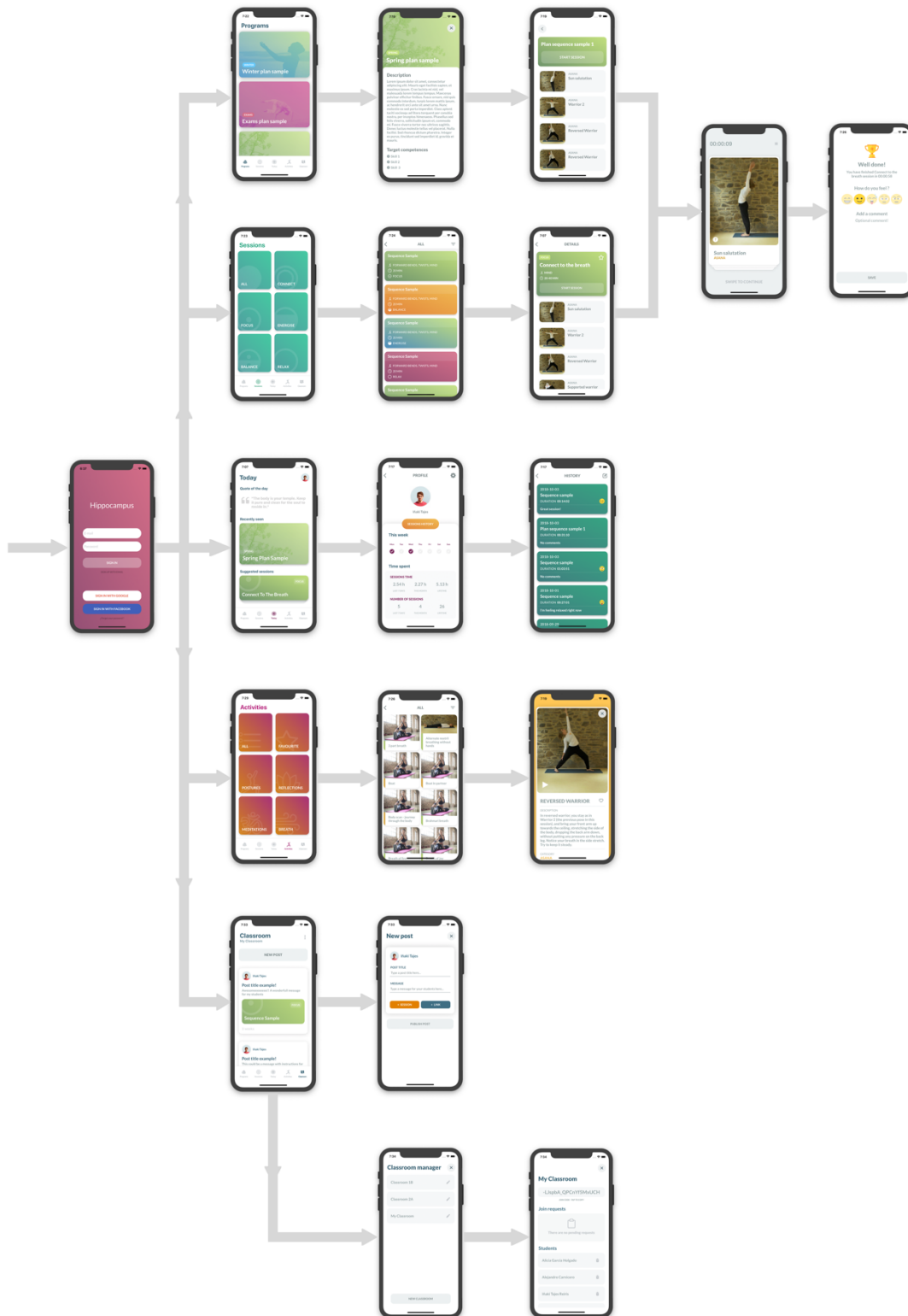


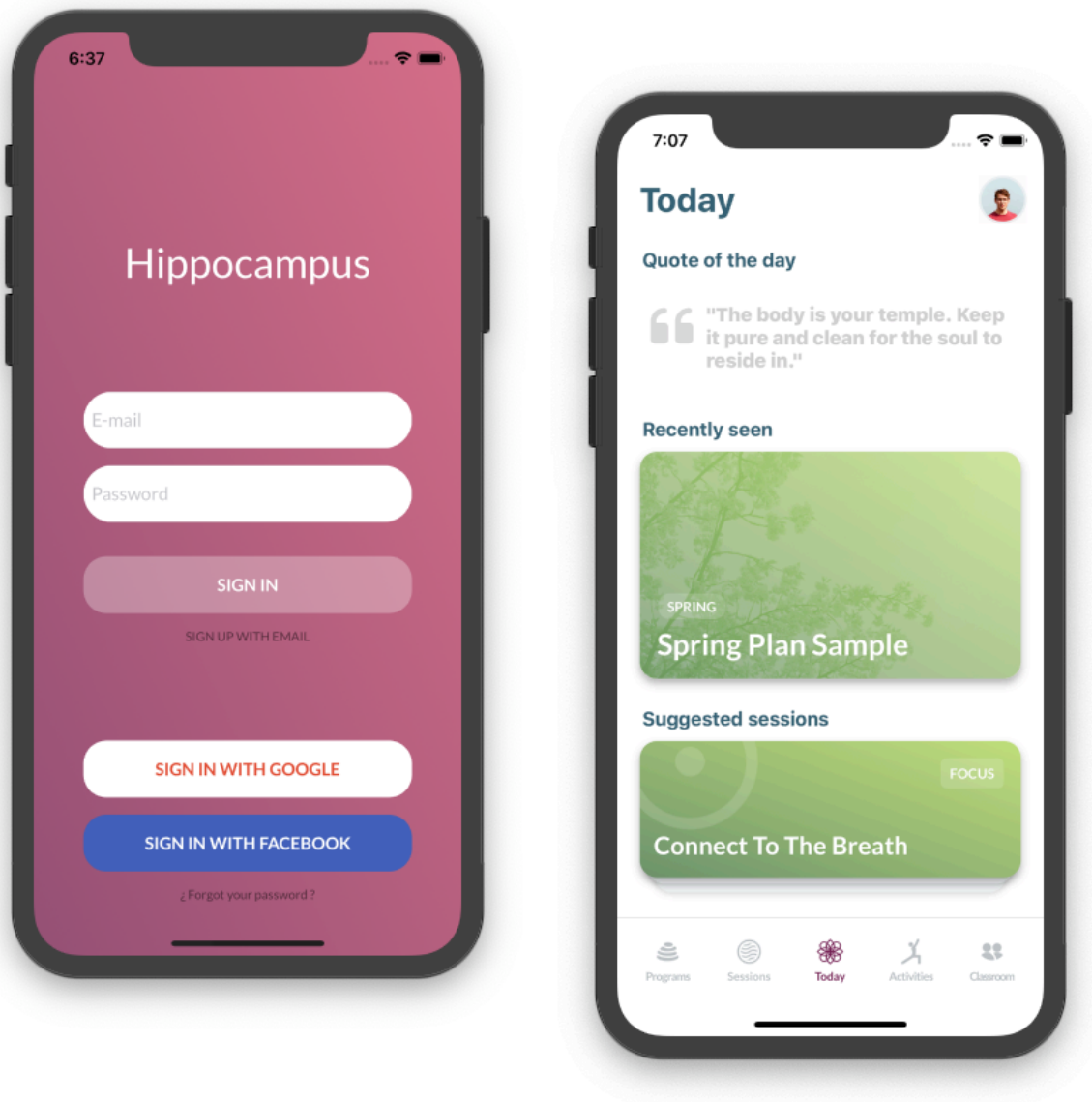
- **Dynamic data:** it groups all the dynamic content of the app that it is stored in the cloud database, as can be teacher classrooms, tasks, profile photo or session history.





2.3. App flow





3. RESULTS

3.1. The app

In order to use the app, you have to create an account, in other case you will not have access to it. After creating an account, and the following times you open the app, the first you will see is the home screen.

The home screen includes some basic information about recently seen programs or suggested sessions. In addition, from this screen you can access to your profile screen.





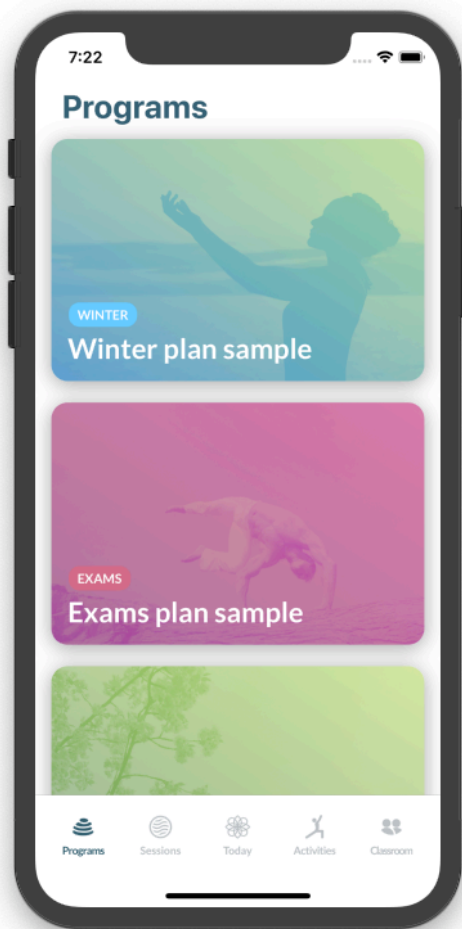
3.1.1. User management

Every user will have a profile that stores some information about their yoga practices.

The main data we can see are:

- Weekly practices visualizer.
- Yoga sessions stats, like durations and count.
- Other graphs including the ratio of the kind of activities done.
- Sessions history.





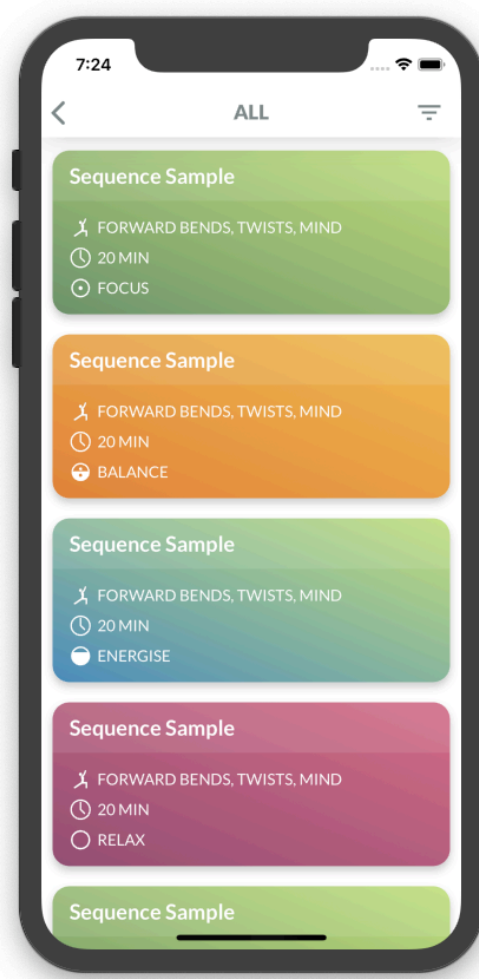
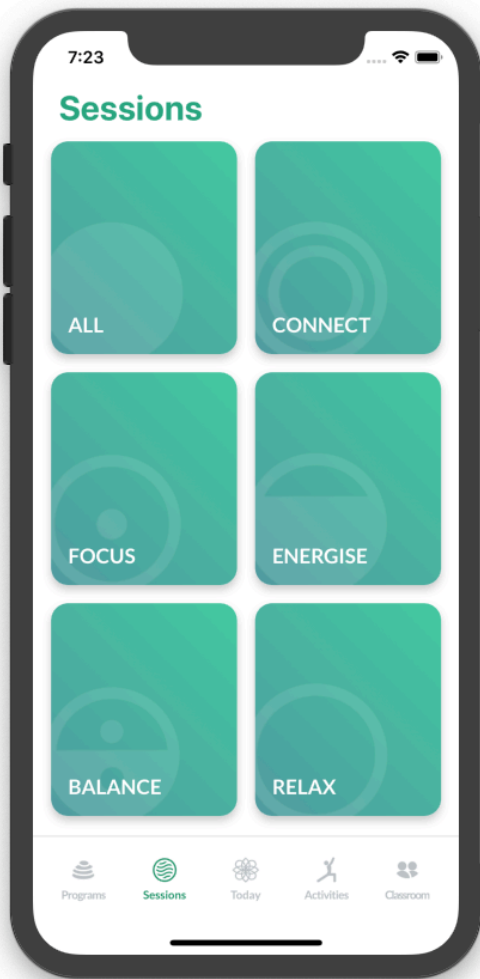
3.1.2. Programs

As we could see in the app flow diagram, one of the main tabs of the app is the programs list tab. This screen shows all the programs of the app. Once you tap one of them, you will be redirected to the programs details screen (on the right side).

The program details screen includes:

- Program description.
- Target competences.
- Set of sessions that conforms the program.
- Category.



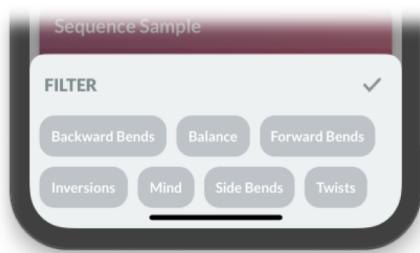


3.1.3. Sessions

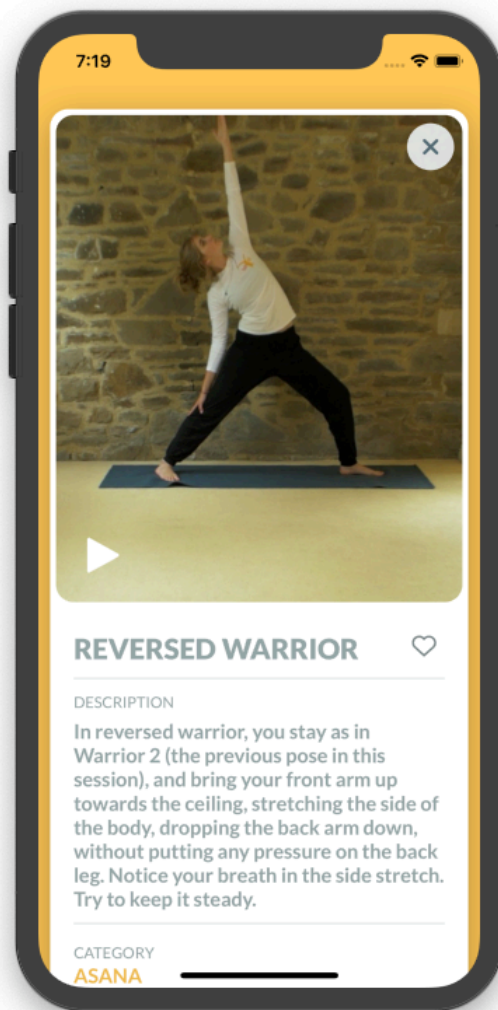
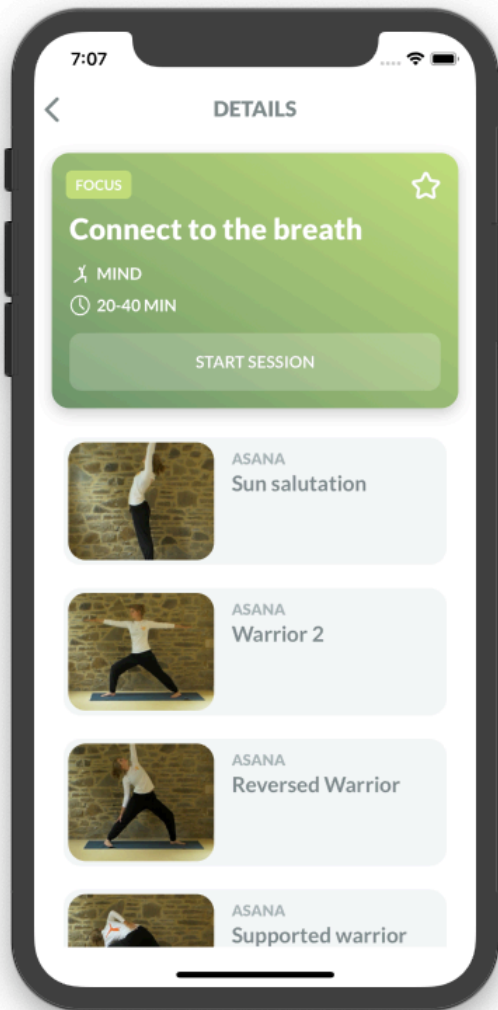
Another main feature of the app is the sessions catalog. On the left side we can see the index screen that allows you to filter the sessions by type. When you tap any category, you will be redirected to the sessions list view. Each session row is described by:

- Type of movement.
- Duration
- Category





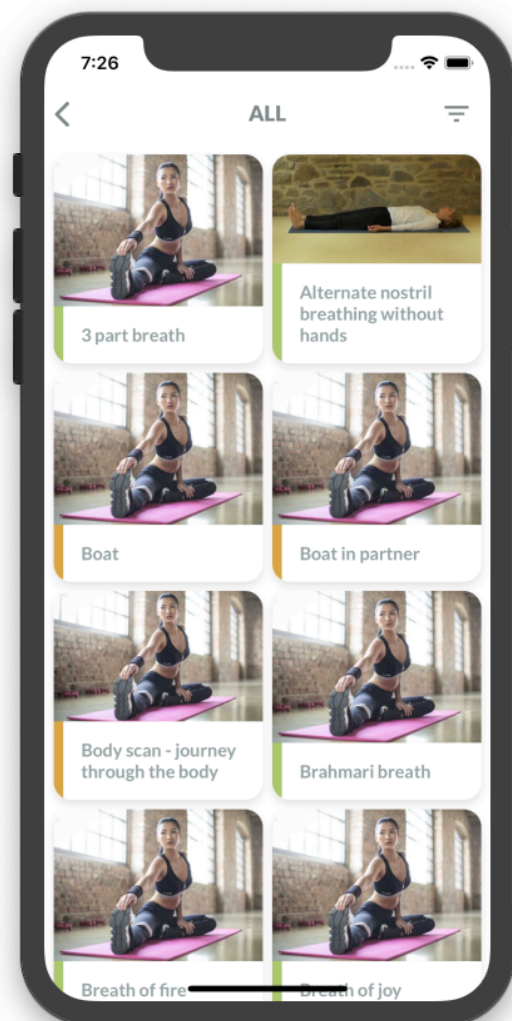
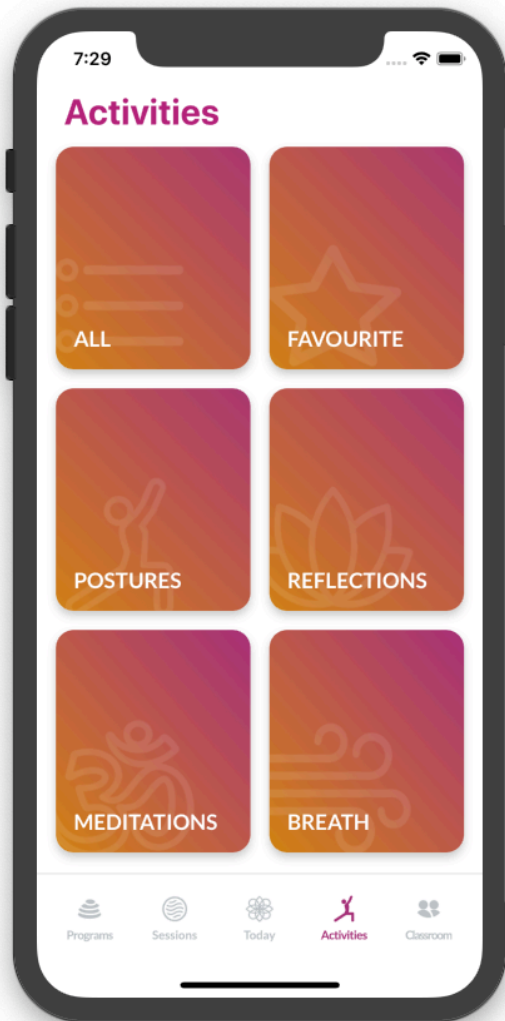
In addition, there is a button (top right corner) that allows you to filter the sessions by movement type.



In order to see explore a certain session, we can access to the session details view. From there, we can check not only the information already mention but also the sequence of activities that conforms the session.

Moreover, it is possible to tap any activity in order to see how to perform the exercise or learn more about it.



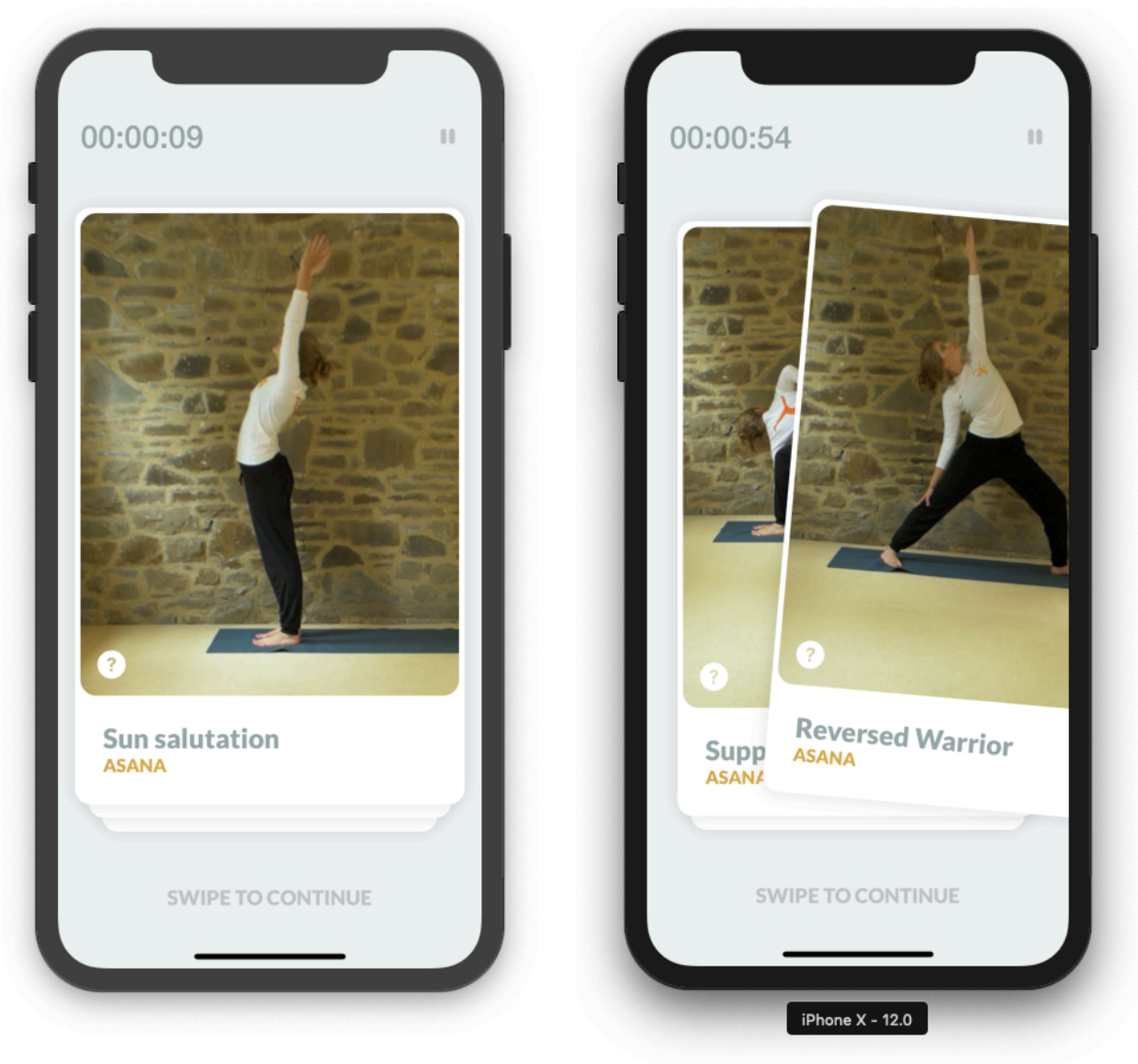


3.1.4. Activities

As we have seen, the fundamental block of the app is the activity concept. Each program has a set of sessions, and every session, even independent ones, is a sequence of activities.

Therefore, it is interesting to have a complete tab dedicated to show a catalog of different yoga activities, that one again, can be filtered by movement type. In addition, you can save your favorites ones, so you can access them quickly.

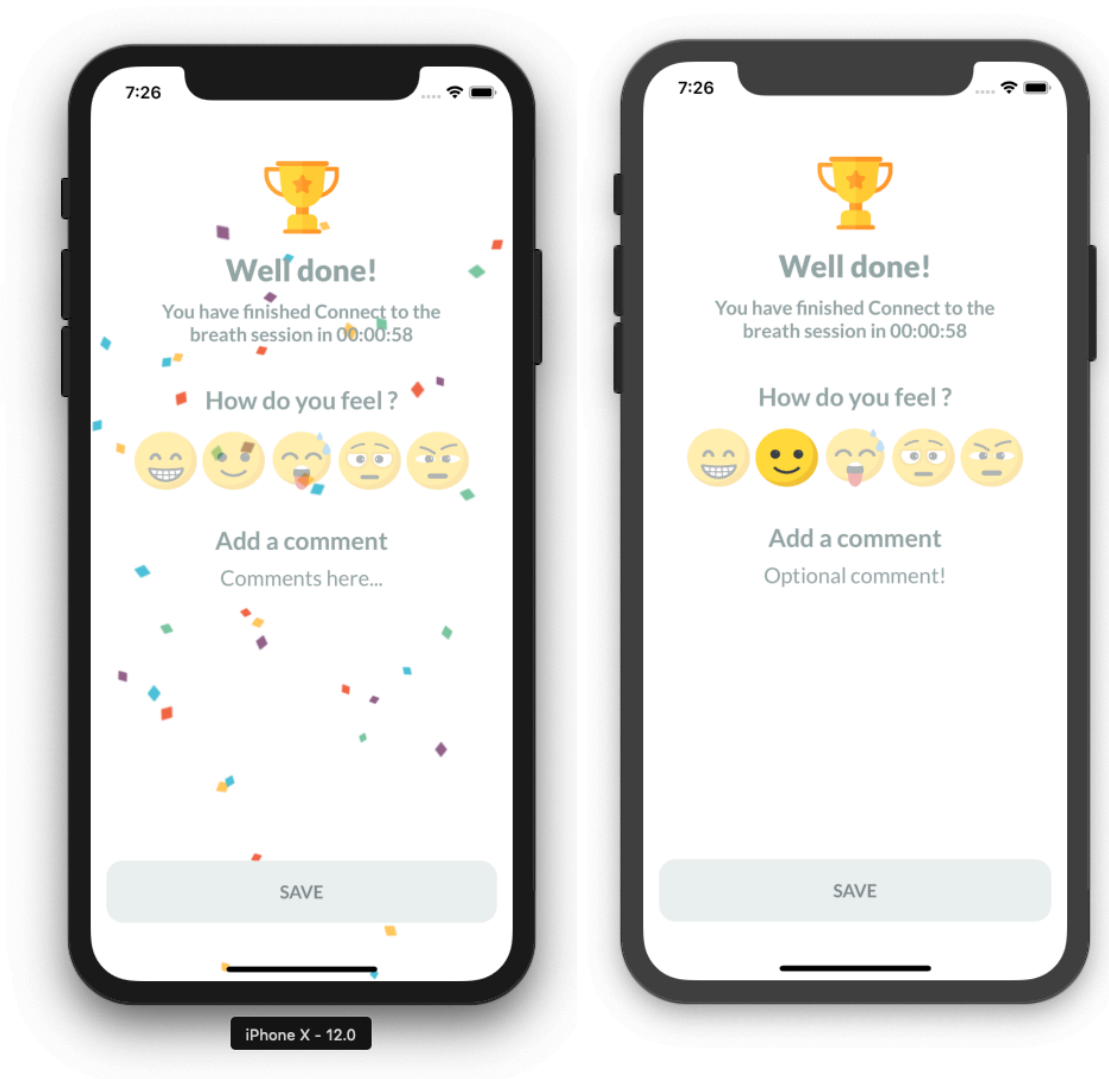




3.1.5. Session guidance

In order to facilitate the yoga practice, it has been developed a session guidance view. Whenever you want to start a session you will be redirected to this screen where you will follow the session step by step.



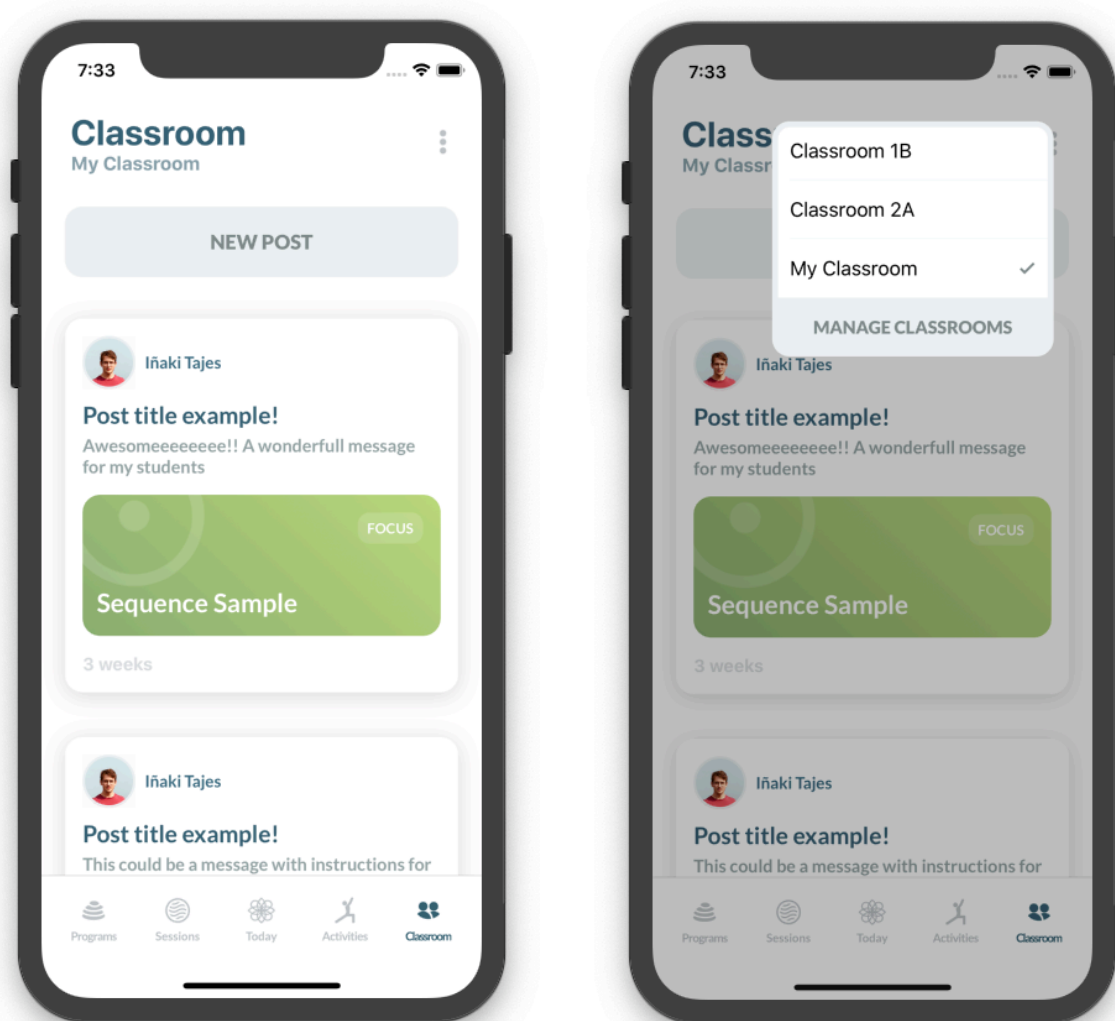


3.1.6. Sessions history

Another interesting feature of the app is the session history. Every time you finish a session, you will be prompted with an evaluation screen. The main data you register is:

- Session rate (emoji).
- Comments.
- Duration of the session.
- Date.





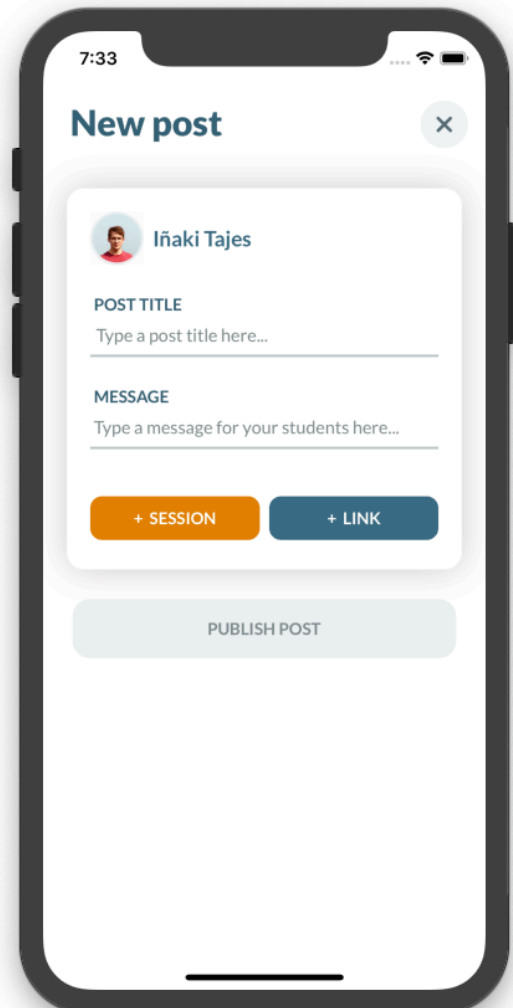
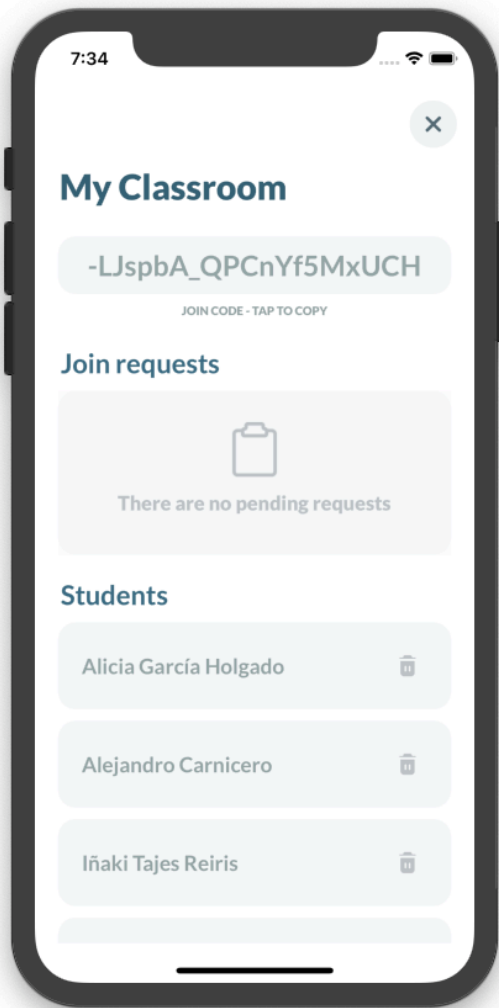
3.1.7. Classroom.

Probably, this is the most powerful features of the app. Because it enables teachers to send homework to their students whenever they want a remotely.

Therefore, they can for example create a classroom for each group of students that they work with and them send them different kind of sessions that they must practice at home depending on their needs.

To ensure the control of the environment, the teacher role must be manually validated by the administrator of the app. Moreover, the communication is unidirectional, only teacher can send tasks to their students. Students can never communicate between themselves.





On the other hand, the access to each classroom is regulated by the teacher, who can accept or decline the students request to enter to the classroom.

To finish with this point, it is interesting to know that the post can include the following information:

- Title (Is the only compulsory).
- Message.
- Session.
- External link.





3.2. Content.

As we have seen, the fundamental block of the app is the activity concept. Each program has a set of sessions, and every session, even independent ones, is a sequence of activities. Therefore, there are mainly 3 types of contents:

- Programs
- Sessions
- Activities
- Classroom posts.

