

# P.A.P.A.Y.A | Posture Analysis and Proactive Alignment for Your Awareness



*“Fix your habits - not just your posture.”*

**55.1%**  
of students  
with poor  
posture report  
low back pain

**VS**

**32.7%**  
of students  
with good  
posture report  
low back pain

*Prolonged sitting with poor posture  
silently leads to back pain, spinal  
misalignment, and long-term health  
damage.*



## Target Users

Students

Desk-bound workers

People who sit too much, hurt too  
often — and want to fix it.

### FSR sensors

-Detect pressure under thighs,  
buttocks, and back to identify  
sitting posture.

### Ultrasonic sensor

-Measures distance  
from back to backrest to  
detect slouching or  
leaning forward.

### Cushion Design

-Prioritizes comfort for  
long-term use

### Vibration motor

-Delivers gentle  
feedback when poor  
posture is detected,  
prompting the user to  
correct it.

### Battery level indicator

-Displays charge level on  
demand



Detects poor  
posture in real-  
time



Provides gentle  
vibration  
feedback



Comfortable  
and non-  
intrusive



Helps build  
long-term  
healthy sitting  
habits



Portable &  
Rechargeable