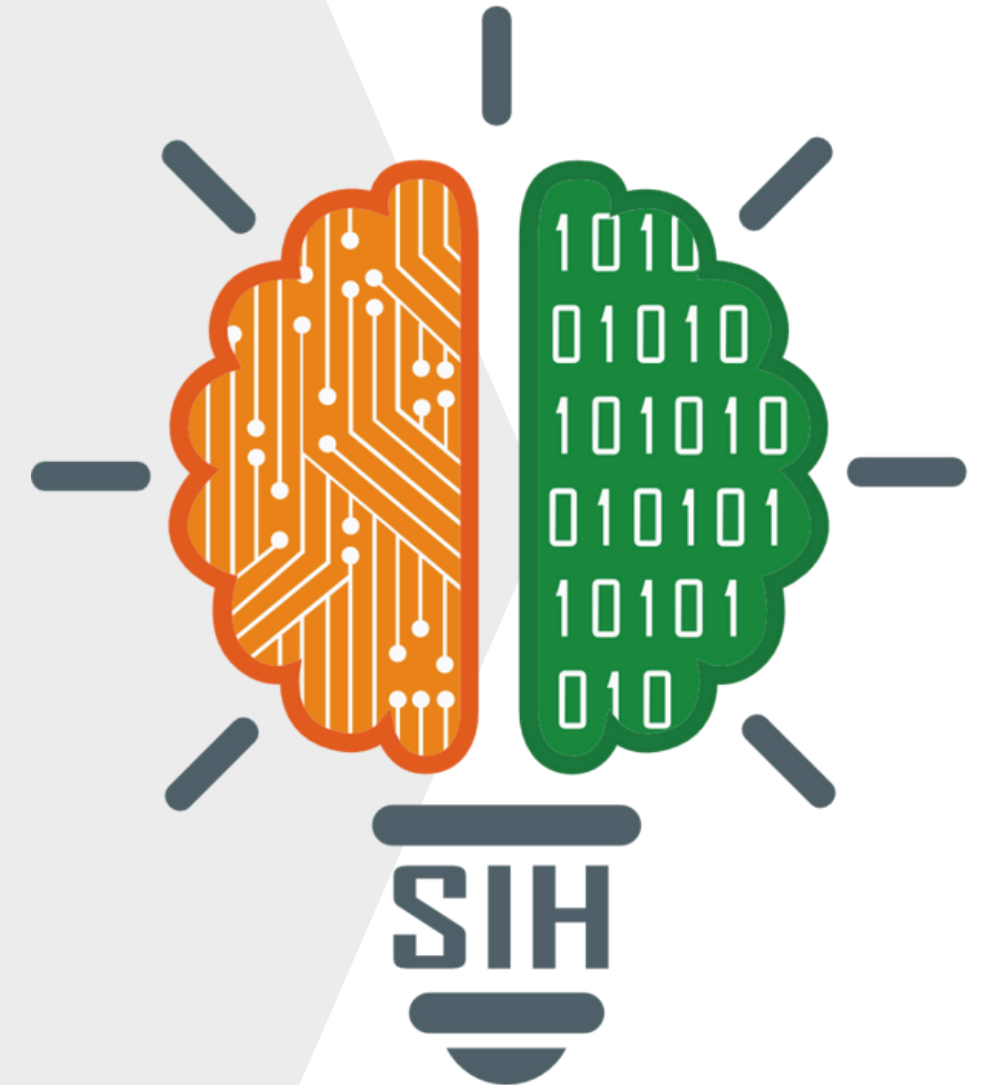# SMART INDIA HACKATHON 2024
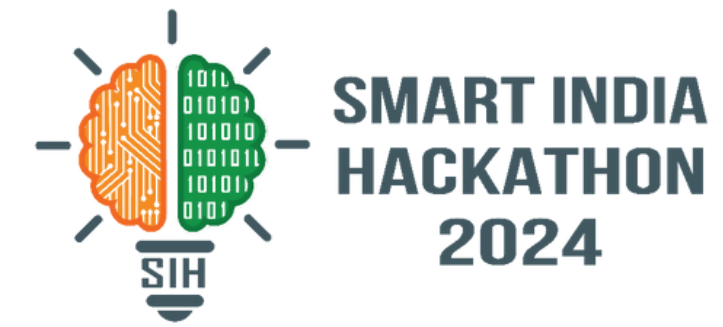
Innovation towards fit India Mission

- **Problem Statement ID –** 1599

- **Problem Statement Title-** Fitness & Sport

- **Theme-** Innovation

- **PS Category-** Software
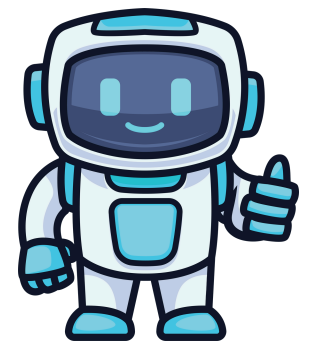
- **Team ID-**

- **Team Name-** Wellness Wizards

Solution "Atheletix"

Proposed Solution:

- Customized **fitness plans** tailored to **individual goals**, fitness levels, body type, and performance.

- Includes **progress tracking**, social features, and **gamification** to boost **user engagement**.

- **AI-integrated** real-time reporting for enhanced decision-making and insight.

How it addresses the problem:

- AI-driven insights create **personalized** fitness plans for goals.

- **Real-time** tracking and adaptive routines enhance engagement.

- Motivating people through gamification, **community challenges**, and individual report reminders.

Innovation and Uniqueness it offers:

- AI Assistant

- Daily Challenges and badges

- Regular Blogs

- Government Schemes and programs

TECHNICAL APPROACH

SMART INDIA HACKATHON 2024

Technology Stack

Frontend

HTML, CSS, Java script / Frameworks
(React, Angular, Vue.js)

Back-End

Node.js, Express.js, PostgreSQL/MongoDB

Database

MongoDB/ DynamoDB

API's

JWT for authentication, JSON

Methodologies and Implementation (Flowchart)

User Registration & Authentication
↓
User Input & Profile Setup
↓
Activity Tracking
↓
Personalized Workout Suggestions
↓
Gamification
↓
User Progress and Visualization
↓
Feedback & Adjustments
↓
Social Sharing

FEASIBILITY AND VIABILITY
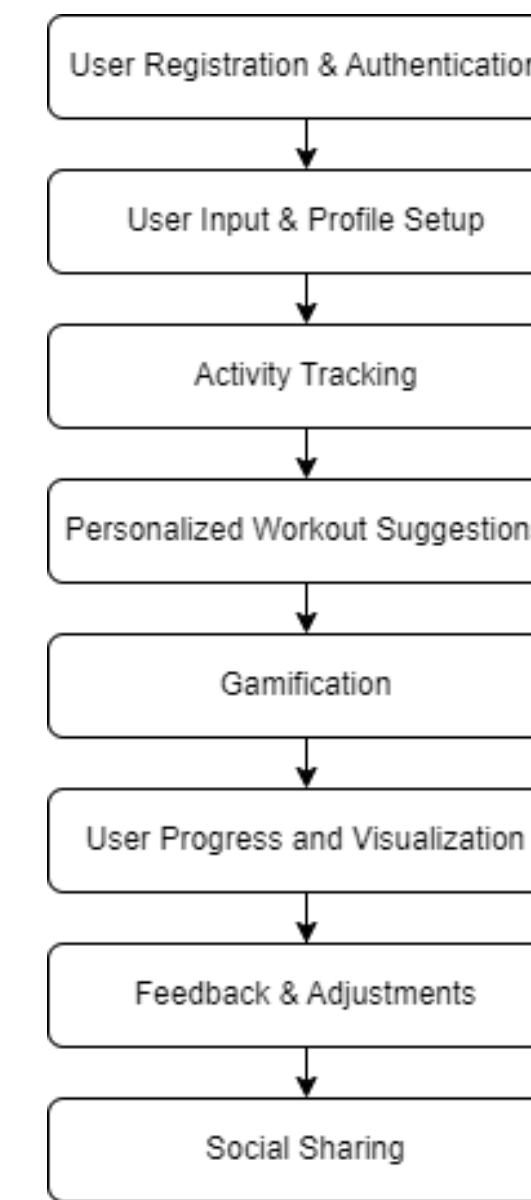
Feasibility of the Idea

- ### Technical Feasibility

  Tech: ReactJS, Django/Spring Boot
  Database: MySQL/MongoDB
  Deployment: AWS/Google Cloud

- ### Market Feasibilty

  Market: Competes with Nike TC, Cure.fit
  Differentiation: Indian fitness schemes, personalized plans
  Audience: Beginners, fitness enthusiasts

- ### Financial Feasibility

  Costs: Cloud free tiers
  Revenue: Freemium (If), Ad's
  Support: Fit India grants

- ### Timeline & Legal

  Development: Modular, scalable;
  Compliance: Data privacy (IT Act), health safety, certified plans

Challenges and Strategy to overcome

Challenge : User Engagement *Strategy* : Gamification, Badges Rewards and Community platforms	*Challenge* : Competition *Strategy* : Integration with Govt. Schemes, Personalized Plans	*Challenge* : Data Security *Strategy* : Strong Encryption, Regular security audits	*Challenge* : Technical Resilience *Strategy* : Cloud Based Scaling, Load Mangement

IMPACT AND BENEFITS

Wellness
Wizards

Potential Impact on Target Users

- Individual Body Goals (Bulk, Slim etc)

- Active, healthier lifestyle

- Educating users on Indian Government Schemes

- Appointment calls with Certified trainers, User satisfaction

Benefit of the solution
"Atheletix"

Social	Economical	Environmental
Fostering fitness-Concious Community Promotes inclusitivity to all users	Improved fitness levels, Less prone to disease App's accessibility towards trainers and gyms	Home Based workout and Eco friendly, reducing the need to go Gyms and Fitness center, Low carbon-emission

Wellness
Wizards

SMART INDIA
HACKATHON
2024

Link (Prototype)

Atheletix
https://melodious-begonia-29d4a0.netlify.app

References

- **WHO**

https://www.who.int/news-room/fact-sheets/detail/physical-activity

- **Spring Documentation**

https://docs.spring.io/spring-boot/index.html

IMPORTANT INSTRUCTIONS

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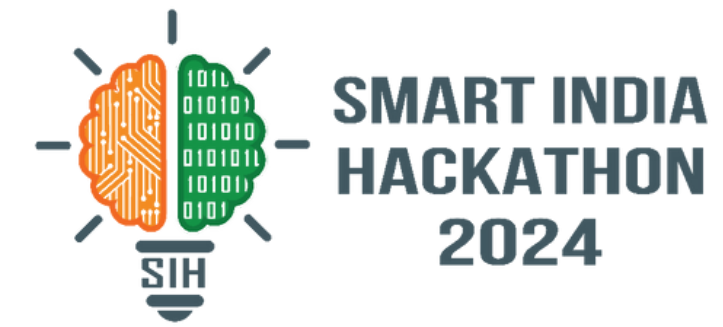
Please ensure below pointers are met while submitting the Idea PPT:

1. Kindly keep the maximum slides limit up to six **(6).** (Including the title slide)
2. Try to avoid paragraphs and post your idea in points /diagrams / Infographics /pictures
3. Keep your explanation precise and easy to understand
4. Idea should be unique and novel.
5. You can only use provided template for making the PPT without changing the idea details pointers (mentioned in previous slides).
6. You need to save the file in PDF and upload the same on portal. No PPT, Word Doc or any other format will be supported.

   Note - You can delete this slide (Important Pointers) when you upload the details of your idea on SIH portal.