SWASTH

Elevate your **HEALTH** and your **life**
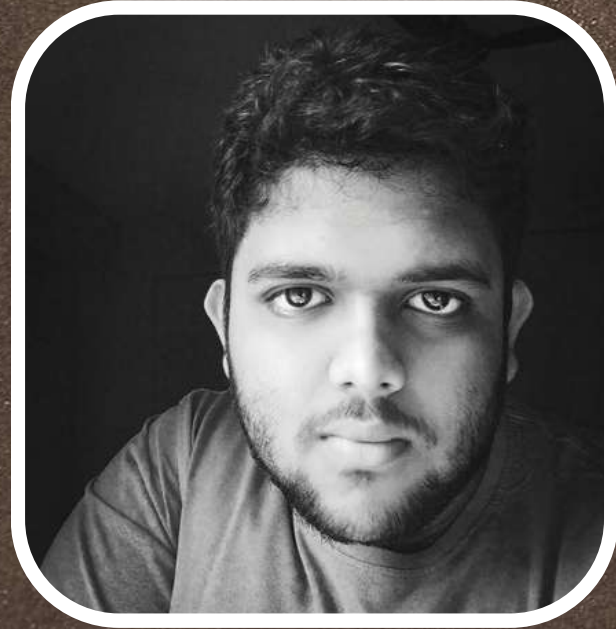
Done by:- TEAM ASTRO
from SISTER NIVEDITA UNIVERSITY

Sponsered by

START-A-THON

OUR TEAM

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A GROUP OF ASPIRING UNDERGRAD ENGINEERS FROM SISTER NIVEDITA UNIVERSITY

PROBLEM STATEMENT

Problems generally faced by people while availing diet and nutrition services :

👉 Physically availing dieticians and nutritionist is not feasible in this modern AI based world.

👉Market offers Various diet and nutrition apps like Healthifyme , Noom etc with premium plans for customised service.

👉 Sometimes these apps provide unfavourable , diet plans which seems unnatural.
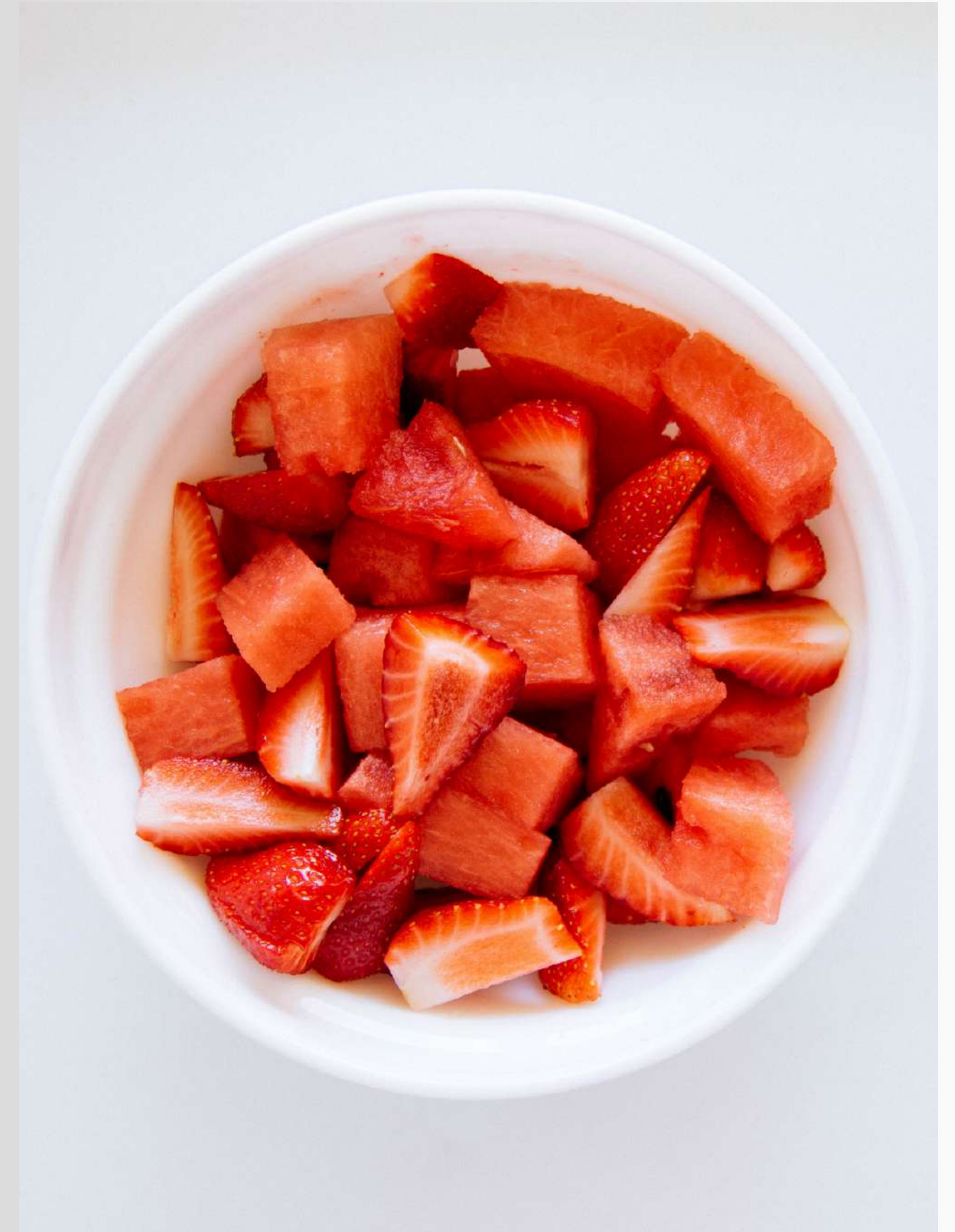
OUR SOLVING

👉 **We, the team ASTROS are here to solve the current problem with our State of the Art application 'SWASTH'**

👉 **We will provide everything what other applications are providing but in a more user friendly and accurate manner.**

👉 **We will provide customized diet plans to the availers according to their region absolutely free of cost.**

INTRODUCTION

We, THE ASTROS, are here with the idea of developing an application for Nutritional guide. This AI based application will act as a real life Dietician and Nutritionist.

ABOUT OUR IDEA

This is the time where we are seeing health consciousness is at all time high for obvious reasons. For staying healthy, required nutritions are needed through food. Reaching a Nutritionist or a dietician physically and paying a hefty amount is not feasible in this Modern and busy world. We, THE ASTROS have come up with a solution to tackle this problem. We are going to create a free of cost AI based application which will provide customized diet charts to people after they have put all the required details according to their needs based on the regions they are staying.We will also launch premium packages .

Features

Personalised Recommendations

- Develop algorithms that process user data to provide personalized dietary recommendations.

Meal plannig and Nutritional Analysis

- ntegrate a meal planning feature that suggests daily or weekly meal plans based on the user's preferences and nutritional needs.

Collaboration with Professionals

- Consider collaborating with registered dietitians and nutritionists to validate the accuracy of your app's recommendations.

SWASTH

Live a Healthy Life

Ethical Consideration

Ensure that your app respects user privacy and confidentiality. Obtain consent for data collection and usage.

User Interface (UI) and User Experience (UX)

Design an intuitive and visually appealing interface that is easy to navigate. The app's user experience should be smooth and enjoyable.
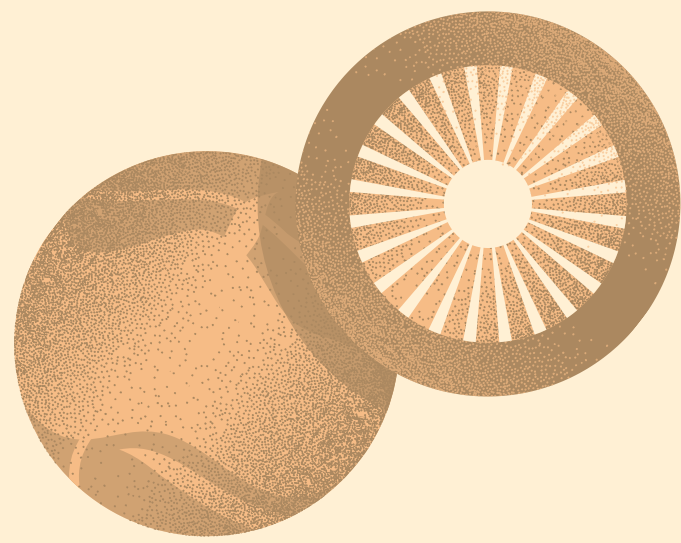
Education and Information

ncorporate educational content on nutrition, such as articles, videos, and tips. This can help users understand the rationale behind the recommendations and make informed choices.

MARKET

ANALYSIS

APP NAME	USERS
Healthify Me	25 MILLION+
My FitnessPal	200 MILLION+
Noom	45 MILLION+
Lifesum	55 MILLION+

PRODUCT USP

• Our application will be totally AI based.

• This will also provide diet upon chronic and non chronic diseases.

• This app will also help availers to count their calories, monitor sleep routine and overall daily activities.

• Our application is built with latest technologies and is completely safe. And interface is user friendly.

• Premium packages will be there for personal coaches or mentors.

• Last but not the least, it is completely free of cost.

START-A-THON

CONCLUSION

our AI-powered nutrition app offers personalized dietary guidance, meal planning, and educational resources, aiming to replicate a dietitian's expertise. By combining innovative AI algorithms with user-friendly interfaces, we strive to provide accessible and effective nutrition support, enhancing users' health and well-being.

THANK YOU