

# Project Report

**Title of Project:** Mind&Body Exercise

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Start Date: 11/02/2026

End Date: 18/02/2026

## Day 1: Empathise & Define

### Step 1: Understanding the Need

#### Which problem am I trying to solve?

People experience stress, anxiety, low energy, and lack of focus due to inactive lifestyles and mental overload.

#### Who is affected by this problem?

Students Office workers Remote workers Individuals with sedentary routines

#### How did I find out about this?

Interviews, Observation, AI Tools, Online Research

### Step 2: Problem Statement

How might we help people improve mental clarity and physical well-being through simple daily mind–body exercises?"

#### Why is this problem important to solve?

Mental health affects productivity Physical inactivity leads to long-term health issues  
Balanced mind and body improves quality of life

#### Take-home task insights:

Users want short, easy, guided routines Motivation and reminders are essential

## Day 2: Ideate

### Step 3: Brainstorming solutions

1. Guided breathing & stretching app
2. AI-powered daily exercise reminder
3. Mindfulness + yoga video platform
4. Desk-friendly body movement routine
5. Gamified mind–body challenge

### Step 4: My favourite solution

AI-guided 5-minute Mind & Body Exercise Routine

## Step 5: Why am I choosing this solution?

Easy to follow Time-efficient Suitable for all age groups High daily adoption potential

## Day 3: Prototype & Test

### Step 6: Prototype – Building my first version

#### **What will my solution look like?**

simple digital prototype that guides users through: Deep breathing Light stretching 1-minute mindfulness

#### **What AI tools will I need to build this?**

Content creation User interaction Feedback analysis

#### **Selected AI tools:**

1. ChatGPT
2. Canva
3. Google Forms
4. Notion
5. YouTube (demo hosting)

### Step 7: Test – Getting Feedback

#### **Who did I share my solution with?**

5 students 3 office employees

#### **What works well:**

Easy to understand Reduces stress quickly Improves focus

#### **What needs improvement:**

More personalization Voice-guided instructions Progress tracking

## Day 4: Showcase

### Step 8: Presenting my Innovation

#### **Final Project Title:**

Mind & Body Exercise: 5 Minutes to Balance Your Day

#### **1-Minute Pitch Summary:**

This project helps people reduce stress and improve focus through a simple 5-minute daily routine combining breathing, stretching, and mindfulness. Designed for busy lifestyles, it promotes mental clarity and physical wellness with the support of AI-guided content.

### Step 9: Reflections

#### **What did I enjoy the most during this project?**

Understanding real user problems Designing a meaningful wellness solution

**What was my biggest challenge?**

Keeping the routine short yet effective

[Project Link](#)

<https://preview--vibrant-zen-hub.lovable.app/>