

Project Report

Title of Project: Mind&Body Exercise

Name of the Innovator: Ashutosh Yadav Indrabhan

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/>