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BrahmaX 1.0

The Creation of Tomorrow

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Profile Overview

- **Theme** - Healthcare
- **Problem Statement Title-** Virtual Health Coach for Personalized Wellness Plans
- **Team ID** - (As per Unstop registration)
- **Team Name** - Getch();

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IDEA TITLE

Proposed Solution (Describe your Idea/Solution/Prototype)

Solution Overview:

Virtual Health Coach app utilizes AI to give targeted wellness plans for a person depending on his health information, exercise objectives, and daily routines. It grows as the user interacts with it, providing timely reminders, advice, and motivation, making health counseling accessible and cheap.

Problem Solving and Unique Features:

- Health Data Collection and monitoring with the help of AI
- AI to generate Wellness Plans as Fitness routine, Diet Plans, Sleep advice, etc.
- Chatbot to get tips
- Daily Reminders



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Technical Approach

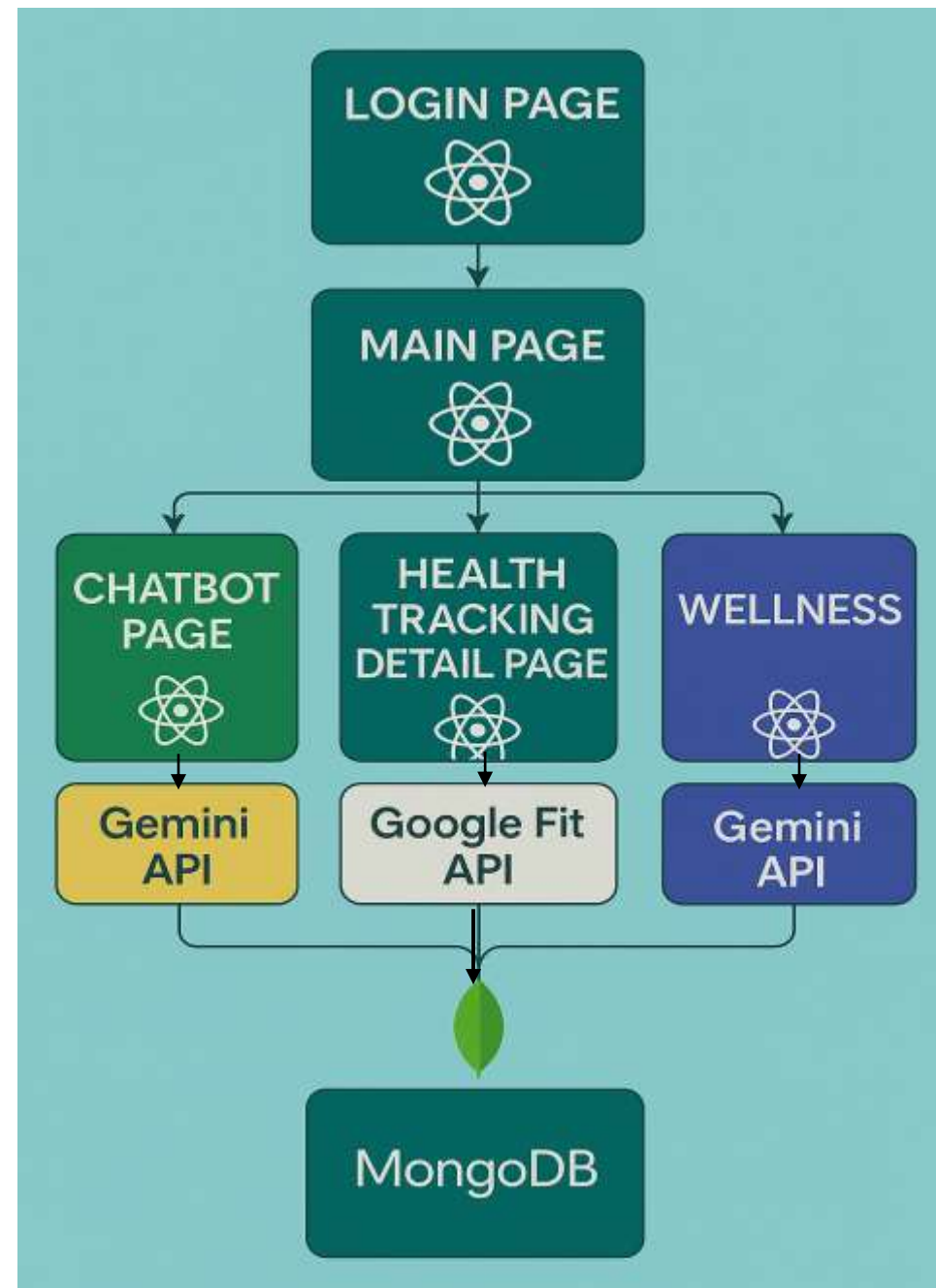
Tech Stack

React

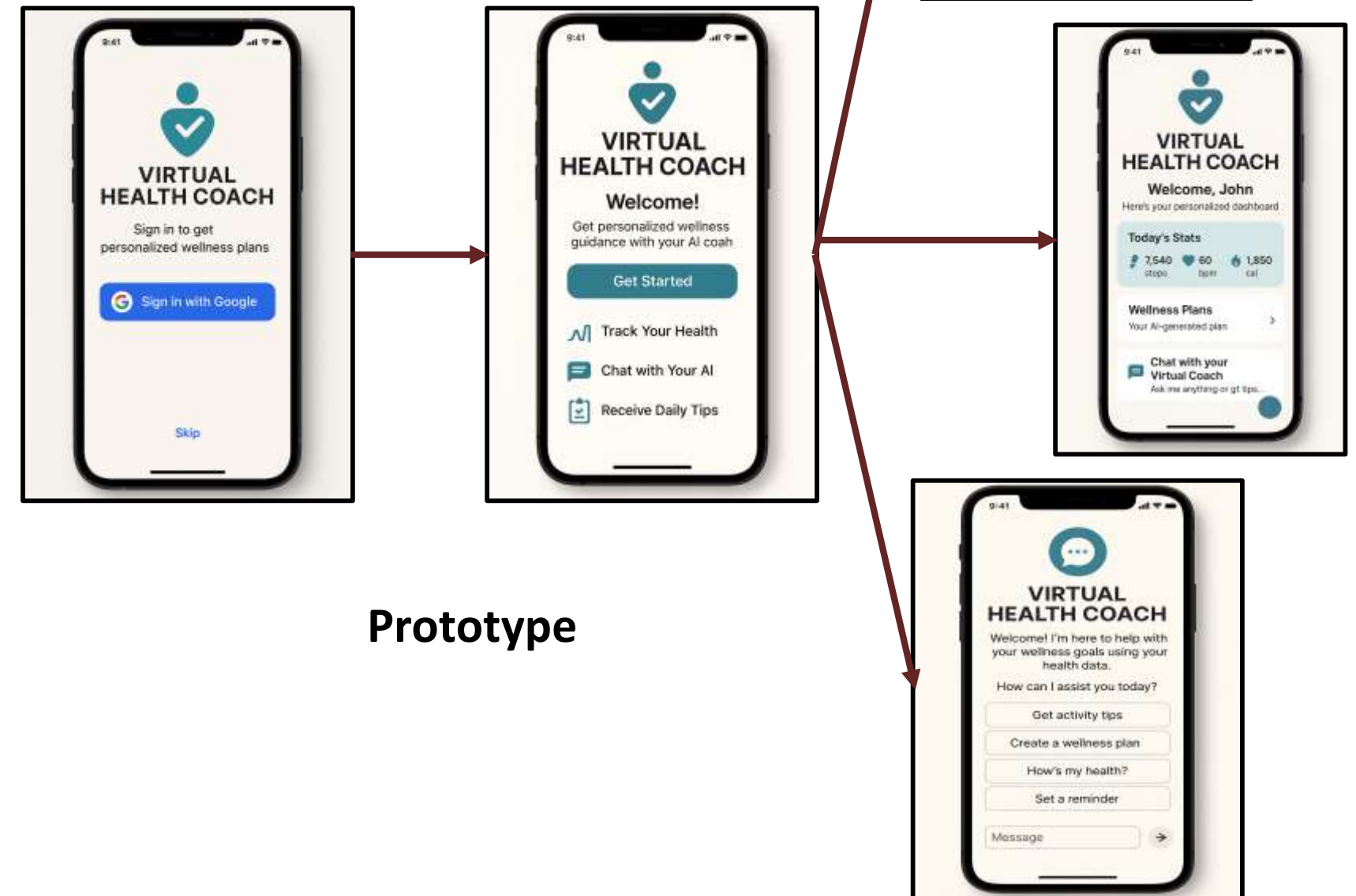
Node.js

Gemini API

MongoDB



Flowchart



Prototype

```
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```



FEASIBILITY AND VIABILITY

Feasibility:

1. Cost saving
2. Scalable
3. Free tips and get educated by chatting with bot
4. 24/7 support
5. Storing the live data and creating tracking the health
6. Health conscious and can be use by everyone who have smartphones

Challenges & Risks:

1. Data and Privacy
2. User engagement
3. Mobile Compatibility
4. API integration

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IMPACT AND BENEFITS

- Target Audience Impact:
 - The target Audience are all who want to maintain their good health and have smartphone
- Key Benefits: Social, economic, environmental advantages.
 - i. Personalize wellness support
 - ii. 24/7 coaching and fitness monitoring
 - iii. Early alerts of bad habits and weak fitness
 - iv. Scalable and can be use worldwide.

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REFERENCES

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- [2] J. Medida, N. Tangudu, B. P. Goud, R. Tandu, K. P. Kumar, and T. Padma, “AI Assisted Tele-Medicine Kisok for Rural India,” *2024 Int. Conf. Comput. Intell. Green Sustain. Technol. ICCIGST 2024 - Proc.*, pp. 1–5, 2024, doi: 10.1109/ICCIGST60741.2024.10717519.
- [3] M. V. Patil, . S., P. Shree, and P. Singh, “AI based healthcare chat bot system,” *Int. J. Sci. Eng. Res.*, vol. 12, no. 07, pp. 668–671, 2021, doi: 10.14299/ijser.2021.07.11.