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BrahmaX 1.0

The Creation of Tomorrow

BrahmaX 1.0

www.codecrax.com



- **Theme** - Healthcare
- **Problem Statement Title** - Virtual Health Coach for Personalized Wellness Plans.
- **Team ID** -
- **Team Name** - YUVAWELL

Solution overview

Step 1: Finding out the problem.

You might be facing one of these silent disruptors:

Diabetes, Hypertension, Insomnia, Obesity.

Let's uncover it, and tackle it head-on with a plan made just for you.

Problem Solving

Step 2: Tackle the Chaos, One Healthy Habit at a Time!

Busy schedule? Life feeling hectic ?

You can take control, with the help of our website, starting with small but powerful changes.

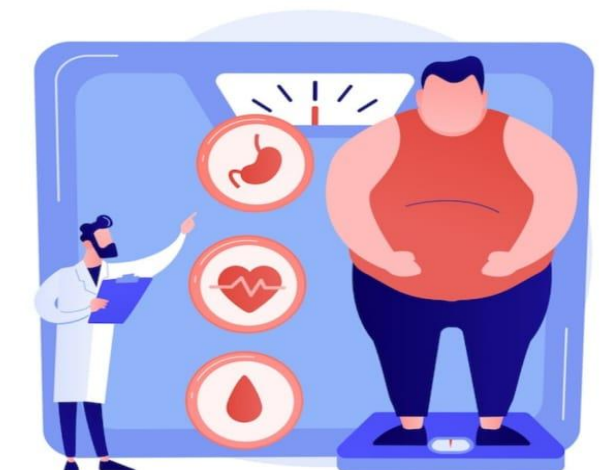
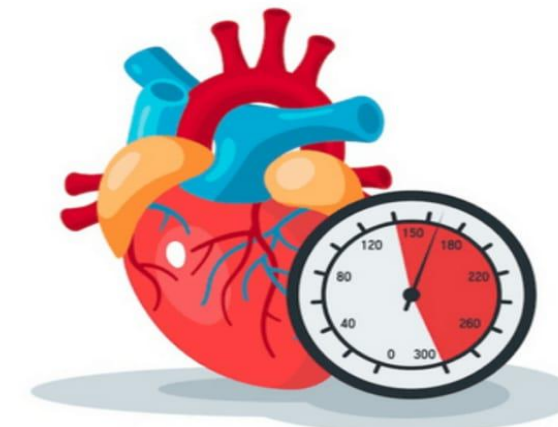
WE HELP YOU TACKLE CHALLENGES AND TRACK PROGRESS.

Innovation(How are we different?)

Our website delivers fresh, daily knowledge to help you better understand your body . Every day, we ask one thought-provoking question—answer it correctly, and you could be featured on our website.

LEARN, ENGAGE, AND GET RECOGNIZED.(Yes, it's that simple)

Suffering from any
one of these ?



Don't worry, **Burn.Bright**
is right here..

Technical Approach

Technologies Used

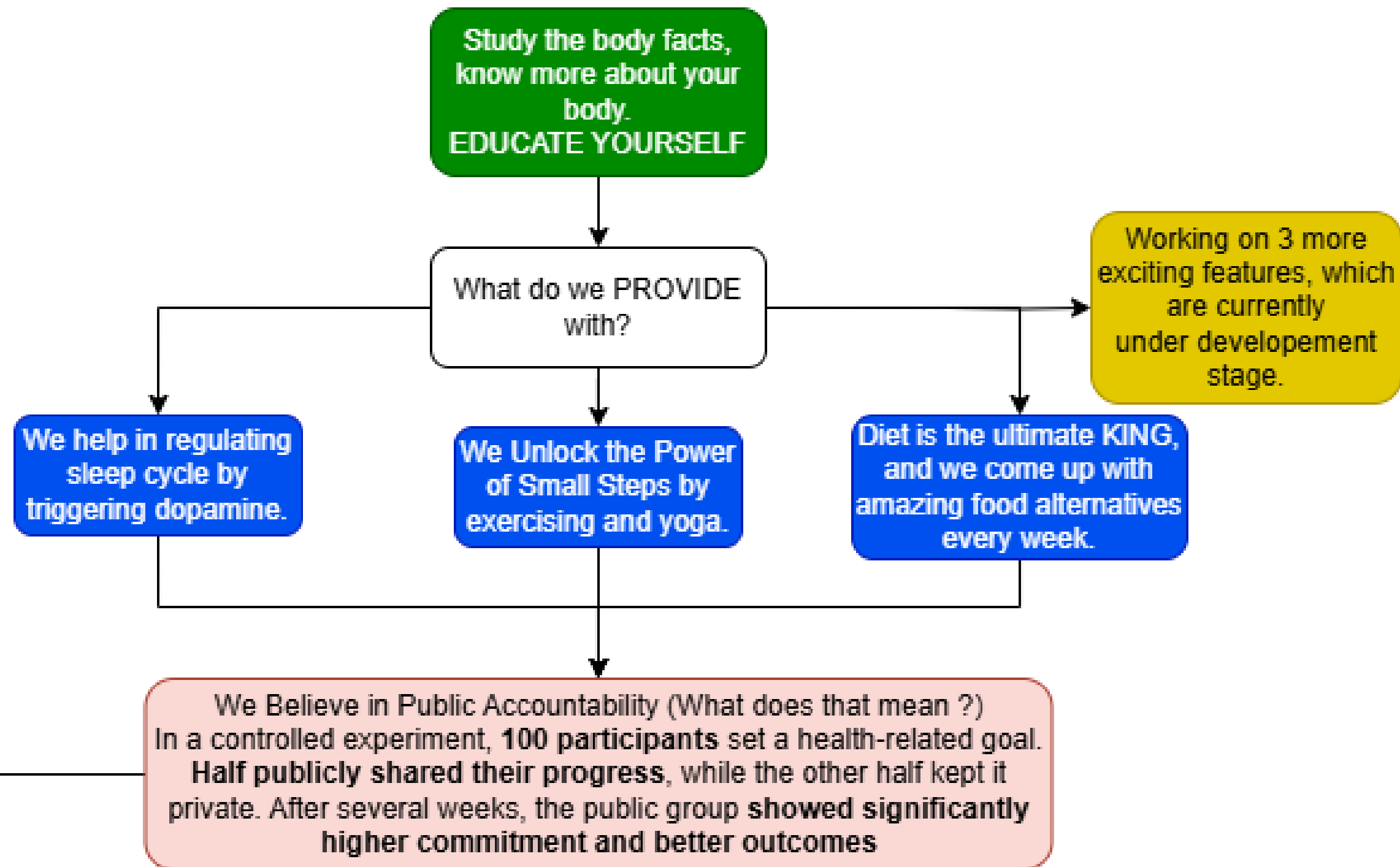
Programming Languages- JavaScript, TypeScript
Markup Language- HTML
Style Sheet Language- CSS
Framework- ReactJS

Methodology

After analyzing data from Wikipedia, research papers, and trusted sources, we discovered a growing health issue in India. Many remain unaware of its impact—hindering youth potential. That's why we created a solution to drive awareness and healthier living.

OUR VISION is to Empower India's youth to transform health through better sleep, mindful movement, and smarter nutrition choices.

Process Flow





Feasibility

Technical Implementation- Device Compatibility, Low Bandwidth Friendly, Dynamic and User-Friendly Interface.

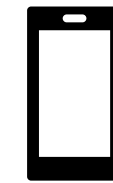
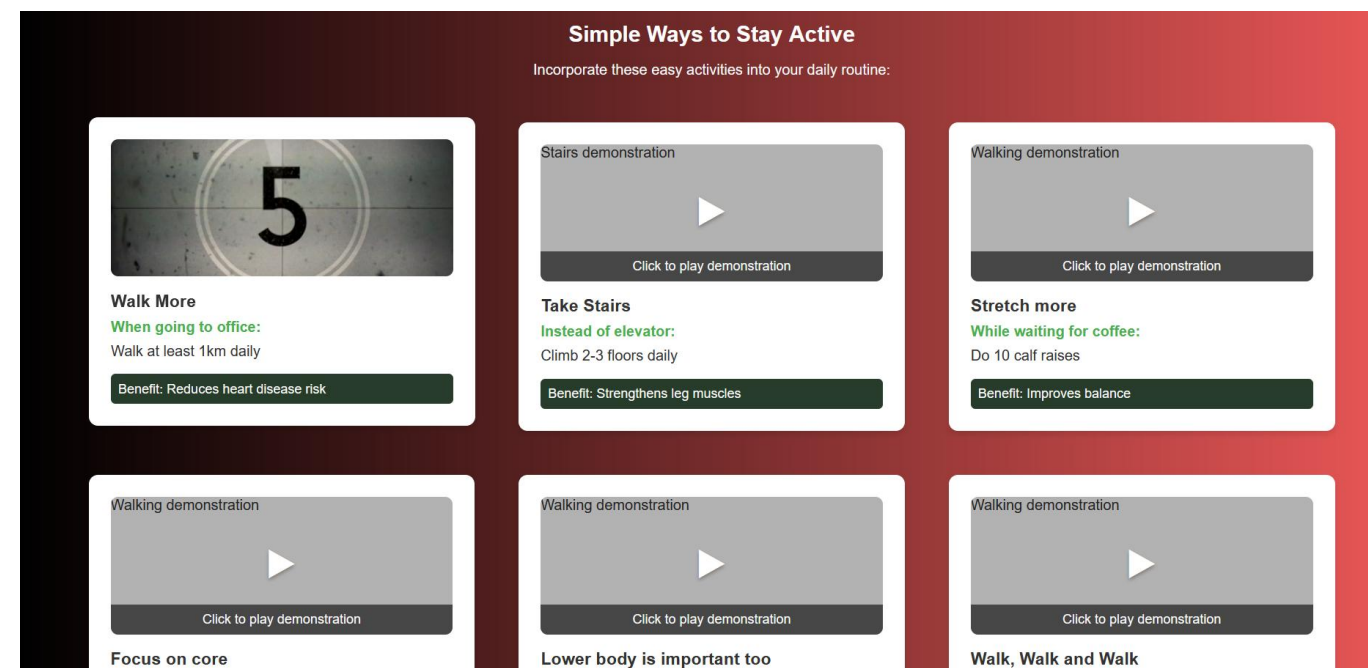
Practical Implementation- Simple Layout for Simple Onboarding, Backed by publicly available research and verified content (just in case user want to cross-check given details), Gamification through streaks and progress sharing.

Major Challenges and Risks

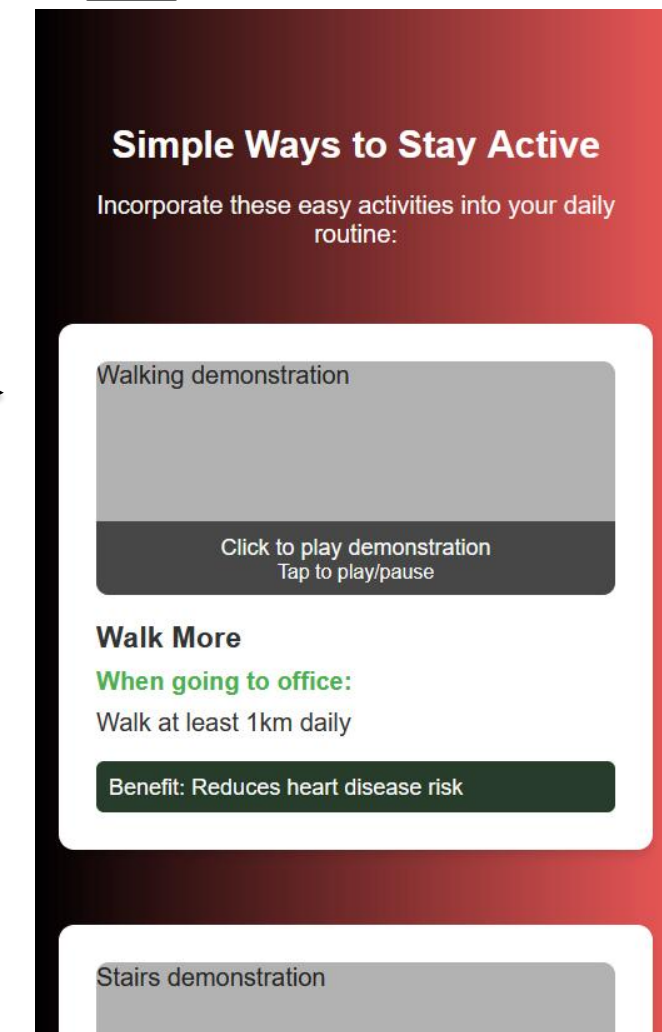
- 1) **Combating widespread misinformation** and unregulated advice on social media platforms.
- 2) Unqualified influencers **promote fat diets**, extreme detoxes, or misleading "quick fixes."
- 3) Many people **prioritize trends over evidence-based guidance**, leading to poor long-term health outcomes.



Desktop Layout



Phone Layout



How will we overcome these Challenges ?

- 1) Educate Digitally
- 2) Fact-Checking
- 3) Dive into Research Papers
- 4) Monitoring Viral trends
- 5) Forming a engaging Community

IMPACT AND BENEFITS

Target Audience

Who is our Audience ?

Our solution empowers Indian youth (ages 15–25) facing mental health challenges, diabetes, obesity, hypertension, and insomnia.

How will it create an impact on them?

By delivering Health insights, peer-led support community, to the point information, we drive sustained engagement and measurable health improvements.



Key Benefits

Social Advantages-

- 1) Healthier Youth
- 2) Empowered Community

Economic Advantages-

- 1) Reduced Healthcare cost
- 2) Increased Productivity

Environmental Advantages-

- 1) Digital-First approach
- 2) Promotes healthy lifestyle

Long-Term value

Scalability-

- 1) Add support for major Indian languages (Hindi, Assamese, Bengali) to capture deeper engagement.
- 2) Enhancing marketing through word-of-mouth influence, as peer pressure naturally drives user to engage with the website.

Future Potential-

- 1) Collaborate with public health bodies (Ayushman Bharat, WHO) for funded research outreach.
- 2) Feedback from 15 professors and 30 students highlighted a positive, engaging user experience with easy access. Backend improvements were suggested.



REFERENCES

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- [https://en.m.wikipedia.org/wiki/Preventive nutrition](https://en.m.wikipedia.org/wiki/Preventive_nutrition)
- [https://en.m.wikipedia.org/wiki/Yoga as therapy](https://en.m.wikipedia.org/wiki/Yoga_as_therapy)
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