

Vishwakarma Institute of Technology, Pune

CODEFLIX 2025

CODEZILLA

Sponsor : Worqhat

PS Number : 1 **AI Health Companion**

Team : Tech Agents

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PROBLEM STATEMENT

Lack of a holistic, **personalized** platform for managing physical and mental health leaves individuals struggling to balance **diet, exercise, sleep, and stress**, highlighting the need for an **AI-driven solution** offering real-time guidance, mood tracking, and mindfulness tools.

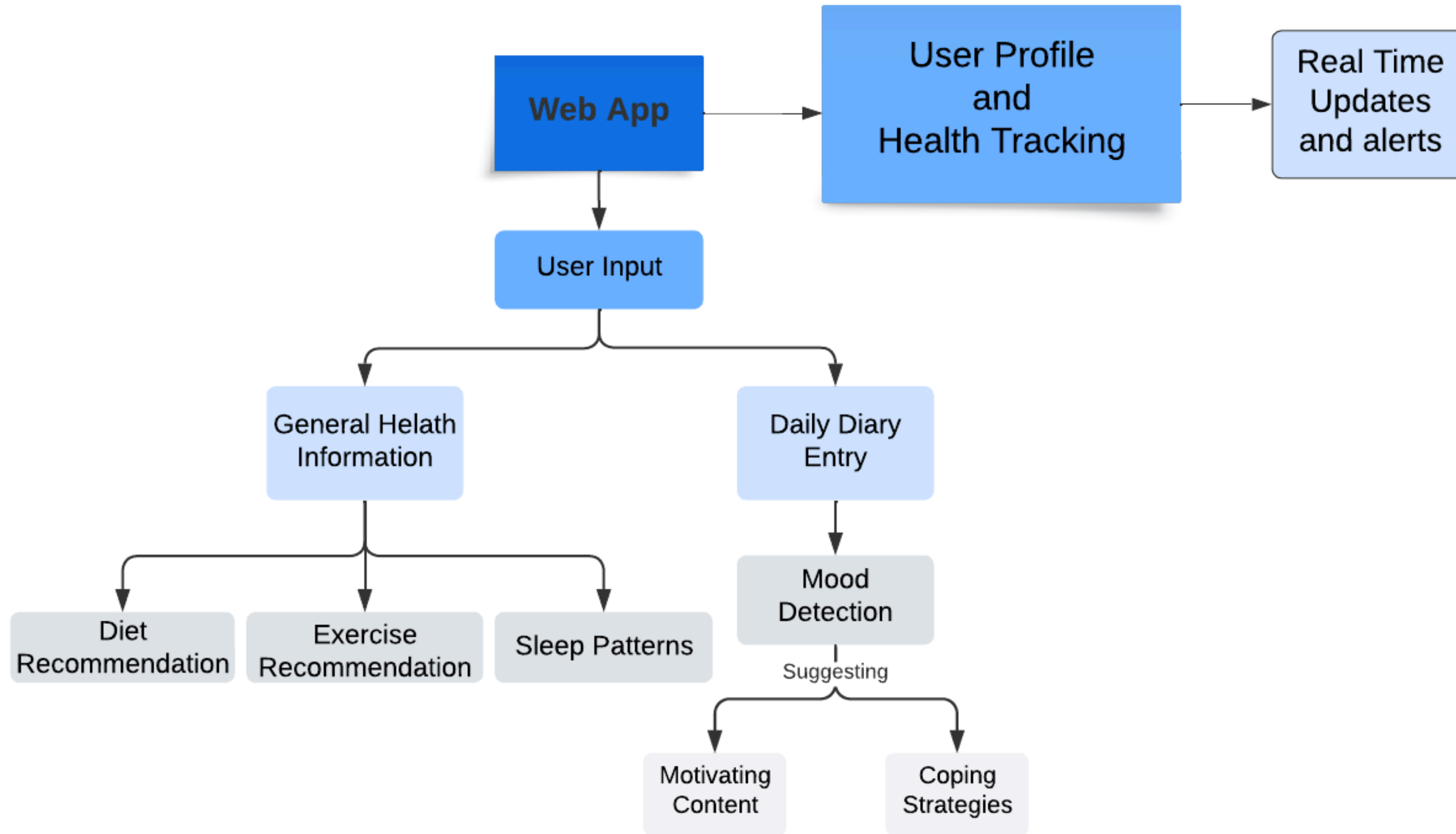
AI Health Companion: Create an AI platform that integrates physical and mental health management. Features include personalized advice on diet, exercise, sleep, and stress, along with tools like mindfulness activities, mood tracking, and motivational quotes. Ensure real-time updates and reminders for user engagement.

PROPOSED SOLUTION

A Web application - **WellNest** offering following features.

- Physical health recommendations for **diet, exercise, and sleep** based on inputs of general health information from user.
- A dedicated **Notes section**, where users can write daily diary entries. An **LLM-powered sentiment analysis agent** will analyze these notes to detect the user's mood, keep track and provide personalized strategies, motivational content, coping mechanisms, and humor to uplift them.
- Suggesting a **full exercise and diet plan** to the users at **regular time intervals**.

PROJECT FLOW



TECH STACK

FRONT END

HTML
CSS
JavaScript
Reactjs

BACK END

Node JS

DATABASE

MongoDB

AI TOOLS

Crew AI
AI Agent
Hugging Face
Transformer
Llama

IMPACTS AND BENEFITS

- **Personalized Health Support:** Provides tailored advice on diet, exercise, sleep, and mental well-being based on user data, promoting healthier lifestyles.
- **Mental Health Focus:** Includes features like mood tracking and mindfulness activities to help users manage stress and improve mental well-being.
- **Real-Time Engagement:** Sends reminders, progress updates, and motivational quotes to encourage users to stay consistent with their health goals.
- **Accessible and Scalable:** Makes health management tools easily accessible to users globally, helping those without easy access to professional care.

THANK YOU