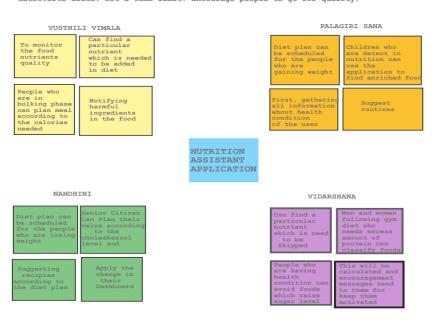
BRAINSTORMING

A spontaneous group discussion to produce ideas and ways of solving problems.

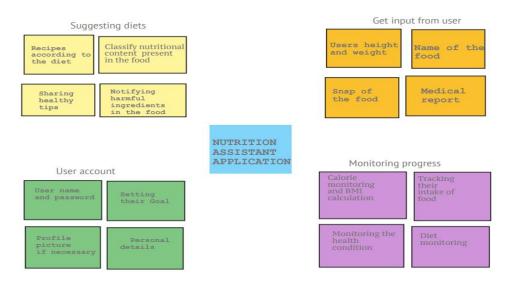
Brainstorm solo

Have each participant begin in the "solo brainstorm space" by silently brainstorming ideas and placing them into the template. This "silent storming" avoids group think and creates an inclusive environment for introverts and extroverts alike. Set a time limit. Encourage people to go for quality.



Brainstorm as a group

Here everyone move their ideas into the "group sharing space" within the template and team silently read through them. As a team , sort and group them by topics. Discuss and answer any questions that arise. Encourage "yes, and..." and build on the ideas of other people along the way.



Decide your focus

Give each person two icons to vote which idea should your team focus on.

VUSTHILI VIMALA

PALAGIRI SANA

Tracking their intake of food

Recipe according to diet Classify nutritional content present in the food

Calorie monitoring and BMI calculation

NANDHINI

VIDARSHANA

Diet monitoring

People who are having health issues can avoid foods which raise the blood sugar level Apply the change in their dashboard

> Classify nutritional content present in the food

