δοεο-BULSE

Personalized Al Health Risk Assessment for India



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ABOUT US



OUR TEAM

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CONTENT

Prana-Pulse is our answer to India's growing crisis of chronic diseases like heart disease and diabetes. Instead of reacting to symptoms, our platform provides proactive, personalized prevention.

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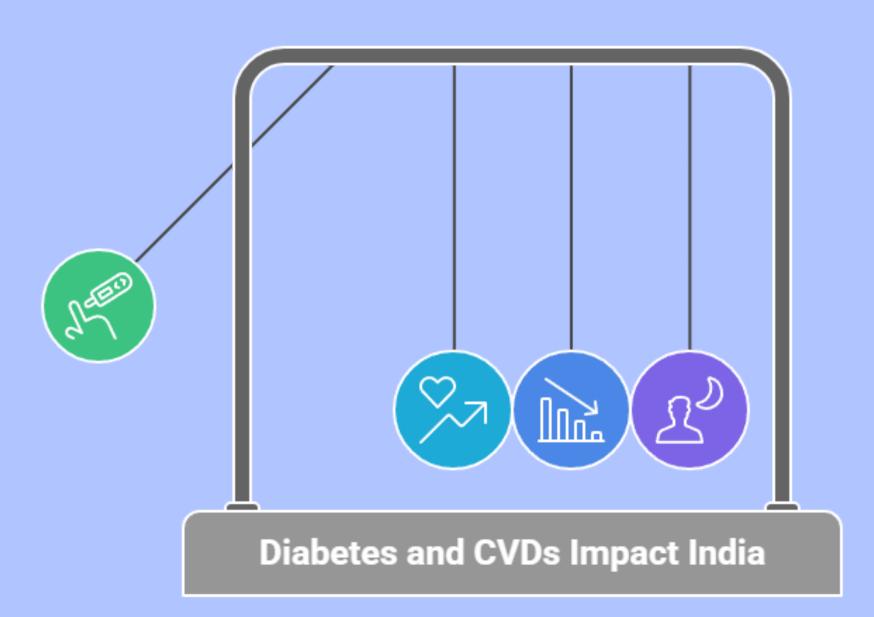
Live Demo

Introduction

Tech Stack

WorkFlow

STATISTICS



Diabetes Cases

101 million cases

27% of all deaths

CVD Deaths

Economic Burden

\$2 trillion losses

Early Onset

Affects younger population



WEAREALWAYS BE THERE

01

AI-POWERED RISK PREDICTION

We use custom-trained machine learning models to provide accurate risk scores for both Heart Disease and Type 2 Diabetes.

02

CONVERSATIONAL HEALTH ASSESSMENT

An easy-to-use, chatbot-style interface to collect your health information without the complexity of traditional forms.



WEAREALWAYS BE THERE

03

PERSONALIZED AI REPORTS

After each assessment, you receive a detailed, multi-page report that explains your risk score in simple terms.

04

CULTURALLY RELEVANT GUIDANCE

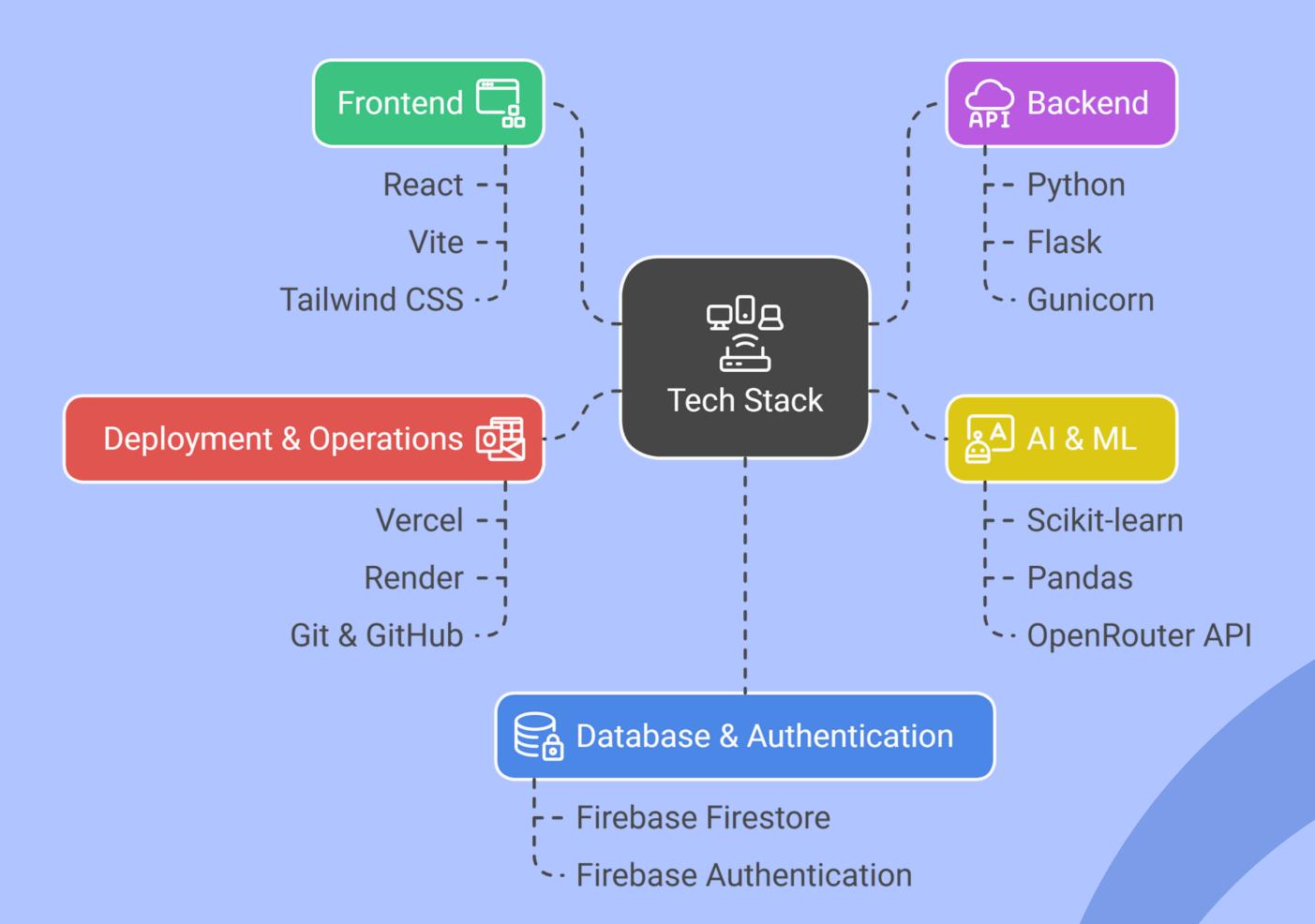
The AI generates lifestyle and diet plans that are specifically tailored to an Indian cultural context, making the advice practical and easy to follow.



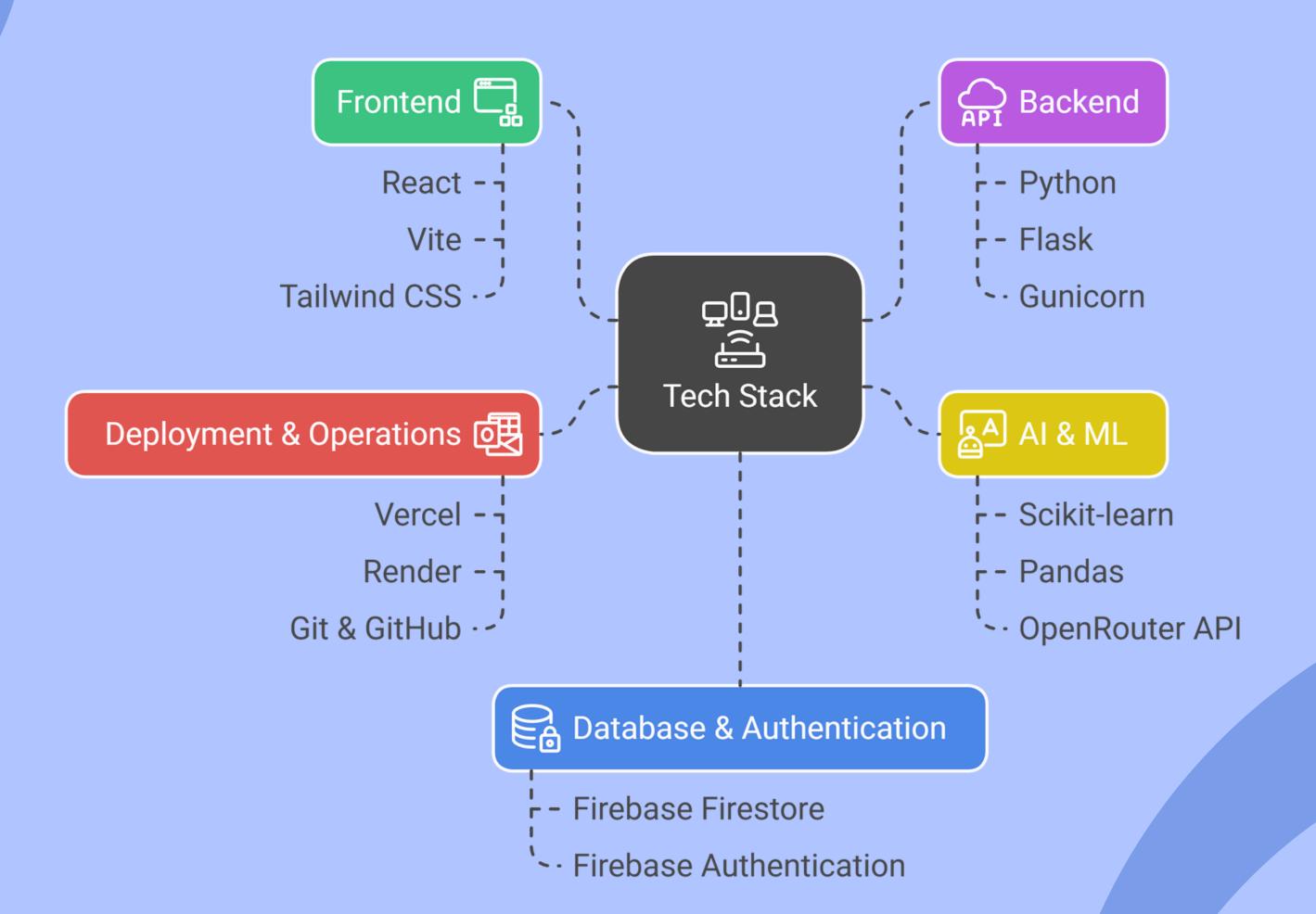
TECH STACK USED



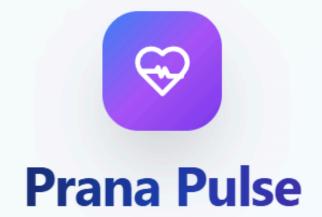
Tech Stack Overview



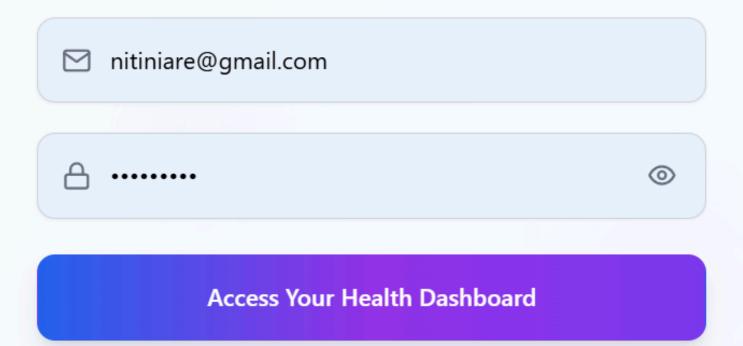
Tech Stack Overview







Your Intelligent Health Companion



New to Prana Pulse? Start your health journey



SMART RISK ASSESSMENT

AI-Powered Health Intelligence

Advanced machine learning algorithms analyze your health data to predict cardiovascular risks with 94% accuracy, providing insights that go beyond traditional health apps.



View Mode:

Clinician

BURUGU SAI NITIN
Patient

Dashboard

- **♦** Health Assessment
- Ask Prana-Pulse
- Health Reports

Good Morning, BURUGU SAI NITIN!

Your personalized health insights powered by AI analysis.

Patient



Heart Disease Records

Historical Analysis

Comprehensive Health Summary

Recent trends indicate elevated risk factors requiring attention. Your average risk profile indicates higher concern. Immediate lifestyle interventions recommended - consult with healthcare providers for personalized treatment plans.

Aug 1, 2025	100.0% Risk
Al Assessment	High
Aug 4, 2025	1.0% Risk
Al Assessment	Low
Aug 4, 2025	31.0% Risk
Al Assessment	Medium



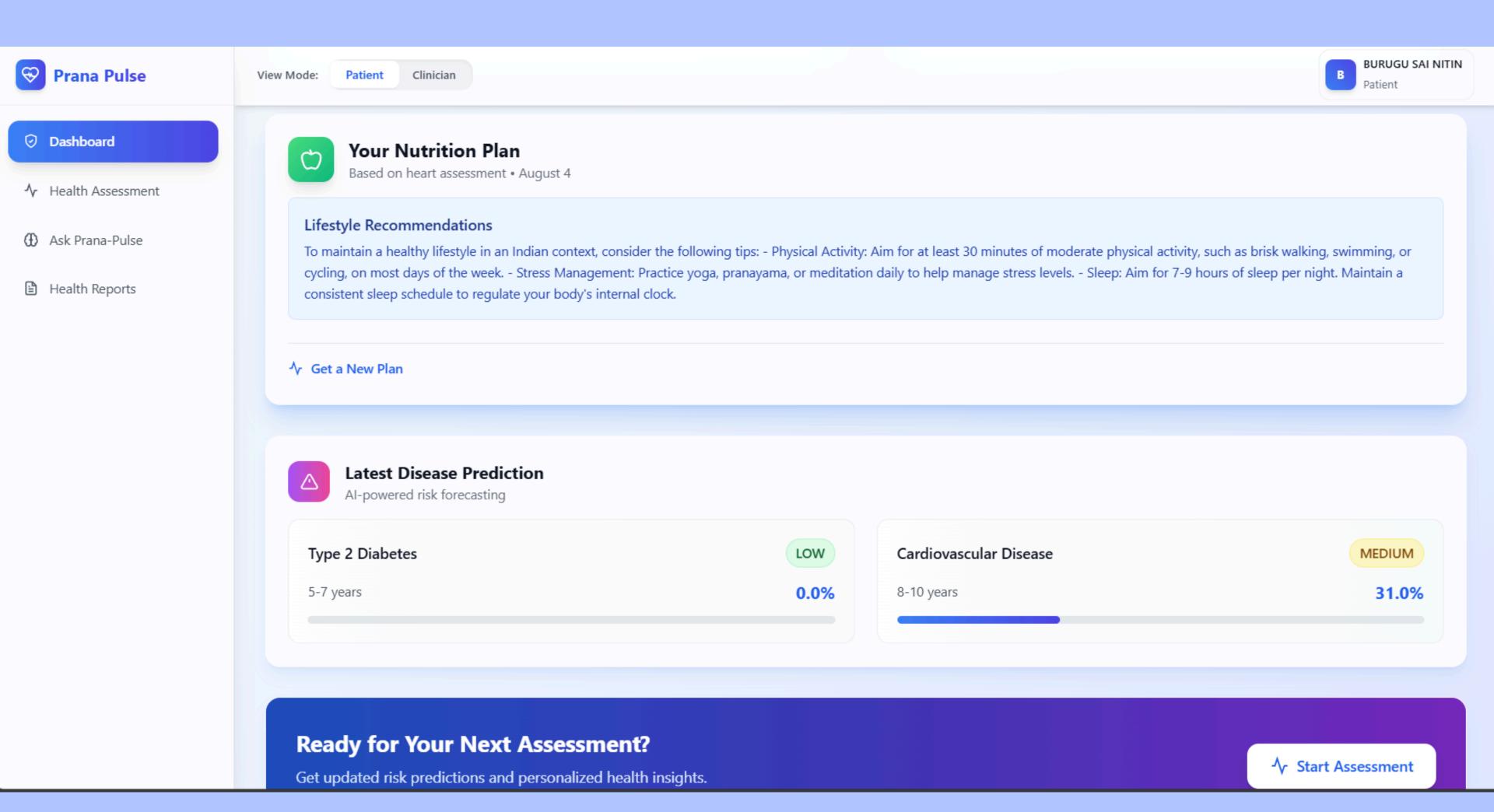
Diabetes Records

Historical Analysis

Comprehensive Health Summary

Your health patterns are stable. Keep up the good work with regular monitoring and maintain healthy lifestyle choices.

Aug 1, 2025
Al Assessment
Low

















I'm your personal health and wellness companion. How can I help you on your wellness journey today?

Diabetes management

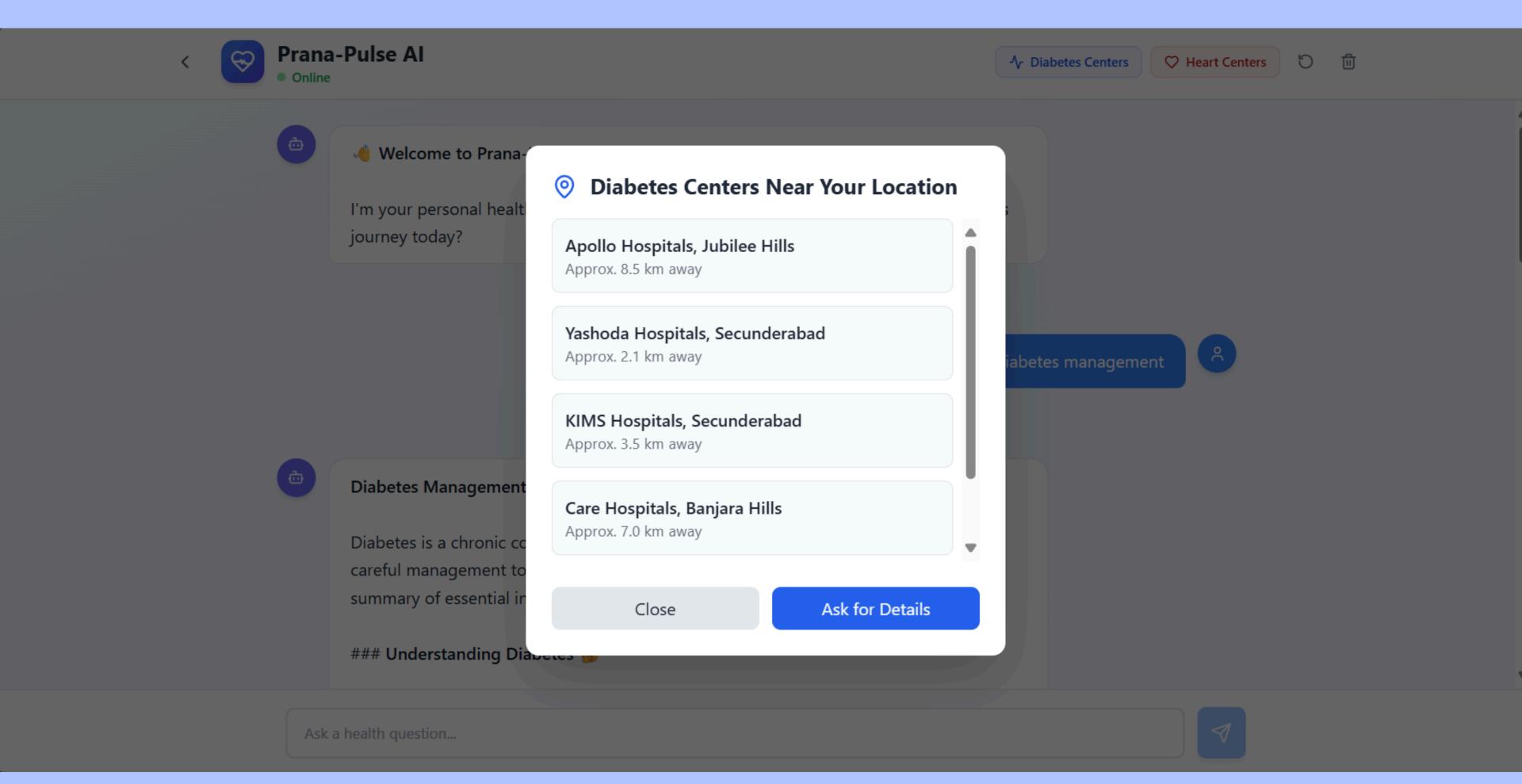
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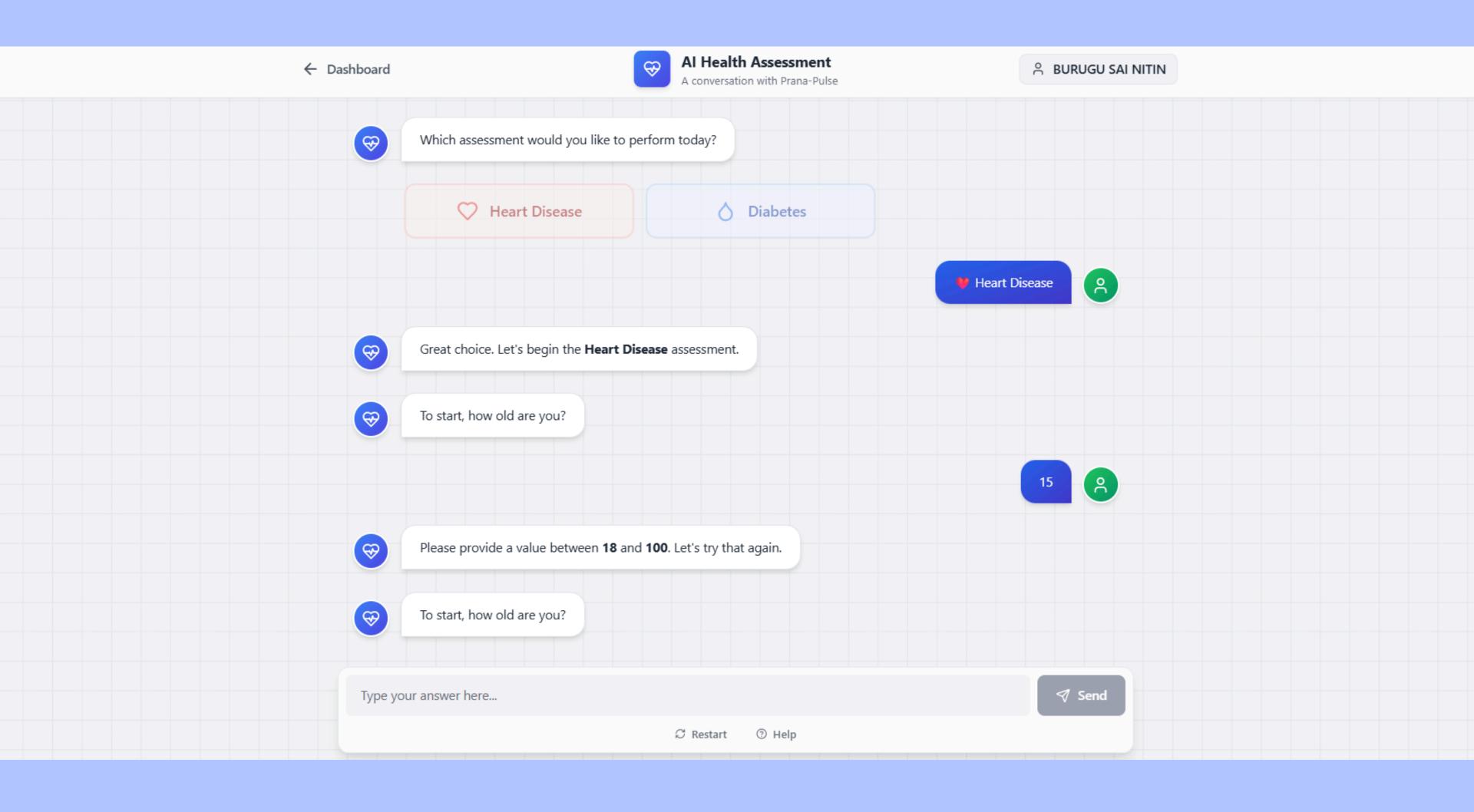


Diabetes Management: A Comprehensive Guide 🔭

Diabetes is a chronic condition that affects millions of people worldwide, requiring careful management to prevent complications and maintain overall health. Here's a summary of essential information to help you manage diabetes effectively.

Understanding Diabetes 🚱









Patient Information

- S BURUGU SAI NITIN
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- **S August 2025**



Heart Disease Risk Report

Al-powered analysis based on your provided health data.

Risk Level

Low

Risk Score

6.0%

Your Submitted Information

Sex Ср Trestbps Age 20 Male Asymptomatic 150 Thalach Chol Fbs Restecg 300 Normal 90 No Oldpeak Exang Slope Ca Yes Flat 2



Risk Assessment Summary

At a low risk level for heart disease, it's crucial to maintain these healthy habits to prevent future risk. Regular check-ups are essential to monitor your heart health.



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Health Vitals Analysis

- *Age (20):** Young age is beneficial for heart health as it allows for potential lifestyle changes.
- *Sex (1 Female):** Women tend to develop heart disease at an older age than men, but it's still important to maintain heart-healthy habits.
- *Chest pain (cp 3):** Mild angina pectoris but not near the stairs. It's essential to manage stress and engage in a regular exercise regimen to prevent chest pain.
- *Blood pressure (trestbps 150):** High systolic blood pressure may increase the risk of heart disease. Consider dietary adjustments, regular exercise, and stress management techniques.
- *Cholesterol (chol 300):** High cholesterol level significantly increases the risk of heart disease. It's essential to manage cholesterol levels through diet, exercise, and medication if necessary.
- *Fasting blood sugar (fbs 0):** Normal fasting blood sugar level, which is desirable for heart health.
- *Resting electrocardiographic results (restecg 0):** Normal ECG, which is good for heart health.
- *Maximum heart rate (thalach 90):** Lower than average maximum heart rate, may indicate reduced fitness level. Aim
 for regular exercise to improve cardiovascular fitness.
- *Exercise-induced angina (exang 1):** Indicates the presence of angina during exercise, which could be a risk factor
 for heart disease. Make sure to manage stress, adhere to a regular exercise regimen, and consult with a healthcare
 professional if necessary.
- *ST segment depression (oldpeak 2):** A moderate finding which can indicate heart disease, changes in lifestyle, medication, and further evaluation may be necessary.





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Lifestyle Recommendations

- *Physical Activity:** Engage in at least 150 minutes of moderate-intensity aerobic exercise, such as brisk walking, or 75
 minutes of vigorous-intensity activities, like jogging. If possible, incorporate yoga and pranayama to improve flexibility,
 balance, stress management, and cardiovascular health.
- *Stress Management:** Practice relaxation techniques like deep breathing and try to include at least 7-8 hours of quality sleep every night.
- *Sleep:** Prioritize good sleep hygiene and manage stress to ensure quality sleep every night.

49

Personalized Diet Plan

Sample 3-Day Indian Meal Plan:

. *Day 1:**

Breakfast: Oats Upma (Low-fat, High-fiber)

Lunch: Moong Dal Chawal (High-protein, Low-sodium, High-fiber)

Dinner: Grilled Fish Tikka with Brown Rice (Lean protein, Low-sodium, High-fiber)

. *Day 2:**

Breakfast: Chickpea Flour (Besan) Dosa with Sambar (Low-fat, High-protein)

Lunch: Rajma Chawal (High-protein, Low-sodium, High-fiber)







6

Total Reports



4

Low Risk



1

Medium Risk



1

High Risk



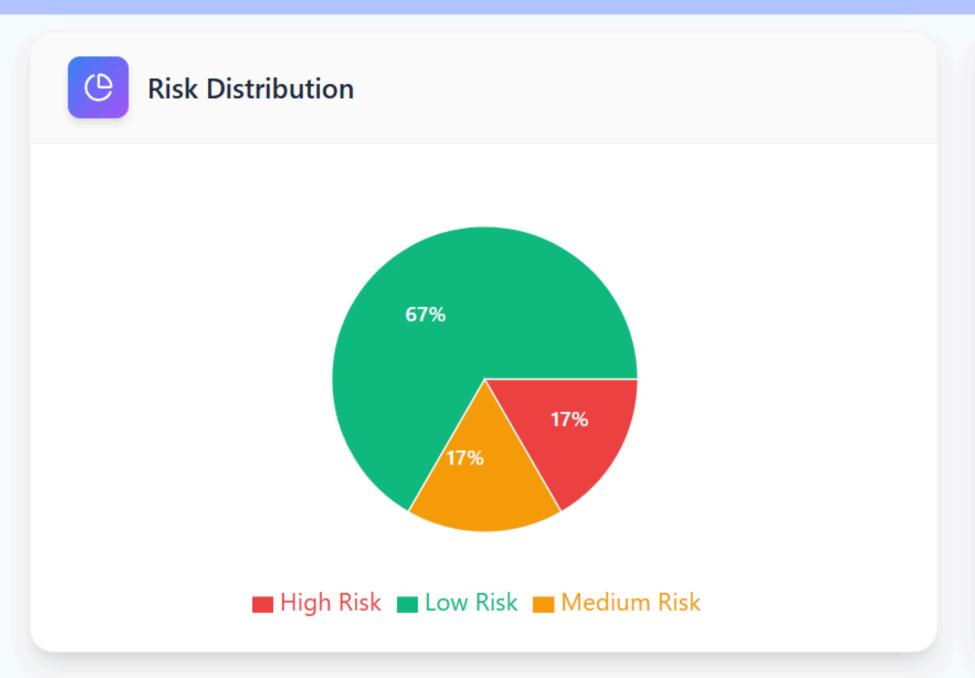
Avg. Heart Disease Risk





Avg. Diabetes Risk

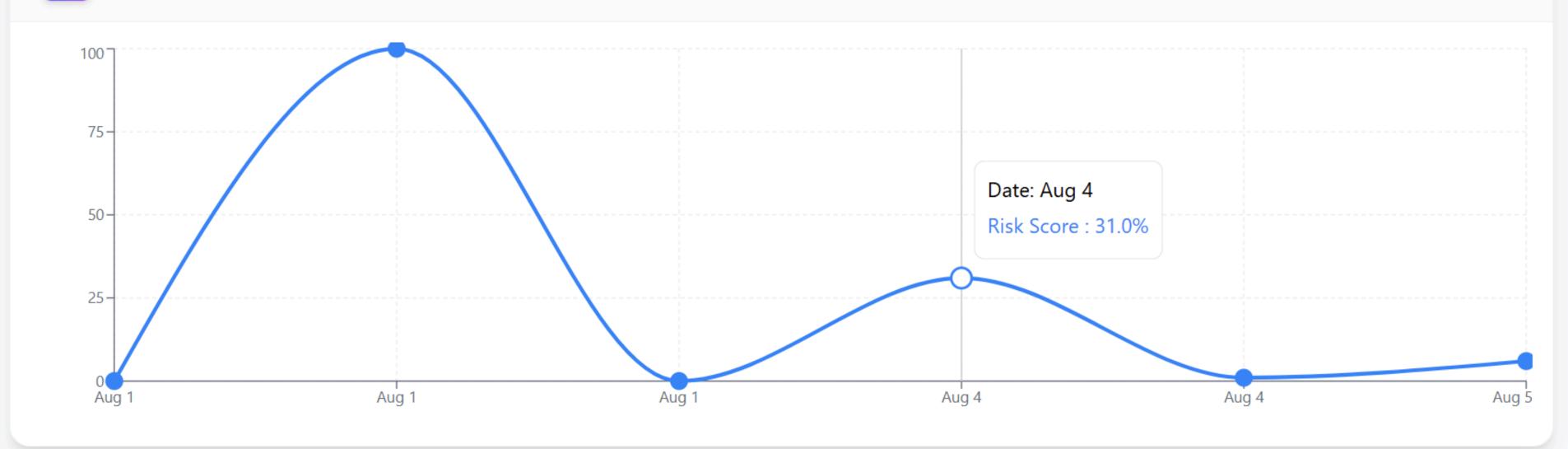








Risk Score Trends Over Time



BACKENDAND MLWORKFLOW

Predictive Health Assessment Process

Frontend Sends the Request

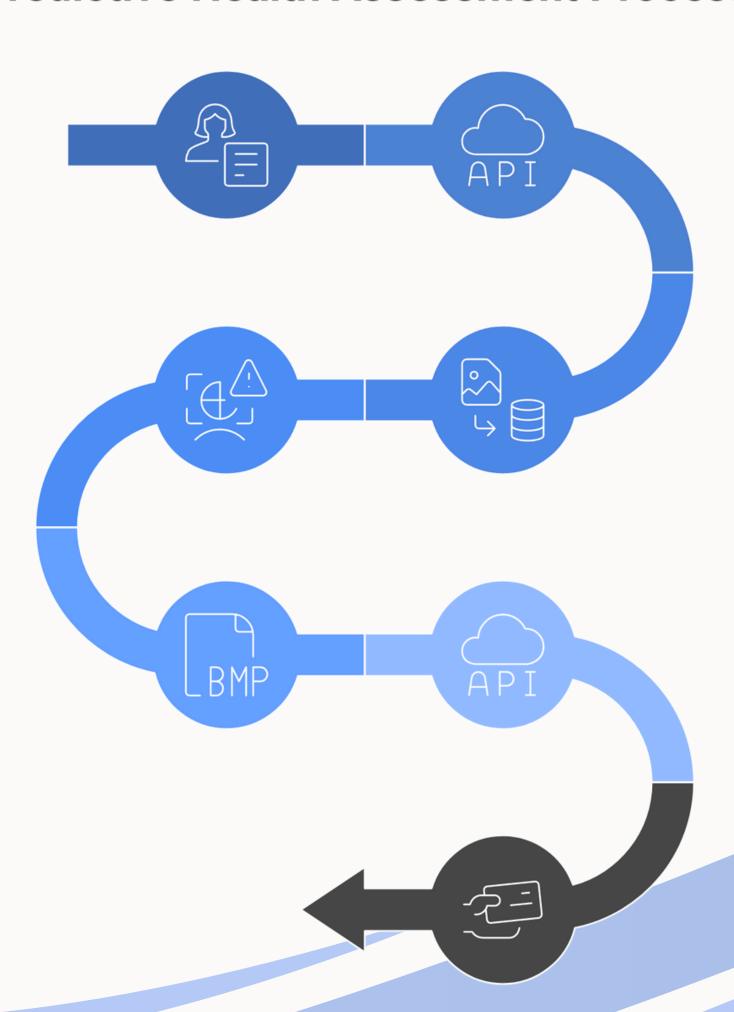
React frontend gathers user data

The Core Prediction

Scikit-learn model calculates risk

Preparing the Prompt for the Al

Detailed instructions for LLM



API Receives and Validates Data

Flask application parses JSON data

Data Preprocessing for the Model

Pandas and Scikit-learn prepare data

Calling the Generative Al

Backend sends request to OpenRouter API

Finalizing and Sending the Response

Backend sends complete JSON to frontend

CONTACT SUPPORT



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RESOURCE PAGE

