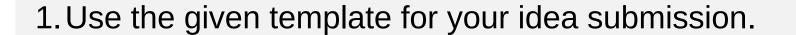


Instructions

Reference slide- Remove before submission



- 1. Follow file naming format: Team name_Idea Name.pptx
- 1. Ensure the spell check is done before submitting
- 1. Use standard Arial font, alignment and relevant images (as required)



Team details

TEAM NAME:

Ctrl Intelligence



Jaskirat Singh (Team Leader)

College: Chitkara University Stream: Computer Science

Engineering

Year of graduation: 2026



Ishika Gulati

College: Chitkara University Stream: Computer Science

Engineering

Year of graduation: 2026

Describe the problem statement (200 words)

High demand for fitness apps:

- 400M+ downloads in 2021.
- 2B active users in the fitness app category.

Current app limitations:

- Lack of personalized diet and workout plans.
- Focus mainly on diet tracking, ignoring live workout feedback.
- Lack of sustained motivation for users.

User pain points:

- Lack of real-time form correction during workouts.
- Limited community engagement and social connection.
- Repetitive gamified elements, leading to disengagement.

Proposed solution / your big Idea (200 words)

- Al Personalization (NLP & Machine Learning):
 - Custom diet and workout plans based on body type, goals, and habits using AI.
 - NLP analyzes user inputs to provide personalized recommendations.
- Community Features (Social Media & AI):
 - Social media integration for sharing reels, posts, and following friends.
 - All suggests challenges for friend groups and the community.
- Smart Leaderboard (AI & Data Analytics):
 - Tracks progress based on individual improvement, not just numbers.
- Live Workout Tracking (Computer Vision):
 - Real-time form correction using computer vision to reduce injury risks.
- Gamified Motivation (AI & Gamification):
 - Features like streaks, challenges, and "Workout of the Week" (WOW) to keep users engaged.

How does your innovation accelerate change with the power of Technology? (200 words)

- Al & ML integration:
 - Al-driven personalized diet and workout plans.
 - ML suggests optimal workout routines based on user performance over time.
- Live workout feedback:
 - Real-time form correction, ensuring users perform exercises correctly.
- Social motivation:
 - Social media features, friend connections, and challenges drive accountability.
- Gamification:
 - Features like streaks, leaderboards, and challenges create continuous engagement.

How is your solution different/unique from other solutions in market? (150 words)

- Balanced focus:
 - Equal attention to both diet and workout plans.
- Smart leaderboard:
 - Focuses on improvement, not just basic metrics like speed/distance.
- Live workout tracking:
 - Offers real-time feedback, unlike many apps that only track data passively.
- Community-driven platform:
 - Friends-based challenges and social sharing foster accountability and motivation.

• PATENT FILED: No

Do you have a working model/prototype: Yes If not, will you be able to show working prototype during finale. Yes

