

### 1 INTRODUCTION

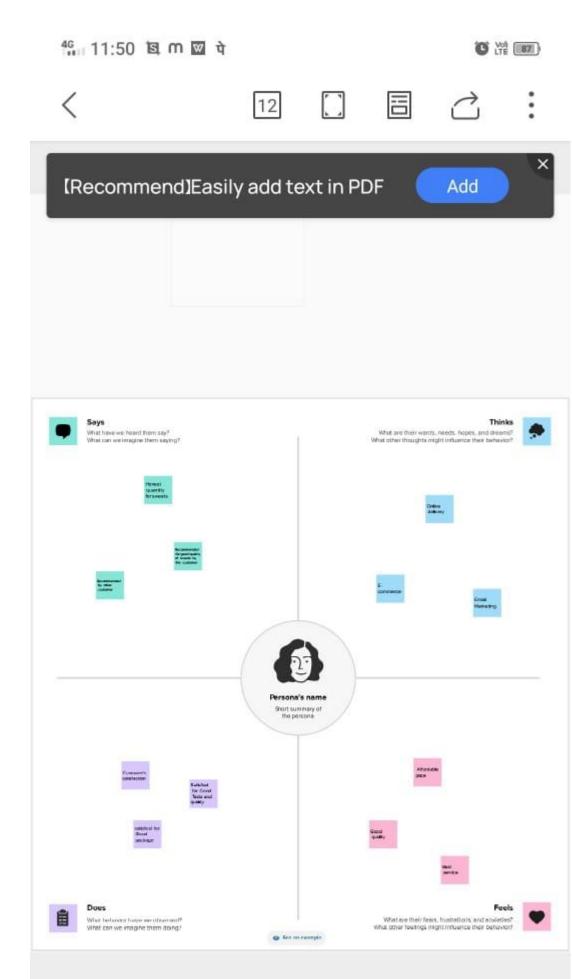
Overview

The origin of **sweets** in the Indian subcontinent has been traced to at least 500 BCE when, records suggest, both raw sugar (gur, vellam, jaggery)

### 2 Problem Definition & Design Thinking

**Empathy Map** 

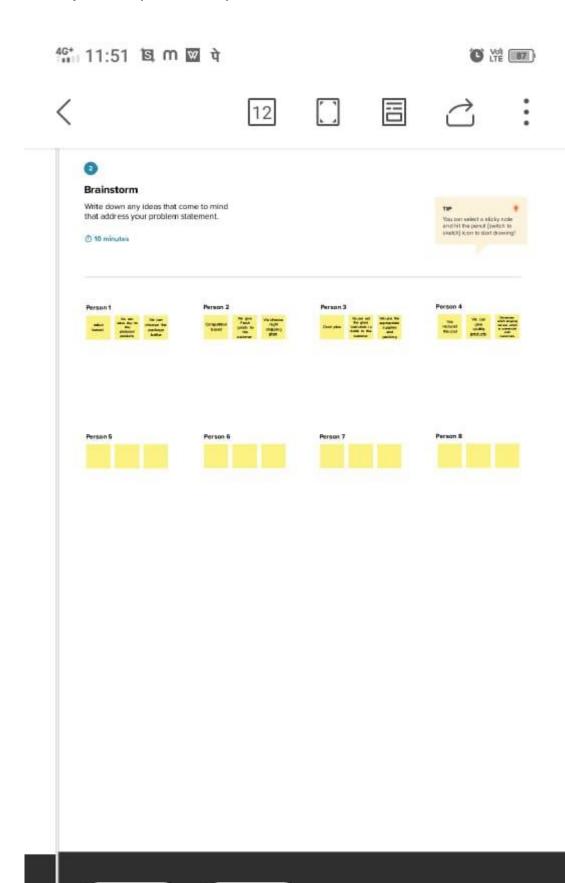






Paste the empathy map screenshot & Brainstorming Map





To To The Tree



Paste the Ideation & brainstorming map screenshot

3 RESULT

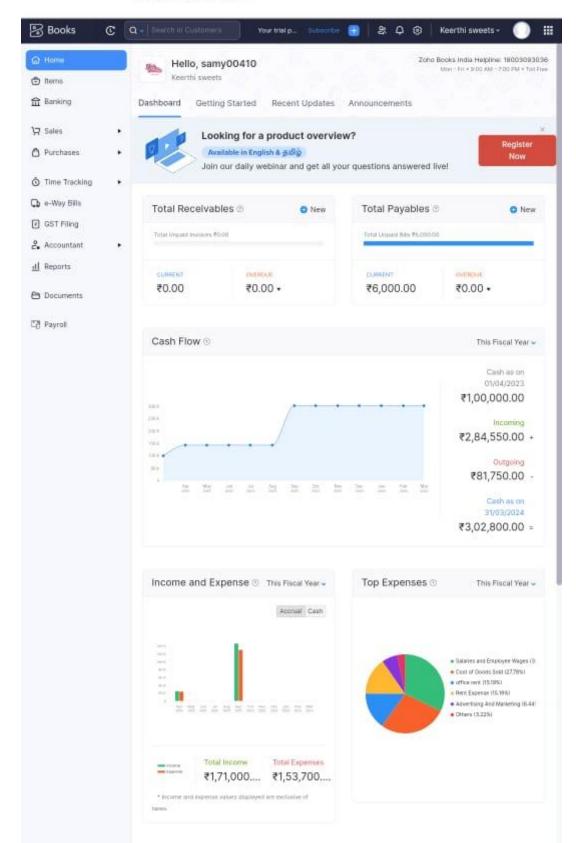


X Dashboard | Zoho...

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### **ADVANTAGES & DISADVANTAGES**

High in nutrients. Ever wondered why your body craves those delicious-

It Lowers Your Blood Pressure. ...

It's Time to Feel Happy with Desserts - Yes, Really! ...

Having Desserts Helps to Control Weight. ...

#### 5 APPLICATIONS

Weight Gain. Sugar consumption leads to increased weight. ...

Depression. Eating sugary snacks leads to a release of dopamine, a feel-good chemical in the body. ...

### 6 CONCLUSION

India has had a long and rich tradition of sweets or 'mithais,' and they have an eternal significance in Indian culture. Sweets signify happiness, celebration, good omen

#### **7** FUTURE SCOPE

Enhancements that can be made in the future.

### 8 APPENDIX

A. Source Code

Attach the code for the solution built.

