Basic Details of the Team and Problem Statement

Ministry/Organization Name/Student Innovation:

AICTE, MIC-Student Innovation

PS Code: SM944

Problem Statement Title: Student Innovation.

Team Name: ██████████████

Team Leader Name: ██████████████

Institute Code (AISHE): ██████████████

Institute Name: ███████████████████████████████████
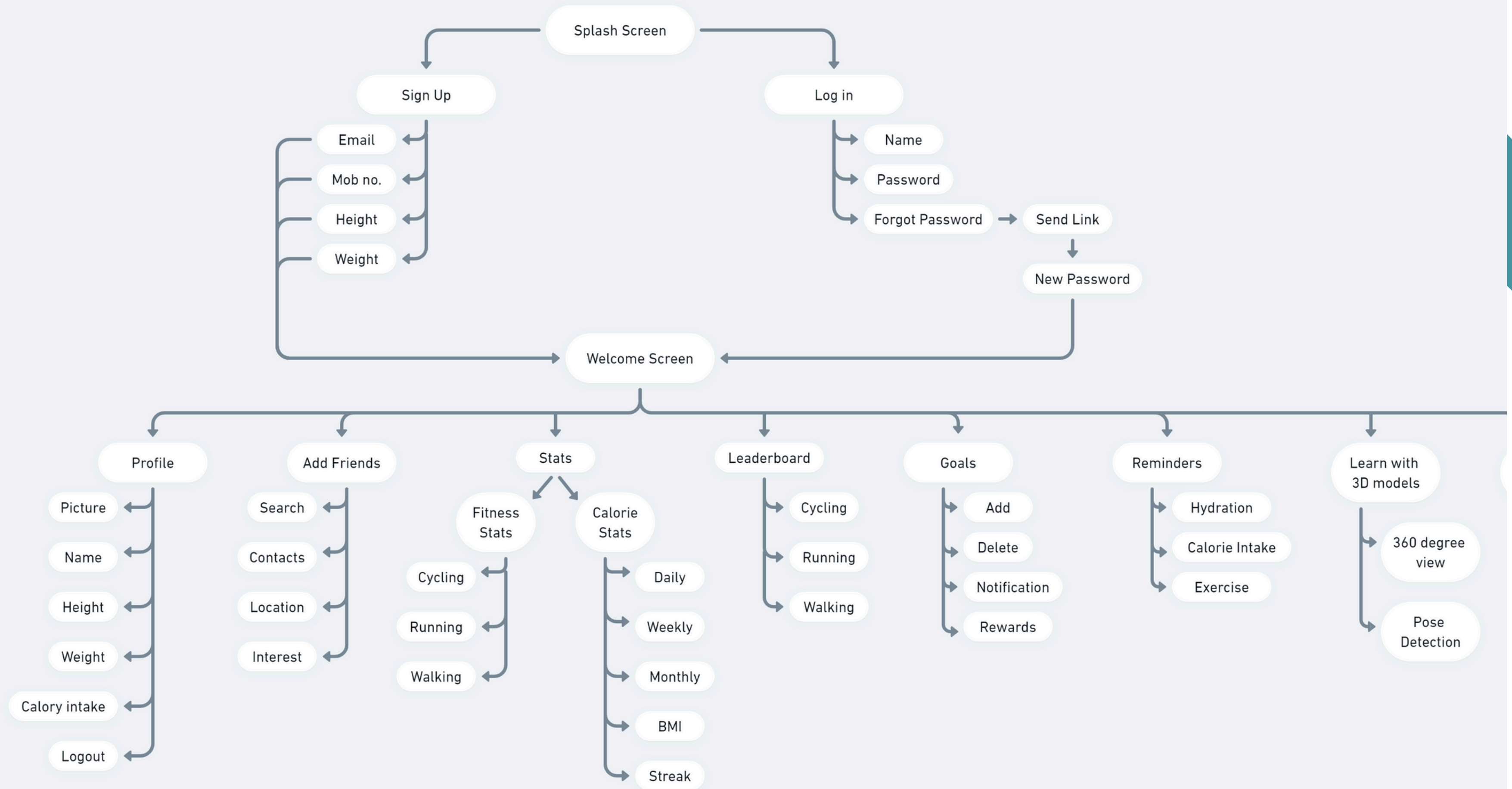
Theme Name: Fitness & Sports

Idea/Approach Details

- Fitness application that has points-based reward system
- leaderboard ranking for encouragement
- fitness streaks to maintain consistency
- Goals is a great way to stay determined
- Stats feature to track progress
- Learn correct stance with 3D video and 360-degree view
- Try out the accurateness of your posture
- Information on how to preserve mental calm and wellness.
- Various reminders on calorie intake, exercise, hydration level, and sleep tracking

Technology stack :

- XML
- KOTLIN
- MongoDB
- NodeJS
- ExpressJS
- Blender

FLOWCHART

Splash Screen

Sign Up
- Email
- Mob no.
- Height
- Weight

Log in
- Name
- Password
- Forgot Password → Send Link → New Password

Welcome Screen

Profile
- Picture
- Name
- Height
- Weight
- Calory intake
- Logout

Add Friends
- Search
- Contacts
- Location
- Interest

Stats
- Fitness Stats
  - Cycling
  - Running
  - Walking
- Calorie Stats
  - Daily
  - Weekly
  - Monthly
  - BMI
  - Streak

Leaderboard
- Cycling
- Running
- Walking

Goals
- Add
- Delete
- Notification
- Rewards

Reminders
- Hydration
- Calorie Intake
- Exercise

Learn with 3D models
- 360 degree view
- Pose Detection

Idea/Approach Details

Use Cases:

- Restoring attention that has been lost due to covid
- Low-cost, stress-free fitness improvement for people of all ages.
- An initiative to help India become healthier.
- Increasing health awareness and promoting the necessity of staying healthy.
- Provides fun ways for lazy folks to stay healthy.

Show Stopper:

- Goodies for encouraging people for achieving their fitness goals
- A healthy peer-to-peer environment
- Easy achieving short term goals
- Learn using AR/VR for 3D video and 360-degree viewing
- Check posture accuracy using posture checker
- Showing social presence by maintaining daily streaks

Future Scope:

- Setting up a friends group
- Post feature to share workout activities
- Tie up with wearable devices
- Tracking muscle building activities
- chatbot feature for fitness consultancy
- Paid mental wellness consultations and diet programs for subscribed users
- Premium Features for subscription users like Detailed Plans.
- Planning gym collaboration for discounts