

<b>Title</b>	<b>Page No.</b>
<b>CERTIFICATE</b>	1
<b>ACKNOWLEDGEMENT</b>	2
<b>ABSTRACT</b>	3–4
<b>Chapter 1</b>	<b>5–10</b>
<b>1. INTRODUCTION</b>	5
1.1 Overview of Human Pose Estimation	5
1.2 Role of Computer Vision in Human Activity Analysis	6
1.3 Motivation for Fitness Tracking and Surveillance	7
1.4 Problem Statement	8
1.5 Scope and Limitations	9
1.6 Objectives	10
<b>Chapter 2</b>	<b>11–15</b>
<b>2. LITERATURE SURVEY</b>	11
2.1 Overview of Pose Estimation Techniques	11
2.2 Existing Approaches in Fitness Tracking	12
2.3 AI Applications in Surveillance and Fall Detection	13
2.4 Comparative Study of Pose Estimation Models	14
2.5 Summary	15
<b>Chapter 3</b>	<b>16–22</b>
<b>3. PROPOSED SYSTEM METHODOLOGY</b>	16
3.1 System Overview	16
3.2 Architecture and Workflow	17
3.3 Pose Detection and Angle Calculation	18
3.4 Fitness Tracking Module (Squat Detection)	19

<b>Title</b>	<b>Page No.</b>
3.5 Surveillance & Fall Detection Module	20
3.6 Multi-Person Tracking and Analysis	21
3.7 Tools and Technologies Used	22
<b>Chapter 4</b>	<b>23–25</b>
<b>4. RESULTS AND DISCUSSION</b>	23
4.1 Real-Time Pose Detection Output	23
4.2 Squat Counting and Audio Feedback	24
4.3 Surveillance Alerts and Posture Recognition	24
4.4 Performance Evaluation	25
<b>Chapter 5</b>	<b>26–28</b>
<b>5. APPLICATIONS AND FUTURE SCOPE</b>	26
5.1 Applications	26
5.2 Future Enhancements	27
5.3 Ethical and Privacy Considerations	28
<b>REFERENCES</b>	29–30