**Manya-** Good morning/afternoon everyone. **Myself Manya Thapliyal** and **I am Prashant Bisht**.  
Today, we are here to present our project AyurSense: An Intelligent Ayurvedic Recommendation System.

We named our project **AyurSense** because it combines the word *Ayur* from Ayurveda, which means knowledge of life, and *Sense*, which reflects intelligent understanding. Hence, AyurSense stands for making sense of Ayurveda in a modern and personalized way.

**Prashant-** In today’s fast-paced world, lifestyle-related disorders like obesity, diabetes, hypertension, and stress are becoming more and more common. This is mainly due to unhealthy eating habits, lack of physical activity, and rising stress levels.

**Manya-** Many people try quick fixes or random remedies they find online, but these solutions are usually not personalized and often don’t give effective results.

Ayurveda, the ancient Indian system of medicine, offers natural and holistic ways to maintain health. It focuses on prevention and balance.

However, Ayurveda is not always easy to access or personalized for modern lifestyles.

**Prashant-** To solve this problem, we created AyurSense — An Intelligent Ayurvedic recommendation system. It combines traditional Ayurvedic wisdom with modern technology, making health guidance simple, accessible, and user-friendly for everyone.

**Manya-** In earlier presentation we stated the problem statement of our project like1. Lack of awareness about Ayurveda and its benefits

2. Generic remedies fail to provide personalized solutions

**Prashant-** 3. No accessible platform for personalized Ayurvedic guidance

4. People keep shifting to medicines or changing treatments

**Manya-** Then we had discussed the Objectives of our Project which are

To provide personalized Ayurvedic recommendations based on a user’s health quiz

Users can adopt healthy lifestyle practices without relying on chemical-based medicines or generic advice

It also bridges the gap between modern lifestyle and Ayurvedic knowledge

**Prashant-** The platform is designed to be simple, intuitive, and easy to navigate for all types of users so it is a user-friendly application.

The platform educates users about Ayurvedic principles which encourages them to explore natural and holistic approaches to health.  
By using intelligent analysis and authentic Ayurvedic knowledge, AyurSense ensures users receive effective and dependable guidance.

**Manya-** 1. User Approach

In existing systems, people mostly rely on Google, YouTube, or random online sources. Most advice is generic and not tailored to an individual’s health needs.  
With AyurSense, an AI-powered quiz analyzes user responses, and the recommendations are personalized for each user.

2. Remedies

In the existing setup, it’s difficult to find trusted and authentic Ayurvedic remedies. Users often follow incorrect or ineffective tips.  
AyurSense provides reliable and authentic remedies, including suggestions for yoga and diet tailored to the user’s health profile.

**Prashant-** 3. Accessibility

Currently, information is scattered across multiple sources, and users spend a lot of time searching and verifying it.  
AyurSense centralizes all information in one user-friendly website, making personalized guidance easily accessible anytime.

4. Awareness

In the existing system, there is generally low awareness about Ayurveda and its benefits. Many people do not know how Ayurveda can help them maintain health naturally.

In contrast, AyurSense educates users about Ayurveda and highlights the personalized benefits according to their unique health profile.

**Manya-** We had also discussed Methodology we followed in building AyurSense

1. First, in the Requirement Analysis phase, we studied user needs and identified the common problems in existing systems

2.Next was the System Design stage. Here, we created the workflow, architecture, and database schema.

3.Then was the Development Phase, where we worked on the frontend using HTML, CSS, BootStrap. For the backend, we will be using Flask in Python. We will also integrate AI to generate personalized Ayurvedic recommendations.

**Prashant-** 4. After development, we will be performing Testing. Each module will be tested separately to check functionality, and we will ensure the accuracy of the recommendations generated.

5.The next step will be Deployment, where we will host the project as a web application so that it could be accessed by anyone, anywhere.

6.Finally, we will focus on Feedback and Improvement. Based on user feedback, we will refine remedies, update quiz questions, and improve the overall experience.

**Manya-** Then we discussed the System Components of AyurSense which are the User, The quiz module , The backend, The Recommendation engine, Output and the Feedback module

This is the Entity Relationship Diagram of our system. It represents the main entities, their attributes, and how they are connected to each other."

Entities Explanation:

* User: The central entity with details like *user ID, name, email, contact number, gender, and age*. A user can attempt quizzes, provide feedback, and receive recommendations.
* Feedback: Linked with the user, it contains attributes like *feedback number, rating, and submitted time*. This helps us analyze user satisfaction.

**Prashant** - Quiz: Each quiz has an *ID, title, description, and created date*. A user attempts quizzes, and each quiz contains multiple questions.

* Questions and Answers: Questions have attributes like *question ID and type*. Users submit answers with *answer ID and score*. These answers are the basis for generating recommendations.
* Recommendation: Based on answers, the system provides personalized recommendations.
* Yoga Aasanas and Remedies:
  + Yoga Aasanas include *asana number, name, and description*.
  + Remedies include *remedy number, description, and dosage*.
  + Both are linked to recommendations, giving users customized solutions.

**Manya-** Relationships:

* A user provides feedback.
* A user attempts a quiz.
* A quiz contains multiple questions.
* A user gives answers to questions.
* Based on answers, the system generates recommendations.
* Recommendations include yoga asanas and remedies.

This ER diagram clearly shows how different entities in our system are related. It provides a blueprint for designing and implementing the database efficiently.

**Prashant-** This is the Class Diagram of our system. It defines the main classes, their attributes, and how they interact with each other.

1. User Class

Represents the users who interact with the system by attempting quizzes and receiving recommendations.

1. Quiz Class
   * Users attempt quizzes, and their responses are processed by the recommendation engine.
2. Recommendation Engine Class
   * Based on quiz results and user inputs, it generates personalized recommendations.

**Manya-** 4. Remedy Class

* + Suggests natural remedies according to the user’s condition.

5.YogaAsana Class

* + Provides suitable yoga poses with step-by-step guidance.
    1. DietChart Class
  + Suggests a proper diet plan along with health benefits.

**Prashant-** Relationships:

* User and Quiz provide input to the Recommendation Engine.
* The Recommendation Engine then outputs suggestions linked with Remedy, YogaAsana, and DietChart classes.

This class diagram shows the structural design of our system. It highlights how different classes work together to provide personalized health recommendations.

**Manya-** This is the Context Level Data Flow Diagram of our system. This Level 0 DFD gives a simple overview of how data flows in and out of the system. It clearly shows that the user provides input in the form of symptoms, and the system responds with personalized remedies and yoga recommendations.

**Prashant**- This is the Level 1 Data Flow Diagram of our system.  
The process starts with **User Management**, where the user can log in or register. After that, the user takes a **Health Quiz**, which collects responses about their health. These responses go to the **Recommendation Engine**, where symptoms are matched with a remedies and yoga database to generate personalized suggestions. The results are then shown to the user in the **Result Display** module. Finally, through the **Feedback Module**, the user can give ratings and comments, which helps us improve the system further.

**Manya-** Here are some screenshots of our website ‘AyurSense’.  
The homepage highlights different aspects of wellness such as Ayurvedic tips, yoga practices, healthy diet, and natural remedies.  
We designed it with a clean and user-friendly interface where users can easily navigate through sections like Home, About, Quiz, Blog, Login, Register, and Contact.  
Each banner showcases a unique dimension of Ayurveda and holistic living, helping users to discover their personalized wellness journey.

**Prashant-** This section of our website is called ‘Your Wellness Journey’.  
It guides users step by step – starting with Self Discovery of their body type and lifestyle, moving towards Natural Remedies, followed by Yoga & Wellness practices, and finally ensuring Healthy Living with a balanced routine.

We also provide a Personalized Quiz to assess health, and based on the results, users can explore Ayurvedic Remedies, Yoga & Exercises, and tailored Diet Suggestions.

We address Common Wellness Problems like poor digestion, frequent headaches, and stress or anxiety. For each issue, the system gives simple Ayurvedic suggestions to improve daily life.

**Manya-** This screenshot shows the Blog and Testimonials section of our website. The Blog section features articles on health and wellness. The Testimonials section highlights real user experiences, which build trust and show how Ayurveda is making a positive impact in daily life.

This screenshot shows the Frequently Asked Questions (FAQ) section of the website. It answers common queries .This section helps users quickly find clarity and builds trust by addressing their concerns directly.

**Prashant-** This screenshot highlights the footer and newsletter section of the website. The ‘Stay Connected’ area allows users to subscribe for weekly wellness tips, Ayurvedic remedies, and lifestyle insights. The footer provides quick links to important pages, an About Us section describing the mission, and contact details with social media handles to stay connected.

**Manya-** This screenshot is from the ‘About Us’ section of the website. It introduces AyurSense as a modern approach to Ayurveda, blending ancient wisdom with today’s lifestyle. The story highlights the vision of making Ayurveda simple, practical, and accessible. It explains how small daily rituals and natural remedies can help people find balance, improve well-being, and live a healthier life.

**Prashant-** This screenshot highlights the Mission, Vision, and values of AyurSense. The mission is to empower people with simple Ayurvedic practices for daily wellness, while the vision focuses on creating awareness about Ayurveda as a natural, holistic way of living. It also introduces the team as passionate learners and creators bringing ancient wisdom into a digital format. Below, we showcase key achievements – over 200 Ayurvedic tips shared, 100% commitment to wellness, and 500+ happy learners.

**Manya-**We have also added a beautiful Ayurvedic proverb – *‘When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.’* It emphasizes the importance of lifestyle and diet in maintaining health.

As part of our project, we will also make efforts towards publication.

First, we will be working on drafting a research paper that highlights the methodology, results, and overall impact of AyurSense.

Next, our target is to submit this work to reputed conferences and journals that focus on healthcare, AI, and Ayurveda.

**Prashant-** We are also taking guidance from our faculty mentors, and thinking to explore collaborations with Ayurveda practitioners to validate the recommendations.

In the future scope, we see opportunities for publishing case studies based on real user feedback, and even expanding into international digital health research platforms.

**Manya-** In conclusion, AyurSense is a personalized Ayurvedic health guidance platform that leverages AI.

It successfully bridges the gap between traditional Ayurvedic wisdom and modern digital technology.

**Prashant-** By encouraging users to adopt natural and side-effect free remedies, it reduces over-dependence on chemical-based medicines.

Through a simple and accessible web application, AyurSense builds awareness and trust in Ayurveda.

**Manya-** Looking ahead, the project can be enhanced further with mobile app integration, real-time chat with experts, and multilingual support, making it even more impactful.

That concludes our presentation on AyurSense.  
Thank you everyone for listening patiently.  
We look forward to your valuable feedback and suggestions.