**A Smart System for Continuous Sitting Posture Monitoring and Assessment**

1. **Introduction**

* **Background and Motivation**
  + Overview of the importance of correct sitting posture for individuals with musculoskeletal conditions.
* **Objectives of the Study**
  + To develop a machine learning algorithm for detecting different sitting postures.
  + To create a comprehensive posture monitoring system that not only classifies postures but also scores them.
  + To provide real-time feedback and statistical analysis of posture data to users.

**2. Literature Review**

* + Review existing technologies and methodologies used for posture detection and correction.
  + Discuss current state-of-the-art solutions, including wearable devices, camera-based systems, and pressure mats.
  + Summary of machine learning techniques previously applied to posture detection.
  + Analysis of the advantages and limitations of these methods.
  + Identification of shortcomings in current posture monitoring systems, such as lack of real-time feedback, limited scope in posture types, and absence of scoring mechanisms.
  + Discussion on the need for comprehensive systems that integrate posture detection, evaluation, and feedback.

**3. Methodology**

* Data Collection
  + Participants
  + Experimental Setup
* Java 2 
  GORITHMS 

https://www.tekscan.com/products-solutions/systems/conformat-system

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* Machine Learning Algorithm
* Posture Monitoring and Scoring System

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**4. Results & Discussion**

* Performance of the Machine Learning Algorithm
* Effectiveness of the Posture Monitoring System
* Statistical Analysis of Sitting Patterns
* Interpretation of Results
* Limitations of the Study

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**5. Conclusion**

* Summary of Contributions
* Future

**References**