

TEAM I

IOT WORKOUT

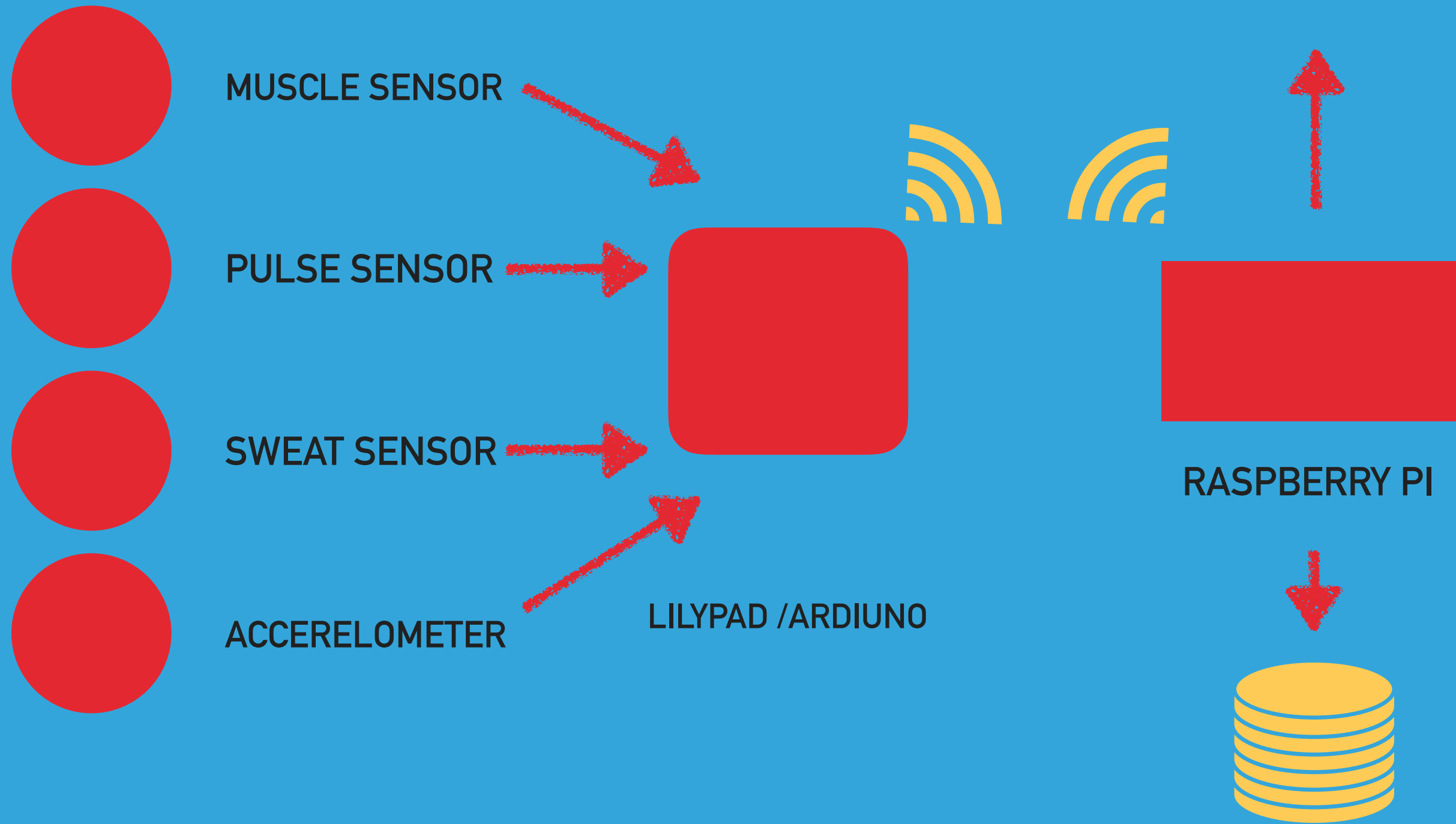
NEED

- ▶ Guided Workout
- ▶ Feedback - Makes a Virtual Trainer
- ▶ Monitor Everything Without Gym Equipment
- ▶ Health Benefits For Citizens And Employees
- ▶ Insurance And Medical Data Revenue
- ▶ Can Also Diagnose Health Problems With Data

SENSORS

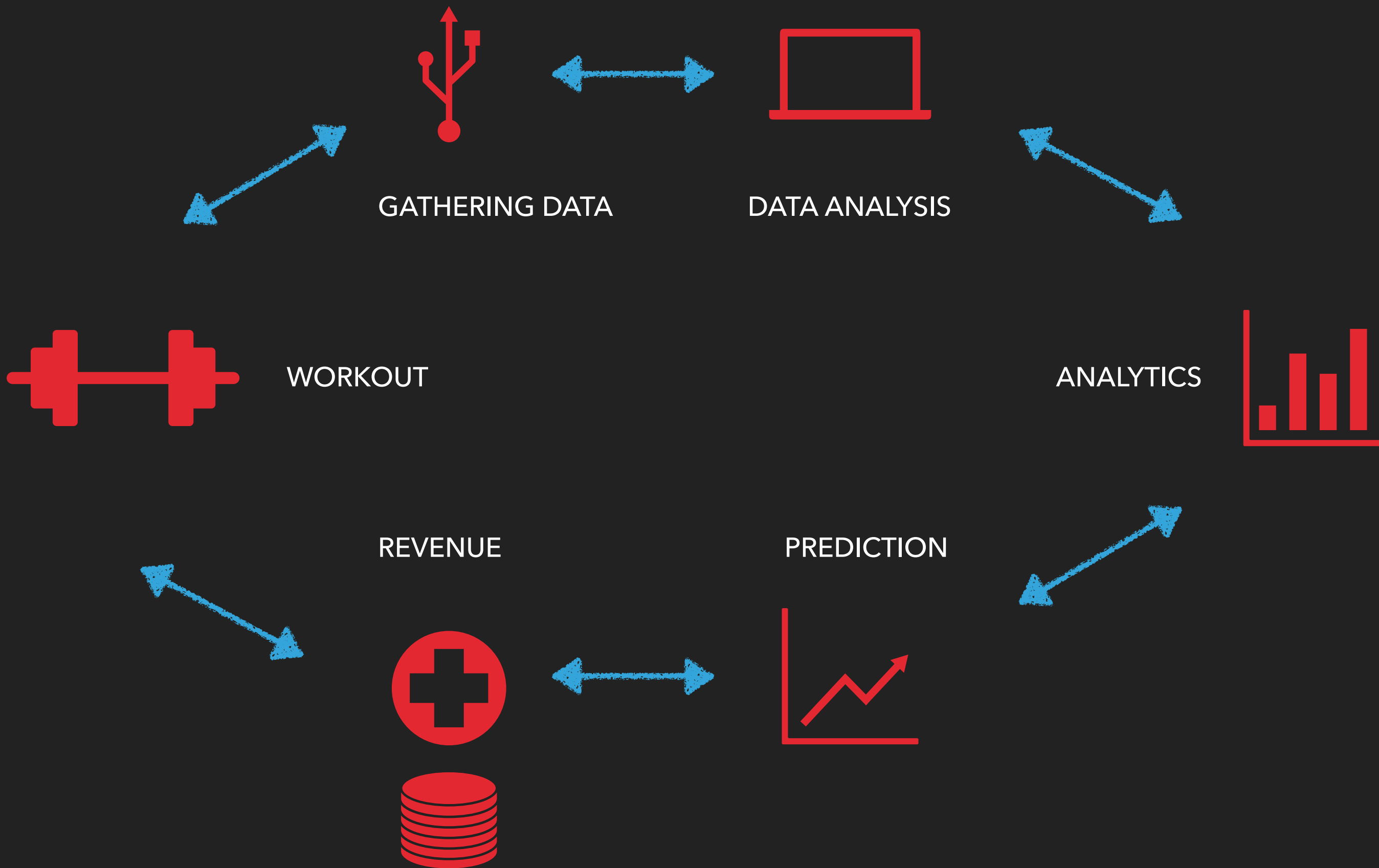
- ▶ Brainwave Sensor
- ▶ Myo(Muscle) - Sensors
- ▶ Pulse Sensor
- ▶ Sweat Sensor
- ▶ Accelerometer AND Gyroscope
- ▶ spO2 Pulse Oxymeter
- ▶ Breath Analyser

CIRCUIT FLOW



WORKOUT WITH SENSORS

- ▶ Guided Meditation and Yoga Using Brainwave
- ▶ Analysing data from Pulse Rate and spO2 levels during cardio
- ▶ Analysing Muscle Sensor Data and Sweat Sensor during weight training to build exercise and training suggestive systems
- ▶ Better Workout using Feedback from previous data



USES IN DIAGNOSIS

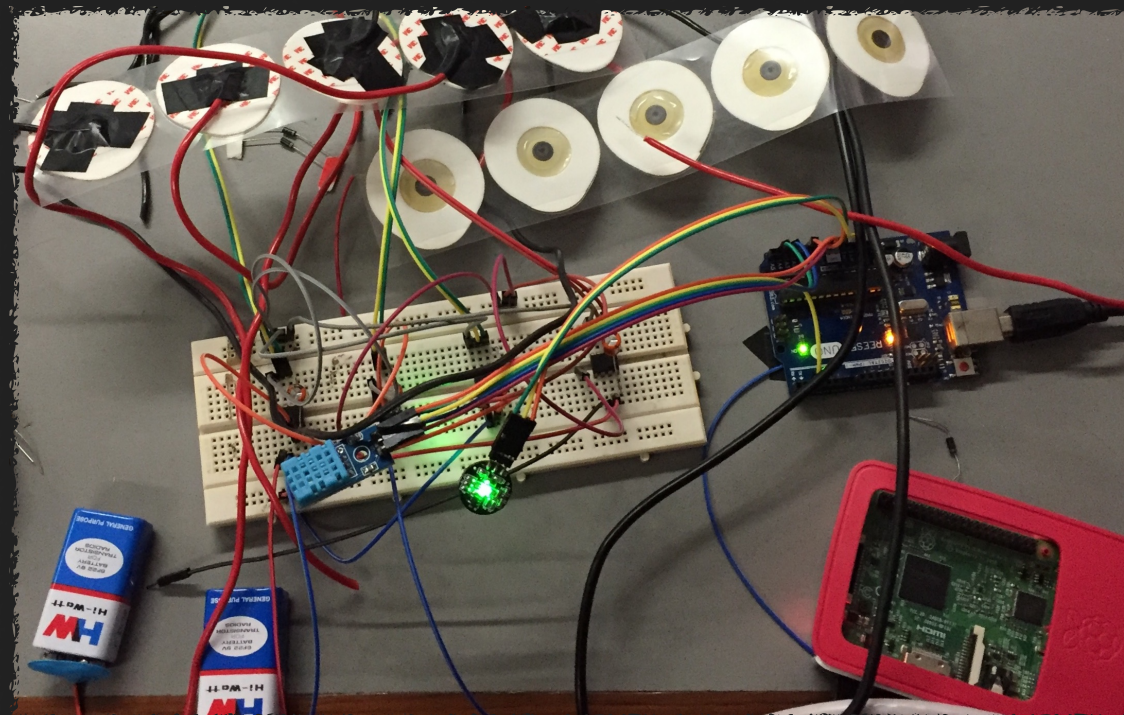
- ▶ HRV(Heart Rate Variance) to measure stress levels using combination of Brainwave Sensor and Pulse Sensor
- ▶ Using spO2 data and breathing rate to detect cholesterol levels

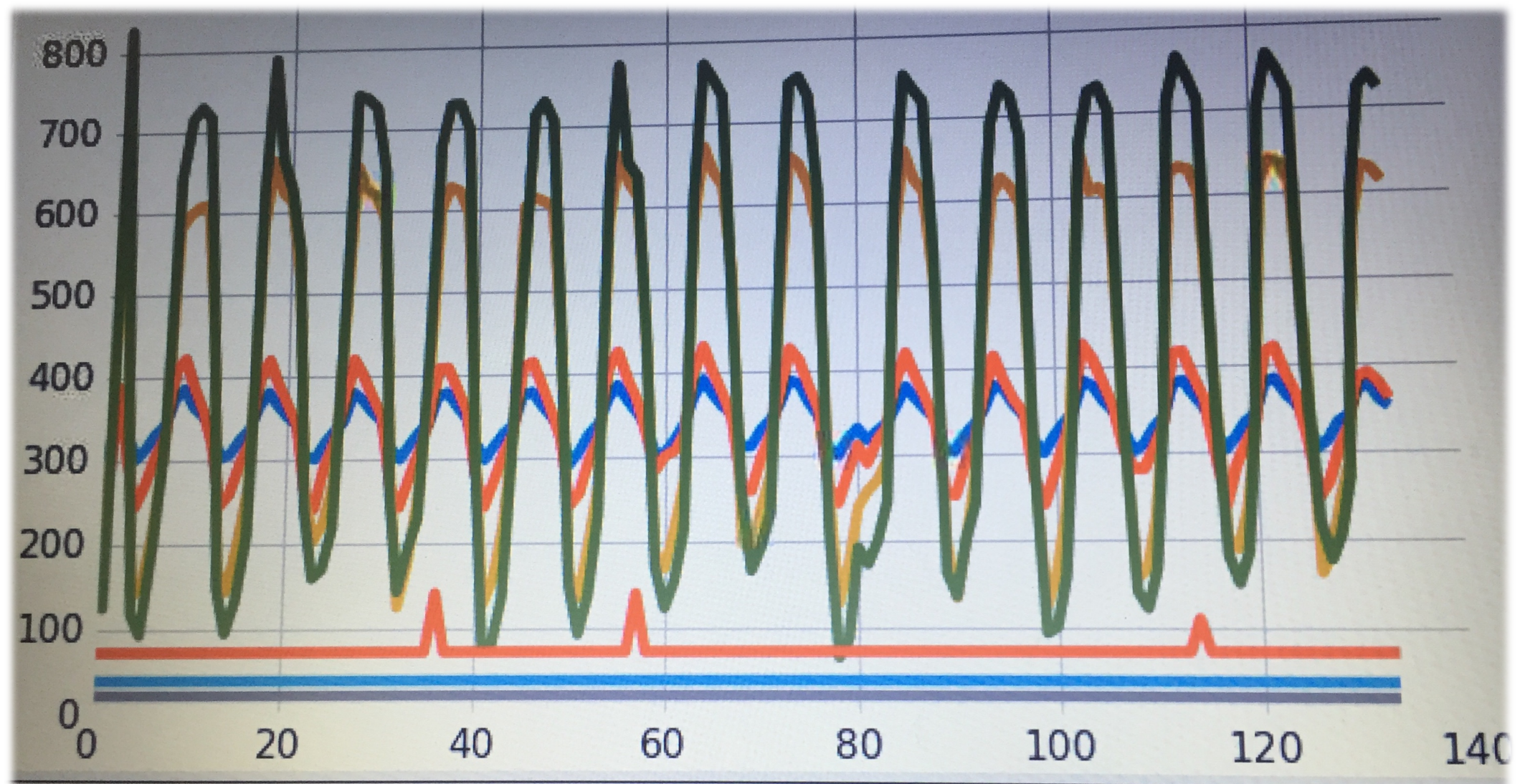
USES IN INSURANCE

- ▶ Using Predictive Analysis on Health Data for Insurance Applications

WHAT DID WE HAVE ACHIEVED TILL NOW ?

- ▶ Assembled Low-Cost Components to reduce the costs in comparison to commercially available data
- ▶ Gathered, Stored and Plotted Data from all sensors





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THANK YOU

— Team - I