



GlyNa: Your Daily Diabetes Companion

Every Meal, Simplified.

For millions with diabetes, every meal feels like a complex math problem. GlyNa transforms those numbers into simple, actionable steps, empowering better health and reducing daily stress.

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The Unmanaged Burden of Diabetes

Mealtime Uncertainty

Unpredictable glucose spikes after meals lead to constant worry and health risks, making every food choice a source of anxiety.

Emotional & Physical Toll

Constantly fluctuating readings cause significant stress, anxiety, and the potential for severe long-term complications.

Limited Access to Solutions

Existing apps are often expensive, device-locked, or require professional integration, creating significant barriers to effective management.

Underserved Young Adults

Young diabetics, especially students, lack intuitive, affordable tools tailored to their dynamic, on-the-go lifestyles.

Managing diabetes shouldn't require a PhD in nutrition.



GlyNa: From Tracking to Real-Life Nudging



Intelligent Meal Analysis

Simply input your meal—via text, photo, or manual entry—and Glyna's ML-lite model predicts potential glucose spikes.



Personalized Actionable Nudges

Receive timely, simple suggestions like "take a 10-minute walk" or "pair with protein" to proactively mitigate spikes.



Engaging Progress Tracking

A clear dashboard with trend visuals, daily streaks, and gamification to keep you motivated and consistently informed.

The Engine Behind GlyNa



Our Robust Tech Stack

1	Flutter Cross-platform native performance for a seamless user experience on any device.
2	Firebase Secure authentication & real-time database for reliable and scalable user data management.
3	TensorFlow Lite On-device, efficient ML predictions for quick and accurate glycemic response estimations.

Agile Development Methodology

Rapid Prototyping Quick iteration and user feedback to ensure our product meets real-world needs.		
		User-Centric Wireframing Building a strong, intuitive design foundation through detailed wireframes.
Functional Demo Early validation and rigorous testing to prove functionality and ensure reliability.		

Redefining Diabetes Management

✗ Traditional Solutions

- **Generic & Impersonal:** Often provide one-size-fits-all advice that doesn't adapt to individual needs.
- **High Cost & Locked Devices:** Requires expensive subscriptions or specific, proprietary hardware, limiting accessibility.
- **Data Overload:** Presents raw numbers without clear guidance, leaving users to interpret complex data on their own.

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✓ GlyNa Advantage

- **Accessible & Personalized:** Tailored recommendations for every user, adapting to unique dietary and lifestyle patterns.
- **Affordable & Flexible:** Works independently of expensive devices, making it accessible and affordable for a broader audience.
- **Actionable Insights:** Translates complex data into simple, impactful lifestyle changes, empowering users to act confidently.



We translate complex numbers into simple, effective lifestyle moves.

Empowering Health, Enabling Futures

Immediate Impact

GlyNa is designed to provide immediate relief and significantly better daily control for students and young adults living with Type 1 & 2 diabetes. By simplifying meal management, we reduce anxiety, improve adherence, and foster healthier habits from day one.



Vision for Growth



Photo Food Recognition

Advanced AI to identify food and nutritional content from a single picture, streamlining meal logging.



CGM & Wearable Integration

Seamless syncing with continuous glucose monitors and smartwatches for real-time data and enhanced insights.



Peer Support & Community

A platform for users to connect, share experiences, and support each other on their diabetes journey.

Small nudges today prevent huge complications tomorrow.