

# **Techi Yogi**

## **Project Members:**

1. Arpit Arora (19103023)
2. Pawan Puneet Singh Banger (19103035)
3. Abhishek Singla (19103115)
4. Aseem Mangla (19103125)

## **Problem Statement:**

We know that Yoga is a great way to relieve stress and keep ourselves fit, both physically and mentally. However, there are many people who are not able to perform this exercise either due to the lack of availability of instructors, or they can't afford such expensive instructors or the things don't fit in as per their schedule.

## **Solution:**

Techi Yogi is a platform where people can learn and practice yoga for improving their mental and physical well being without paying instructors and it is flexible towards their schedule. An AI bot will be there that will detect the pose of the person and will aim to improve it through extensive progress reports.

## **Features:**

1. Covers a wide variety of yoga poses trained by professionals.
2. Uses pose detection model to detect the correct orientation of a particular pose.
3. Video and Audio enabled instructions will be given to the user for a better understanding of the asana.
4. Benefits and required health condition information for a particular asana will be provided.
5. The timer will be enabled for all asanas.
6. Schedule and Reminders will be provided
7. Track of user records will be kept
8. Custom based schedule

## **Tech Stack:**

- ReactJS for frontend
- Django Rest for backend
- MoveNet Tensorflow Js Model for Pose detection