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*Team 404NotFound*

**WORKIN**

# TEAM MEMBERS

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# PROBLEM STATEMENT

*Smart body posture recognition & Guiding system*



## WHY US

Our software is designed to allow users to easily and efficiently do their fitness regimes inside their homes. Users would be able to carry out their routines without any need of external training/help.



## THE BENEFITS

Doing yoga is known worldwide to be one of the best methods to revitalize health. Doing the correct yoga postures for a specific amount of time is also pivotal during yoga sessions. We provide that comfort to the users to correctly do their yoga postures and gain the maximum benefits of the ancient art of yoga.

# NOVELTY

-To explain the novelty of our project.

## 'YOGA@HOME'

Yoga as an art has been neglected by culture for a long time now. It's either a full commitment to a trainer or haphazardly learning from random youtube videos. WorkIN provides the bridge for people who want to experience the benefits of yoga but have a busy lifestyle and don't intend to spend multiple hours on videos or hire trainers.

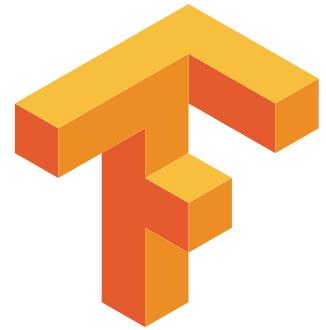
## DOING IT RIGHT

WorkIN is embedded with Pose determining machine learning models which allows the flow of clock only if the user is carrying out the correct posture. This helps the users correct themselves on the go and do yoga the right way.

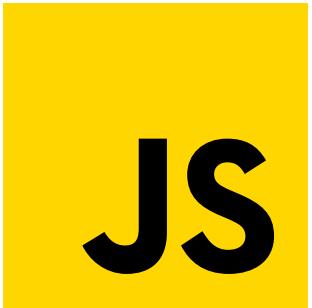
## IT'S MODERN

Yoga, in general, is thought of as being ancient and traditional. WorkIN eradicated all that by bringing the users closer to yoga using everyday use technology. Gone are the days, where you would need 100s of books, trainers and practice to do yoga correctly. Users can simply use WorkIN, and fit in their daily fitness goals in their busy schedules easily and efficiently.

# TECH STACK



TENSORFLOW



JAVASCRIPT



CSS



HTML

# METHODOLOGY AND ALGORITHMS

We use pose estimation models using tensorflow.js and feed them into ml5.js allowing characterization of yoga postures and then cross examine the poses with the current individual's posture and allow the timer to start if and only if the correct posture is achieved.

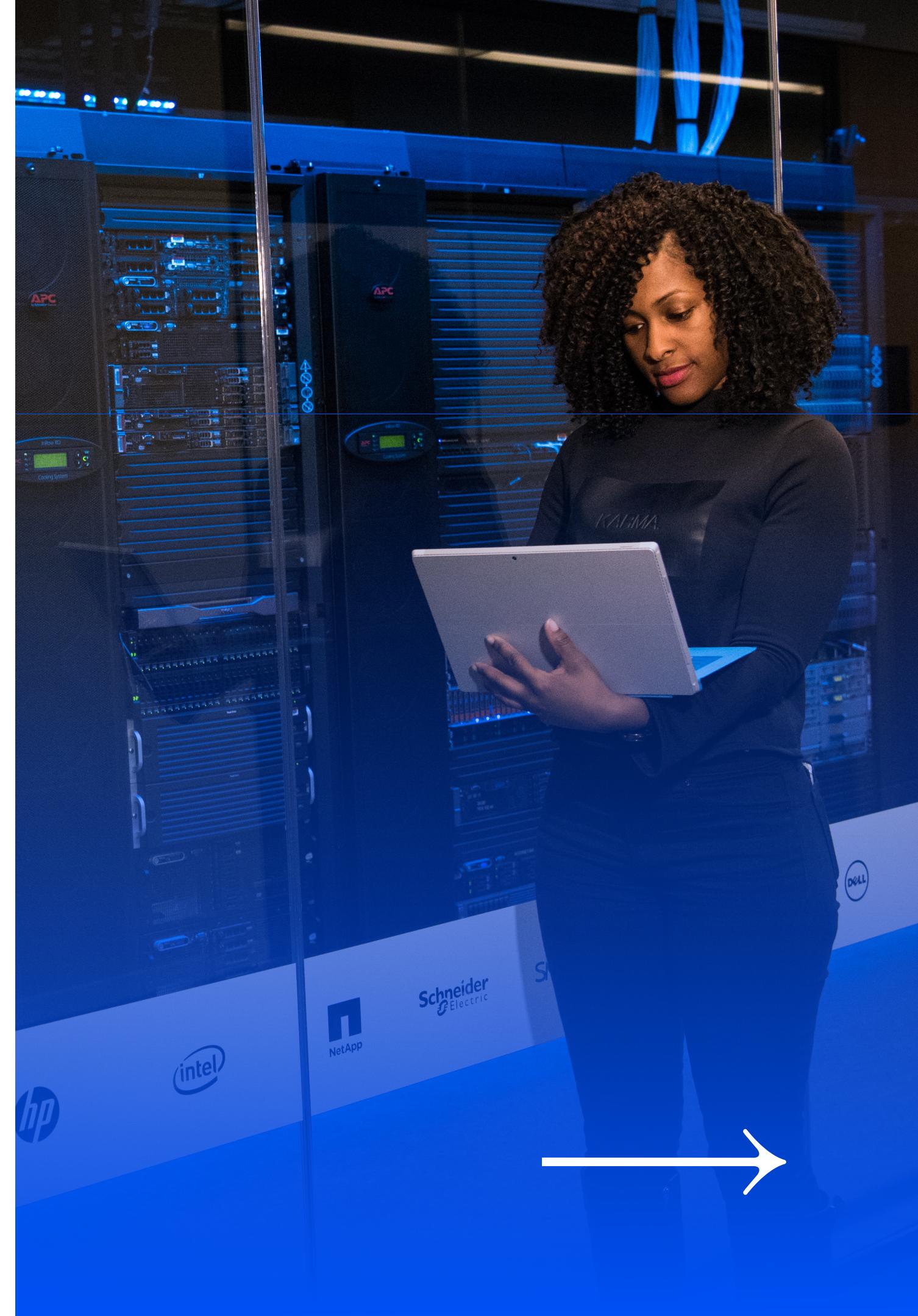
Transition from one yoga pose to another following the yoga routine.



# IMPLEMENTATION

—Here's how we're taking it to the *new decade*

We are using tensorflow.js and running data samples on ml5.js models, After data training using the cutom pose estimation models, we cross verify the current posture of the individual with it and allow the clock to run if the posture is correct.

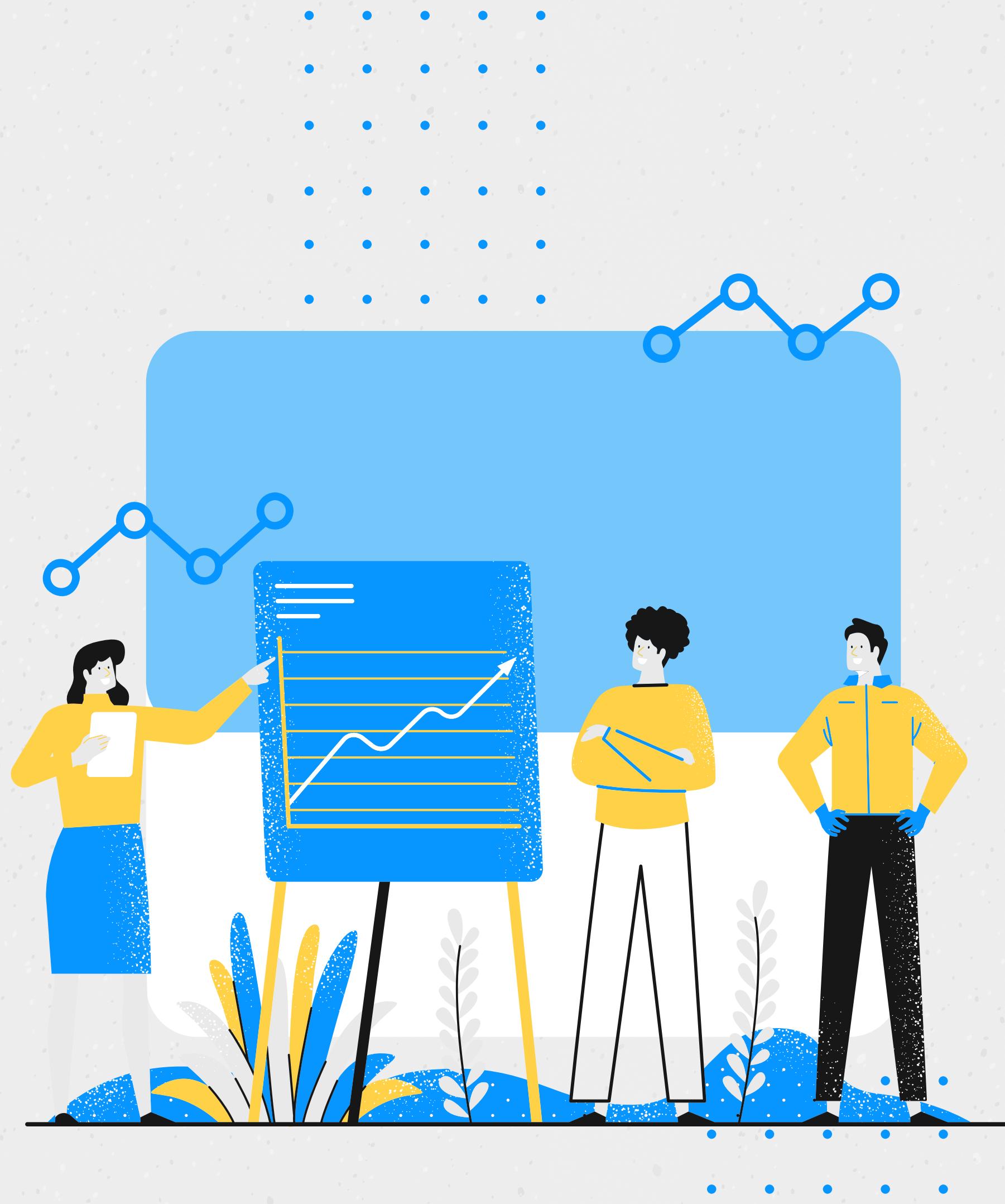


# BUSINESS SCOPE

Due to the ongoing pandemic, a lot of gyms and other means of exercise have been shut down, this had led to people losing shape and becoming unhealthy. We at WorkIN, aim to solve this problem with this simple application using which the user can figure out if he/she is doing an exercise routine properly without the need of a personal trainer.

We also aim to keep several analytical tools to help the user figure out, in what areas, he/she needs, to work upon.

From a financial standpoint users could pay a nominal monthly or yearly subscription to make use of our services.



# RESULTS AND DISCUSSION

## Results:

Our website is hosted with custom made yoga postures which the users can follow upon and do their asanas correctly.

## Discussion:

According to us, software like this has the potential to change the way the fitness industry works. We believe that using this project as a stepping stone, countless other customer supporting fitness bands will be created, bridging the gap between us and the art of Yoga.



THANK YOU