AsanaAi

Introduction to AsanaAi: Revolutionizing Yoga and Fitness with AI

In today's fast-paced world, maintaining a healthy lifestyle can often feel like a daunting task. AsanaAi, a groundbreaking web-based application, aims to simplify and enhance the journey towards physical and mental well-being through the power of artificial intelligence (AI) and machine learning (ML).

AsanaAi is not just another fitness app; it's a comprehensive tool designed to cater to various aspects of holistic health, ranging from yoga practice to cardiovascular workouts, and even mental well-being.

It's a holistic wellness companion that harnesses the latest advancements in AI and ML to revolutionize the way we approach health and fitness. The combination of Web based Application which includes the User interactive and easy to handle interface and Integrated Machine Learning modules acts as a proper Fitness Trainer. Whether you're looking to strengthen your body, calm your mind, or simply live a more balanced life, AsanaAi is here to support you every step of the way.

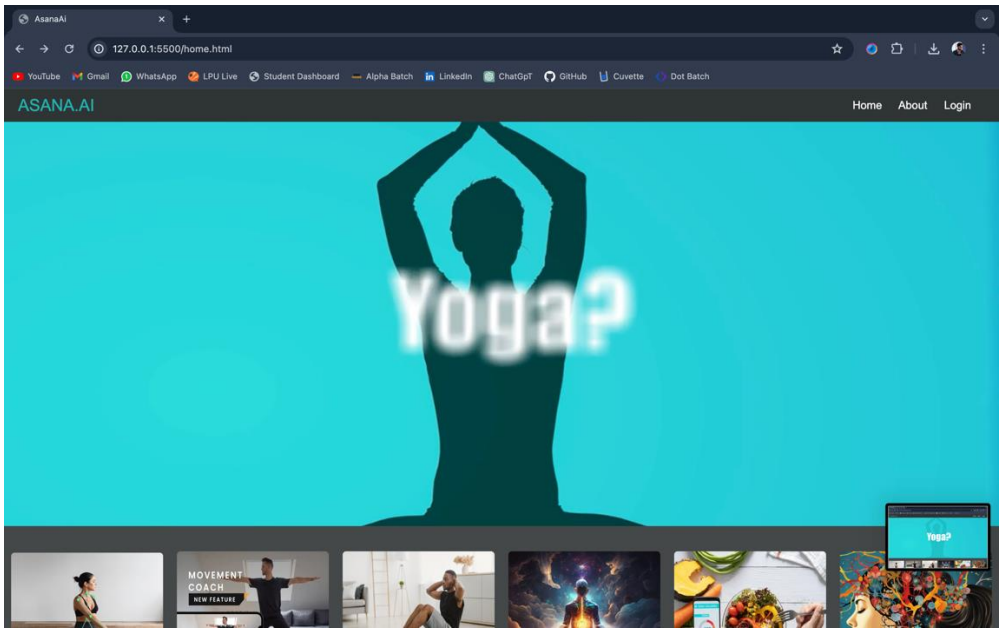
AsanaAi stands at the forefront of the intersection between technology and wellness, ushering in a new era of personalized fitness and mindfulness solutions.

AsanaAi empowers individuals to take control of their health journey with confidence and ease. Whether you're seeking guidance in perfecting your yoga poses, tracking your cardio progress, or nurturing your mental well-being, AsanaAi offers a comprehensive suite of tools and features tailored to meet your unique needs.
AsanaAi is poised to redefine the way we approach fitness and mindfulness in the digital age.

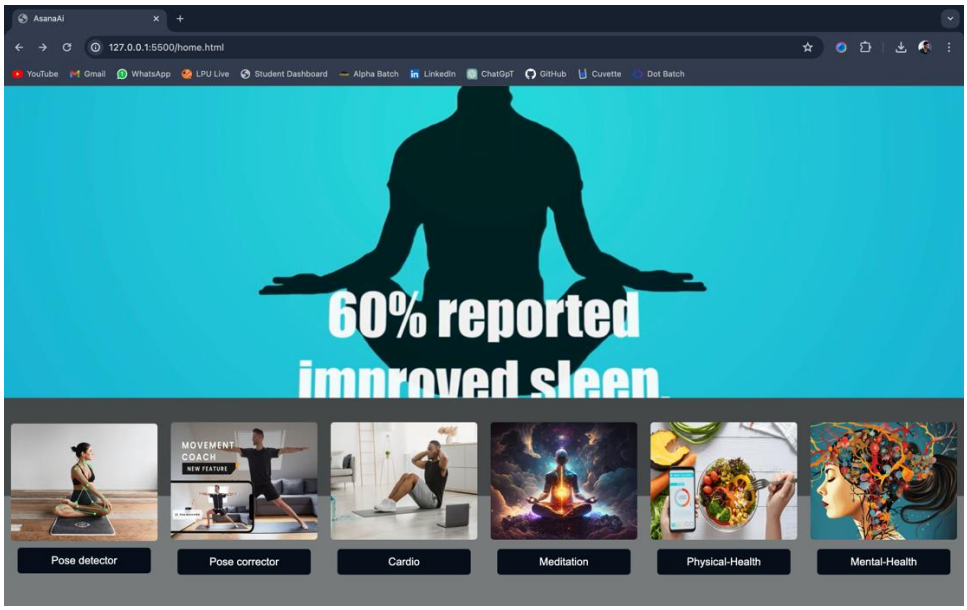
Welcome to the future of wellness – welcome to AsanaAi.

The User Friendly Interface Where user can Interact with the Modules and get motivated too at the same time, Easy to use and Interactive:

Interactive UI :



All The Modules and Features which AsanaAi Provides:

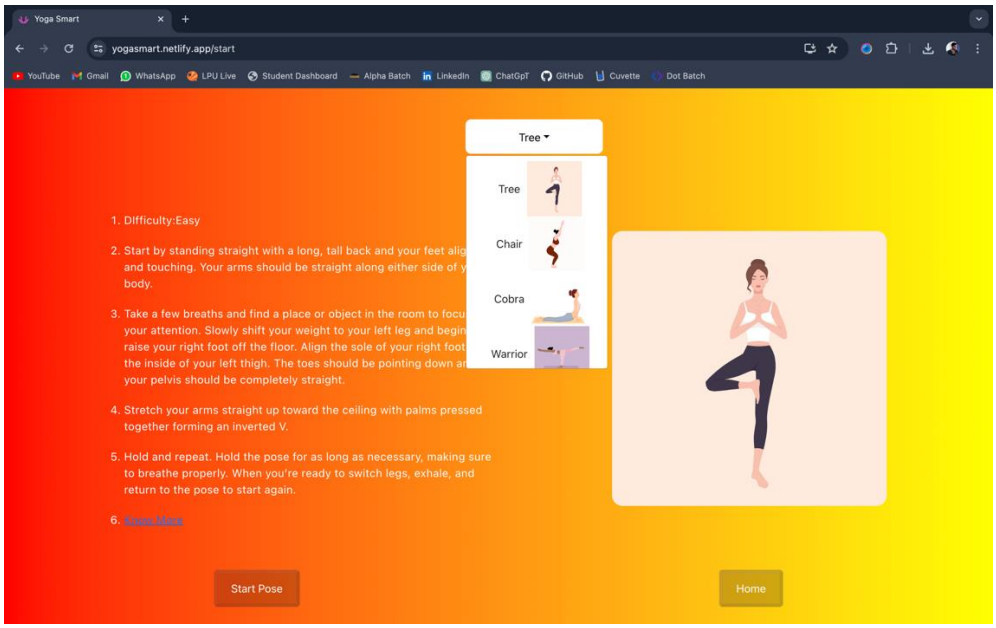


With Eight meticulously crafted modules, AsanaAi offers a versatile and personalized approach to fitness and mindfulness.

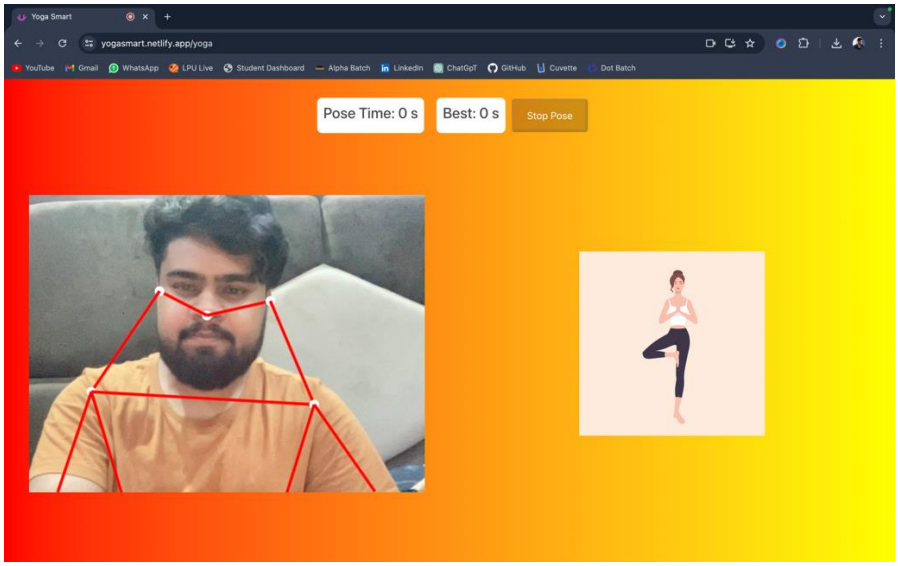
1. Yoga Pose Detector:

With the help of advanced **Pretrained TensorFlow Js technology**, AsanaAi accurately detects and analyzes yoga poses in real-time. Whether you're a beginner seeking guidance or an experienced practitioner refining your technique, this module provides invaluable insights to enhance your yoga practice. **We Provide 7 Different Yoga Poses**

Select the Pose which you want to Practice:



It Detects your pose and then counts till the pose is correct, you can also check your best score of correct poses :



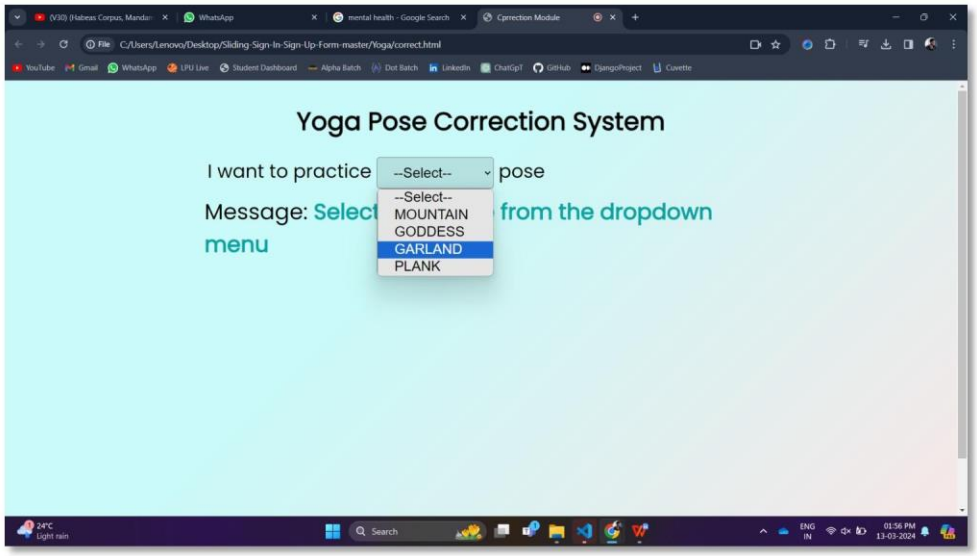
“ Employing advanced ML models, AsanaAi's Pose Detector offers real-time analysis of yoga poses, empowering users with detailed insights into their form and technique for optimal performance. “

2. <u>Yoga Pose Corrector</u>:

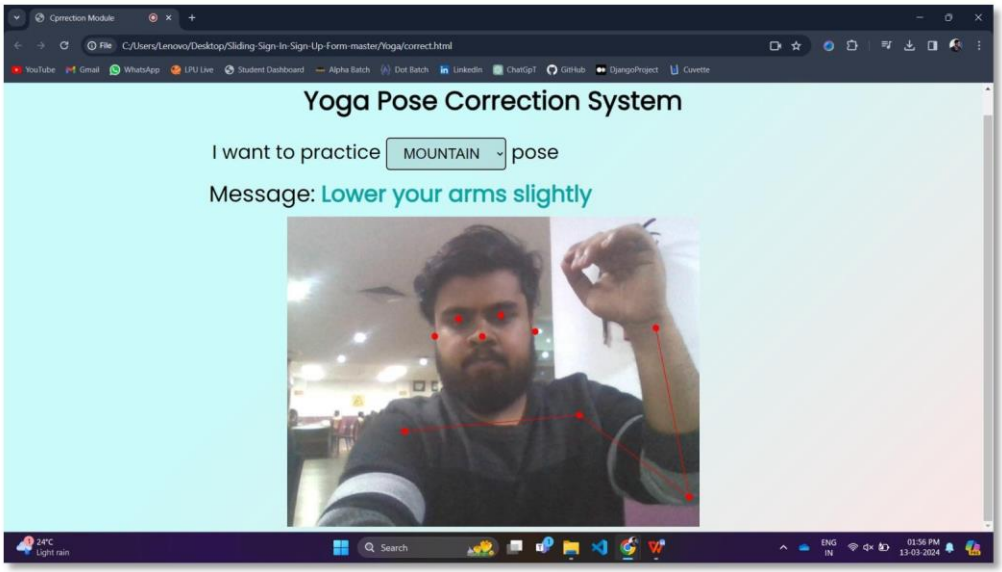
Using Real Time Voice Speech For the correction of your Yoga Pose, AsanaAi offers corrective feedback to ensure proper alignment and posture. Using **PoseNet and the K-Nearest Neighbors (KNN) algorithm**, this module guides users towards safer and more effective yoga sessions, minimizing the risk of injury and maximizing the benefits of each pose.

We Provide 4 Different Yoga Poses

You can select the desired Yoga Pose :



Using Speech It will correct your yoga Pose :

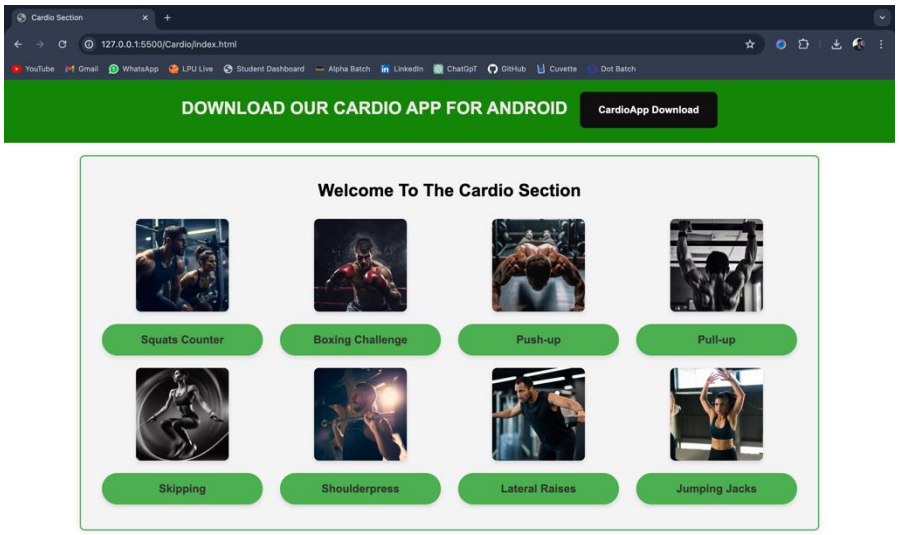


“Through sophisticated algorithms and personalized coaching, AsanaAi's Corrector module provides users with tailored guidance and actionable feedback, facilitating gradual improvements in yoga poses and overall practice.”

3. <u>Cardio Section</u>:

Leveraging the power of **Mediapipe Pose Detection**, Incorporating muscle-building exercises like squats and hand movements, the Cardio Section of AsanaAi tracks and monitors your progress with precision and Counts your Squats by speech.

This is a Cardio Section with 8 Different Cardio Modules :



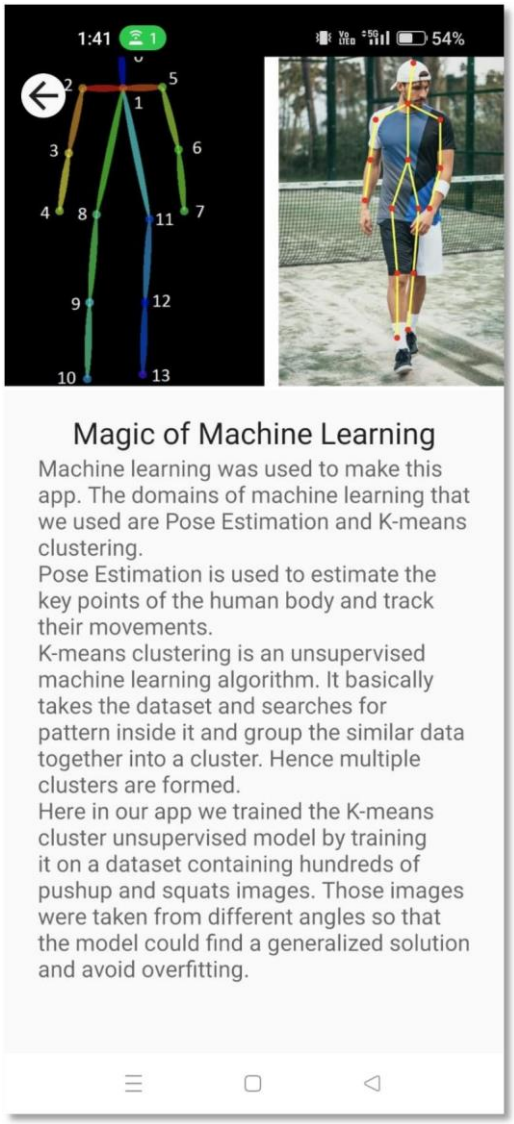
- Eight Cardio Section Includes : Squats Counter, Boxing Challenge, Push-up, Pull-up, Skipping, Shoulder Press, Lateral Raises and Jumping Jacks
  All to be mentored and counted by ML

- Easy Gif for the perfect explanation of the cardio

“With intuitive gesture recognition and precise exercise tracking, AsanaAi's Cardio Section delivers a dynamic workout experience, adapting to users' movements and intensity levels for effective cardiovascular training. “

4. Android Application:

In addition to its web-based platform, AsanaAi extends its reach to Android devices, offering users the convenience of fitness and wellness on the go. Leveraging **TensorFlow Lite for pose estimation and K-means clustering** for accurate exercise counting, the Android app ensures seamless integration of AI technologies into users' daily routines, making fitness more accessible and engaging than ever before.



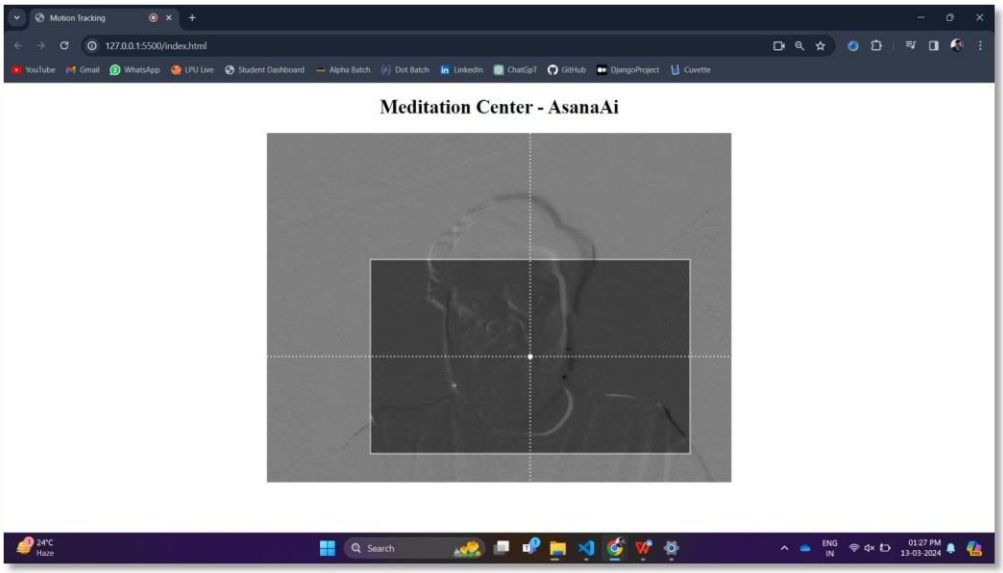
" With a cardio tracker app, users can conveniently track their cardio activities anytime, anywhere, using their smartphone or wearable device. This eliminates the need for manual tracking methods like pen and paper, making it easier for users to stay consistent with their fitness routine. "

5. Meditation Module:

Recognizing the importance of mental well-being, AsanaAi incorporates **custom image processing and computer vision algorithms** for Motion Detection and tracking to facilitate meditation sessions with a timer and alarm system which rings if you get distracted while meditating. Whether you're a seasoned meditator or just beginning your mindfulness journey, this module offers a tranquil sanctuary to nurture your inner peace and serenity.

Using the sense of Motion Detection :-

Detecting the movement and Alarm will Ring:-

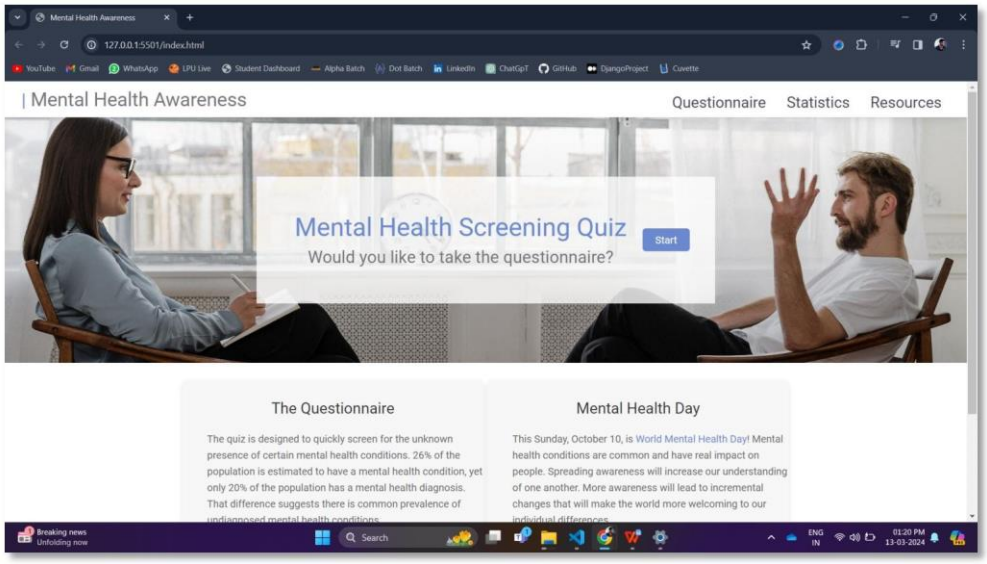


“ Integrating motion analysis technology, AsanaAi's Meditation Module creates a serene environment for mindfulness practice, offering customizable timers and gentle reminders to enhance focus and relaxation. “

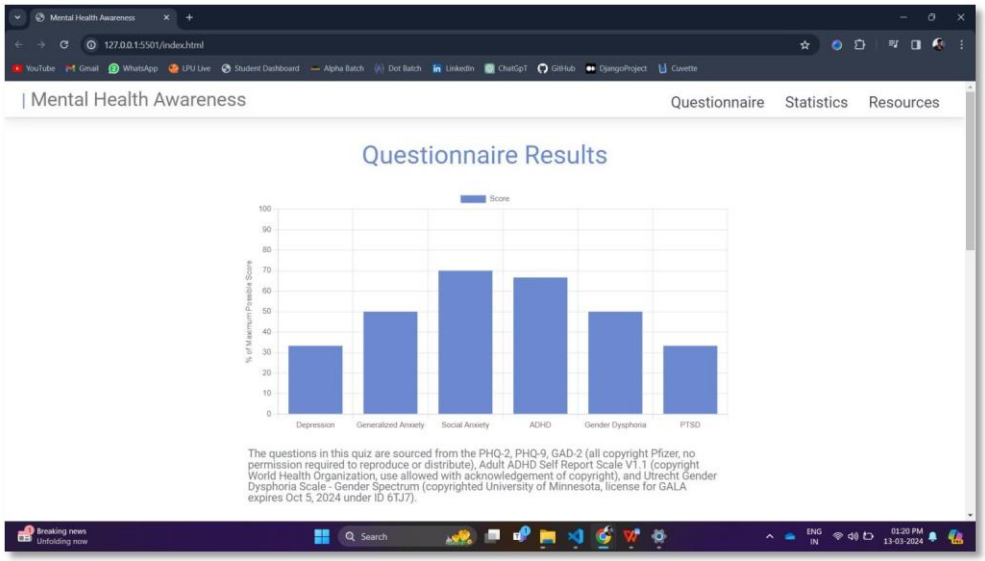
6. Mental Health:

Beyond physical fitness, AsanaAi also prioritizes mental health. Through a series of insightful questions and data analysis, this module provides users with valuable insights into their mental well-being, empowering them to take proactive steps towards a healthier and happier mind.

We aware people about their mental health, This module uses some Questionnaire And based on the quiz it Gives the data of the Mental health condition of the user with all the possible solutions for it



Result in a Graphical way : -

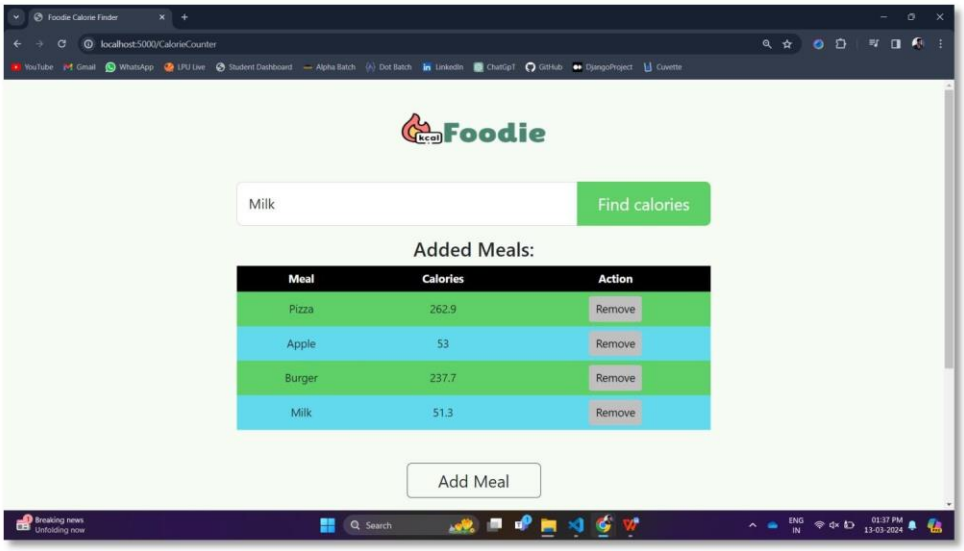


“ By leveraging comprehensive data analytics, AsanaAi's Mental Health module provides personalized insights and actionable recommendations, empowering users to proactively manage stress and improve their emotional well-being. “

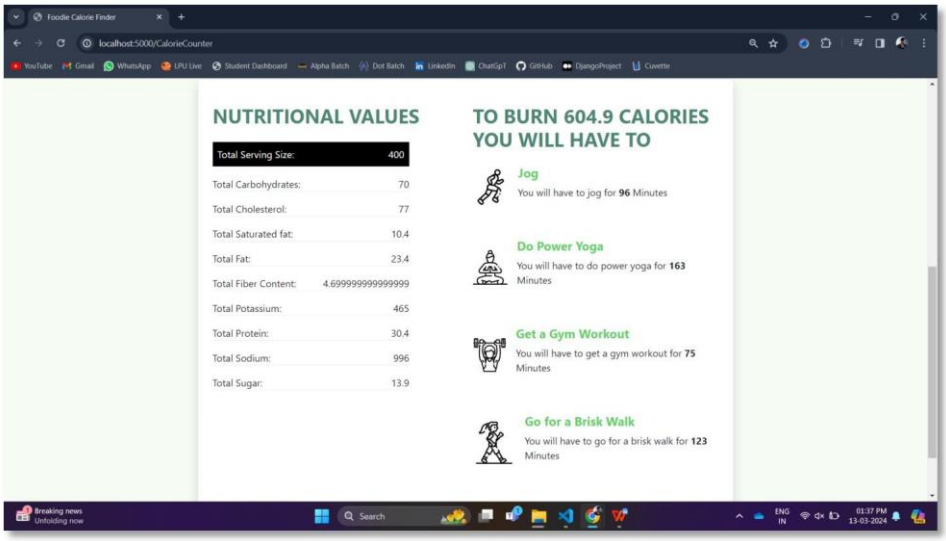
7. Calorie Counter:

By fetching data from external APIs, AsanaAi simplifies the process of calorie tracking, helping you maintain a balanced diet and achieve your desired fitness outcomes. It fetches your daily meal adds it and gives you the calorie count and then suggests you all the necessary exercises and yoga you can perform to be in a balanced diet.

Add your daily Meal and count calorie:



The Result with proper guidance to maintain Fitness :

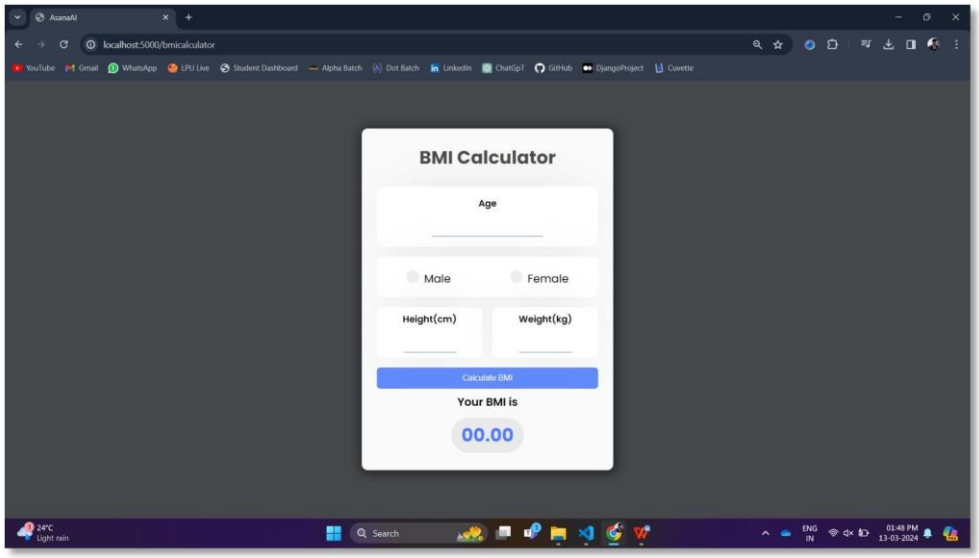


“ Through dynamic meal tracking and intelligent calorie analysis, AsanaAi's Counter module offers personalized nutrition insights and tailored exercise recommendations, empowering users to achieve balanced dietary habits and sustainable fitness outcomes. “

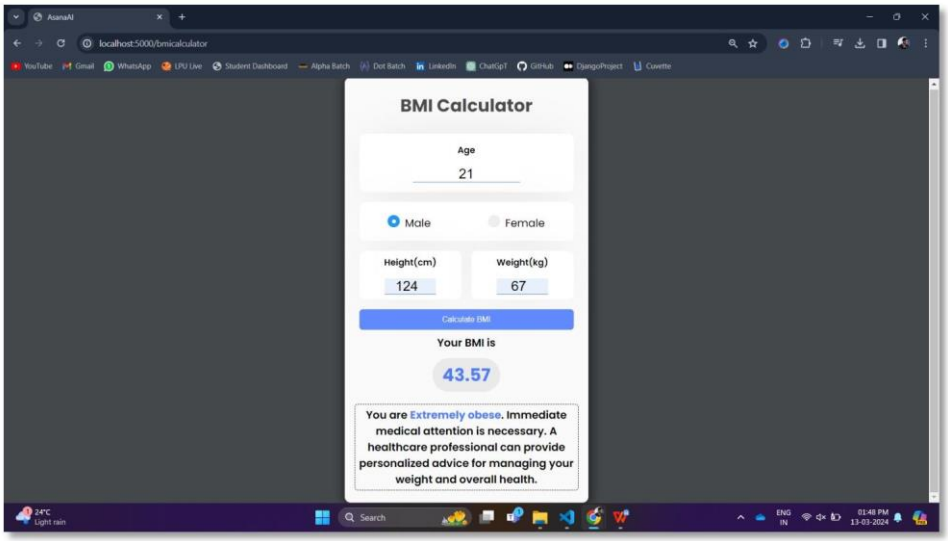
8. BMI Calculator Feature:

Understanding your body composition is essential for setting realistic fitness objectives. AsanaAi's BMI calculator provides accurate assessments of your body mass index, empowering you to make informed decisions about your health and fitness journey. And suggests you the calorie intake as per your BMI

Calculating BMI :



Result with the proper remarks:



" Beyond basic BMI calculations, AsanaAi's calculator offers detailed interpretations and contextual information, guiding users towards holistic health goals and facilitating informed decision-making about their fitness journey"