

ENGINEERING DESIGN – DSN 2096

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SLOT: B13/0565

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YOGPAL - Encouraging Collaborative Fitness



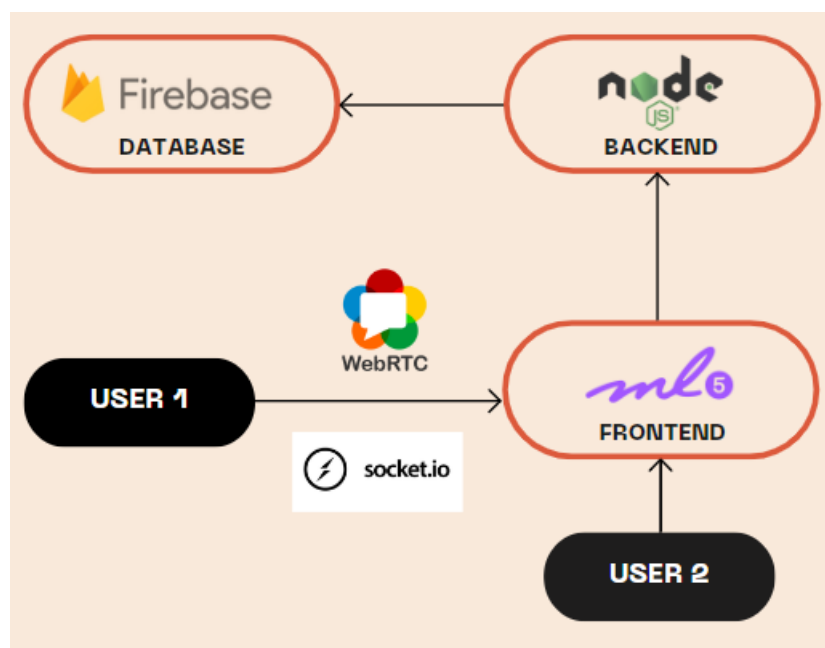
PROBLEM STATEMENT – ABSTRACT

- When the pandemic started people ideally assumed that exercising and staying fit even from the comfort of our homes is impossible.
- Instead, it was reported that people lack the motivation to exercise and stay fit due to increased stress and anxiety.
- The COVID-19 crisis heightened the risk factors associated with poor mental health as well as protective factors such as social connection, employment, and educational engagement, daily routine, access to health services dramatically hit physical health.

OBJECTIVE

- To solve the problem in hand, we decided to create a solution with the form of a gaming health platform called YogPal.
- It's an online platform where people can practice yoga from the comfort from their home. They just have to log in to the web app and choose either to compete with a friend or practice alone.
- In each of the cases, the user will be given a set of yoga poses from our dataset with a limited time.
- Using POSENET, the user can check the accuracy of their posture with time.
- While playing with a friend, both the friends will be given the same set of postures. Whoever has most accurate posture within less time gets the point.
- The users can chat with each other and form a healthy active yoga community from the comfort of their home.

FUNCTIONING



PROBLEM FORMULATION

NEED

- Fitness socialising
- Motivation
- Easy to use, step by step help
- Gamify health
- No money needed, just a system with internet connection

CONSTRAINT

- Social distancing
- Lack of interaction
- Low motivation
- Lack of resources
- Time management

CRITERIA

- Easy to use
- Free and available to all
- Socialising feature- chat, play and build the yoga community
- Interactive user interface

NEEDED INFORMATION

- Needs internet connection and a working computing system with a camera
- User interface can further be improved
- Other features can be added to make the platform interesting
- Revenue can be generated by monetising the app
- Technology stack used to build the app

PROBLEM AT HAND

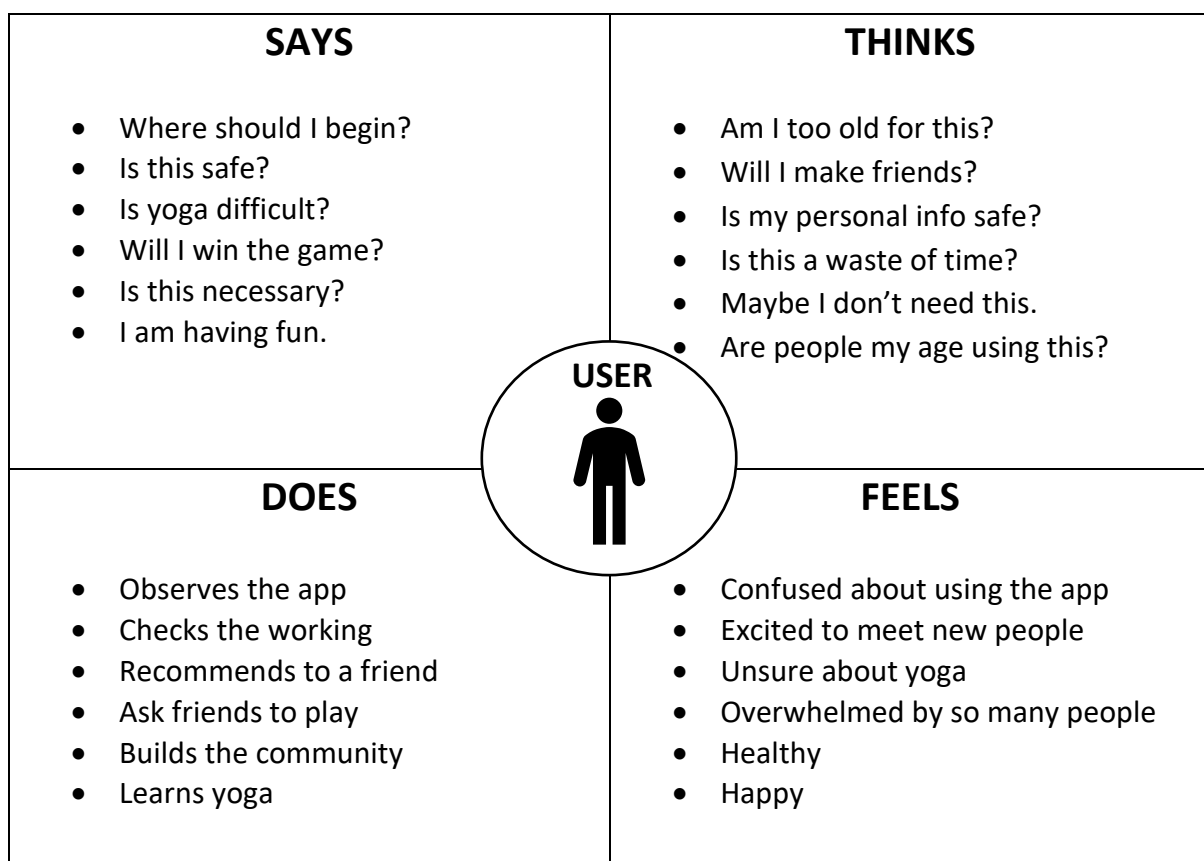
- Social distancing
- Lack of interaction
- Low motivation for yoga

- Lack of resources
- Time management

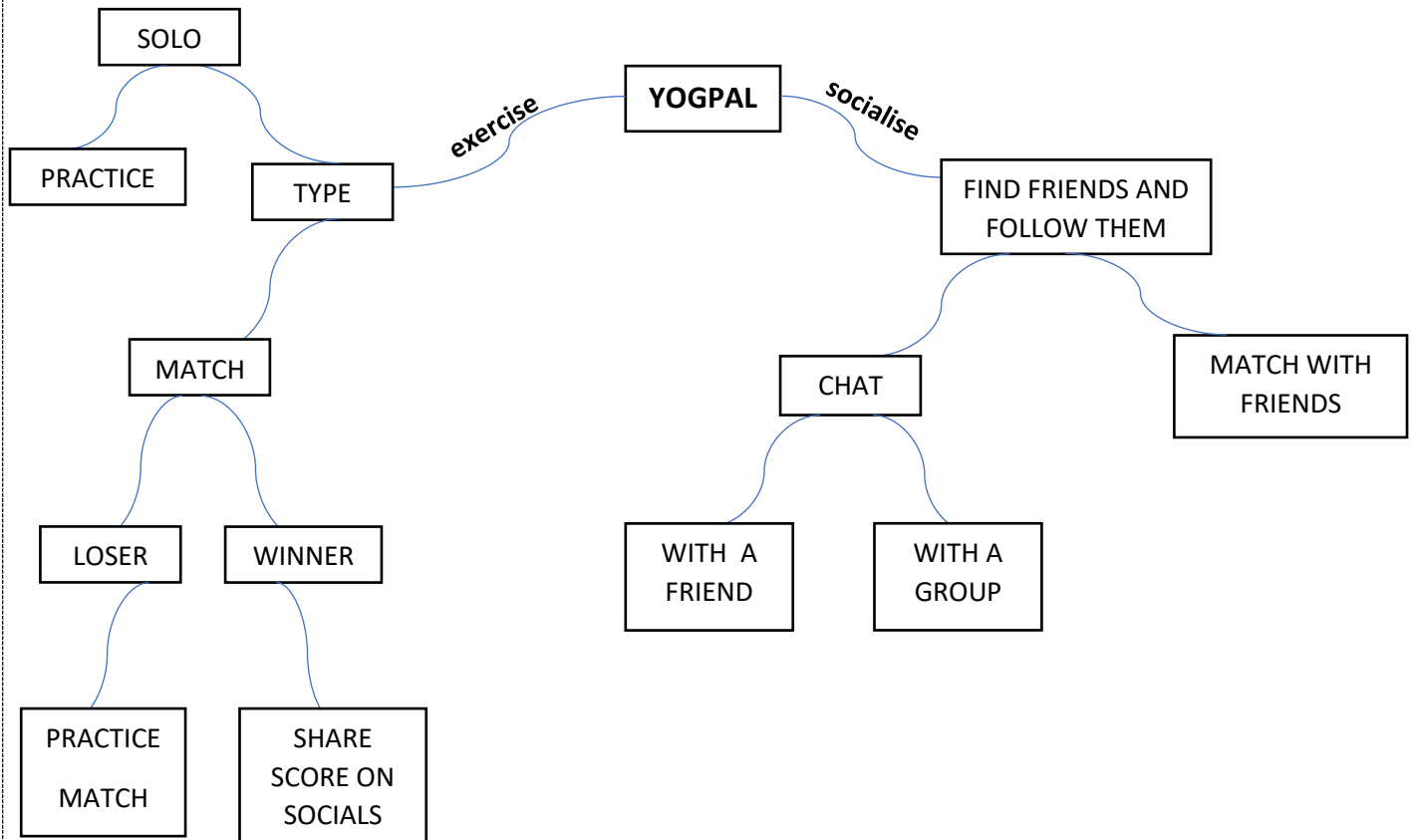
SAFETY

- Backend on firebase, so easy track of information and secure
- No recording of videos or images
- Caters to everyone's need, keeps their data safe

EMPATHY MAPPING



MIND MAPPING



USABILITY

- The website is east to use.
- The user interface is beginner friendly and quite colourful
- This makes the user experience very joyful

RELIABILITY

- This website is reliable and safe
- The user information is safe and secure
- If the user leaves an exercise in between or there are some internet issues, the pages just reload with time and doesn't trace back to homepage.