Dr.Pashupathy 2.0 🎯

Basic Details

Team Name: [Name]

Team Members

Member 1: [Merin Shaji] - [School of Engineering]

Member 2: [Mariam Byju] - [School of Engineering]

Member 3: [Maria Alex Chakola] - [School of Engineering]

Hosted Project Link

[mention your project hosted project link here]

Project Description

**Dr.Pashupathy 2.0** is your personal fitness companion that helps you reach your health goals with ease. By simply sharing a few details like age, weight, and fitness goals, the chatbot creates a customized exercise routine and meal plan just for you. Whether you're aiming to lose weight, build muscle, or improve overall wellness, Dr.Pashupathy 2.0 provides recommendations tailored to your needs—making fitness smarter, simpler, and more effective.It’s like having a personal trainer and nutritionist right in your pocket!

The Problem statement

In today’s fast-paced world, achieving a balanced lifestyle is harder than ever. Fitness plans and diets often feel generic, unrealistic, and disconnected from our personal needs. Most people struggle to find a workout routine or meal plan that truly fits them—leading to frustration, lack of progress, and giving up on their health goals altogether.

Without **Dr.Pashupathy 2.0**, you're left navigating a sea of one-size-fits-all solutions, wasting time on plans that don’t work for **you**. Our website is the only tool that brings **personalized** fitness and diet plans directly to your fingertips, making it easier than ever to take control of your health and live the life you deserve.

The Solution

**Dr.Pashupathy 2.0** is the pinnacle of personalized wellness. Imagine having a world-class fitness coach and a nutrition expert, both working in perfect harmony to design a fitness and nutrition plan **just for you**—with no guesswork, no confusion, and no compromise. Our platform harnesses cutting-edge AI to create tailored workout routines and diet plans based on your unique goals, body type, and preferences.

With **Dr.Pashupathy 2.0**, you’re not just following a random workout or eating what “everyone else” does. You’re unlocking your **full potential** with plans that adapt to your specific needs and evolve as you do. It’s the most advanced, intuitive, and empowering way to reach your peak health, ensuring you achieve results faster and smarter than ever before. There’s no better path to a healthier, stronger, and more balanced version of yourself.

## **Technical Details**

### **Technologies/Components Used**

**For Software:**

* **Languages Used:**
  + **Python** – For backend development, data processing, AI integration, and generating personalized plans.
  + **HTML** – For structuring the content of the web pages.
  + **CSS** – For styling and ensuring a responsive and user-friendly design.
* **Frameworks/Platforms Used:**
  + **Streamlite** – To quickly create interactive and engaging web applications, especially for displaying dynamic data and interacting with the chatbot.
* **Libraries/Tools Used:**
  + **Python Pandas** – For data manipulation and analysis, ensuring user data (such as age, preferences, and health conditions) is processed and used effectively to create the right fitness plans.
  + **datetime** – For handling and managing time-based data, such as tracking the user's progress over time and scheduling personalized check-ins or updates.
  + **joblib** – For efficient serialization of machine learning models and saving them to disk, allowing quick loading and inference of personalized fitness and diet plans.
  + **APScheduler** – For scheduling and automating recurring tasks, such as sending reminders, generating weekly reports, or refreshing personalized plans based on user progress.
  + **SQLite** – For storing user data locally in a lightweight, easy-to-use database, ensuring quick access and retrieval of data.
  + **Google Generative AI** – To power the chatbot, generating personalized exercise routines and diet plans based on user input and goals.
* **IDE:**
  + **Visual Studio Code** – A powerful and flexible code editor for development, debugging, and testing the project.

Implementation

### **Installation**

To set up the project on your local machine, follow these steps:

**Clone the repository**  
git clone https://github.com/your-username/gemini-chatbot-personalized-plans.git

cd gemini-chatbot-personalized-plans

**Set up the environment:**Create a virtual environment:  
python -m venv venv

Activate the virtual environment:

On Windows:  
.\venv\Scripts\activate

On Mac/Linux:  
source venv/bin/activate

**Install dependencies:** Make sure you have **pip** installed, then run:  
pip install -r requirements.txt

**Install Streamlit** (if not included in requirements.txt):  
pip install streamlit

**Install any additional libraries**: If any dependencies were added outside the requirements.txt, such as **Google Generative AI**, make sure they are installed (replace your-package with actual package names):  
pip install your-package

**Run**

To run the project:

**Start the backend (Streamlit app):**  
streamlit run app.py

This will launch the application in your default web browser. The chatbot interface will be available for interaction.

**Backend API** (if applicable, for development or debugging purposes)::  
python app.py

**Running tests** (if you have unit tests set up):  
python -m unittest discover

**Access the app**: Once the app is running, you should be able to access the application at:  
arduino  
http://localhost:8501

Screenshots (Add at least 3)

![Screenshot1](Add screenshot 1 here with proper name) Add caption explaining what this shows

![Screenshot2](Add screenshot 2 here with proper name) Add caption explaining what this shows

![Screenshot3](Add screenshot 3 here with proper name) Add caption explaining what this shows

Diagrams

![Workflow](Add your workflow/architecture diagram here) Add caption explaining your workflow

Build Photos

![Team](Add photo of your team here)

![Components](Add photo of your components here) List out all components shown

![Build](Add photos of build process here) Explain the build steps

![Final](Add photo of final product here) Explain the final build

Project Demo

Video

[Add your demo video link here] Explain what the video demonstrates

Team Contributions

[Mariam Byju]: [Backend]

[Merin Shaji]: [Database]

[Maria Alex Chakola]: [Frontend]