YooDo: A Yoga Recommendation App

# # Inspiration

Our inspiration for YooDo emerged from a commitment to holistic well-being and the transformative power of yoga, a practice that harmonizes body, mind, and spirit. Recognizing the need for inclusivity in wellness, we envisioned a platform that makes yoga accessible to all, regardless of their physical conditions or emotional states. This project is born out of the desire to merge technology with ancient wisdom, offering personalized yoga recommendations that cater to individual health needs and moods. By creating a supportive digital space, YooDo empowers users to embark on their unique journey of self-care and mindfulness, fostering a healthier, more balanced lifestyle for everyone. We aim to bridge the gap between traditional practices and modern-day needs, ensuring that the benefits of yoga can be experienced by individuals in their diverse life situations, promoting personal growth and well-being.

# # What it does

YooDo is an innovative yoga recommendation application designed to offer personalized yoga pose suggestions tailored to the user's current mood and health condition, promoting inner peace and well-being.

# # How we built it

Our team developed YooDo using a robust technology stack, including React for the front end, Python with Flask for the back end, and cutting-edge AI with the Cohere API for personalized recommendations. The Google API was utilized for additional functionalities, while Figma served as our design tool to create an intuitive and user-friendly interface.

# # Challenges we ran into

Our journey was not without its hurdles. A significant challenge was the AI integration, as most of our team members were navigating AI technologies for the first time. Furthermore, bridging the gap between frontend and backend systems posed considerable difficulties, requiring diligent coordination and integration efforts.

# # Accomplishments that we are proud of

Despite the challenges, we are immensely proud of our achievements:

- Functioning Prototype: We successfully developed a basic yet functional prototype of YooDo, aligning closely with our initial vision.

- Seamless Integration: Our team accomplished a seamless connection between the frontend and backend components, ensuring a smooth and cohesive user experience.

# # What we learnt

This project was a profound learning opportunity for us. It enabled us to deepen our understanding of AI technologies, enhance our skills in frontend and backend integration, and refine our problem-solving and project management abilities.

# # What’s next for YooDo

Looking ahead, YooDo is set to evolve with exciting new features:

- Progress Tracking: We aim to introduce a progress tracking mechanism that allows users to create accounts and monitor their post-yoga session feelings. This feedback will enable more tailored recommendations, enhancing the personalization of our service.

- Customized Session Durations: We plan to implement a feature enabling users to select their preferred yoga session durations, thereby receiving video suggestions that match their specified time frames.

# #Summary

In summary, YooDo stands at the forefront of personalized wellness, merging technology with the ancient practice of yoga to deliver a unique and enriching experience. As we continue to innovate and expand our features, YooDo is poised to become an indispensable tool for individuals seeking to enhance their mental and physical well-being through tailored yoga practices.