

PROBLEM #3



TRADITIONAL INDIAN WELLNESS SITE:

This innovative online platform harmoniously combines traditional Indian practices like Ayurveda and Yoga to enhance both physical and mental well-being. It encourages the adoption of healthy habits, stress reduction, and empowerment, catering to a global audience while fostering appreciation for diverse wellness approaches.

Features:

- **Personalized diet and exercise plans :** You can provide suggestions of yoga exercises and how to incorporate a balanced diet.
- **Meditation timers:** Display of timers of 10,15 mins for user to select from.
- **Ayurvedic home remedies resource page:** Create a descriptive page for user to explore natural remedies for common ailments.
- **Online Consultancy:** Create a page where users can book an online appointment from specialized experts.
- **Dosha Quiz :** For users to receive an analysis of their personal constitution , including a deeper understanding of how it affects everything in their life.
- **Community space:** Highlights of upcoming workshops or events or q&a sections with instructors or community leaders.
- **Progress tracking:** Creatively display user's progress on a weekly basis.

Hints:

- You could add a testimonials section for better experience
- The site could include popups with little motivational and educational one liners.
- Links to ayurvedic companies and their products.