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(54) Title of the invention : AN IMPACT OF YOGA IN PUBLIC WELLNESS USING MACHINE LEARNING

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(57) Abstract :

Yoga is a thousand-year-old practice to improve public wellness in multi fold. It has got increasing importance to boost our immune system and decrease the inflammation in the body. Due to the advancements in information technology and its incredible role in healthcare research, we propose to employ revolutionary technologies & Internet of Things (IoT) to assist in public wellness to boost the immune system with regular practice of Yoga and Meditation. We intend to design a prototype model for yoga self-monitoring system to observe the well-being of a person with the help of machine learning techniques. The health status of an individual can be evaluated and predicted with the help of monitoring and recognizing their activities. An automated human activity recognition model collects yoga asanas poses data of a person regularly with smart sensors and actuators. The collected data will be sent to machine learning algorithm as training data to design a mathematical model. Training the machine learning algorithm to predict the labels from the features, turning it as a Yoga poses self-observatory system. The mathematical model monitors yoga asana and records the person™s wellness on a regular interval of time. The output from the mathematical model is to train the model that can be used to inference, making predictions on new data points. This prototype model will be helpful for yoga self-practice and checks public wellness after certain number of days. This will enable us to promote Yoga education and create awareness with the real time monitoring device.

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