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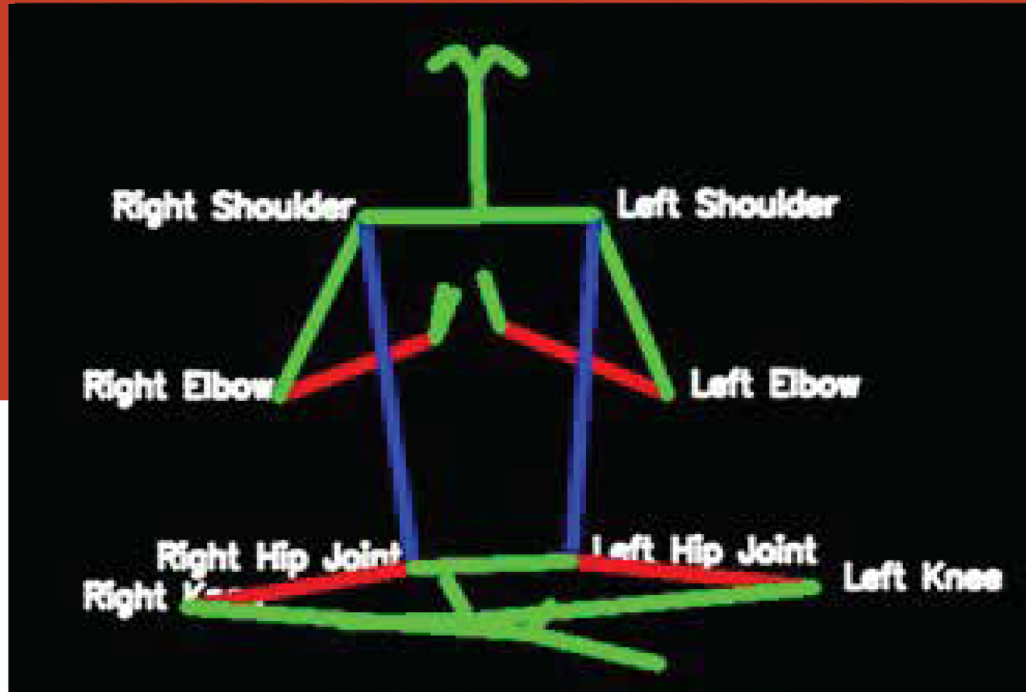
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# 17 PROJECT

## YOGA POSE ASSESSMENT FOR SELF-LEARNING



Nowadays, a lot of people are practising Yoga at home, by watching TV/videos. However, without the direct supervision of a coach, there is a good chance that a practitioner may perform the poses incorrectly. And a novice will not be able to find out the mistakes in his yoga poses by himself.

Pose Tracking: It is the task of estimating multi-person human poses in videos and assigning unique instance IDs for each key point across frames. Accurate estimation of human key point-trajectories is useful for human action recognition, human interaction understanding, motion capture and animation. In this project, we use Media Pipe Blaze Pose which is an on-device body pose tracking approach.

Features:

- Can be applied to self-learning systems, to assess and guide yoga practitioners.
- It can indicate the incorrect poses of a learner.

