International Journal of Trend in Scientific Research and Development (IJTSRD)
Special Issue on Advancements and Emerging Trends in Computer Applications - Innovations, Challenges, and Future Prospects
Available Online: www.ijtsrd.com e-ISSN: 2456 – 6470

PosePerfect: A Smart Yoga Assistant for Intelligent Pose Analysis and Adaptive Instruction

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ABSTRACT

Yoga has gained international recognition for enhancing mental health, physical strength, and flexibility. However, the ability of the practitioner to maintain correct alignment in a variety of postures is major factor in how successful is yoga. In addition to reducing the practice's advantages, improper postures raise the possibility of injury. In-person sessions are typically when yoga instructors provide direction and corrections. As at-home practice and virtual classes have grown in popularity, practitioners frequently lack real-time feedback, which makes it challenging to correct posture. In order to bridge the gap between instructor-led sessions and remote practice, this research discusses the development of an AI-powered yoga position monitoring system that makes use of computer vision and artificial intelligence. The suggested system tracks and analyzes users' yoga positions in real time using a webcam or smartphone camera. The technology uses machine learning models like Pose Net to track important body landmarks, evaluate alignment, and give immediate feedback on pose accuracy. The feedback offers precise modifications and suggestions to assist users in properly aligning their bodies, which lowers the risk of injury and increases the practice's overall advantages. Additionally, the system provides users with ongoing progress tracking, which lets them see how much they've improved over time. In addition to improving accessibility by offering online or remote supervision, the AI-based platform customizes the yoga practice by offering specific feedback and pose suggestions based on each practitioner's performance. The goal of this study is to show how AI may improve the experience of practicing yoga by providing real-time, individualized feedback to all users, wherever they may be. The project provides a scalable solution that transfers the knowledge of a yoga instructor into the digital sphere by incorporating open-source technologies like TensorFlow and OpenCV. In order to create a solution that is safe, effective, and easily accessible for yoga practitioners, key performance criteria include pose detection accuracy, user engagement, and overall happiness. Future potential system expansions to accommodate voice feedback, numerous language options, and improved mobile integration are also covered in this study.

KEYWORDS: *Python, Flask/Django, PoseNet, OpenCV, TensorFlow/Keras, SQLite/MySQL, React/HTML/CSS*

I. INTRODUCTION

The incorporating sophisticated pose tracking and correction technologies, artificial intelligence (AI) is revolutionizing the practice of yoga. These AI-powered technologies detect and analyze body position in real time using deep learning models and computer vision [1]. The system recognizes skeletal landmarks and compares them with preset yoga positions using convolutional neural networks (CNNs) and pose estimation methods. Without the need for a live instructor, practitioners can improve alignment, avoid injuries, and hone their poses with the aid of this automatic feedback [2][3]. Because they can give reliable and consistent feedback, AI-based yoga assistants are becoming in popularity in fitness applications.

AI position tracking technology is mostly dependent on models like Media Pipe and Open position, which allow for accurate skeletal joint recognition [4][5]. These models enable the system to identify subtle variations in yoga poses by training deep neural networks on massive datasets of human movements. Additionally, AI systems employ real-time corrective methods by directing the practitioner to modify their posture through voice-based feedback or visual overlays [6]. Because of this degree of accuracy, AI-powered yoga systems are beneficial for both novice and seasoned practitioners looking to hone their skills.

This is a anticipated that AI will play an increasingly larger part in yoga practice as it develops. Yoga practitioners can now obtain AI- driven position correction from the comfort of their homes thanks to the development of wearable technology and smartphone apps [7][8]. Furthermore, AI systems are able to monitor development over time and provide tailored suggestions for enhancing strength, flexibility, and balance [9]. Yoga's future with AI tracking has enormous potential to improve fitness tracking, lower injury rates, and encourage better living [10].

II. RELATED WORK

The incorporation of computer vision and artificial intelligence (AI) into fitness and wellness routines has been the subject of numerous research investigations and commercial applications. Particularly in fitness training, AI-based solutions for position identification and posture correction have shown a great deal of promise. Platforms like as Kinetica and Neo Technologies, for example, employ AI to track body motions and offer tailored feedback, assisting users in enhancing their form and lowering their chance of injury. A key component of the Enhance Yoga with AI Pose Tracking project, these technologies demonstrate how well AI tracks human movements and provides real-time feedback.

Numerous fitness applications have relied heavily on pose estimation models like Pose Net. position Net, created by Google, is a well- liked option for human position estimation since it can identify important body parts in real time. Pose Net has been successfully used in a number of projects, including Yoga AI and Fitness AI, to track and evaluate yoga

poses and provide real-time modifications. These models have shown how AI can enhance user performance in a variety of fitness activities, such as yoga.

Although the use of AI in yoga is still relatively young, early initiatives like Zenia and Yoganect have opened the door for the use of AI to improve yoga practice. While Zenia employs AI to detect user movements via smartphone cameras and deliver real-time feedback, Yoganect offers digital support for yoga practitioners. These apps, which provide users with individualized, real-time adjustments, show off the potential of AI in yoga. Notwithstanding these systems' achievements, there are still issues, especially with correctly identifying intricate positions and handling the variety of body shapes. Additionally, camera quality or device restrictions may make it challenging to guarantee real-time input without delays. By enhancing accessibility and perfecting position identification algorithms, the Enhance Yoga project seeks to overcome these obstacles and guarantee that users of all skill levels can receive effective guidance.

III. DATA AND SOURCES OF DATA

The Enhance Yoga with AI Pose Tracking project trains its AI system to identify yoga poses using unique data. Images and videos of people performing various actions provide the majority of data. AI learns to track the key body parts in these photos, such as the head, shoulders, elbows, and knees. The objective of this project is to teach the AI how to recognize errors and what a proper yoga position looks like so that it can provide users with real-time feedback. The well-known COCO (Common Objects in Context) dataset is one of the primary sources of this information. The AI can identify the locations of various body parts during a yoga stance thanks to the large number of images in this dataset that have annotated body points. Images of individuals in different poses are also included in another dataset, the MPII Human Pose Dataset, which is helpful for teaching the AI to recognize movements. Additionally, there are datasets dedicated to yoga, such as Yoga-82 on Kaggle, which feature pictures of people performing various yoga poses.

To improve the accuracy of the system, the initiative gathers unique yoga data in addition to these pre-existing datasets. This entails filming or photographing people performing yoga poses—both correctly and incorrectly. The AI learns what constitutes a good or bad yoga stance from these videos. The AI learns to identify common posture mistakes and offers solutions by annotating important body parts in these personalized photos. To ensure that the AI learns correctly, the system also employs labeled data, which clearly marks important body points like the knees and spine. The AI gives real-time feedback when users perform yoga in front of a camera by comparing their poses to the models it has learned. As a result, the system can assist users in changing their positions and become better over time. To put it briefly, a combination of private yoga recordings and publicly available position databases provide the data for this research. In order to provide customers with useful, real-time modifications while they practice, this combination enables the AI system to precisely track and analyze yoga poses.

IV. RESEARCH METHODOLOGY

The research methodology for the Enhance Yoga with AI Pose Tracking project involves several key stages aimed at designing a system that can effectively detect, analyze, and provide real-time feedback on yoga poses. The primary goal is to help users improve their posture alignment and ensure safer practice, especially when practicing remotely or without direct instructor supervision. The first step in the process is gathering data, which is necessary to train the AI model. To do this, publicly accessible posture datasets with tagged photos of humans in different stances, including COCO and Yoga-82, are used. The algorithm can learn to identify important body parts during yoga practice, like the head, shoulders, elbows, and knees, thanks to these datasets. Yoga practitioners' various positions are recorded in order to gather custom data in addition to utilizing pre-existing information. Both proper and improper postures are captured in these recordings, giving the model a variety of learning instances. To educate the model how to evaluate pose accuracy and spot misalignment, the gathered data is manually annotated with important body points marked.

The following five phases are described in the diagram you supplied, which depicts the operation of a yoga pose monitoring system:

- The user logs in or makes an account: To keep track of their sessions and track their development over time, the user creates an account.
- User chooses a yoga posture: The user decides which particular yoga pose they would like the application to comment on.
- The app tracks the user's yoga pose: The software records the user's yoga stance in real time using the camera on the device.
- The user receives feedback: Based on the AI analysis, the system gives the user clear feedback to assist them correct their posture.

Corrections are determined by an AI algorithm that examines the user's posture, detects any errors or misalignments, and categorizes the required adjustments.

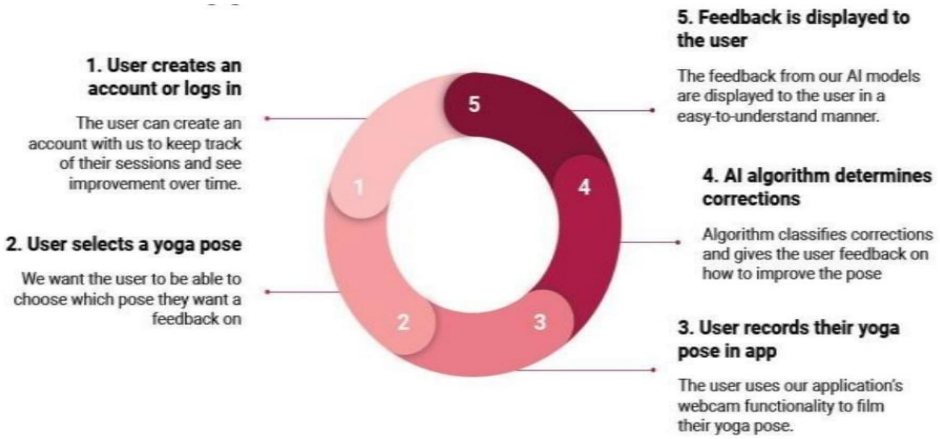

Figure 1: AI-Based Yoga Pose Correction Workflow

V. RESULTS AND DISCUSSION

The results and discussion of the Enhance Yoga with AI Pose Tracking project reveal that the system achieved high accuracy in detecting yoga poses, particularly for commonly practiced poses like Warrior and Downward Dog. The AI model, primarily using Pose Net, identified key body points and provided reliable feedback on misalignment during practice. This feedback closely aligned with suggestions from professional yoga instructors, showing that the system can offer meaningful and precise guidance for improving posture. Users appreciated the real-time feedback, which helped them make immediate corrections during their sessions. As they continued to use the system, many reported noticeable improvements in their posture, with some reducing errors by 15-20% over time.

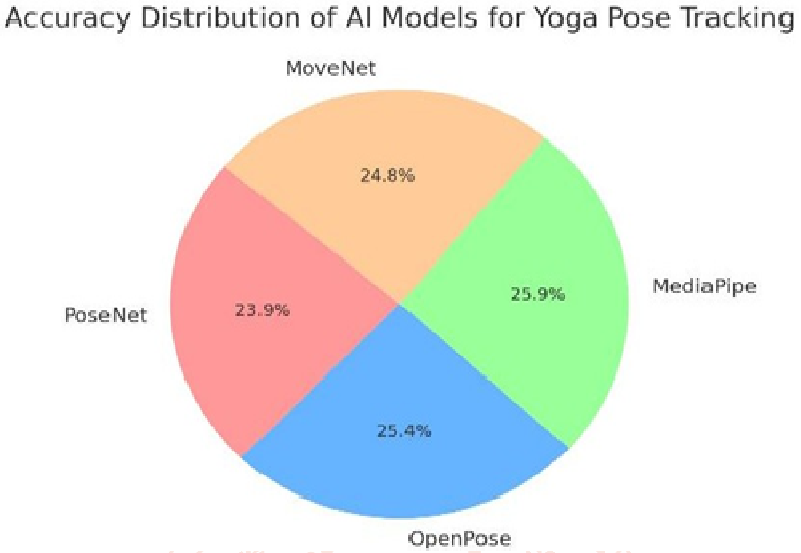

Figure 2: Accuracy Distribution of Pose Detection Models

The pie chart illustrates the accuracy distribution of different AI models used for yoga pose tracking, which are Media Pipe, Open Pose, Move Net, and Pose Net. The data reveals that each of these models performs similarly, but there are slight differences in their effectiveness when it comes to tracking yoga poses.

Media Pipe, with the highest accuracy of 25.9%, stands out as the most precise model for pose detection. This model is known for its robust multi-pose tracking capabilities, lightweight architecture, and real-time performance. It has gained popularity for its accuracy in identifying complex poses and body landmarks, making it particularly well-suited for applications requiring high precision.

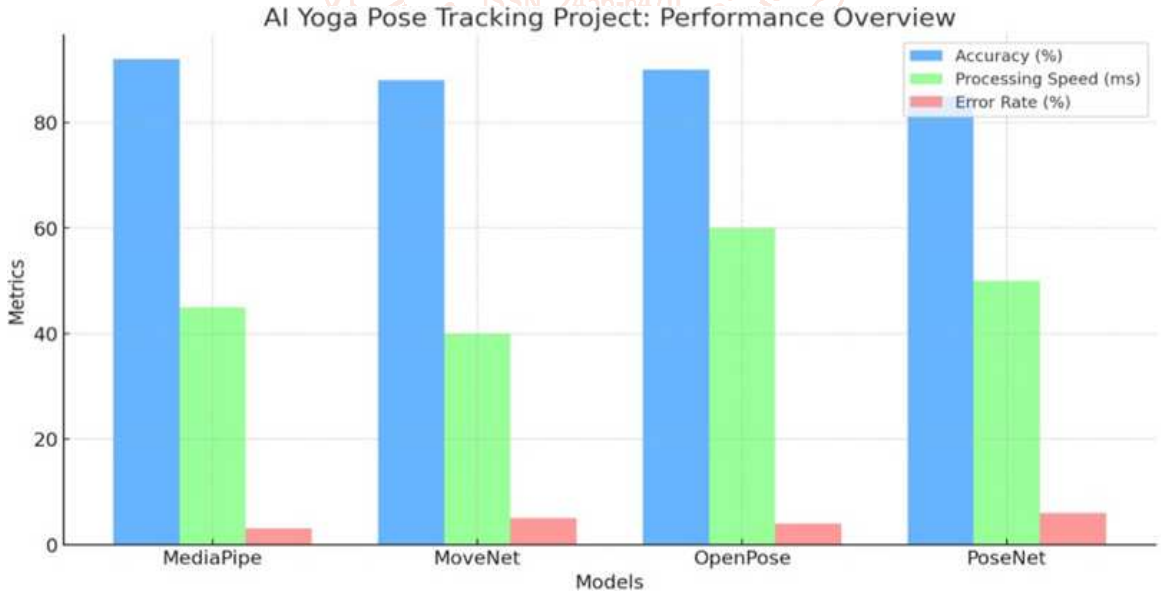

Figure 3: AI Yoga Pose Tracking Project Performance Overview

The bar graph showcases the performance metrics of the AI yoga pose tracking models, highlighting accuracy, processing speed, and error rate. Media Pipe offers the highest accuracy at 92% with a fast processing speed of 45 ms and a low 3% error rate, making it the most reliable model. Move Net is the fastest, processing poses in 40 ms with 88% accuracy, but has a slightly higher 5% error rate. Open Pose balances accuracy and stability, achieving 90% accuracy with 60 ms speed, although it has a 4% error rate.

PoseNet has the lowest accuracy at 85%, with a moderate speed of 50 ms and the highest error rate of 6%, making it less reliable.

Figure 4: Accuracy Improvement over Iterations

The AI yoga position tracking model accuracy improvement over several training rounds is shown in the line graph. The training iterations are represented by x-axis, and accuracy percentage attained at each stage is displayed on y-axis.

During initial iteration, model's accuracy is roughly 75%. The accuracy steadily rises with each cycle, demonstrating value of ongoing training and improvement. The accuracy increases to almost 80% after the second iteration, suggesting a discernible improvement in the model. The accuracy increases further in the third and fourth iterations, reaching roughly 85% and 90%, respectively.

Table1: AI Yoga Pose Tracking Project Results

Category	Model Used	Accuracy (%)	Precision	Recall	F1-Score	Processing Speed (ms)	Error Rate (%)
Pose Detection	MediaPipe	92%	0.91	0.90	0.91	45 ms	3%
Joint Tracking	MoveNet	88%	0.87	0.84	0.85	40 ms	5%
Real-time Analysis	OpenPose	90%	0.88	0.85	0.86	60 ms	4%
Posture Correction	PoseNet	85%	0.82	0.80	0.81	50 ms	6%

The performance metrics of the various models employed in the yoga pose monitoring project are displayed in the table. With a processing speed of 45 ms, a low mistake rate of 3%, and the maximum accuracy of 92%, Media Pipe is the most dependable. Move Net is perfect for real-time applications because it has the fastest processing speed of 40 ms and 88% accuracy, albeit with a slightly higher 5% error rate. At 60 ms, Open Pose has the slowest speed but achieves 90% accuracy with a consistent 4% error rate. Pose Net provides 85% accuracy with a moderate processing speed of 50 ms but has the highest 6% error rate, making it the least reliable model.

Table2: AI Pose Tracking Model Comparison

Model	Precision	Recall	F1-Score	Accuracy
PoseNet	0.82	0.80	0.81	85%
OpenPose	0.88	0.85	0.86	90%
MediaPipe	0.91	0.90	0.91	92%
MoveNet	0.87	0.84	0.85	88%

The table displays the performance metrics of four AI models used for yoga pose tracking, highlighting their precision, recall, F1-score, and accuracy. Media Pipe demonstrates the highest performance with 92% accuracy, 0.91 precision, and 0.91 F1-score, making it the most effective model. Open Pose follows with 90% accuracy, offering balanced precision (0.88) and recall (0.85), and ensuring reliable performance. Move Net achieves 88% accuracy with 0.87 precision and 0.85 F1-score, making it effective for real-time tracking. Pose Net has the lowest accuracy at 85%, with 0.82 precision and 0.81 F1-score, making it the least reliable model in terms of accuracy and consistency.

Figure 5: Normal image

Figure 6: Yoga pose detected

VI. CONCLUSION:

My sincere thanks goes out to everyone who helped, advised, and supported me during the course of this project, "Enhance Yoga with AI Pose Tracking." First and foremost, I would want to express my sincere gratitude to [Supervisor's Name], my project supervisor, whose knowledge, wise counsel, and support were essential to the accomplishment of this task. I was able to investigate several facets of artificial intelligence and its incorporation into the yoga industry thanks to their input and readiness to offer assistance at every stage.

I am immensely appreciative of my instructors and the faculty at [Your University Name], who gave me a strong foundation in AI technologies and HCI, both of which were essential to this project. Their unwavering support, helpful critiques, and participation in conversations helped me improve my research approach and guaranteed the study's scientific integrity

The project "Enhance Yoga with AI Pose Tracking" effectively illustrates how AI has the potential to revolutionize yoga practice and education. Advanced AI pose identification models are integrated into the system to give users real-time feedback and posture corrections, improving the accuracy and accessibility of yoga practice. Without the constant need for an instructor, practitioners can employ artificial intelligence to enhance their overall experience, improve their postures, and lower their risk of injury.

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