

VIRTUAL BODY APP: HEALTH INDICATOR , FOOD AND CULTURE CARDS



BY: RAJESH KUMAR YADAV

What is health?



- The [World Health Organization](#) (WHO) defined health in its broader sense in its 1948 constitution as "a state of complete physical, mental, and social [well-being](#) and not merely the absence of disease or infirmity.

Health



- 1. Physical well being
- 2. Mental well being
- 3. Social well being

Virtual body App



HEALTH



- An application (App) which will show condition of health covering physical , mental and social condition of a person.
- > INPUT:
- Food and drinks
- Physical exercise, running distance, workout , Yoga
- Family, friends, Social interactions, social work, donations, charity , work , meditation etc

Output > PRESENT HEALTH



- PRESENT HEALTH CONDITION:
- Present physical condition
- Present mental condition
- Present social condition

OUTPUT > RECOMMENDATION

- RECOMMENDATIONS AGAINST PRESENT HEALTH CONDITION TO MAKE IT A HEALTHY BODY:
- Quantity and type of Food, fruits etc to achieve good health
- Music, dance, entertainment, break from work etc to achieve good health
- Social service, donations, helping needy people etc to achieve good health

VIRTUAL BODY AS AN INDICATOR



- When provided with above recommendations to virtual body, it should show change in health
- It will motivate subject person to consume recommended quantity of stuff to be in good health

Traditional food and cultures



- For Healthy life= Physically + mentally + socially

Use Traditional food + entertainment + sports

- Prepare Display cards and show them to audience
- 1.Collection of traditional food recipes
- 2. Collection of details of traditional entertainment
- 3.Collection of details of traditional sports

Traditional food recipes modified



- Traditional food recipes
 - Modified with new tastes
 - Balanced with nutrients
 - Added vitamins
- Show these recipes on food cards
- Let the people choose different recipes and eat healthy



Food Pyramid

Balanced food

Fats, Oils, & Sweets
USE SPARINGLY



Milk, Yogurt, & Cheese
Group
2-3 SERVINGS



Meat, Poultry, Fish, Dry Beans,
Eggs, & Nuts Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS



Fruit Group
2-4 SERVINGS



Bread, Cereal, Rice,
& Pasta Group
6-11 SERVINGS



Traditional 1

Italian food



@PioneerChef.com



Traditional 2

North Indian



Indian Chat

Traditional 3 & 4



Chinese

French





Punjabi

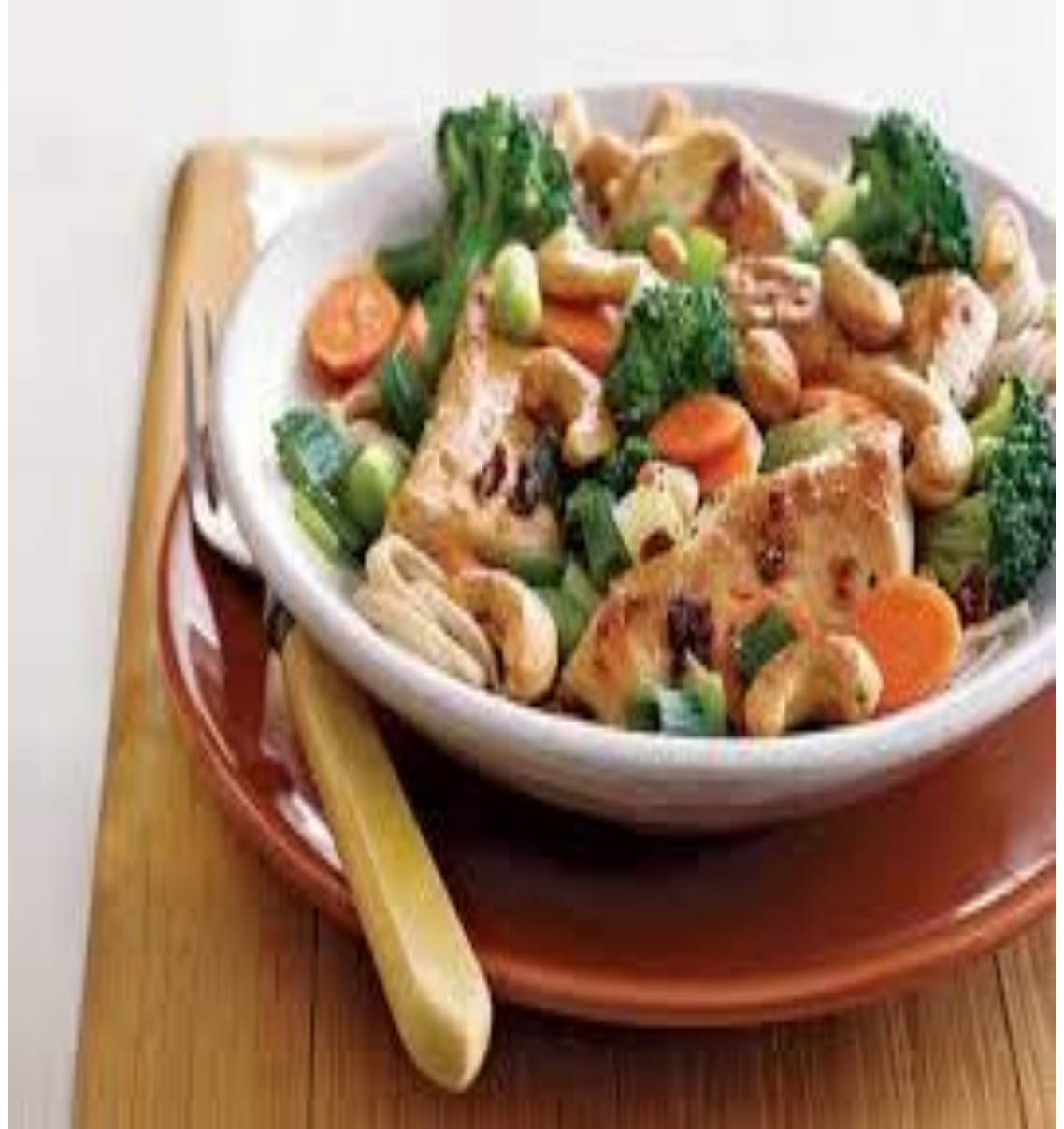


Traditional Indian 5



Traditional 6

Spanish





Traditional 7

Marathi





Traditional 8

Fruit salad





German



Traditional 9





Dance

Kerla- Indian





Dance

Spanish dance





Latin American



Latin American dance

Dance

Argentina



India: Gilli Danda



4to40





Traditional sports

China





Sports

USA





Yoga for healthy mind





POSE
No **01**
Half Moon



POSE
No **02**
*Head
to Feet*



POSE
No **03**
Anahara



POSE
No **04**
Eagle



POSE
No **05**
*Standing
Head To Knee*



POSE
No **06**
*Standing
Bear*



THANK YOU



THANK YOU