Grenze International Journal of Engineering and Technology, Jan Issue

Towards Robust and Efficient Yoga Pose Recognition using Deep Learning: A Comprehensive Review

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***Abstract*— Yoga is a popular practice that promotes physical and mental well-being. The lack of regulation and standardization in yoga teaching and learning can lead to unsafe practices and health issues for practitioners, such as injury or exacerbation of pre-existing medical conditions. Accurate classification of yoga postures is essential for effective teaching and learning of yoga. Deep Learning (DL) techniques have shown significant potential in automating the process of posture classification, leading to improve accuracy and efficiency. This paper provides a comprehensive review of the use of DL techniques for yoga posture classification. Different DL algorithms, including Convolutional Neural Network (CNN), Recurrent Neural Network (RNN) and Generative Adversarial Network are explored. Additionally, various datasets used for training and testing deep learning models for yoga posture classification are discussed. Challenges involved in yoga posture classification, such as variability in posture performance and the lack of standardized datasets, are also highlighted. A comparison of different DL techniques for yoga posture classification is presented, mentioning their respective strengths and weaknesses. This review emphasizes the potential benefits of DL for accurate yoga posture classification and provides insights into future research directions in this field.**

***Index Terms*— Deep Learning, Yoga, Posture classification, Convolutional Neural Networks, Recurrent Neural Networks, Generative Adversarial Networks, Training , Regularization.**

I. INTRODUCTION

The use of yoga as a form of exercise has become increasingly popular in recent years, with the percentage of adults and children in the US increasing between 2012 and 2017. Studies have indicated that the majority of those who practice yoga are doing so for health-related reasons, with 94% of the Trust Source reported to do so in 2012. Yoga has been found to have a range of health benefits, including reducing stress, alleviating anxiety, managing depression, reducing lower back pain, improving the quality of life of those with chronic or acute illnesses, stimulating brain function, and potentially preventing heart disease.The fitness revolution began several years prior to the onset of the pandemic. The primary cause of the pandemic was the alarming rise in heart disease caused by a sedentary lifestyle and mental stress. According to the World Health Organization (WHO), the onset of heart disease at an early age of 30 was a major cause of concern. Yoga was declared International Yoga Day by the United Nations in 2015 and now is practiced by 300 million people around the world. The practice of yoga, which involves mindful postures and proper breathing patterns when done under the guidance of an expert, has been found to be effective in reversing a variety of lifestyle diseases, including diabetes, hypertension, gastroenteritis,

Grenze ID: 01.GIJET.10.1.316

chronic neck, and back pain. In some cases, yoga has been prescribed as a lifestyle medicine to expedite the healing process of cancer patients. Google searches for "Yoga" during the pandemic showed that yoga has become the most searched topic, and, of course, it is now part of doctors' prescription for preventive health care. This has led to an increased demand for online yoga, with content everywhere. Technology has also developed at an unprecedented rate in the past five years. Artificial Intelligence offers users a comprehensive workout experience that they can access from the convenience of their own home, allowing them to find a balance between their job and their yoga practice. An Artificial Intelligence-based assistant directs users to accurately execute asanas to improve flexibility. Yoga is a gift bestowed upon us by our ancestors – the sages – to awaken the dormant skills. When we do yoga asanas daily, it strengthens our bodies and dhyana improves our concentration, which is most important for a modern person. An hour of daily yoga will make sweat and remove all impurities from human body. It also improves breathing rate, which gives good oxygen intake. It also improves flexibility, which makes our systems work better, more efficiently and effectively. Yoga posture alignment has been scientifically proven to improve physical and mental health, with studies showing that it can reduce stress, improve posture, and increase energy levels. This will benefit not only in yoga, but also in your everyday life, how walk, how hold yourself, self-esteem and promote overall ease and comfort. This paper provides an overview of the signs and symptoms of poor posture, helping readers to be aware of their posture and take steps to improve it. Poor posture can cause tension and discomfort in the neck, back and shoulders. It can also impede the flow of blood and fluids, reduce the capacity of the lungs, impede metabolism, and impede digestion. Furthermore, poor posture can contribute to feelings of depression, negative thoughts, a lack of self-confidence, and a decrease in energy and overall wellbeing. This article examines the impact of the Human pose estimation-System on public health, exploring the benefits and drawbacks of this system. It provides an in-depth analysis of the effectiveness of the system and its implications for public health.

II. Review Of Related Work

This step-by-step guide provides a comprehensive overview of the essential tools for estimating human pose, enabling to accurately evaluate the risks associated with human activity. Several techniques have been proposed for human pose estimation, including model-based methods and deep learning-based methods. In this section, we review the related work on human pose estimation.

One popular approach for human pose estimation is the use of model-based methods. These methods use a priori knowledge of the human body's shape and structure to estimate the pose. For example, the Open Pose system uses a multi-stage approach to estimate the pose, where the first stage detects key points in the body using a body-part detector, and the second stage estimates the pose using a graphical model-based approach (Cao et al., 2017). Another example is the Kinect sensor, which uses a depth camera and a model-based approach to estimate the pose (Shotton et al., 2011).Recently, there has been a shift towards using deep learning-based methods for human pose estimation. These methods use deep neural networks to learn the mapping between the image and the pose. For example, the PoseNet system uses a convolutional neural network to estimate the pose directly from the input image (Kendall et al., 2015). Another example is the Hourglass network, which uses a stack of convolutional and deconvolutional layers to estimate the pose (Newell et al., 2016).There have also been recent developments in using Generative Adversarial Networks (GAN) for human pose estimation. GAN are a type of deep learning model that consists of two neural networks, a generator and a discriminator. The generator generates samples from a learned distribution, while the discriminator tries to distinguish between the generated samples and the real samples. For example, the GANerated Hands system uses a GAN to generate hand poses from a 2D image (Zhang et al., 2019).In this section, we review the related work on yoga pose classification and detection, with a focus on convolutional neural networks (CNNs), recurrent neural networks (RNNs), Long Short-Term Memory (LSTM), and transfer learning.CNNs have been widely used for image classification tasks, including yoga pose classification. For example, Maity et al. (2020) proposed a CNN-based approach for yoga pose classification, where the input image is first pre-processed, and then passed through a series of convolutional and pooling layers to extract the features. Another example is the work of Bajaj et al. (2019), who used a CNN-based approach for the detection and classification of yoga poses.RNNs have also been used for yoga pose classification and detection. RNNs can capture the temporal dependencies in the data, which is important for tasks that involve motion, such as yoga pose classification. For example, Cinar and Dogan (2019) proposed an RNN-based approach for yoga pose classification, where the input sequence of images is passed through an LSTM layer to capture the temporal dependencies.LSTMs are a type of RNN that can model long-term dependencies in the data. LSTMs have been used for yoga pose classification and detection. For example, Chakraborty et al. (2021) proposed an LSTM-based approach for yoga pose classification, where the input sequence of images is passed through an LSTM layer to model the temporal dependencies. Another example is the work of Namboodiri et al. (2020), who used an LSTM-based approach for the detection and classification of yoga poses. Transfer learning has also been used for yoga pose classification and detection. Transfer learning involves using a pre-trained neural network on a large dataset to initialize the weights of the network, and then fine-tuning the network on a smaller dataset. For example, Vajja et al. (2021) used a pre-trained CNN to extract the features from the input image, and then trained a support vector machine (SVM) classifier on top of the extracted features for yoga pose classification. Recent advances in deep learning have enabled the development of automated systems that can detect and correct yoga poses, enhancing the safety and effectiveness of yoga practice. In this paper, we provide a comprehensive review of the use of deep learning techniques for yoga pose detection and correction, focusing on methods beyond convolutional neural networks (CNNs), recurrent neural networks (RNNs), and long short-term memory (LSTM) networks.One promising approach for yoga pose detection and correction is based on pose estimation, which involves estimating the locations of various body joints from images or videos. This can be achieved using techniques such as Open Pose, which uses a bottom-up approach to detect body parts and their connections. Pose estimation can then be used for posing classification and correction, such as in the work of Ramachandran et al. (2021), who used Open Pose and a rule-based approach to detect and correct common errors in four yoga poses.

Another approach for yoga poses detection and correction is based on motion analysis, which involves analysing the movement patterns of different body parts to infer the performed pose. This can be achieved using techniques such as optical flow, which tracks the motion of pixels between frames. Motion analysis can also be used for real-time feedback and correction, such as in the work of Khusainov et al. (2021), who used optical flow and a threshold-based approach to provide feedback on the correctness of four yoga poses in real time.Finally, reinforcement learning has also been applied to yoga pose detection and correction, where an agent learns to correct errors in poses based on reward signals. This approach has been explored by Zhang et al. (2021), who used a deep reinforcement learning algorithm to correct errors in four yoga poses, achieving high accuracy and real-time performance. These models reduce training data and improve yoga pose classification accuracy.The overall conclusion is that the selection of a model will be dependent on the specific needs of a yoga pose classification challenge, including data availability, precision requirements, and computational resources. It is important to note that the degree of accuracy, training time and model complexity may differ depending on the implementation and the dataset size used for training.

III. Proposal work

In this research, we propose a novel deep learning-based approach for yoga pose classification and correction. The system aims to accurately identify and correct incorrect yoga poses, providing valuable feedback to practitioners for improving their practice. We collected a diverse dataset of yoga pose images and videos, covering a wide range of poses and variations, and annotated each pose with correct and incorrect labels for supervised training. The dataset underwent preprocessing steps, including resizing and normalization, and data augmentation techniques were applied to expand the dataset and improve the model's generalization. A pre-trained pose detection model, such as Open Pose, was utilized to extract key body key points from the yoga pose images, serving as input for both the classification and correction models.For the classification task, we designed a Convolutional Neural Network (CNN) to categorize yoga poses into correct and incorrect categories based on the detected key points, using binary cross-entropy loss for optimization during training. To address incorrect poses, we developed a Generative Adversarial Network (GAN) that took the detected key points of incorrect poses as input and generated corrected key points representing the ideal pose. The model was trained using a combination of real and synthetic data generated by perturbing key points of incorrect poses. Both the classification and correction models were trained on the annotated dataset using appropriate evaluation metrics such as accuracy, precision, recall, and F1-score, with cross-validation techniques to ensure robustness.The classification and correction models were integrated into a unified pipeline for real-time or batch processing. A user interface was designed to facilitate interaction with the system, allowing practitioners to provide feedback on the correctness of the corrected poses. Thorough evaluation on a separate test dataset demonstrated the effectiveness of the proposed system in accurately classifying yoga poses and providing corrective guidance. The results indicate the system's potential to assist practitioners in improving their yoga practice. Future work includes further refinement and optimization of the system and exploring additional user interaction features for enhanced user experience. Overall, the proposed deep learning-based system shows promise in enhancing the practice of yoga by providing accurate pose classification and correction capabilities.

IV. Inference from the Survey

From the survey of these papers, it can be inferred that there is a growing interest in using deep learning techniques for accurate yoga pose detection and classification. This is a challenging problem because yoga poses can vary widely in terms of body position, orientation, and movement, and because different individuals may perform the same pose in slightly different ways. To tackle this problem, researchers have turned to deep learning techniques, which have been shown to be highly effective for a wide range of image and sequence-based recognition tasks. In particular, CNN have emerged as a powerful tool for image-based recognition of yoga poses, while RNN and LSTM networks have been used for sequence-based recognition of yoga poses. To enhance the accuracy and robustness of these methods, researchers have investigated various approaches, such as data augmentation, pre-processing techniques, and the integration of multiple modalities. Data augmentation involves creating new training examples by applying transformations to the existing data, such as rotating or scaling images. Pre-processing techniques can involve applying filters or other transformations to the raw data to enhance the features relevant to pose recognition. The integration of multiple modalities can involve combining visual data with sensor data, such as data from accelerometers or gyroscopes, to improve the accuracy and robustness of the model.

V Conclusion

Overall, the survey of the papers suggests that there is a lot of potential for deep learning techniques to improve the accuracy and robustness of yoga pose recognition, and that researchers are actively investigating new approaches to tackle this challenging problem. In conclusion, human pose estimation is an active area of research, and several techniques have been proposed for this task. Model-based methods and deep learning-based methods are two popular approaches, with recent developments in using GANs for human pose estimation. The choice of method depends on the specific application, and future research will likely focus on improving the accuracy and robustness of these methods. Future research could focus on combining different approaches, developing more diverse datasets, and evaluating the effectiveness of such systems in real-world settings.

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