

# SMART FASHIONABLE WAIST PAIN RELIEF BELT(IDT - B1)

## Problem Statement

Nowadays, waist pain is a common issue with diverse causes, including muscle/ligament strains from poor posture or heavy lifting, degenerative disc disease, arthritis, and lifestyle factors like excess weight or inactivity. The problem statement is that an individual experiences pain in the waist area, which can range from a dull ache to sharp, shooting pain, and may be acute or chronic, significantly impacting daily life and well-being.

## Project Team



VASA

## Team Members

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## Solution

We propose a smart and fashionable waist pain relief belt designed to provide effective, discreet, and comfortable orthopedic support without compromising style. The belt combines modern aesthetics with advanced support technology, allowing users to manage lower back pain, improve posture, and stay active throughout the day. Its sleek, non-bulky design ensures it can be worn under regular clothing without drawing attention, making it suitable for students, office workers, athletes, and individuals with chronic pain. The smart features can include posture alerts, adjustable support levels, and heat or vibration therapy to enhance comfort and relief. Made with breathable, skin-friendly materials, it ensures long hours of use without discomfort. By blending functionality with fashion, this solution encourages consistent usage, helping users maintain spinal health, reduce strain, and confidently perform daily activities while feeling supported and stylish.

