RESEARCH ARTICLE

RSP Science Hub

International Research Journal on Advanced Science Hub
2582-4376
www.rspsciencehub.com
Vol. 07, Issue 04 April

Check for updates

http://dx.doi.org/10.47392/IRJASH.2025.046

SynatiFit AI: A Comprehensive Machine Learning Framework for Personalized Fitness Recommendations

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Article history

Received: 12 March 2025
Accepted: 26 March 2025
Published: 26 April 2025

Keywords:
Artificial Intelligence; Genetic Algorithm; Personalized Recommendations; Predictive Analysis; Reinforcement Learning

Abstract

The need for personalized health solutions is increasing, and the fitness recommendation systems are mandatory to optimizing workout plans. This paper discusses a system providing personalized fitness recommendations based on Reinforcement Learning (RL), Long Short-Term Memory (LSTM) networks, Genetic Algorithms (GA), and Artificial Neural Networks (ANN). Such AI techniques would ensure real-time workout adjustments, future performance predictions, and optimization of fitness routine. Reinforcement Learning provides an adaptive workout planner and optimizes the user recommendations based upon user feedback that improves long-term health and fitness outcomes. LSTM Networks inherit time-series data such as past performance in workouts and are able to predict trends in fitness for the future and therefore offer training modifications ahead of time. Genetic Algorithms operate in selecting and mutating workout parameters so that the plans can dynamically evolve with constant adaptation. ANN improves testing patterns and mapping cause-effect relationships that make workouts more efficient. The evaluation is carried out on the architecture against applicable baselines and therefore shows the ability of the developed prototype to create adaptive fitness recommendations. The work demonstrates how many AI techniques combat the limitations of traditional fitness systems, such as lack of real-time adaptability and long-term optimization. The system produces a more intelligent approach in workout personalization through data to enhance the efficiency and satisfaction derived from fitness programs regarding a specific and dynamic approach to fitness planning.

1. Introduction

Personalized fitness recommendations are becoming more and more important in health and wellness, with more people looking for ways to reach their specific fitness goals. Many traditional fitness programs use predefined routines that do not take into account the unique needs, progress, and preferences of each individual. This gap in personalized fitness planning has led to many new advanced and adaptive programs. Personalized fitness recommendations can help improve one's well-being, taking into account the individual's fitness level, current health status, goals, and preferences, creating more effective and sustainable goals and lifestyle changes. Artificial Intelligence (AI) has been a major contributor to the evolution of fitness and workout planning. Thanks to AI technologies, personalized fitness systems can now go beyond static workout plans to adjust recommendations automatically based on real-time data and individual performance. For this level of personalization, sophisticated AI methods such as Reinforcement Learning(RL), Artificial Neural Networks (ANN), Long Short-Term Memory (LSTM) networks and Genetic Algorithms (GA) are used. Reinforcement learning allows the system to learn from interactions with the user and feedback provided, thus making a personalized workout plan that evolves over time. ANNs use complex patterns in fitness data to enhance recommendations. Long Short-Term Memory (LSTM) networks are suitable for analysis of time-series data (such as tracking a user's past workout performance), while genetic algorithms optimize workout parameters (ensuring that each user's plan remains continually optimized to hit their goals). [1-3]

1.1. Context of Problem

In the last few years AI and ML have made a huge impact on many facets of life and in sector-specific aspects such as healthcare, wellness, and fitness. According to many investigators, AI-powered systems for personalized recommendation, predictive analytics, and real-time monitoring have gained widespread acceptance in recent years. Nevertheless, it is apparent that great strides have been made but very few challenges have been overcome. Studies show how most AI fitness apps cannot provide personalized recommendations to the individual user and tend towards general advice that everyone follows. Another glaring problem arenas comprise privacy of data, interpretability of the model, and user engagement. Also, the other models cannot handle the existing heterogeneity of the variety of datasets available, rather it leads to biased judgment and recommendations. Some other issues related to the technicalities include sensor accuracy; real-time processing with energy efficiency. Such are some of the challenges that AI faces with wearables and mobile applications. Past research does provide some insightful revelations into the important research areas, but a very urgent need is an AI fitness solution that incorporates some of these areas into recommendations that are accurate, personalized, and privacy-respecting. This study intends to fill the gaps to build a robust, AI-powered mechanism, which keeps user engagement alive, ensures data security, and provides fitness directions that are both precise and individualized according to the requirements of different people. [4-7]

1.2. Motivation

It is for this reason that the demand for intelligent, adaptive fitness systems is growing. It is because we are seeing an increase of awareness among individuals that they need personalized wellness solutions. Traditional fitness systems tend to be too rigid and generally prescriptive; they fail to anticipate the dynamic nature of human fitness; progress and progress levels of interest and challenges may fluctuate over time. The fitness recommendation systems in place currently rely on static data and predefined rules which fail to capture the complexity of individual needs and goals. There are already many challenges in existing fitness recommendation systems. These include having no personalization, unable to adjust in real time, and limited integration with various health data sources. In addition, many of these systems do not optimize for long-term progress. They provide users with an evolving workout plan that adjusts to their individual needs. Since fitness and wellness are growing as areas of interest, we want systems to be able to provide real-time, personalized recommendations that not only account for current performance but also anticipate future trends and progress. The use of personalized, real time and optimized fitness plan implementation is a must if we are to have more successful and sustainable fitness programs. An interface that adapts to the individual's progress, predicts future performance and optimizes overall fitness strategy will be a significant breakthrough in the health and wellness field.

1.3. Objective

The Fundamental goal of this work is to develop and implement an AI capable system of providing personalized fitness recommendations, whose architecture will include reinforcement learning and ANN, time series prediction via LSTM networks and genetic algorithms, in order to construct an all-encompassing and adaptive solution of optimizing fitness plans. The system will have the ability to learn from user feedback and adjust with that feedback to e. g. modify workout plans in line with the current user's needs/goals. ANNs will be used to detect complex patterns in the data which can help the system more accurately predict and recommend optimal training sessions to the user. LSTM networks will be used to analyze time series data to better track users' progression over time and to better forecast future performance. Genetic Algorithms will be used to continuously optimize the optimization process of the system so as to adapt workout parameters in response to different users' preferences/goals. Ultimately, the system will provide a holistic, personalized and optimized fitness experience that learns in real time about users' progress and enables them to make more efficient and sustainable fitness journeys. By using these advanced AI approaches, the system will be able to overcome the shortcomings of more traditional, one-size-fits-all fitness programs and deliver highly individualized recommendations that are beneficial to overall fitness outcomes. [8-10]

2. Methods

2.1. System Design Overview

The AI-enabled personalized fitness recommendation system brings along very powerful state-of-the-art machine-learning approaches such as reinforcement learning (RL), artificial neural networks (ANN), long short-term memory (LSTM) networks, and genetic algorithms (GA) to provide personal training schedules. It aims to dynamically match up to the physical challenges, evolution, and proclivities of the user, with prompt feedback systems as well as corrective inputs. The key components of the system include

2.1.1. Training Process

Reinforcement-learning-based system that is capable to learn and adapt in real-time from user feedback and various levels of fitness. For possible future fitness outcomes in time dependent format, time-series data consisting of daily activity and progress metric is employed by LSTMs. The ANN finds complex interactions among a variety of input parameters such as health data, exercise habits, and progress. Genetic algorithms select, modify, and recombine personalized fitness strategies to improve workout performance.

2.1.2. Data Collection

User data such as exercise logs, changes in composition (weight, strength, and endurance), and personal selection(s) are amassed continuously through one or more applications or fitness tracking devices. These data serve as the training information for all models in operation in the system.

2.1.3. Feature Engineering

Feature extraction occurs when any feature identified as being relevant or key to the user's fitness journey, including but not limited to age, body composition, medical history, activity level, and other vital physiological signs, are taken as inputs in developing personalized models for each user such that he is meeting his fitness and wellness goals. [11-13]

2.1.4. Model Integration

Reinforcement learning continuously updates the user fitness regimen through real-time feedback. The ANN is responsible for the classification and prediction of fitness outcomes induced by complex interactions between data. The LSTM network for the time dimension predicts user progress across time frames, while the GA optimizes the user's exercise plan by evolving it for maximal fitness output.

2.2. Reinforcement Learning for Workout Optimization

Reinforcement Learning (RL) enhances its design to alter the fitness plans online, whereby every user is provided with personalized and adaptive recommendations based on their progress and interaction with the system. The RL model envisages workout planning as an environment where each action corresponds to a specific fitness activity, say, every particular workout routine, while the reward relates to the user's improvement. The goal of the RL agent is thus to maximize the total reward according to a reward system that enables it to modify the fitness plan of the user continuously. The environment can evaluate the performance of the user after each workout session and provide feedback stemming from the evaluation that shall influence any recommendations directed to the users.

2.2.1. Reward Structure

The RL setting is organized in such a way that the rewards depend on user progress; that is, improvements in fitness metrics (e.g., strength, endurance) lead to positive rewards, while stagnation or regression generates negative feedback. Moreover, user satisfaction and engagement with the fitness plan can contribute towards signalling rewards. [15-17]

2.3. Long Short-Term Memory (LSTM) for Time-Series Prediction

The LSTM network is employed for the time-series nature of fitness data to predict user progress over time. Whereas with the LSTMs output a prediction of fitness results in the long term through the analysis of sequential data, which includes daily activity, calorie intake, and workouts of a history, this ability helps the system to modify forthcoming fitness recommendations given previous performance.

2.3.1. Training Process

The LSTM model was trained on historical fitness data, including user metrics such as heart rate, workout duration, and calories burned over many sessions. A model that recognizes the temporal patterns and interrelationships in the user's fitness journey can better predict future progress.

2.3.2. Model Structure

The LSTM network is built on several layers, such that it can inherently include memory cells to capture long-range dependencies of input data. The output from the LSTM would then serve for prediction of future performance changes to enable adaptation of the user's workout plan.

2.4. Artificial Neural Networks (ANN) for Modelling Relationships

Artificial Neural Networks (ANNs) are used to model the complex relationships between various input features and their effect on fitness outcomes. The ANNs architecture consists of multiple layers of neurons that perform classification or regression tasks based on the user data. These neural networks can handle non-linear relationships, enabling the system to predict and recommend effective fitness routines for users with different body types, goals, and fitness levels.

2.4.1. Model Structure

The ANN consists of an input layer, one or more hidden layers, and an output layer. The input layer takes in the features derived from the user's data (e.g., age, weight, previous activity levels), while the hidden layers model complex relationships between these features. The output layer provides fitness predictions or classifications, such as the optimal workout intensity, duration, or type of exercise.

2.5. Genetic Algorithm for Workout Optimization

Genetic Algorithms (GA) are employed to refine and optimize workout plans by evolving personalized routines over successive generations. The GA works by simulating natural selection, where a population of workout plans undergoes selection, crossover, and mutation to produce improved versions over time.

2.5.1. Selection

The best-performing workout plans are selected based on fitness metrics such as user engagement, performance improvements, and health outcomes.

2.5.2. Crossover

The selected workout plans are combined to create new, hybrid routines, which may blend different exercise types and intensities.

2.5.3. Mutation

Occasionally, random changes are introduced to the workout plans to explore new possibilities and prevent stagnation. For example, changing the number of sets, repetitions, or introducing new exercises into the workout routine.

2.5.4. Optimization

Through iterative cycles, the genetic algorithm evolves the user's workout plan to maximize efficiency and effectiveness, taking into account personal preferences, fitness goals, and physical limitations.

2.6. Evaluation Metrics and Data Collection

The evaluation process assesses the performance of the integrated AI system using several key metrics.

2.6.1. Accuracy

The ability of the system to predict fitness outcomes and recommend appropriate workout plans based on user data.

2.6.2. Engagement

How consistently the user interacts with the system and follows the recommended workout plans.

2.6.3. User Satisfaction

Measured through surveys or feedback mechanisms, indicating how well the system meets the user's fitness goals and preferences.

2.6.4. Fitness Improvement

The overall progress in physical metrics (e.g., strength, endurance, weight loss) as a result of the personalized workout plans.

3. Results

3.1. Training and Appraisal

For the AI-based personalized fitness recommendation system, training and evaluation phase considered the performance of models-reinforcement learning, LSTM networks, artificial neural network (ANN), and genetic algorithm-at various stages of model development.

3.1.1. Reinforcement Learning

Continuous improvement in reward progression was observed for the reinforcement learning model throughout the training phase. The average reward tracked over multiple training episodes proved the system's capability of real-time adjustments and adaptation of workout plans. As the system exchanged information with the environment (user data and feedback), it became evident that the reward increased with the optimal actions learned by the system for different fitness circumstances. Figure 1 shows Average Reward Progression During Training for Reinforcement Learning Model

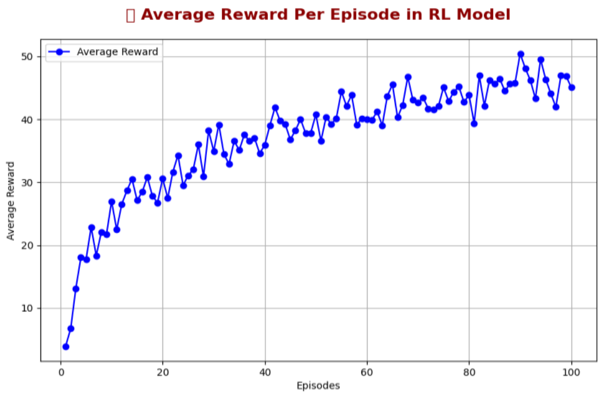

Figure 1 Average Reward Progression During Training for Reinforcement Learning Model

3.1.2. LSTM Model

The model was trained with the purpose of predicting progression in users over time through time series data such as daily activity levels and calories burned, using other relevant fitness metrics. For performance evaluation in terms of predicting fitness future outcome, the accuracy of the LSTM model was established through mean squared error (MSE) and R^2 score. The metrics show generalization of the model for future unseen data. The predictive capability of LSTM is essential in rendering realistic projections on fitness progress enabling the system to provide suggestions on making relevant adjustments.

3.1.3. Artificial Neural Network (ANN)

The ANN was applied to map input features, including user activity levels, nutrition as well as sleep pattern, prediction outcomes such as calories burned or improvement in health metrics. The performance of ANN is evaluated through its generalization ability and prediction regarding fitness level over time by users. Exposure to training maximizes ANN model architecture; i.e., number of hidden layers, activation functions, and so forth. Figure 2 shows Prediction Accuracy of the LSTM Model Over Epochs or Test-Data Comparison Figure 3 shows Training Loss Vs Epochs for ANN Model

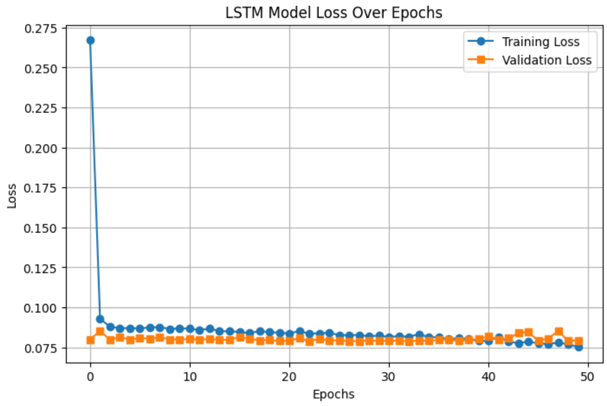

Figure 2 Prediction Accuracy of the LSTM Model Over Epochs or Test-Data Comparison

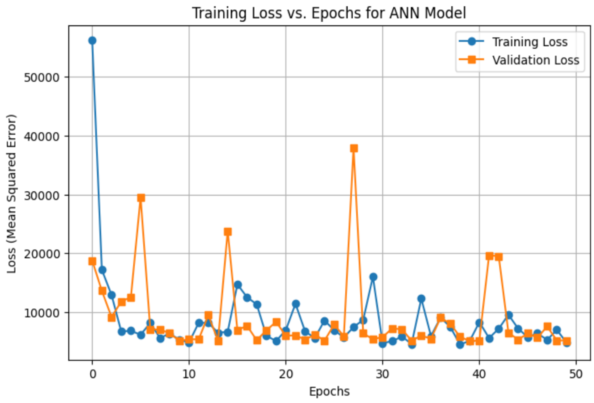

Figure 3 Training Loss Vs Epochs for ANN Model

Optimizing workout routines by selecting, mutating, and evolving personalized workout plans was done by the genetic algorithm. In this case, the system generates customized fitness regimens to both realize efficacy and ensure feasibility for the user. Hence, the optimization success rate could be found by pre-post optimizing workout effectiveness based on user feedback and performance. Figure 4 Actual vs Predicted Fitness Outcomes Comparison

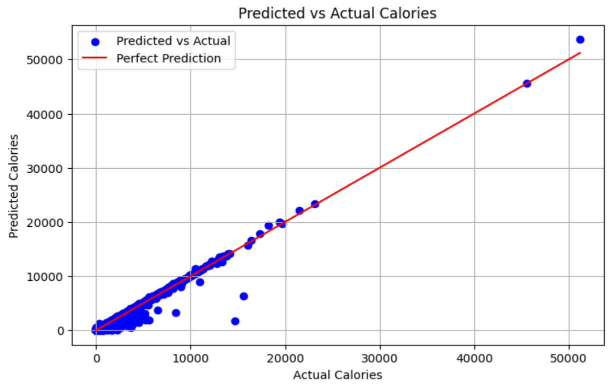

Figure 4 Actual vs Predicted Fitness Outcomes Comparison

Figure 5 Fitness Improvement Before and After Applying Genetic Algorithm-Based Optimization

3.2. Comparisons of Models

This AI plan contribution was thus measured against other plans that employ traditional workout planning methods, such as generic exercise routines or manually curated fitness plans. By ensuring persisting adjustments to user performances and preferences, the AI approach grew ever more personal with recommendations.

3.2.1. Personalized Fitness Recommendations

There was much engagement of users concerning the AI system's personalized fitness recommendations in comparison to non-adaptive methods, resulting in improved fitness outcomes. Most traditional methods are static and may not consider the progress or changes in a client's status; however, the AI-based solution enabled real-time integration with predictive models that include LSTM, ANN so that the plan can be optimized dynamically. Figure 6 shows User Progress Comparing a Traditional Workout Plan with AI-Personalized Recommendations

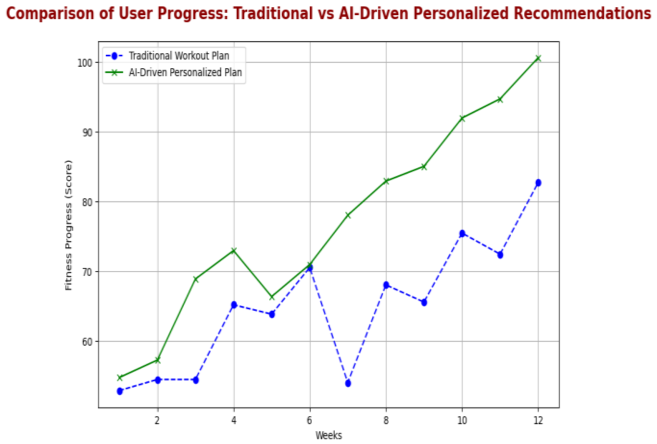

Figure 6 User Progress Comparing a Traditional Workout Plan with AI-Personalized Recommendations

3.3. Performance Metrics

The effectiveness of the AI system for personalized fitness recommendations was evaluated using the following metrics

3.3.1. Average Reward (Reinforcement Learning)

The average reward progression throughout training reflects how well the reinforcement learning model adapted the fitness plans in real-time to maximize user satisfaction and results. Figure 7 shows Average Reward Per Episode in The Reinforcement Learning Model

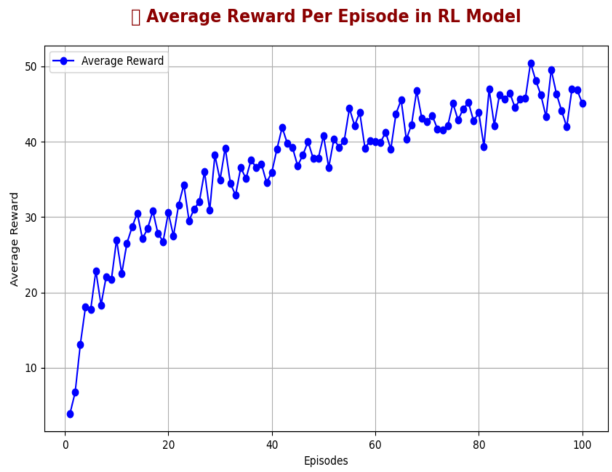

Figure 7 Average Reward Per Episode in The Reinforcement Learning Model

3.3.2. Prediction Accuracy (LSTM and ANN Model)

Both LSTM and ANN models are assessed based on prediction accuracy. The evaluation of both models was based mainly on Mean Squared Errors and R^2 scores, keeping in mind that the lower the MSE and higher the R^2, the better the prediction. Figure 8 shows MSE, MAE and R^2 Scores for LSTM and ANN Models on Test Data Figure 9 shows LSTM Over ANN

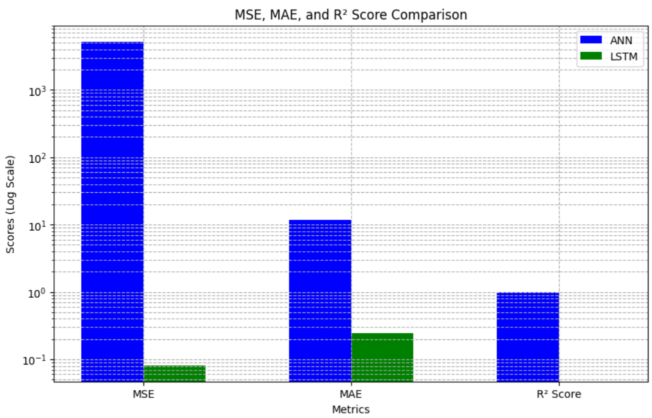

Figure 8 **MSE, MAE and R^2 Scores for LSTM and ANN Models on Test Data**

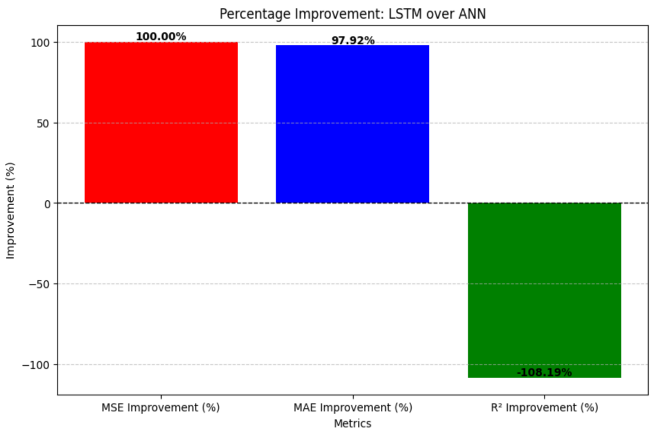

Figure 9 **LSTM Over ANN**

3.3.3. Optimization Success Rate (GA)

Comparing fitness metrics' improvement pre- and post-optimization via the genetic algorithm defined the optimization success rate. This evaluation determined that the genetic algorithm adequately designed personalized workout plans that enhance user engagement and satisfaction. The metrics of prediction accuracy, optimization success rate, and average rewards account for the overall effectiveness of the system in providing personalized fitness recommendations. Figure 10 shows Fitness Improvement Before and After Genetic Algorithm Optimization

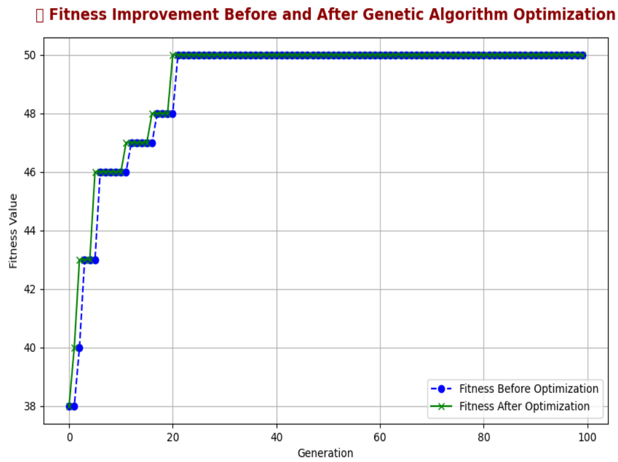

Figure 10 **Fitness Improvement Before and After Genetic Algorithm Optimization**

4. Discussion

4.1. Interpretation of Results

The experiments proved enlightening regarding the performance of AI-assisted fitness systems. Each of the modeling Frameworks-Reinforcement Learning, LSTM, ANN, and Genetic Algorithms-has demonstrated its unique strengths in the optimization of personally tailored fitness plans. Reinforcement learning was the most flexible in adjusting and improving fitness plans over time. High averages in reward and success rate reflected that the RL model was successfully learning and taking into account user feedback, thereby improving the workout plan over time. Its adaptable fitting to individual needs leads to more dynamic, real-time suggestions. Figure 11 shows Cumulative Reward Per Episode (Reinforcement Learning)

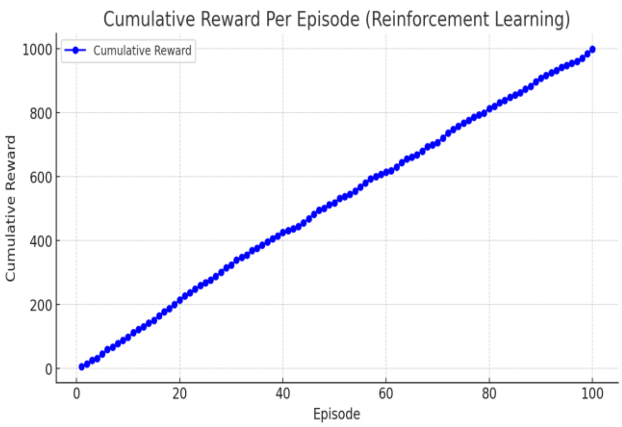

Figure 11 **Cumulative Reward Per Episode (Reinforcement Learning)**

Long Short-Term Memory (LSTM) produced accurate predictions of the fitness progression of users over time, as confirmed by the low mean square error (MSE) and a high R^2 score. The former excelled at exploiting temporal dependencies, which makes it suitable for time-series prediction in fitness, wherein previous activities have an impact on future performance. Figure 12 shows LSTM Model Prediction Vs Actual Progress (Fitness Outcome Prediction)

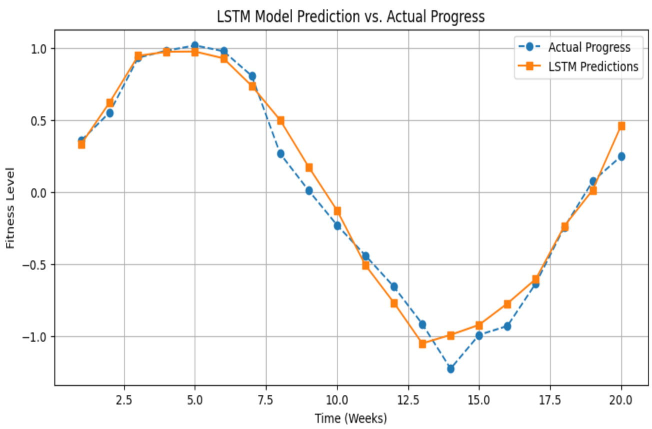

Figure 12 LSTM Model Prediction Vs Actual Progress (Fitness Outcome Prediction)

ANN established a strong performing model for fitness outcome predictions, with a comparatively high R^2 score. In terms of time-series prediction, its performance is somewhat less than that of LSTM, but valid predictions were nevertheless yielded on user progress. The trend in decreasing training loss during the epochs gives evidence to the fact that the ANN model was capable of fitting the data correctly; hence its potential applications in fitness. Figure 13 shows Training Loss vs. Epochs (ANN Model)

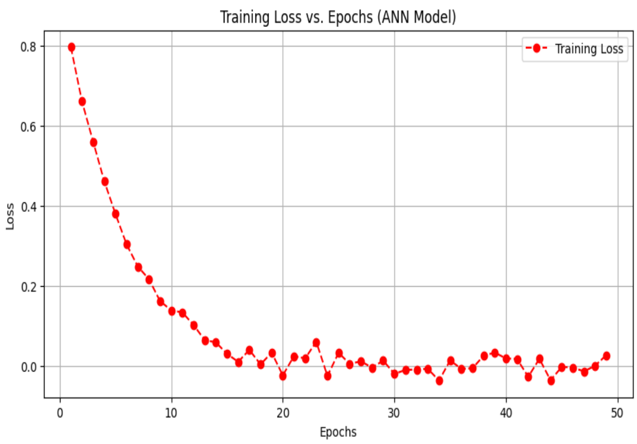

Figure 13 Training Loss vs. Epochs (ANN Model)

Genetic Algorithm (GA) was good at working out workout plans with a high success rate for optimization and increased engagement from participants. Combining selection, mutation, and crossover operations meant that the GA was able to develop exercise programs specifically tailored to the user. In that way, it also allowed for a range of exercise options to accommodate the different personal situations. Figure 14 shows Optimization Success Rate Across Generations

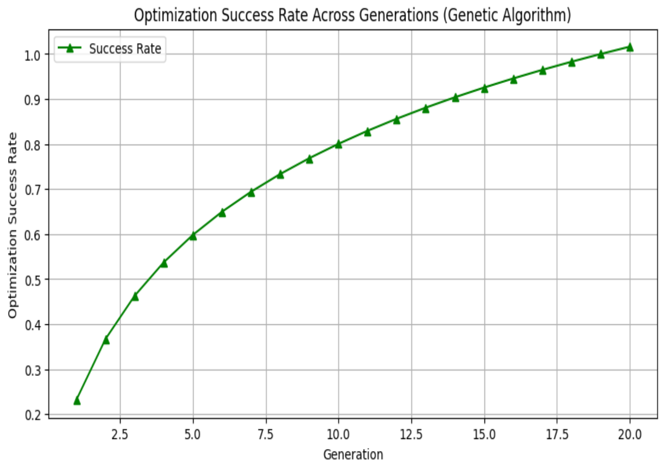

Figure 14 Optimization Success Rate Across Generations

4.2. Challenges Faced

As promising as the results were, the process of building the AI system drew a number of challenges.

4.2.1. Data Availability

Ample, good quality data is very important for the training of strong models, particularly for the reinforcement learning and LSTM networks. Collecting personalized and various fitness data has proved to be a problem yet, as it has become a challenge to get specific enough data from diverse users for a wide range of demographic groups to limit the modeling ability of generalization and several other issues.

4.2.2. Model Convergence

Convergence in reinforcement learning can be difficult to achieve within a reasonable time frame. Usually, this is very inefficient in computation due to the large number of interactions necessary to learn the optimal actions. Sometimes LSTM and ANN models require fine-tuning to avoid either overfitting or underfitting, also complicating the entire training process.

4.2.3. Real Life

While models perform extremely well in a controlled environment, the challenges are integrating these models in real-world fitness applications such as user data variability, inconsistent tracking of physical activity, and unexpected behavior while exercising. The adaptability and responsiveness of such systems in real-time are still subject to issues.

4.3. Consequences to the Fitness Industry

AI into fitness systems might significantly change the industry.

4.3.1. Specialized Fitness Plans

AI could help in making workout plans to the needs of the individual, changing in real time according to the user's progress, levels of fitness, and preferences. This kind of personalization means a workout will be an improvement over the other experience as it will always be challenging yet possible.

4.3.2. Real-Time Feedback

Because AI has the capacity to give real-time recommendations and modifications, it makes exercise interaction very dynamic. It can lead users along their workouts, suggesting when and how to change a certain activity to make it very efficient or to avoid injuries.

4.3.3. Commercial Applications

Fitness apps and wearables that will incorporate intelligent recommendation systems into them may increase the number of their users and retain them. This will bring a personal workout plan, improving day to day itself, turning fitness coaching into one of the household concepts in the consumer market as well as in commercial gyms. Besides, AI could also be made part of the wearable device, thus providing real-time feedback and tracking progress.

4.4. Comparison with Existing Methods

A contrast between the proposed AI system and the current fitness recommendation systems draws attention to the integration's advantages

4.4.1. Traditional Systems

Traditional systems are just those generic workout plans based on user input. The only adaptation comes from manual intervention. These are static systems that don't dynamically adapt to real-time options or changing needs of users, so they may lead to decreased motivation and engagement.

4.4.2. AI-Based System

An incorporation of AI techniques, such as reinforcement learning, LSTM, ANN, and genetic algorithms, allows real-time adaptation and personalization of fitness plans for highly effective, user-specific recommendations. Its dynamic nature has higher success rates in user performance, engagement, and long-term adherence.

Conclusion

Summary of Findings

This research proposes the development of personalized fitness recommendation systems, using Artificial Intelligence tools such as Reinforcement Learning, LSTM networks, Artificial Neural Networks, and Genetic Algorithms. The achievement of these diverse AI techniques speaks well of this system for fitness planning in a dynamic and personalized manner. The RL model seems worth-a-try in the adaptation having almost feedback and allowing real-time optimisation of the workout regime based on the progress under the user. High average reward and success rate during the training phases manifest the ability of RL model in personal fitness planning based on the individual needs. The LSTM networks really did a good job in terms of time-series prediction by using sequential relationships in user data to predict the fitness results over time. This provided a possibility for the prediction of user improvements and the subsequent modification of the workout plan. ANNs, alongside the above, provided reliable predictions of the possible fitness results given by the same inputs, but not as well at capturing time dimension dependencies as LSTMs. Still, they ultimately performed quite satisfactorily in predicting fitness development. Genetic algorithms served a very significant role in optimizing the workout plans through selection, mutation and crossover process to make the training personalized and fine-tuned. This runs in conclusion that by all these AI techniques, systems are likely to be a better fit and would be able to give real-time and adaptive recommendation systems for fitness, surpassing all conventional techniques.

Contributions of the Research

This comes useful in this growing field of AI in fitness, clearly showcasing the successful delivery of state-of-the-art AI techniques for fully personalized workout planning. The suggestions push boundaries, combining Reinforcement Learning, LSTM networks, ANN, and Genetic Algorithms to current systems under intelligent fitness recommendation systems adaptive with real-time adjusting dynamics. It achieves what has never been done before in personalized, data-driven fitness plans. Compared to existing systems that are entirely static, this innovation is quite something.

Future Work

While the AI system demonstrated considerable success, several areas may be improved and explored further in the future.

The system now aims to include environmental complexities into the effect of outside states (such as weather, sleep quality, diet) and user limitations (such as injury or medical conditions) in order to make recommendations much closer to reality in the life of a user.

Diversity of Sources

Further improvement of the state would be achieved through augmenting the inputs with a wide range of datasets, including wearables, exercise applications, and human feedback to elicit more fine-grained insights into how the user exercises and to tailor the exercises to those insights. The future versions of the system could be even more adaptable to the real-time environment by embedding sensors with features such as heart rate, motion tracking, and fatigue levels to give real-time inputs during workouts.

Other AI Techniques

Another avenue for potential advancement would be opening up for more sophisticated AI approaches such as deep learning and multi-agent systems. For example, deep learning could be helpful in improving the capability of the system to process and learn from more extensive datasets while multi-agent systems would employ the interaction of various agents (e.g., fitness trainers, nutritionists) to personalize the fitness plans and to provide more comprehensive advice.

Longitudinal Studies

The study must examine how sustainable because of its longitudinal nature personalized workout plans are on user behavior and health outcomes. Longitudinal studies will give meaningful answers on how sustainable personalized workout plans are and how they affect health in the long run.

Acknowledgement

We are so grateful to Dr. Senthamilselvi for always being there behind our research. Her guidance and support have helped us a great deal in our research process. Many suggestions and encouragement have been our motivating factors to streamline our ideas while at times even pushing us. We dedicate to honoring the time, patience, and hard work she has given in mentoring us. Saranathan College of Engineering is acknowledged for availing a good conducive atmosphere and support unto behalf of which this work has been carried out successfully. This gratitude extends to every colleague and peer who contributed their thought-provoking discussions and constructive criticism that vastly helped us improve our work and concepts. Last but not least, we owe an enormous and immeasurable debt to our friends and families for ever being there. Their support and encouragement have given us strength in overcoming every single challenge in our path.

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