



PROJECT SUMMARY

Ref No.: MRIC/SISM-HW-21	Title: Immersive Technologies to improve health and wellness
Local institution: University of Technology, Mauritius (UTM)	
Project Leader	
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TECHNICAL ABSTRACT	
<p>Immersive technologies, such as virtual reality (VR) and augmented reality (AR), have shown great potential in improving health and wellness by creating engaging and interactive experiences that can motivate people to exercise and make healthy lifestyle choices. VR fitness programs offer a new way to exercise that is both immersive and fun. AR can be used to create interactive health education experiences that are more engaging and memorable than traditional methods. VR therapy can help patients overcome fears and phobias. Immersive Wellness Experiences can be used to promote relaxation, mindfulness and stress relief. Immersive technologies have the potential to revolutionise the way we approach health and wellness by creating engaging, interactive and personalized experiences that promote healthy behaviors and improve overall well-being.</p>	
Key Words: Immersive Technology, Virtual Reality, Augmented Reality, Health behaviours, Health education, Healthy lifestyle	