DevDesk:SMART DEVELOPERS WORKSPACE

Smart Desk Enhancing Productivity, Health, IoT, Environment, and Performance Analytics

A PROJECT REPORT

submitted by

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in partial fulfillment for the award of the degree of

BACHELOR OF ENGINEERING

in

COMPUTER SCIENCE AND ENGINEERING

RAJALAKSHMI ENGINEERING COLLEGE,

ANNA UNIVERSITY: CHENNAI 600 025

MAY 2025

RAJALAKSHMI ENGINEERING COLLEGE, CHENNAI

BONAFIDE CERTIFICATE

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ABSTRACT

The increasing amount of time spent at workstations, particularly in technical and development fields, often leads to physical discomfort, eye strain, and reduced productivity. These issues are further exacerbated by poor ergonomics, prolonged screen time, and inadequate environmental conditions. To tackle these challenges, this project introduces DevDesk, an IoT-powered workstation designed to enhance user productivity and well-being.This project presents **DevDesk**, an IoT-powered workstation designed to enhance user productivity, well-being, and environmental comfort. DevDesk integrates OpenCV, motion sensors, and ultrasonic sensors to monitor and correct posture, while also utilizing OpenCV for blink rate analysis to detect early signs of eye dryness. The system, powered by ESP32-CAM32, continuously tracks the user's body angle and blink frequency, prompting regular breaks to mitigate physical strain and eye fatigue. Additionally, intelligent break reminders, based on techniques such as Pomodoro, promote mental and physical wellness. DevDesk also adapts environmental conditions, such as screen brightness, air quality, and workspace temperature, to optimize the user's physical and mental environment. Performance analytics, including battery status, memory usage, and network performance, ensure the system operates efficiently. By combining ergonomic monitoring, environmental adjustments, and system performance tracking, DevDesk offers a comprehensive solution for improving user health, productivity, and workspace comfort.

ACKNOWLEDGEMENT

First, we thank the almighty God for the successful completion of the project. Our sincere thanks to our chairman **Mr. S. Meganathan, B.E., F.I.E.,** for his sincere endeavor in educating us in his premier institution. We would like to express our deep gratitude to our beloved Chairperson **Dr. Thangam Meganathan, Ph.D.,** for her enthusiastic motivation which inspired us a lot in completing this project, and Vice-Chairman **Mr. Abhay Shankar Meganthan**, **B.E., M.S.,** for providing us with the requisite infrastructure. We also express our sincere gratitude to our college principal, **Dr.S.N.Murugesan M.E., PhD.,** and **Dr. P. Kumar M.E., Ph.D., Head of the Department of Computer Science and Engineering,** and our project guide **Ms. S. Ponmani M.E.,MBA,** for her encouragement and guiding us throughout the project. We would like to thank our parents, friends, all faculty members, and supporting staff for their direct and indirect involvement in the successful completion of the project for their encouragement and support.

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CHAPTER 1

INTRODUCTION

This project aims to address the challenges faced in modern workspaces, particularly in technical and development fields, where extended hours of computer use often lead to physical discomfort, eye strain, and decreased productivity. Factors such as poor ergonomics, sedentary behavior, and suboptimal environmental conditions contribute to these issues, ultimately impacting both employee well-being and performance. To improve these conditions, this project introduces DevDesk, an IoT-powered workstation that enhances user productivity, well-being, and system performance.

This study focuses on developing a comprehensive solution that integrates OpenCV, motion sensors, ultrasonic sensors, and intelligent break reminders to optimize ergonomics, prevent eye strain, and improve overall workspace comfort. By monitoring posture, blink rate, and environmental factors in real-time, DevDesk provides actionable insights to maintain a healthy balance between work and wellness. The system also ensures users remain productive and focused through personalized break reminders, environmental adjustments, and continuous performance monitoring, including battery status, memory usage, and network performance.

Through a systematic approach, including literature review, requirements analysis, system design, and prototype development, the study aims to demonstrate the feasibility and effectiveness of the proposed IoT smart workstation in enhancing productivity, well-being, and system performance.

1.1 Motivation

Health and Well-being: IoT sensors continuously monitor user posture and blink rate, detecting shifts in body angles and signs of eye strain. By encouraging ergonomic adjustments and timely breaks, the system fosters a healthier and more sustainable work routine.

System Efficiency: Leveraging IoT-enabled performance analytics, the system tracks key metrics such as battery health, memory usage, and network performance. This data enables efficient resource management, optimizing performance and ensuring uninterrupted operation for improved productivity and user experience.

Environmental Comfort: Through IoT sensors, DevDesk intelligently adjusts key environmental factors like screen brightness, air quality, and room temperature. These real-time adjustments create a dynamic, comfortable workspace that enhances focus, reduces stress, and promotes overall user well-being throughout the workday

1.2 Objectives

Promote User Health and Well-being: The objective of this project is to utilize IoT-powered sensors to monitor posture and blink rate, encouraging ergonomic practices, reducing eye strain, and promoting regular breaks to enhance overall user health and productivity. By actively tracking and adjusting user behavior, the system ensures a healthier work environment, mitigating the risks of long-term physical discomfort and mental fatigue.

Maximize System Efficiency: Implement IoT-enabled monitoring of system metrics like battery status, memory usage, and network performance. This objective aims to enhance resource management, ensuring the workstation operates optimally without interruptions, thus boosting overall productivity.

Optimize Environmental Conditions: Utilize IoT sensors to adjust workspace parameters such as screen brightness, temperature, and air quality. This objective focuses on creating an adaptive and comfortable environment that supports user focus and reduces distractions.

Enable Real-time Data Insights: Leverage IoT technology to provide continuous, real-time feedback on user behavior, posture, and system performance. This objective ensures users have actionable data to make immediate adjustments for improved productivity and comfort.

Support Long-Term Productivity: Integrate intelligent reminders and automated system adjustments through IoT sensors to ensure that users maintain an efficient, healthy, and sustainable working routine. This objective strives to foster sustained productivity and well-being over time

CHAPTER 2

LITERATURE REVIEW

[1] Importance of Ergonomics in Workstations: This paper presents the significance of ergonomics in reducing physical discomfort and improving productivity. Research has shown that poor posture and prolonged screen time lead to musculoskeletal issues and eye strain. Proper ergonomic interventions, such as posture correction and regular breaks, enhance user well-being and performance.

[2] Role of IoT in Enhancing Workspace Efficiency: This paper explores the application of Internet of Things (IoT) technology in transforming workspaces. IoT systems can monitor and adjust parameters such as lighting, temperature, and air quality. By personalizing and adapting the environment, these systems optimize user comfort and productivity.

[3] Posture and Blink Rate Monitoring Technologies: This paper highlights the use of IoT-based sensors, such as motion and ultrasonic sensors, to track posture, alongside OpenCV for monitoring blink rates. These technologies provide real-time feedback, promoting healthier work habits and reducing eye strain, thus contributing to enhanced user comfort and productivity.

[4] Smart Break Reminders and Productivity Techniques: This paper discusses the integration of smart break reminders based on productivity techniques like Pomodoro. Research demonstrates that regular breaks, prompted by IoT-enabled reminders, improve focus and prevent burnout, ultimately boosting long-term productivity and mental clarity.

[5] System Performance Monitoring for Optimal Operation: This paper examines the importance of system performance monitoring using IoT-enabled technologies. By tracking system metrics such as battery status, memory usage, and network performance, real-time adjustments ensure that workstations function efficiently, preventing slowdowns and maintaining uninterrupted productivity.

[6] Integration of Environmental Sensors for Workplace Optimization: This paper presents the integration of IoT-based environmental sensors to monitor and adjust factors like screen brightness, air quality, and temperature. These sensors create a personalized workspace that fosters an optimal environment for focus, mental well-being, and enhanced productivity.

[7] Impact of IoT on Long-Term Workplace Wellness: This paper explores the long-term effects of IoT-based wellness systems on employee health. By continuously monitoring physical and environmental factors, IoT-enabled workstations can prevent health issues associated with sedentary behavior, improving overall well-being and reducing absenteeism, leading to a healthier and more productive workforce.

2.1 Existing System

Existing systems for workplace wellness and productivity largely focus on monitoring user activity and providing reminders for breaks or posture corrections. Solutions such as software applications track screen time and prompt users to take periodic breaks. However, these systems often rely on user input, which can lead to inconsistent results. While some IoT-enabled systems use basic motion sensors to track posture, their effectiveness is limited by the absence of real-time environmental monitoring or comprehensive feedback. Additionally, these systems generally lack a holistic approach that integrates health, system performance, and environmental factors into a unified experience.

Some existing products focus on ergonomic furniture and wearables that provide posture correction reminders, but they fail to integrate IoT-powered sensors for real-time adjustments to environmental conditions like air quality, temperature, or screen brightness. These systems, while effective in promoting physical health, do not address the broader spectrum of workspace optimization, such as performance monitoring or dynamic environmental control. Thus, there is a clear need for a comprehensive, IoT-based solution like DevDesk that combines posture correction, eye strain prevention, performance analytics, and environmental adjustments in one cohesive system.

2.1.1 Advantages of the existing system

Health Monitoring and Ergonomics: Existing systems often provide targeted solutions for posture correction and eye strain management, promoting better ergonomics and user health. They encourage users to take regular breaks and adjust posture, which can reduce the risk of long-term physical discomfort.

Cost-Effective Solutions: Many existing systems are low-cost, such as mobile apps or wearables, that offer basic features like posture tracking or time reminders. These systems are accessible to a wide range of users without significant financial investment, making them appealing for individual or small-scale use.

Enhanced User Engagement: Through real-time feedback and notifications, existing systems keep users engaged in their wellness goals. Features like break reminders, posture alerts, and progress tracking help users stay motivated, ensuring that their health and productivity are continually optimized.

2.1.2 Drawbacks of the existing system

Limited Integration with Workstation Environment: Many existing systems focus solely on individual factors like posture or eye strain, lacking integration with the overall workstation environment. This limits their ability to dynamically adjust settings such as screen brightness, air quality, or temperature, which are crucial for enhancing comfort.

Lack of Advanced Analytics: While existing solutions may offer basic feedback, they often lack in-depth performance analytics. Without detailed insights into system metrics like battery status, memory usage, and network performance, these systems fail to optimize resource management and ensure smooth, uninterrupted productivity.

Inconsistent User Experience: Existing systems sometimes provide generic, one-size-fits-all solutions without considering the unique needs of individual users. The lack of personalized adjustments and adaptive features means users may not always get the most efficient and comfortable working experience tailored to their specific health and productivity needs.

2.2 Proposed System

The proposed system, DevDesk, integrates advanced IoT technologies to create a smart workstation designed to optimize user health, productivity, and comfort. By leveraging IoT-powered sensors, including motion and ultrasonic sensors, the system continuously monitors user posture to ensure ergonomic practices are followed. Additionally, OpenCV is used to track blink rate and detect early signs of eye strain, prompting timely breaks to promote eye health. The system also utilizes intelligent break reminders based on techniques like Pomodoro to enhance focus and prevent fatigue. Through real-time monitoring, DevDesk aims to improve overall work habits and well-being.

DevDesk also optimizes environmental factors such as screen brightness, air quality, and temperature using IoT sensors, creating a personalized, adaptive workspace that supports comfort and focus. Performance analytics, including system resource usage (battery, memory, network), ensure seamless operation and uninterrupted productivity. This comprehensive solution integrates health monitoring, performance tracking, and environmental adjustments into a unified system, promoting a healthier, more efficient, and sustainable working environment.

2.2.1 Advantages of the proposed system

Enhanced Health and Productivity: By monitoring posture, blink rate, and providing intelligent break reminders, the system promotes ergonomic practices, prevents eye strain, and optimizes work routines, leading to improved health and sustained productivity.

Adaptive Workspace Environment: IoT-powered sensors adjust screen brightness, air quality, and temperature in real-time, creating a comfortable, personalized workspace that enhances focus and well-being, while ensuring optimal performance conditions.

Integrated System Monitoring: Real-time tracking of system metrics like battery, memory, and network performance ensures seamless operation, preventing disruptions and maintaining efficient, uninterrupted workflow for users.

Prevention of Burnout: By incorporating intelligent break reminders and Pomodoro-style scheduling, the system helps users maintain a healthy work-life balance, preventing burnout and fatigue, ensuring sustained focus throughout the workday.

Long-Term Health Benefits: Continuous posture and eye strain monitoring fosters healthier work habits, reducing the risk of long-term physical issues like musculoskeletal disorders and eye fatigue, leading to a more sustainable and comfortable work environment.

CHAPTER 3

SYSTEM DESIGN

3.1Development Environment

3.1.1 Hardware Requirements

ESP32

ESP32-CAM

DHT22

LDR

HC-SR04 Ultrasonic Sensor

HC-SR501 PIR Motion Sensor

Water Detection Sensor

MQ-135 Gas Sensor

ESP32:
A powerful microcontroller with built-in Wi-Fi and Bluetooth, used as the main controller for IoT-based applications, enabling wireless data communication and sensor integration.

ESP32-CAM:
A variant of ESP32 with a built-in camera module, used for capturing images or streaming video, ideal for monitoring and vision-based applications in smart systems.

DHT22:
A digital sensor used to measure temperature and humidity. It provides accurate readings, making it suitable for monitoring indoor environmental comfort in IoT workstations.

LDR (Light Dependent Resistor):
Detects ambient light levels. It adjusts screen or room brightness automatically to reduce eye strain and enhance visual comfort in smart environments.

HC-SR04 Ultrasonic Sensor:
Measures distance using ultrasonic waves. It helps in posture detection by monitoring the user's position relative to the workstation.

PIR Motion Sensor:

Detects motion based on infrared radiation. It is used to sense user presence, helping automate system wake/sleep modes or track inactivity for break reminders.

Water Detection Sensor:

Detects the presence of water or moisture, protecting workstation components from liquid damage and triggering alerts for preventive measures.

MQ-135 Gas Sensor:

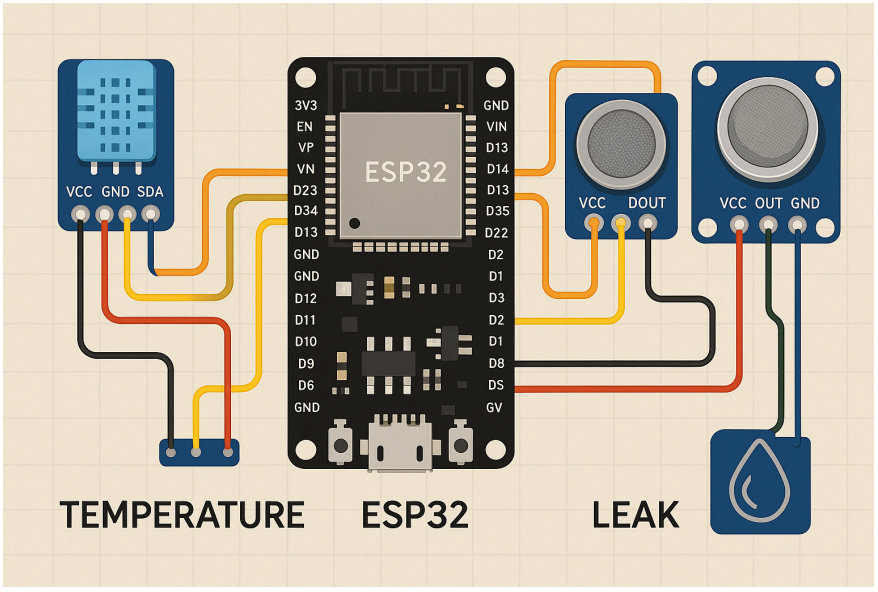
Monitors air quality by detecting harmful gases like CO2 and ammonia. It ensures a healthy working environment by providing real-time air quality feedback.

- **3.1.1 Software Requirements**

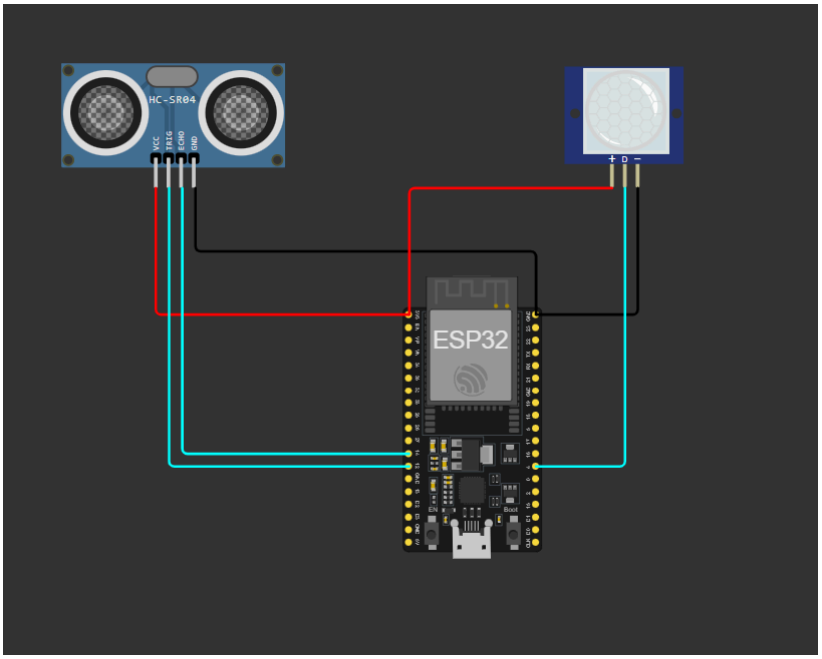
Microcontroller Unit	ESP32 & ESP32-CAM
Software IDE	Wokwi
Backend Database	Postgres & Flask
Frontend	Vanilla JS
Embedded Development	Arduino IDE

3.1.2 Simulation of IoT Components & Opencv

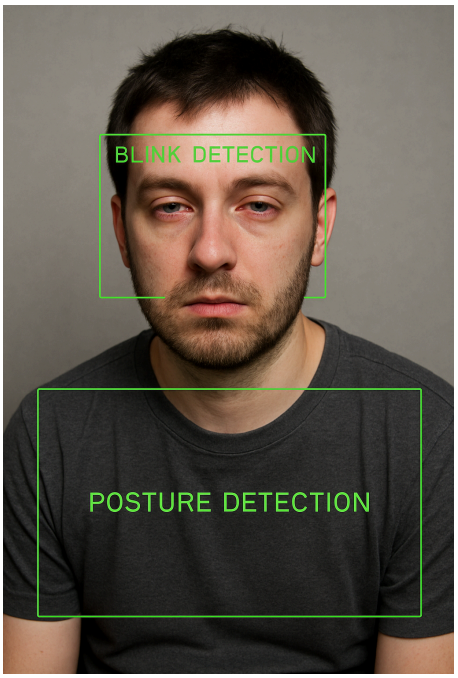
- **Environment Monitoring**



- **Posture Correction**



- **Opencv**



CHAPTER 4

PROJECT DESCRIPTION

4.1 SYSTEM ARCHITECTURE

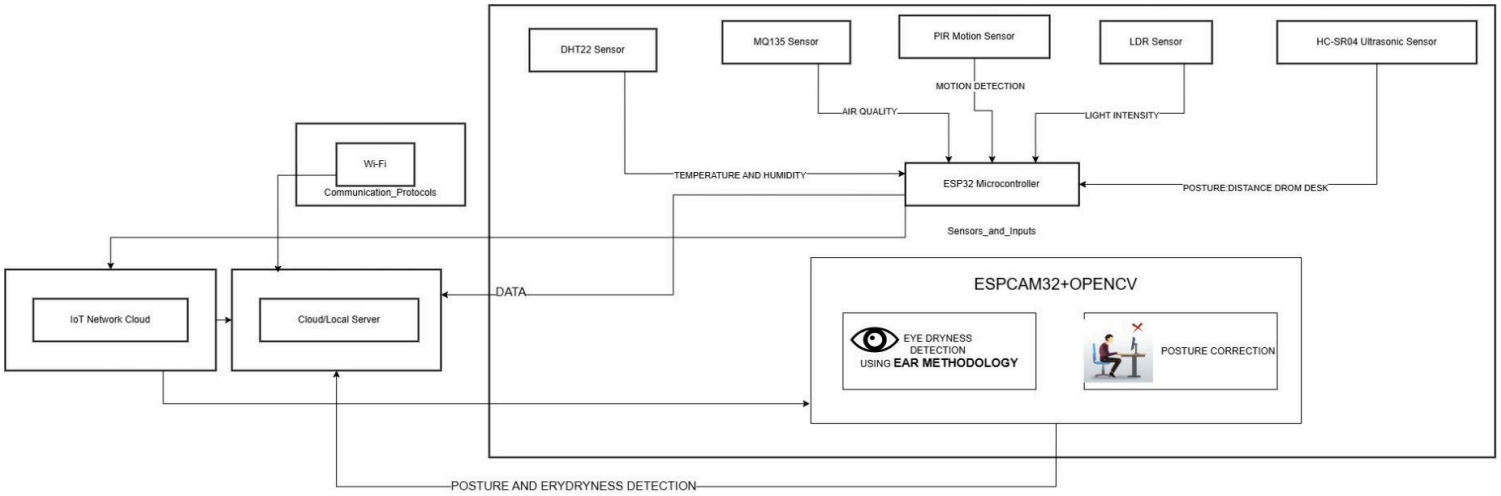


Fig 4.1 System Architecture

4.2 METHODOLOGY

Problem Definition:

The methodology begins with the clear identification of the problem, which is to address the physical and environmental challenges faced by individuals working for extended hours at computer workstations. The objective is to develop an IoT-enabled smart workstation system—DevDesk—that continuously monitors user posture, blink rate, environmental conditions, and system performance, aiming to enhance user health, comfort, and productivity through intelligent automation and real-time insights.

Literature Review:

An extensive literature review is conducted to examine existing smart workspace technologies, ergonomic monitoring systems, and IoT-based wellness solutions. It investigates methods related to posture detection using ultrasonic and motion sensors, blink rate tracking with OpenCV, environmental monitoring through DHT22, LDR, and MQ-135, and productivity enhancement strategies like the Pomodoro technique. The insights gained inform system design and implementation while highlighting gaps in current solutions that DevDesk addresses.

Requirements Analysis:

This phase defines the functional and non-functional requirements of the DevDesk system. Functional aspects include real-time sensor monitoring, posture analysis, break notifications, and environmental control. Non-functional requirements involve system reliability, responsiveness, low latency, scalability, and user-friendly interface. User expectations, ergonomic standards, and workplace productivity metrics guide the requirement specifications to ensure practical usability and effectiveness.

System Design:

Based on the requirements, a modular system architecture is developed. This includes sensor integration using ESP32/ESP32-CAM, communication between devices, and processing of sensor data. Data flow diagrams, interface modules, and system interactions are mapped. The design also includes break scheduling algorithms, OpenCV-based blink detection logic, and environmental automation protocols using gas, temperature, and motion sensors to maintain a healthy workspace.

Prototype Development:

A working prototype of the smart desk system is built, integrating components such as DHT22, PIR, LDR, ultrasonic sensor, MQ-135, and ESP32 microcontrollers. Software modules are developed for posture tracking, real-time alerts, environmental adjustments, and system performance analytics. Blink rate detection via the ESP32-CAM and OpenCV is incorporated for eye strain prevention. The components are embedded onto a physical workstation for testing.

Evaluation and Testing:

The prototype undergoes rigorous testing across multiple user scenarios to evaluate performance, accuracy, and system responsiveness. Metrics such as posture correction frequency, accuracy of blink detection, environmental control efficiency, and user feedback are collected. The system is tested in both simulated and real working environments to identify limitations, refine performance, and validate its contribution to productivity and well-being improvement.

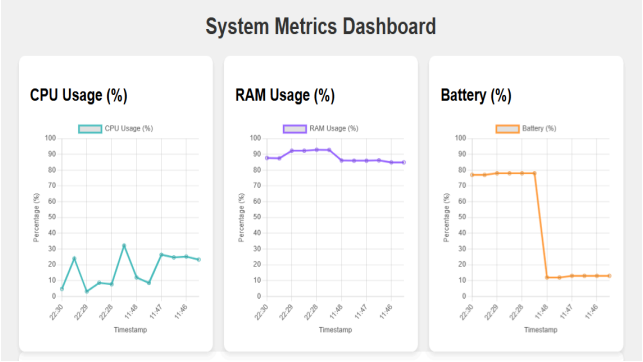
CHAPTER 5

RESULTS AND DISCUSSION

Results:

The results depict that the DevDesk IoT-powered workstation significantly enhances both user health and productivity. The system's ability to monitor posture and blink rate effectively reduces eye strain and **promotes better ergonomic practices**. By providing real-time reminders for breaks and posture corrections, the system mitigates the risk of physical discomfort associated with prolonged computer use. The integration of intelligent break scheduling, leveraging techniques like Pomodoro, fosters sustained focus, minimizes fatigue, and boosts productivity during extended work hours. Furthermore, the real-time adjustments to environmental factors, such as screen brightness, air quality, and temperature, ensure a personalized and comfortable workspace, ultimately improving user performance and well-being.

In terms of system performance, the results indicate that DevDesk operates seamlessly, optimizing resource usage without disruptions. IoT-enabled monitoring of system metrics, including battery status, memory consumption, and network performance, ensures that the workstation functions smoothly.



Discussion:

[1] Health and Productivity Monitoring: The IoT-powered sensors in the system have proven to be highly effective in promoting healthier work habits. By tracking posture and blink rate, the system actively minimizes the risks of physical strain and fatigue, ultimately improving overall productivity. Users benefit from timely breaks, which not only safeguard their well-being but also enhance their focus during work sessions.

[2] System Performance and Adaptability: The system's ability to dynamically adjust environmental factors such as screen brightness, air quality, and temperature is a key strength. These real-time modifications foster a more comfortable workspace that adapts to user needs, enhancing focus and productivity.

CHAPTER 6

CONCLUSION AND FUTURE WORK

6.1 Conclusion

The DevDesk smart workstation effectively demonstrates how IoT technology can be harnessed to promote user health, improve productivity, and create a more adaptive and comfortable working environment. By integrating posture and blink detection, environmental monitoring, and system performance tracking, the system offers a comprehensive solution to common workplace challenges such as eye strain, poor ergonomics, and inefficient resource usage. Through real-time alerts and personalized adjustments, DevDesk enhances focus, reduces fatigue, and fosters healthier work habits. The success of the prototype highlights the potential for scalable implementation in modern workspaces, making it a practical and impactful contribution to the future of smart office solutions.

6.2 Future Work

Future work for the DevDesk smart workstation could include expanding its capabilities to integrate more advanced sensors, such as heart rate monitors or stress detection tools, to provide a more holistic view of user well-being. Additionally, enhancing the AI algorithms for better predictive analytics—such as predicting when a user might experience fatigue based on their work patterns—could lead to more proactive health interventions. Further integration with productivity tools, such as task management software, could create seamless workflows and enhance user engagement. Another area for improvement would be improving the system's adaptability, allowing it to learn user preferences over time and automatically adjust settings to optimize productivity and comfort. Additionally, scaling the system to work with different types of workstations and diverse environments would broaden its applicability, making it a versatile tool for both individual and organizational use.

APPENDIX

SOFTWARE INSTALLATION

Arduino IDE

To run and mount code on the ESP32 and ESPCAM 32, we need to first install the Arduino IDE. After running the code successfully, mount it.

Sample Code

IoT Code:

1. **ENVIRONMENT MONITORING**

```
#include <WiFi.h>
#include <HTTPClient.h>
#include "DHT.h"

#define DHTPIN 4
#define DHTTYPE DHT22
#define MQ135_PIN 34
#define RAIN_SENSOR_PIN 35

const char* ssid = "Lava";
const char* password = "lava@12345";

const char* serverURL = "http://192.168.238.88:5000/data";  // Replace with your Flask server IP and endpoint

DHT dht(DHTPIN, DHTTYPE);

void setup() {
  Serial.begin(115200);
  dht.begin();
  analogReadResolution(12);


  WiFi.begin(ssid, password);
  Serial.print("Connecting to WiFi");
```

```
  while (WiFi.status() != WL_CONNECTED) {
    delay(500);
    Serial.print(".");
  }

  Serial.println("\nConnected to WiFi!");
  Serial.println(WiFi.localIP());
}

void loop() {
  float temp = dht.readTemperature();
  float hum = dht.readHumidity();
  int mq135Value = analogRead(MQ135_PIN);
  int rainValue = analogRead(RAIN_SENSOR_PIN);

  bool isRaining = rainValue > 600;

  Serial.println("----- Environmental Data -----");

  if (!isnan(temp) && !isnan(hum)) {
    Serial.printf("Temp: %.2f °C | Humidity: %.2f %%\n", temp, hum);
  } else {
    Serial.println("Failed to read from DHT22");
  }

  Serial.printf("Air Quality (MQ135): %d\n", mq135Value);
  Serial.printf("Rain Sensor Value: %d\n", rainValue);

  if (isRaining) {
    Serial.println("🌧️ Rain Detected!");
  } else {
    Serial.println("☀️ No Rain");
  }

  if (WiFi.status() == WL_CONNECTED) {
    HTTPClient http;
    http.begin(serverURL);
    http.addHeader("Content-Type", "application/json");

    String jsonData = "{";
    jsonData += "\"temperature\":" + String(temp) + ",";
    jsonData += "\"humidity\":" + String(hum) + ",";
```

```
    jsonData += "\"air_quality\":" + String(mq135Value) + ",";
    jsonData += "\"rain_value\":" + String(rainValue) + ",";
    jsonData += "\"rain_detected\":" + String(isRaining ? "true" : "false");
    jsonData += "}";

    int httpResponseCode = http.POST(jsonData);

    Serial.print("HTTP Response Code: ");
    Serial.println(httpResponseCode);
    http.end();
  } else {
    Serial.println("WiFi not connected!");
  }

  delay(5000);
}
```

2.POSTURE CORRECTION:

```
#include <WiFi.h>
#include <HTTPClient.h>

const char* ssid = "Lava";
const char* password = "lava@12345";

const char* serverName = "http://192.168.238.88:5000/update_posture";  // Flask endpoint

// HC-SR04 pins
const int trigPin = 12;
const int echoPin = 13;

// PIR motion sensor pin
const int pirPin = 14;

void setup() {
  Serial.begin(115200);

  // Set up pins
```

```
  pinMode(trigPin, OUTPUT);
  pinMode(echoPin, INPUT);
  pinMode(pirPin, INPUT);

  // Connect to Wi-Fi
  WiFi.begin(ssid, password);
  Serial.print("Connecting to WiFi");
  while (WiFi.status() != WL_CONNECTED) {
    delay(500);
    Serial.print(".");
  }
  Serial.println("\nConnected to WiFi!");
}

float getDistanceCM() {
  digitalWrite(trigPin, LOW);
  delayMicroseconds(2);

  digitalWrite(trigPin, HIGH);
  delayMicroseconds(10);
  digitalWrite(trigPin, LOW);

  long duration = pulseIn(echoPin, HIGH);
  float distance = duration * 0.034 / 2;
  return distance;
}

int getMotionValue() {
  return digitalRead(pirPin);  // 1 = motion detected, 0 = no motion
}

void loop() {
  if (WiFi.status() == WL_CONNECTED) {
    float distance = getDistanceCM();
    int motion = getMotionValue();

    Serial.print("Distance: "); Serial.print(distance); Serial.print(" cm, ");
    Serial.print("Motion: "); Serial.println(motion);

    HTTPClient http;
    http.begin(serverName);
    http.addHeader("Content-Type", "application/x-www-form-urlencoded");
```

```
    String postData = "distance=" + String(distance) + "&motion=" + String(motion);
    int responseCode = http.POST(postData);

    Serial.print("Response Code: ");
    Serial.println(responseCode);

    http.end();
  } else {
    Serial.println("WiFi Disconnected!");
  }

  delay(3000);  // Send every 3 seconds
}
```

FLASK CODE:

- Opencv code

```
import cv2
import mediapipe as mp
import time
import math
from threading import Thread
from playsound import playsound
from flask import Flask, render_template, jsonify

# Initialize MediaPipe
mp_face = mp.solutions.face_mesh
mp_pose = mp.solutions.pose
face_mesh = mp_face.FaceMesh(refine_landmarks=True)
pose = mp_pose.Pose()
mp_drawing = mp.solutions.drawing_utils

# Helper Functions
def euclidean(p1, p2):
    return math.hypot(p1[0] - p2[0], p1[1] - p2[1])
```

```
def play_alert():
    Thread(target=playsound, args=("soft_alert.wav",), daemon=True).start()

def eye_aspect_ratio(landmarks, indices):
    left = landmarks[indices[0]]
    right = landmarks[indices[3]]
    top1 = landmarks[indices[1]]
    bottom1 = landmarks[indices[5]]
    top2 = landmarks[indices[2]]
    bottom2 = landmarks[indices[4]]

    horizontal = euclidean((left.x, left.y), (right.x, right.y))
    vertical1 = euclidean((top1.x, top1.y), (bottom1.x, bottom1.y))
    vertical2 = euclidean((top2.x, top2.y), (bottom2.x, bottom2.y))

    ear = (vertical1 + vertical2) / (2.0 * horizontal)
    return ear

# Eye landmark indices
LEFT_EYE = [33, 160, 158, 133, 153, 144]
RIGHT_EYE = [362, 385, 387, 263, 373, 380]

# Trackers
cap = cv2.VideoCapture(0)
initial_slouch_ref = None
slouch_threshold = 40
last_slouch_alert = 0
slouch_cooldown = 600  # 10 minutes

last_20rule_time = time.time()
rule_interval = 20 * 60  # 20 minutes
snoozed = False

# Blink Detection
blink_count = 0
blink_threshold = 0.21  # EAR threshold for blink detection (can adjust)
closed_eyes_frame = 0
blink_consec_frames = 2  # Number of frames to confirm blink

# Alerts list to be saved in file
alerts = []
```

```
# Flask Setup
app = Flask(__name__)

@app.route("/")
def index():
    return render_template("index.html")

@app.route("/get_data")
def get_data():
    # Simulate reading sensor data
    data = {
        "distance": 120,  # Example distance data
        "motion": True,   # Example motion data
        "blink_rate": blink_count,
        "slouch_status": "Slouching detected!" if initial_slouch_ref is None else
"Posture good",
        "alerts": alerts
    }
    return jsonify(data)

# Blink Detection Function
def detect_blink(face_landmarks, blink_count, closed_eyes_frame,
blink_consec_frames):
    left_ear = eye_aspect_ratio(face_landmarks, LEFT_EYE)
    right_ear = eye_aspect_ratio(face_landmarks, RIGHT_EYE)
    avg_ear = (left_ear + right_ear) / 2.0

    if avg_ear < blink_threshold:
        closed_eyes_frame += 1
    else:
        if closed_eyes_frame >= blink_consec_frames:
            blink_count += 1
        closed_eyes_frame = 0

    return blink_count, closed_eyes_frame

# Slouch Detection Function
def detect_slouch(pose_results, w, h, initial_slouch_ref, slouch_threshold):
    slouching = False
    if pose_results.pose_landmarks:
        landmarks = pose_results.pose_landmarks.landmark
        nose = (int(landmarks[0].x * w), int(landmarks[0].y * h))
```

```
        left_shoulder = (int(landmarks[11].x * w), int(landmarks[11].y * h))
        right_shoulder = (int(landmarks[12].x * w), int(landmarks[12].y * h))
        shoulder_center_x = (left_shoulder[0] + right_shoulder[0]) // 2

        shift = abs(nose[0] - shoulder_center_x)

        # Calibrate in first 5 seconds
        if initial_slouch_ref is None:
            initial_slouch_ref = shift
        else:
            if shift - initial_slouch_ref > slouch_threshold:
                slouching = True
    return slouching, initial_slouch_ref

# Main loop for processing video
while True:
    # Read frame from webcam
    ret, frame = cap.read()
    if not ret:
        break

    # Flip the frame horizontally (mirror effect)
    frame = cv2.flip(frame, 1)
    h, w, _ = frame.shape

    # Process the frame for face mesh and pose detection
    face_results = face_mesh.process(cv2.cvtColor(frame, cv2.COLOR_BGR2RGB))
    pose_results = pose.process(cv2.cvtColor(frame, cv2.COLOR_BGR2RGB))

    # Blink detection logic
    if face_results.multi_face_landmarks:
        for face_landmarks in face_results.multi_face_landmarks:
            blink_count, closed_eyes_frame = detect_blink(face_landmarks.landmark,
blink_count, closed_eyes_frame, blink_consec_frames)

            # Draw red dots on eye landmarks
            for idx in LEFT_EYE + RIGHT_EYE:
                x, y = int(face_landmarks.landmark[idx].x * w),
int(face_landmarks.landmark[idx].y * h)
                cv2.circle(frame, (x, y), 2, (0, 0, 255), -1)

    # Slouch detection logic
```

```
    slouching, initial_slouch_ref = detect_slouch(pose_results, w, h,
initial_slouch_ref, slouch_threshold)

    # Check if blink rate is below the threshold
    if blink_count < 5:  # Adjust this threshold as needed
        alerts.append("⚠️ Blink rate is too low!")

    # Check if slouching
    if slouching:
        alerts.append("⚠️ Slouching detected!")

    # Display blink count and slouch warning
    cv2.putText(frame, f"Blink Rate: {blink_count}", (10, 30),
cv2.FONT_HERSHEY_SIMPLEX, 1, (0, 255, 0), 2)
    if slouching:
        cv2.putText(frame, "SLOUCHING DETECTED", (10, 70),
cv2.FONT_HERSHEY_SIMPLEX, 1, (0, 0, 255), 2)

    # Show the video feed
    cv2.imshow('Posture and Blink Detection', frame)

    # Check for keyboard input
    key = cv2.waitKey(1) & 0xFF
    if key == ord('q'):  # Press 'q' to exit
        break

# Save the alerts to a file
with open("opencv_alert.txt", "w", encoding="utf-8") as f:
    f.write("\n".join(alerts))

# Release the webcam and close all OpenCV windows
cap.release()
cv2.destroyAllWindows()

if __name__ == "__main__":
    app.run(debug=True)
```

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