**Title of the Project**  : Stress Detector and Reducer Wearable

Device Using IOT

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**ABSTRACT**

Wearable devices have recently received considerable interest due to their great promise for a plethora of applications. Increased research efforts are oriented towards a non-invasive monitoring of human health as well as activity parameters. A wide range of wearable sensors are being developed for real-time non-invasive monitoring. Stress detection and reduction is the proceeding analysis subject among researchers. Diversity automation evolves on person stress detection and reduction using wearable sensors. This project provides a comprehensive review of sensors used in wrist-wearable devices, methods used for the visualization of parameters measured as well as methods used for intelligent analysis of data obtained from wrist-wearable devices. Aim of our proposed system is to build a device used to identify human stress level and to reduce it. Here we are using the galvanic sensor, heart rate sensors and ECG sensors are used to identify human stress level by monitoring the heart rate, skin resistance level and pulse rate. Using IR LED (9000nm – 12000nm) light allows light energy to penetrate one to three inches into your muscle tissue. Your muscles use the energy to create their own heat, which causes them to relax naturally. There’s no better way to achieve that kind of relaxation. The collected sensors data will be displayed within the online page, LED screen using IoT (Internet of Things). Suggestions to be placid are going to be displayed and recently collected sensors data are displayed in android applications.