**Solution — CyberShield Guardian:**

**\*CyberShield Guardian** is an integrated safety system that combines **AI-driven health monitoring** and **cybersecurity protection** to safeguard both the **physical** and **digital well-being of users.**

\*The system continuously monitors vital signs such as **heart rate** and **blood pressure from a smartwatch**.

\*If readings go **above 120 systolic or below 80 diastolic**, or if heart rate spikes due to emotional stress, it automatically triggers an **SOS alert**, notifying emergency contacts and activating a **calm-response mode** on the user’s device.

\*All data from the smartwatch is securely transmitted to the **CyberShield Guardian** Android app, which syncs with **Firebase Cloud** for storage and analysis.

\*The app’s **AI Safety Module** detects abnormalities in real time and displays alerts on the dashboard.

\*To ensure privacy, the system employs **end-to-end encryption, secure authentication, and Firebase security** **rules**, protecting sensitive health and location data from unauthorized access.

\*Thus, **CyberShield Guardian** provides a unified solution —

Real-time health protection + Robust cybersecurity — ensuring users stay safe, both **emotionally and digitally.**