**Further Enhancement**

Biomedical wearable sensors embedded with IoT technology is a proven combination in the health care sector. The benefits of using such devices have positively impacted the patients and doctors alike. Early diagnosis of medical conditions, faster medical assistance by means of Remote Monitoring and Telecommunication, emergency alert mechanism to notify the caretaker and personal Doctor, etc are a few of its advantages. The proposed work on developing a multimodal IoT system assures to be a better health assistant for a person by constantly monitoring and providing regular feedback on the stress levels. For future work, it would be interesting to enhance this work into the development of a stress detection model by the addition of other physiological parameters, including an activity recognition system and application of machine learning techniques.