Smart Jacket For Mountain Climbers Using LoRa Technology

AReport submitted in partial fulfillment of the requirements for the Degree of

Bachelor of Technology

in

Computer Science and Engineering (Internet Of Things)

by

P.Pavan Raj	**2111CS050035**
S.Vineel Reddy	**2111CS050051**
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Under the esteemed guidance of

Mrs. D. Supriya
Assistant Professor

Department of Computer Science and Engineering (Internet Of Things)

School of Engineering

MALLA REDDY UNIVERSITY

Maisammaguda, Dulapally, Hyderabad, Telangana 500100

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MALLA REDDY UNIVERSITY
(Telangana State Private Universities Act No.13 of 2020 and G.O.Ms.No.14, Higher Education (UE) Department)

Department of Computer Science and Engineering (Internet Of Things)

CERTIFICATE

This is to certify that the project report entitled **"Smart Jacket For Mountain Climbers Using LoRa Technology"**, submitted by **P.Pavan Raj(2111CS050035), S.Vineel Reddy(2111CS050051),M.Sai Prakash(2111CS050037),** towards the partial fulfillment for the award of Bachelor's Degree in Computer Science and Engineering – Internet of Things from the Department of Internet Of Things, Malla Reddy University, Hyderabad, is a record of bonafide work done by him/ her. The results embodied in the work are not submitted to any other University or Institute for award of any degree or diploma.

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External Examiner

DECLARATION

We hereby declare that the project report entitled **"Smart Jacket For Mountain Climbers Using LoRa Technology"**, has been carried out by us and this work has been submitted to the **Department of Computer Science and Engineering (Internet Of Things), Malla Reddy University,** Hyderabad in partial fulfillment of the requirements for the award of degree of Bachelor of Technology. We further declare that this project work has not been submitted in full or part for the award of any other degree in any other educational institutions.

Place:

Date:

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ACKNOWLEDGEMENT

We extend our sincere gratitude to all those who have contributed to the completion of this project report. Firstly, We would like to extend our gratitude to **Dr. V. S. K Reddy, Vice-Chancellor**, for his visionary leadership and unwavering commitment to academic excellence.

We would also like to express my deepest appreciation to our project guide **Mrs. D. Supriya , Assistant Professor**, whose invaluable guidance, insightful feedback, and unwavering support have been instrumental throughout the course of this project for successful outcomes.

We extend our gratitude to **Dr. G. Latha, PRC-convenor,** for giving valuable inputs and timely guidelines to improve the quality of our project through a critical review process. We thank our project coordinator **Dr. B. Nageshwar Rao,** for his timely support.

We are also grateful to **Dr. G. Anand Kumar, Head of the Department of Internet of Things,** for providing us with the necessary resources and facilities to carry out this project

We are deeply indebted to all of them for their support, encouragement, and guidance, without which this project would not have been possible.

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ABSTRACT

Mountain climbers often face extreme environmental conditions, requiring continuous health monitoring and real-time communication to ensure safety. Traditional health monitoring devices lack long-range communication and real-time tracking in remote areas. To address these challenges, this study presents a Smart Jacket for Health Monitoring of Climbers, integrating LoRa (Long Range) communication technology for efficient and low-power data transmission in remote locations. The system is designed around Arduino and Arduino Mega 2560, processing data from multiple health and environmental sensors. A heartbeat sensor monitors the climber's vitals, while DS18B20 and DHT11 sensors measure body and ambient temperature, along with humidity levels. The GPS module tracks the climber's location, and the LoRa module enables long-range wireless data transmission to a remote monitoring station. The GSM module provides backup communication, sending alerts via SMS in case of emergencies. A buzzer and LCD displays provide real-time feedback to the user. The smart jacket is designed to be lightweight, power-efficient, and highly reliable, ensuring continuous health tracking and communication in harsh environments. By leveraging LoRa technology, real-time monitoring, and emergency alerting, this system enhances safety, health tracking, and remote connectivity for climbers.

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CHAPTER - 1
INTRODUCTION

1.1 PROBLEM DEFINITION & DESCRIPTION

Mountain climbers are exposed to extreme environmental conditions, including low oxygen levels, freezing temperatures, high altitudes, and unpredictable weather, increasing their risk of hypothermia, altitude sickness, and cardiac issues. Timely health monitoring and emergency communication are crucial for their safety. However, traditional health monitoring systems and communication devices are often limited by range, high power consumption, and dependence on cellular networks, which are unreliable in remote areas.

To overcome these challenges, this study presents a Smart Wearable Jacket for Mountain Climbers, integrating LoRa (Long Range) communication technology for efficient, low-power, and long-range data transmission. The jacket continuously monitors the climber's vital signs and environmental conditions, ensuring real-time tracking and immediate emergency alerts, even in areas without cellular coverage.

Additionally, the smart jacket is designed to be lightweight, durable, and energy-efficient, ensuring minimal discomfort to the climber while maintaining continuous operation in extreme conditions. The integration of multiple sensors allows for real-time analysis of health metrics such as heart rate, body temperature, and oxygen levels, while environmental sensors assess ambient temperature, humidity, and altitude changes. In the event of a detected health anomaly or emergency, the system automatically triggers an alert, transmitting critical data to a remote monitoring station via LoRa technology. A backup GSM module ensures emergency SMS alerts if LoRa connectivity is unavailable, providing an additional layer of safety. By leveraging advanced sensor technology and robust communication systems, this smart wearable jacket enhances the safety, independence, and survival prospects of mountain climbers in harsh environments.

1.2 OBJECTIVES OF THE PROJECT

- **Real-time Health Monitoring**

The smart jacket is designed to provide continuous health monitoring by integrating multiple sensors that track the climber's vital signs. These include a heartbeat sensor to measure heart rate, a temperature sensor to track body temperature, and an oxygen sensor to detect potential hypoxia. The system processes this data in real time to identify abnormalities such as irregular heartbeats, hypothermia, or altitude sickness, which are common risks at high altitudes. By ensuring that climbers and monitoring teams have access to real-time health data, the system enables early detection of medical issues, allowing for preventive actions before the condition worsens.

- **Environmental Condition Tracking**

Extreme environmental conditions, such as sudden temperature drops, high humidity, and low oxygen levels, pose significant threats to mountain climbers. The smart jacket integrates sensors that measure ambient temperature, humidity, and altitude to provide continuous environmental tracking. This allows climbers to assess the surrounding conditions and take appropriate measures, such as adjusting their pace, wearing additional layers, or seeking shelter when necessary. The system helps prevent exposure-related illnesses, such as frostbite and dehydration, by providing real-time data that supports informed decision-making in unpredictable weather conditions.

- **Long-range Communication with LoRa Technology**

In remote mountain regions, conventional communication methods such as mobile networks and internet-based systems often fail due to the lack of infrastructure. To overcome this limitation, the smart jacket utilizes LoRa (Long Range) communication technology, which enables low-power, long-distance wireless data transmission. LoRa allows health and environmental data to be transmitted from the climber's jacket to a remote monitoring station or base camp, ensuring that emergency teams receive real-time updates even in areas where cellular signals are unavailable. The low power consumption of LoRa technology also ensures prolonged operation of the device, making it a reliable communication method for extended expeditions.

- **GPS-based Location Tracking for Emergency Rescue**

In the event of an emergency, immediate location tracking is critical for timely rescue operations. The smart jacket is equipped with a GPS module that continuously tracks the climber's position and updates location coordinates in real time. If a climber is lost, injured, or experiencing a medical emergency, their exact location is transmitted to rescue teams, enabling quick and targeted intervention. This feature is particularly essential in situations where visibility is low, such as in foggy, snowy, or nighttime conditions, as it helps search and rescue teams locate the individual without delays. By providing accurate geographical data, the system significantly improves the chances of a successful rescue operation.

- **Automated Emergency Alerts via GSM Module**

While LoRa technology ensures long-range communication, it may not always be available in all locations due to network range limitations. To provide an additional layer of security, the smart jacket incorporates a GSM module that acts as a backup communication system. In case of a medical emergency or a critical health anomaly, the GSM module automatically sends an SMS alert to emergency contacts, including the climber's current health status and GPS location. This ensures that even in situations where LoRa connectivity is unavailable, caregivers and rescue teams are still notified through a reliable cellular network. The emergency alert system can be configured to send repeated notifications at set intervals until a response is received, ensuring that help reaches the climber as quickly as possible.

- **Lightweight, Durable, andEnergy-efficient Design**

Since mountain climbing involves carrying essential gear, it is crucial that the smart jacket remains lightweight and non-restrictive to ensure comfort and ease of movement. The jacket is designed using durable yet lightweight materials that provide insulation and protection from harsh weather conditions. The embedded electronic components, including sensors and communication modules, are carefully arranged to minimize bulk and prevent discomfort. The system is also optimized for low power consumption, allowing it to function for extended periods without frequent recharging. A low-battery alert system notifies the user when power levels are running low, ensuring that they have enough time to recharge or replace the battery before the system becomes non-functional.

- **Enhanced Safety and Survival for Climbers in Extreme Conditions**

The primary goal of the smart jacket is to improve climbers' safety and survival prospects by integrating real-time health monitoring, environmental tracking, and emergency communication into a single wearable system. By continuously analyzing health data and environmental conditions, the system provides climbers with crucial insights that help them avoid life-threatening situations. The automated emergency response features ensure that in the event of a medical emergency, help is quickly dispatched without requiring manual intervention from the climber, who may be unconscious or unable to call for assistance. This proactive approach to safety significantly reduces the risk of severe medical complications, enhances climbers' confidence in undertaking high-altitude expeditions, and provides peace of mind to both climbers and their families.

1.3 SCOPE OF THE PROJECT

- **Determining goals**

The project focuses on integrating sensors into a jacket that tracks health data during a climbing expedition. The system is designed to Monitor physiological data such as heart rate, body temperature, and humidity. Transmit this data via LoRa and GSM. Provide real-time alerts in case of health anomalies. Bede ployed in remote climbing locations. High-altitude climbing poses significant health risks due to extreme environmental conditions such as low temperatures, oxygen deficiency, and dehydration. To enhance climbers' safety, this project focuses on developing a smart wearable jacket equipped with integrated health monitoring sensors and an advanced communication system. The jacket is designed to continuously track physiological data, detect health anomalies, and transmit critical information in real-time, ensuring rapid intervention in emergencies.

- **Data & Constraints**

The system collects and processes various types of physiological and environmental data to ensure real-time monitoring and timely alerts. The key data points include Measured using a heart rate sensor to detect irregularities or cardiac distress. Monitored through temperature sensors to identify hypothermia or fever. While developing and deploying the smart wearable jacket, the following constraints and challenges must be considered Sensors, LoRa, and GSM modules must operate on low power to ensure extended battery life. Efficient power management strategies, such as sleep modes and optimized data transmission intervals, are requiredTo ensure the efficient functioning of the smart wearable jacket, the workflow is structured into multiple stages, covering data acquisition, processing, communication, and emergency response. Below is a step-by-step workflow strategy The jacket is equipped with various sensors that continuously collect physiological and environmental data. These include Heart Rate Sensor Tracks pulse rate and detects abnormal heart conditions. Body Temperature Sensor Monitors the climber’s core temperature to prevent hypothermia or fever-related risks. Humidity Sensor Measures sweat levels and environmental humidity to assess dehydration risks

CHAPTER - 2

SYSTEM ANALYSIS

System analysis is a crucial phase in the development of the Smart Wearable Jacket for Mountain Climbers, as it defines the functional requirements, constraints, and feasibility of the system. Mountain climbers face extreme environmental challenges, including low oxygen levels, freezing temperatures, altitude sickness, and unpredictable weather conditions, making real-time health monitoring and emergency communication essential for their safety. Traditional health tracking devices and communication systems depend on cellular networks, have limited range, and consume high power, making them unreliable in remote high-altitude locations.To address these challenges, the proposed system integrates LoRa (Long Range) communication technology for low-power, long-distance data transmission, ensuring continuous connectivity even in areas with no cellular coverage. The jacket is embedded with multiple sensors to monitor health and environmental conditions, providing real-time alerts in case of emergencies. The system's core is designed using Arduino and Arduino Mega 2560, processing data from health and environmental sensors while utilizing GPS for location tracking and GSM for emergency backup communication.

2.1 EXISTING SYSTEM

Traditional health monitoring and emergency alert systems for mountain climbers rely on wearable smart devices, GPS trackers, and satellite communication systems. These devices track vitals such as heart rate and temperature, providing climbers with basic health insights. However, most of these systems have significant limitations, including:

- Dependence on cellular networks, which are unreliable or unavailable in high-altitude and remote regions.
- Limited range of communication, restricting real-time health data transmission to a close vicinity.
- High power consumption, requiring frequent battery replacements or recharging, which is impractical during long expeditions.
- Inability to provide real-time alerts in case of emergencies, delaying rescue efforts.

Some advanced satellite-based communication systems provide long-range connectivity, but they are costly, require a direct line of sight with the satellite, and consume significant power.

2.1.1 BACKGROUND AND LITERATURE SURVEY

[1] IoT-Based Health Monitoring for High-Altitude Climbers

Authors: James Miller , Sarah Thompson

Summary: This study explores the application of wearable IoT sensors for real-time health monitoring in extreme environments. The research highlights the importance of low-power, long-range communication in high-altitude scenarios where traditional connectivity is unreliable. The findings suggest that LoRa-based systems can significantly enhance real-time health tracking for climbers, reducing risks associated with altitude sickness and extreme weather conditions.

[2] LoRa Technology for Remote Health Monitoring

Authors:DavidJohnson,EmmaRoberts

Summary: This research investigates the efficiency of LoRa communication for transmitting health data over long distances. The study compares LoRa with Wi-Fi, Bluetooth, and GSM-based systems, concluding that LoRa provides the best balance between range, power efficiency, and data reliability in remote and challenging environments. The research emphasizes the need for real-time alerts and integration with other modules such as GPS and GSM for emergency situations.

[3] Smart Clothing for Health and Environmental Monitoring

Authors:MichaelBrown,LauraAdams

Summary: This paper explores advancements in smart clothing embedded with sensors for real-time physiological and environmental monitoring. The study highlights how body temperature sensors, humidity sensors, and GPS modules can provide continuous feedback on a climber's health status, helping prevent hypothermia and altitude sickness. The research suggests that combining multiple sensors with real-time communication capabilities can enhance the safety of outdoor adventurers.

[4] Wearable Emergency Alert Systems for Outdoor Activities

Authors:KevinWhite,RachelGreen

Summary: This study examines the role of wearable emergency alert systems that automatically detect health anomalies and transmit distress signals in case of critical conditions. The research outlines how integrating GSM, GPS, and buzzer-based alerts can improve response times during emergencies, potentially saving lives in remote regions.

2.1.2 LIMITATIONS OF EXISTING SYSTEM

- Limited Communication Range

  Many traditional tracking and health monitoring systems rely on Wi-Fi, Bluetooth, or GSM networks, which do not function efficiently in remote, high-altitude regions.

  Satellite-based communication systems, while effective, are expensive and power-intensive, making them unsuitable for continuous tracking.

- High Power Consumption

  Existing systems that rely on GPS and GSM for continuous tracking drain battery power quickly, requiring frequent recharges or battery replacements, which is not feasible during long expeditions.

- Lack of Integrated Health Monitoring

  Current smart wearables often provide separate functionalities, such as GPS tracking or body temperature monitoring, but lack an integrated system that tracks multiple health parameters while transmitting real-time data.

- Unreliable Emergency Alerts

  Most systems require manual activation for distress signals, which may not be possible if the climber is unconscious or immobilized.

  In case of poor network coverage, emergency messages may fail to send, delaying rescue operations.

- Inadequate Environmental Monitoring

  Existing smart wearables primarily track the user’s vitals but do not monitor surrounding environmental factors, such as ambient temperature and humidity, which are crucial in preventing altitude-related illnesses.

2.2 PROPOSED SYSTEM

The Smart Wearable Jacket for Mountain Climbers integrates LoRa communication technology to provide real-time health tracking, long-range connectivity, and emergency alerts, ensuring climbers’ safety in extreme environments. The system utilizes multiple sensors to monitor heart rate, body temperature, ambient temperature, humidity, and location data. In case of critical health anomalies, an emergency alert is transmitted via GSM, along with the climber's real-time GPS location, ensuring quick response from rescue teams.

2.2.1 ADVANTAGES OF PROPOSED SYSTEM

- Extended Communication Range Using LoRa
  - Unlike traditional GSM- or Wi-Fi-based systems, LoRa allows long-distance data transmission with minimal power consumption, ensuring reliable connectivity even in remote areas.
- Real-Time Health Monitoring
  - The system continuously tracks heart rate, body temperature, ambient temperature, and humidity, alerting the user if critical conditions are detected, helping prevent hypothermia, dehydration, and altitude sickness.
- Accurate Location Tracking with GPS
  - The GPS module provides precise real-time location tracking, ensuring that in case of an emergency, rescue teams can locate the climber quickly and accurately.
- Automated Emergency Alerts
  - If the system detects a sudden health deterioration, the GSM module automatically sends an SOS message to pre-configured emergency contacts, including the climber's GPS coordinates, ensuring a rapid response.
- Immediate Audible and Visual Feedback
  - A buzzer is activated in emergencies, alerting nearby climbers or rescuers.
  - An LCD display provides real-time updates on health status and environmental conditions, helping climbers make informed decisions.
- Lightweight, Energy-Efficient Design
  - The jacket is designed using lightweight materials to ensure comfort and flexibility, allowing climbers to wear it for extended periods without inconvenience.
  - Optimized power management extends battery life, ensuring continuous operation throughout the expedition.
- Enhanced Safety and Reliability
  - By integrating multiple sensors, LoRa connectivity, and emergency alert systems, the smart jacket provides comprehensive protection, reducing the risk of altitude-related illnesses and improving response times during emergencies.

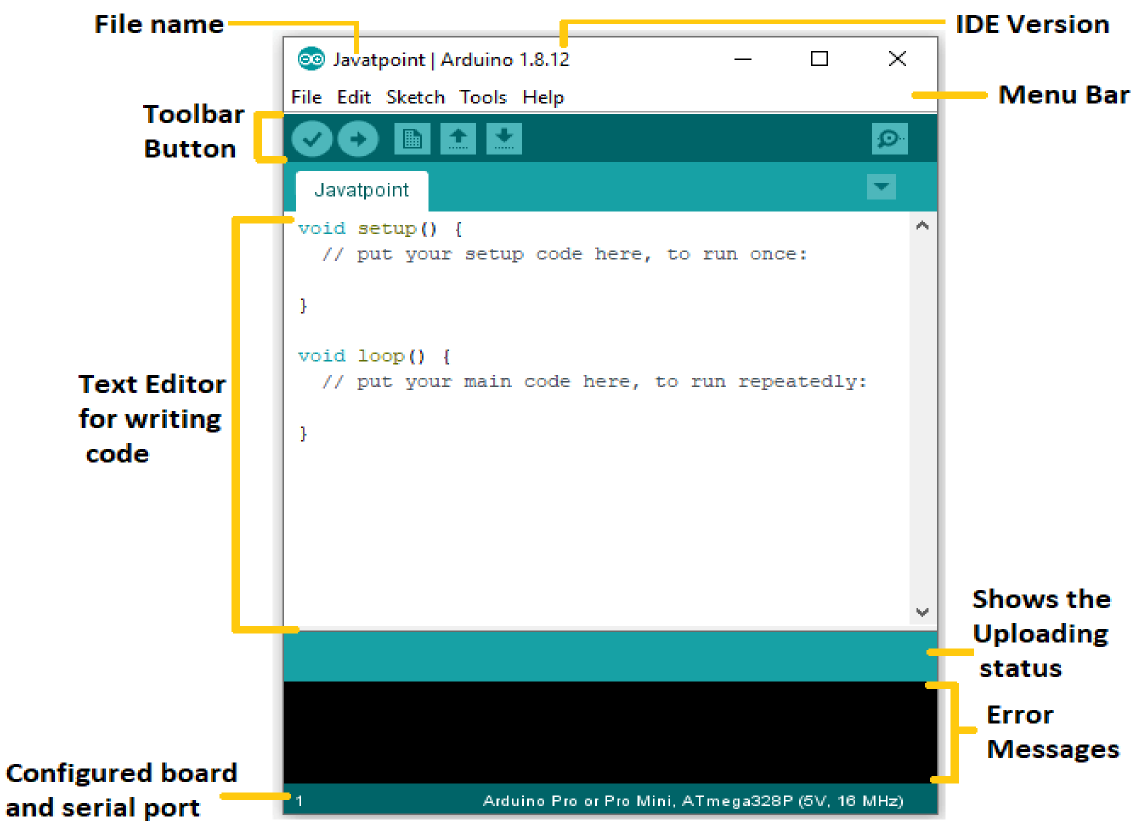
2.3 HARDWARE AND SOFTWARE REQUIREMENTS

Every computer needs software to function, a computer must have specific hardware or additional software resources installed. These prerequisites are referred to as (computer) system requirements, and they are frequently utilised as recommendations rather than strict guidelines. The majority of software specifies minimum and recommended system requirements. System requirements typically rise with time due to the growing need for more processing power and resources in newer software versions. Industry observers say that rather than technological breakthroughs, this trend is a more significant factor in the improvements of current computer systems.

2.3.1 SOFTWARE REQUIREMENTS

A software requirements specification (SRS) is a comprehensive description of the intended purpose and environment for software under development.

Arduino IDE



Arduino IDE

Arduino IDE setup:

Setting up the Arduino IDE (Integrated Development Environment) is relatively straightforward. Here's a step-by-step guide:

Step-1 Download Arduino IDE:

Visit the official Arduino website (https://www.arduino.cc/en/software) and download the Arduino IDE for your operating system (Windows, macOS, or Linux).

Step-2 Install Arduino IDE:

Once the download is complete, follow the installation instructions provided by the installer wizard. Installation is typically a matter of running the downloaded executable file and following the prompts.

Step-3 Connect Arduino Board:

If you haven't already, connect your Arduino board to your computer using a USB cable. Make sure the board is properly connected and recognized by your operating system.

Step-4 Launch Arduino IDE:

After installation, launch the Arduino IDE. You'll be greeted with a simple interface with a text editor area for writing your code and a toolbar with various buttons and menus.

Step-5 Select Board:

Go to the "Tools" menu, then "Board," and select the appropriate Arduino board that you're using. If you're unsure, you can usually find the board model written on the board itself.

Step-6 Select Port:

While still in the "Tools" menu, navigate to the "Port" option and select the port that corresponds to your Arduino board. On Windows, it will typically be something like "COMX," and on macOS or Linux, it will be "/dev/ttyX."

Step-7 Test Connection (Optional):

You can test whether your Arduino board is properly recognized by uploading a simple sketch (e.g., Blink) to the board. Open the "File" menu, go to "Examples," select "01.Basics," and choose "Blink." Click the "Upload" button (right arrow icon) to compile and upload the sketch to your Arduino board. Step-8 Start Coding:

You're now ready to start coding! You can write your own Arduino sketches in the text editor area. Refer to Arduino's extensive documentation and example sketches to get started with programming your Arduino board.

The Wearable Fall Detection System is developed using the Arduino IDE, a widely used open-source platform for writing, compiling, and uploading code to the Arduino microcontroller. The Arduino IDE provides an easy-to-use interface and supports Embedded C/C++ programming, making it ideal for real-time sensor data processing and fall detection algorithms. It includes built-in libraries such as Wire.h for I2C communication with sensors, SoftwareSerial.h for GSM and GPS module interaction, and Adafruit Sensor Library for handling accelerometer and gyroscope data.

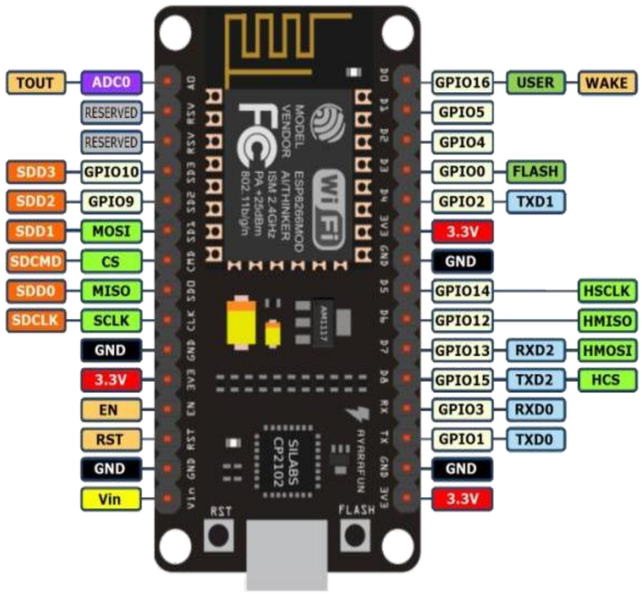
Using the Arduino IDE, the system continuously reads data from MEMS and force sensors, processes it to detect falls, and triggers alerts through the GSM module

Embedded C

The Wearable Fall Detection System is programmed using Embedded C, a low-level programming language specifically designed for microcontrollers. Embedded C is essential for handling real-time sensor data processing, communication with peripheral devices, and executing system functions efficiently. The program runs on an Arduino microcontroller, which continuously collects data from MEMS sensors (accelerometer & gyroscope) and force sensors.

2.3.2 HARDWARE REQUIREMENTS

- **ESP8266 (NodeMCU) – System Controller**



ESP8266 (NodeMCU)

Purpose: The ESP8266 microcontroller serves as the central processing unit of the system, handling sensor data acquisition, processing, and communication.

Functionality:

- Reads data from health and environmental sensors (pulse, temperature, humidity, etc.).
- Controls the LoRa module for long-range communication.
- Manages the GSM module for emergency alerts.
- Interfaces with the LCD display to show real-time sensor data.

- **LoRa Module (RA-01 LoRa) – Long-Range Data Transmission**

LoRa Module

Purpose: Enables long-range, low-power communication in remote mountain areas where cellular networks are unavailable.

Functionality:

- Transmits real-time health and environmental data to a base station or monitoring center.
- Provides bi-directional communication, allowing the climber to send SOS signals.
- Works over a range of several kilometers, ensuring constant connectivity.

- **GPS**

Global Positioning System (GPS) is a satellite-based system that uses satellites and ground stations to measure and compute its position on Earth.

GPS is also known as Navigation System with Time and Ranging (NAVSTAR) GPS.

GPS receiver needs to receive data from at least 4 satellites for accuracy purpose. GPS receiver does not transmit any information to the satellites.

GPS

How GPS Works

GPS receiver uses a constellation of satellites and ground stations to calculate accurate location wherever it is located.

These GPS satellites transmit information signal over radio frequency (1.1 to 1.5 GHz) to the receiver. With the help of this received information, a ground station or GPS module can compute its position and time.

How GPS Receiver Calculates its Position and Time

GPS receivers receive information signals from GPS satellites and calculates its distance from satellites. This is done by measuring the time required for the signal to travel from satellite to the receiver.

- **GPS Module**

GPS receiver module gives output in standard (National Marine Electronics Association) NMEA string format. It provides output serially on Tx pin with default 9600 Baud rate.

This NMEA string output from GPS receiver contains different parameters separated by commas like longitude, latitude, altitude, time etc. Each string starts with '$' and ends with carriage return/line feed sequence.

Pin Description

VCC: Power Supply 3.3 – 6 V

GND: Ground

TX: Transmit data serially which gives information about location, time etc.

RX: Receive Data serially. It is required when we want to configure GPS module.

- **GSM**

GSM is a mobile communication modem; it stands for Global System for Mobile Communication (GSM). The idea of GSM was developed at Bell Laboratories in 1970. It is the most widely used mobile communication system in the world. GSM is an open and digital cellular technology used for transmitting mobile voice and data services. It operates at the 850MHz, 900MHz, 1800MHz, and 1900MHz frequency bands.

GSM system was developed as a digital system using the Time Division Multiple Access (TDMA) technique for communication purposes. A GSM system digitizes and reduces the data, then sends it through a channel with two different streams of client data, each in its own particular time slot. The digital system has the capability to carry data rates ranging from 64 kbps to 120 Mbps.

There are various cell sizes in a GSM system, such as macro, micro, pico, and umbrella cells. Each cell varies as per the implementation domain. The coverage area of each cell varies according to the implementation environment.

- **GSM Modem**

A GSM modem is a device that can either be a mobile phone or a modem device used to enable a computer or any other processor to communicate over a network. A GSM modem requires a SIM card to operate and functions within a network range subscribed by the network operator. It can be connected to a computer through serial, USB, or Bluetooth connection.

A GSM modem can also be a standard GSM mobile phone with the appropriate cable and software driver to connect to a serial or USB port on a computer. GSM modems are usually preferable to GSM mobile phones for communication purposes. GSM modems have a wide range of applications in transaction terminals, supply chain management, security applications, weather stations, and GPRS- mode remote data logging.

GSM Modem

- **Buzzer**

A buzzer or beeper is an audio signaling device, which may be mechanical, electromechanical, or piezoelectric. Typical uses of buzzers and beepers include alarm devices, timers and confirmation of user input such as a mouse click or keystroke. Buzzer is an integrated structure of electronic transducers, DC power supply, widely used in computers, printers, copiers, alarms, electronic toys, automotive electronic equipment, telephones, timers and other electronic products for sound devices. Active buzzer 5V Rated power can be directly connected to a continuous sound, this section dedicated sensor expansion module and the board in combination, can complete a simple circuit design, to "plug and play.

Buzzer

Buzzer Pin Configuration

Pin Nu m ber	**Pin Nam e**	**Description**
1	**Posit i ve**	**Identified by (+) symbol or longer terminal lead. Can be powered by 5V DC**
2	**Nega t ive**	**Identified by short terminal lead. Typically connected to the ground of the circuit**

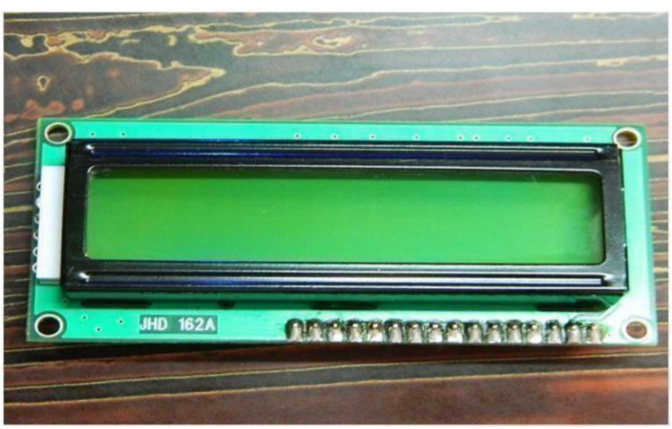
Table 1: Buzzer

- **LCD**

LCD (Liquid Crystal Display) is the innovation utilized in scratch pad shows and other littler PCs. Like innovation for light-producing diode (LED) and gas-plasma, LCDs permit presentations to be a lot more slender than innovation for cathode beam tube (CRT). LCDs expend considerably less power than LED shows and gas shows since they work as opposed to emanating it on the guideline of blocking light.

A LCD is either made with a uninvolved lattice or a showcase network for dynamic framework show. Likewise alluded to as a meager film transistor (TFT) show is the dynamic framework LCD.The uninvolved LCD lattice has a matrix of conductors at every crossing point of the network with pixels. Two conductors on the lattice send a current to control the light for any pixel. A functioning framework has a transistor situated at every pixel crossing point, requiring less current to control the luminance of a pixel.

Some aloof network LCD's have double filtering, which implies they examine the matrix twice with current in the meantime as the first innovation took one sweep. Dynamic lattice, be that as it may, is as yet a higher innovation.



LCD Display

2.4 FEASIBILITY STUDY

The feasibility of the project is analysed in this phase and a business proposal is put forth with a very general plan for the project and some cost estimates. During system analysis the feasibility study of the proposed system is to be carried out. This is to ensure that the proposed system is not a burden to the company. For feasibility analysis, some understanding of the major requirements for the system is essential.

Three keyconsiderations involved in the feasibility analysis are:

- Technical Feasibility
- Robustness & Reliability
- Economical Feasibility

2.4.1 TECHNICAL FEASIBILITY

The Smart Wearable Jacket for mountain climbers is technically feasible as it utilizes widely available hardware components and well-established embedded programming techniques. The system is built around the ESP8266 microcontroller, which supports real-time data processing and seamless integration with multiple sensors and communication modules. The LoRa module ensures long-range data transmission, allowing reliable communication in remote mountain regions, while the GSM module provides emergency alerts in case of critical health conditions. The inclusion of sensors such as the pulse sensor, DS18B20 temperature sensor, and DHT11 for environmental monitoring enables continuous tracking of both physiological and environmental parameters. The GPS module ensures accurate location tracking, improving safety and rescue operations. The software implementation uses embedded C/C++ and the Arduino IDE, both of which are well-supported and easy to debug. Additionally, power optimization techniques, such as low-power operation modes and efficient data transmission protocols, help extend battery life, making the system practical for long-duration expeditions.

2.4.2 ROBUSTNESS & RELIABILITY

The Smart Wearable Jacket is designed to be robust and reliable, ensuring accurate and consistent health monitoring with minimal false alarms. The combination of multiple sensors enhances data accuracy by cross-validating physiological and environmental conditions. The LoRa and GSM modules provide redundant communication channels, ensuring emergency alerts can be sent even in remote areas with weak cellular signals. The GPS module guarantees real-time location updates, allowing for quick assistance in case of distress. The system's durability is ensured through the use of weather-resistant materials, making it suitable for harsh mountain environments. Additionally, software-based data filtering techniques, such as signal averaging and noise reduction algorithms, improve measurement precision. The built-in buzzer and LCD display provide real-time feedback, alerting the user to critical health changes or environmental hazards. With proper sensor calibration and periodic testing, the system ensures reliable performance, making it a dependable safety solution for climbers.

2.4.3 ECONOMICAL FEASIBILITY

The proposed Smart Wearable Jacket is a cost-effective solution compared to existing high-end adventure and medical monitoring devices. The use of affordable yet efficient microcontrollers, sensors, and communication modules significantly reduces production costs. Unlike premium tracking and health monitoring devices that require expensive subscriptions or cloud-based services, this system operates as a standalone solution with no recurring costs. The modular design allows for easy upgrades, ensuring that future enhancements can be implemented without major financial investment. Low-power components help reduce energy consumption, leading to extended battery life and lower maintenance costs. The affordability of this system makes it accessible to a wide range of users, including individual climbers, adventure enthusiasts, and mountaineering organizations, providing a cost-effective yet highly reliable safety solution.

CHAPTER - 3

ARCHITECTURAL DESIGN

3.1 MODULES DESIGN

Module design involves structuring software components into distinct functional units, ensuring modularity, maintainability, and scalability. The Smart Wearable Jacket for Mountain Climbers is designed with four primary modules: Data Acquisition, Health & Environmental Monitoring, Alert & Communication, and User Feedback & Rescue Response. Each module plays a crucial role in tracking health parameters, monitoring environmental conditions, and ensuring timely alerts for user safety.

3.1.1 NUMBER OF MODULES AS PER ANALYSIS

Here's a brief overview of each module:

- **Data Acquisition Module**

The Data Acquisition Module is responsible for collecting vital physiological and environmental data. The pulse sensor measures the user’s heart rate, while the DS18B20 temperature sensor tracks body temperature to monitor potential hypothermia or overheating risks. The DHT11 sensor continuously measures temperature and humidity levels in the surrounding environment, helping assess weather conditions. This real-time data is crucial for detecting potential health threats and ensuring the safety of climbers in extreme conditions.

- **Alert & Communication Module**

The Alert & Communication Module ensures that emergency alerts are sent when necessary. The **GPS module (NEO-6M)** provides real-time location tracking, allowing rescue teams or caregivers to pinpoint the user’s exact position. The **GSM module (SIM Com A7672S)** sends automated SMS alerts containing health status and location details to predefined emergency contacts. In remote areas with limited cellular coverage, the LoRa RA-01 module enables long-range data transmission, ensuring that emergency messages reach support teams even in isolated locations.

- **Health & Environmental Monitoring Module**

This module processes the collected data to identify any abnormal readings that may indicate a medical emergency or hazardous environmental conditions. The system continuously compares the user’s heart rate and body temperature against predefined safety thresholds. If abnormal values are detected—such as a rapid drop in temperature or an irregular heartbeat—the system flags a potential risk. Similarly, sudden environmental changes, such as extreme cold or high humidity, are identified to alert the user in advance, allowing preventive measures to be taken.

- **User Feedback & Rescue Response Module**

This module provides real-time feedback to both the user and rescuers. In case of a detected health or environmental risk, the buzzer produces an audible alarm to alert the user and nearby individuals. The LCD display (JHD 16x2) shows real-time sensor readings, helping the climber stay informed about their current health and environmental conditions. The system ensures that emergency contacts receive timely notifications, enabling swift rescue operations.

3.1.2 METHODOLOGY

The smart jacket integrates various sensors, including MAX30102 for heart rate, DS18B20 for temperature, An ESP32 or Arduino microcontroller processes the collected data and ensures seamless communication between components. A GPS module (Neo-6M) continuously tracks the climber’s location, while a GSM module (SIM800L/SIM900) transmits health and location data via SMS . In case of abnormal health readings , the system automatically sends an SOS alert with real-time GPS coordinates. All collected data is logged and transmitted to a web dashboard. This system enhances safety by enabling quick emergency response and remote health tracking.

- **Requirement Analysis**

The first phase involves analyzing the essential components required to monitor health parameters and environmental conditions while ensuring seamless communication in remote areas. Key hardware components, including the ESP8266 microcontroller, LoRa RA-01 module, GSM (SIM Com A7672S) module, GPS (NEO-6M) module, pulse sensor, DS18B20 temperature sensor, DHT11 humidity sensor, buzzer, and LCD display, are identified based on the needs of mountain climbers.

- **Hardware Design and Selection**

In this phase, the appropriate sensors and communication modules are selected to ensure accurate data acquisition and long-range connectivity. The pulse sensor is used for real-time heart rate monitoring, while the temperature sensors (DS18B20 and DHT11) track body and ambient temperature variations. The LoRa module ensures communication in areas where cellular networks are unavailable, while the GSM and GPS modules provide location tracking and emergency alerting. The buzzer and LCD display are incorporated for real-time user feedback.

- **Software Development**

The software implementation includes real-time sensor data acquisition, processing, and decision-making using an embedded C/C++-based firmware (Arduino IDE). Threshold-based algorithms analyze heart rate, body temperature, and environmental conditions to detect abnormal values. If hazardous conditions or health risks are identified, the system triggers emergency alerts via GSM and LoRa, ensuring timely response and location tracking.

- **System Integration and Testing**

The integrated hardware and software components undergo extensive testing to validate sensor accuracy, response time, and communication reliability. The system is tested in various environmental conditions to ensure robustness, especially in extreme cold and high-altitude settings. Calibration of sensors and false alarm reduction techniques are implemented to enhance reliability.

- **Deployment and Field Testing**

The final phase involves real-world testing of the Smart Wearable Jacket for Mountain Climbers in high-altitude terrains. Field trials are conducted to assess sensor performance, connectivity, and emergency alert efficiency.

3.2 PROJECT ARCHITECTURE

- **Input Layer (Sensor Module)**
  Collects real-time health and environmental data. Includes heartbeat, body temperature, ambient temperature, humidity, and GPS tracking.
- **Processing Layer (Microcontroller & Data Processing Unit)**
  Arduino Mega 2560 processes sensor data. Filters and analyzes data to detect anomalies.
- **Communication Layer (Data Transmission Module)**
  LoRa Module (RA-01) transmits health and location data over long distances. GSM Module (SIMCom A7672S) sends emergency alerts via SMS in case of network availability.

- **Output & Alert Layer (User Interface & Notification System)**

LCD Display shows real-time health stats. Buzzer & LED Indicators alert the climber to any abnormal conditions. Remote Monitoring System receives data and notifications.

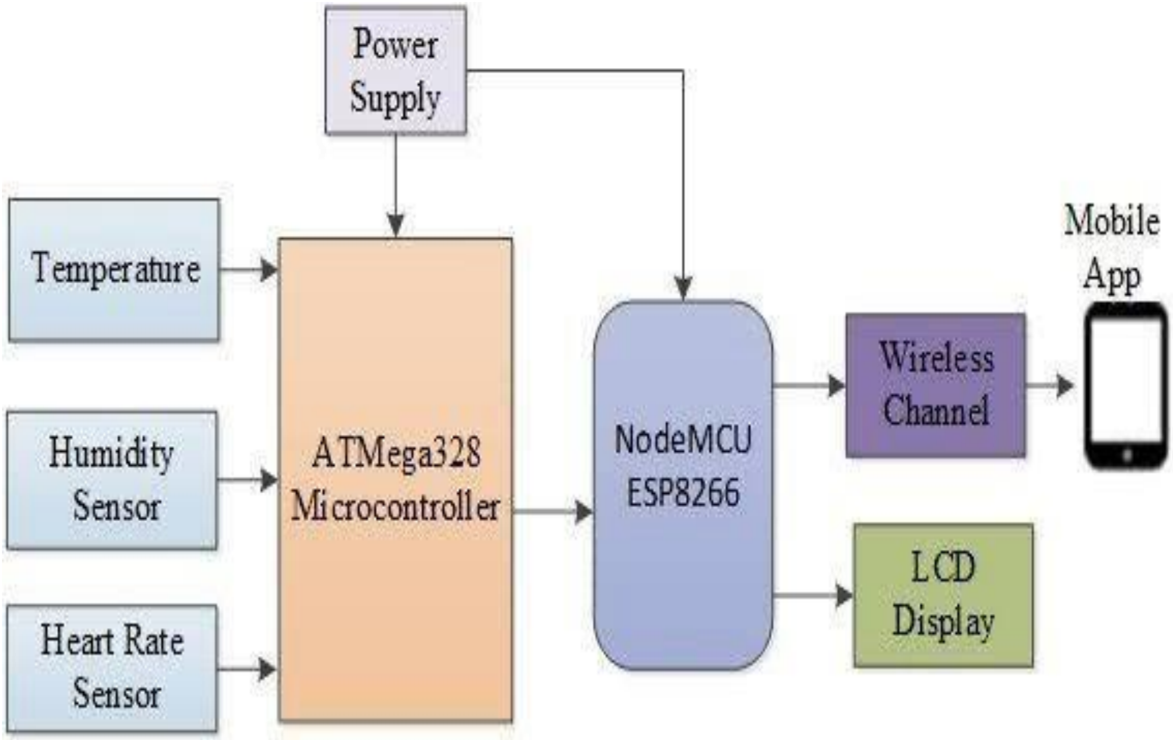


Figure 3.2 ARCHITECTURE

3.2.1 DATA FLOW & PROCESS FLOW DIAGRAM

The system operates in a continuous loop, where sensor data is collected, analysed, transmitted, and displayed. If any abnormal conditions are detected, alerts are triggered, and emergency messages are sent. The data flow is divided into four main stages:

Data Collection (Input Stage) – Sensors gather real-time health & environmental data.

Data Processing (Processing Stage) – Microcontroller processes sensor data and determines alerts.

Data Transmission (Communication Stage) – Data is sent via LoRa/GSM to remote monitoring systems.

User Alerts & Display (Output Stage) – Health stats are displayed, and alerts are triggered if needed

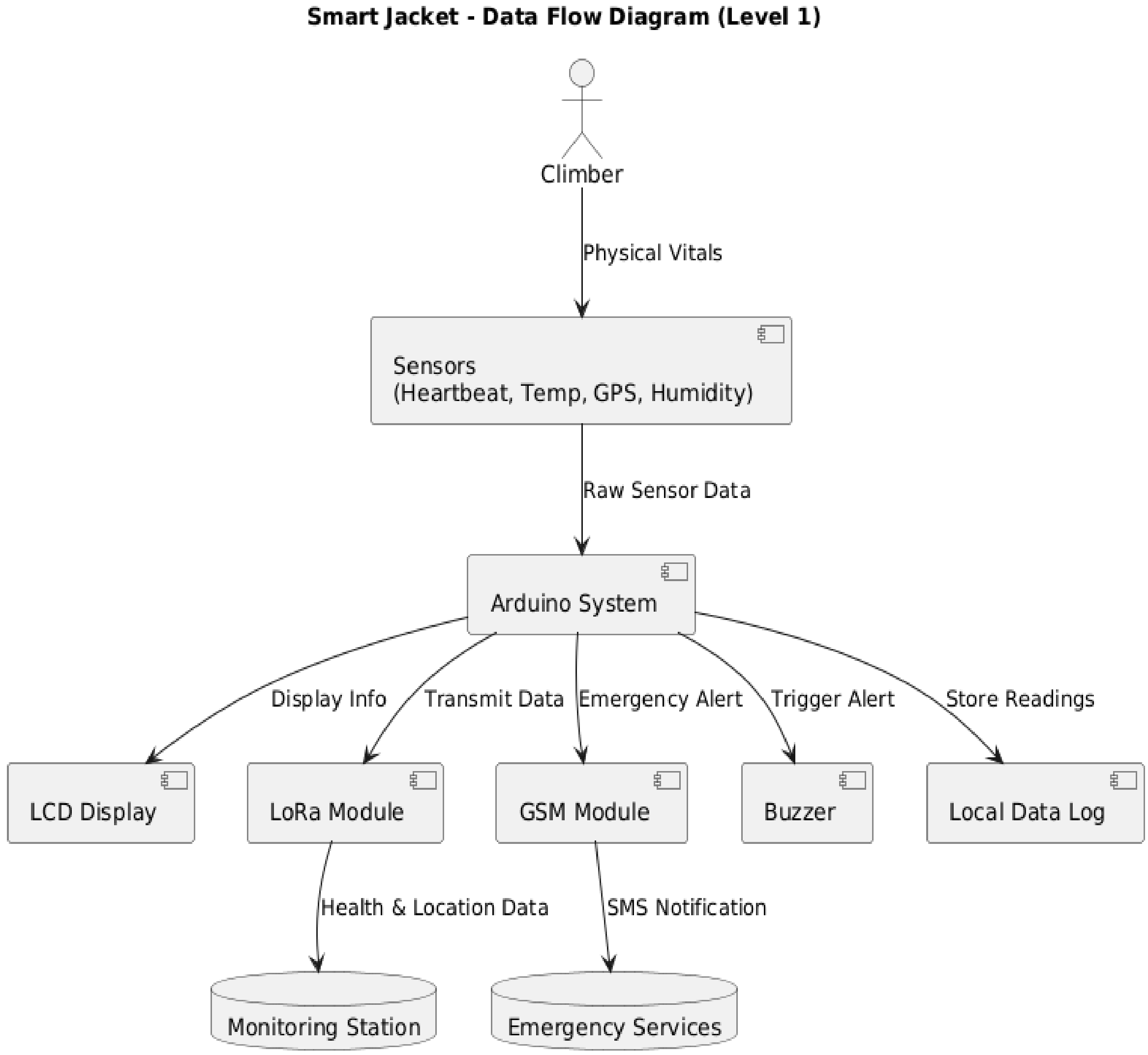


Figure 3.2.1.1 Data Flow

3.2.2 CLASS DIAGRAM

A class diagram is a type of static structure diagram in UML (Unified Modeling Language) that represents the structure of a system by showing the classes, attributes,operations or methods, and relationships between classes.

Climber-Stores climber details (ID, name, age) Links to health monitoring and GPS tracking.

Sensor Module -Includes heartbeat, temperature, humidity, and GPS sensors. Captures real-time health & environmental data.

Microcontroller -Reads sensor values and processes data. Sends alerts if values exceed thresholds.

Communication Module- LoRa Module Sends health data to the remote system. GSM

Module Sends emergency SMS alerts.

Remote Monitoring System -Stores received data in a database. Generates reports and alerts for emergency cases.

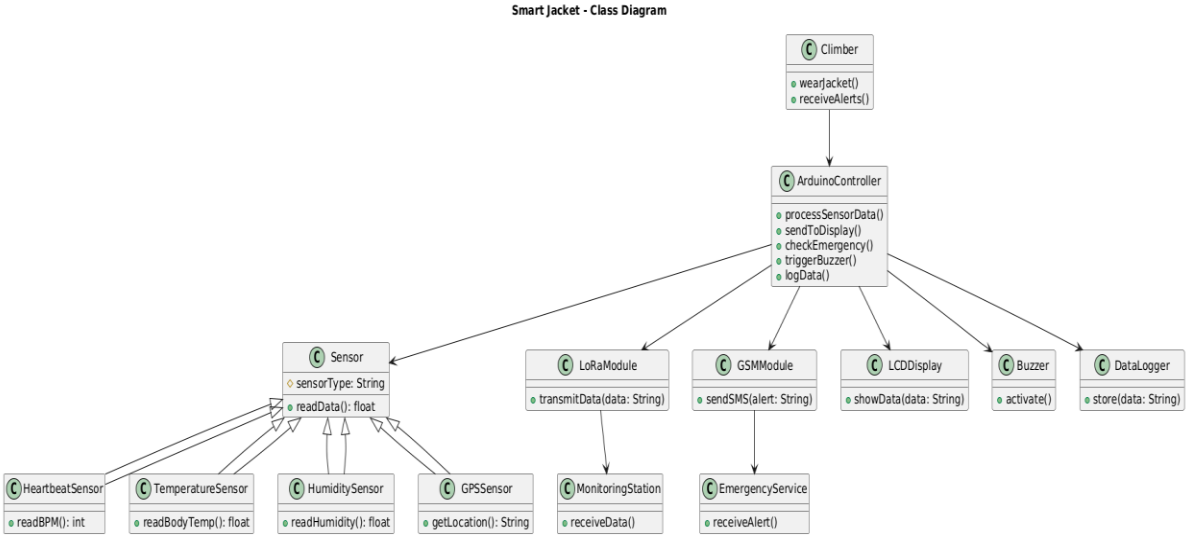


Figure 3.2.2.1 Class Diagram

3.2.3 USE CASE DIAGRAM

A use case diagram is a type of behavioural diagram in Unified Modeling Language (UML) that represents the functional requirements and interactions of a system from the users' perspective. It focuses on capturing the various use cases or functionalities of a system and how actors (users or external systems) interact with those use cases. Use case diagrams are widely used in software development to understand, communicate, and document the system's behavior and requirements.

- **Monitor Vitals**

Description: The system constantly monitors health parameters (SpO_2, heart rate, body temperature).

Trigger: Automatic, continuous process.

Related Modules: Sensors, ESP8266.

- **Track Location**

Description: GPS module tracks real-time coordinates of the climber.

Trigger: Continuous or on abnormal sensor reading.

Related Module: GPS (Neo-6M).

- **Send SMS Alert**

  Description: When abnormal vitals or a fall is detected, the system sends SMS with GPS location to emergency contacts.

  Trigger: From “Monitor Vitals” → critical condition.

  Related Module: GSM Module (SIM800L/SIM900).

- **Send Data via LoRa**

  Description: Sends real-time data to a remote base station (monitoring station) in case of poor/no cellular coverage.

  Trigger: Continuous/periodic transmission.

  Related Module: RA-01 LoRa Module.

- **Display Info**

  Description: Displays vitals or emergency info on OLED/LCD screen.

  Trigger: Triggered by data change or button interaction.

  Related Module: LCD display.

- **Sound Alarm**

  Description: Sounds buzzer in case of critical event (fall or user-activated).

  Trigger: Emergency detection or user input.

  Related Module: Buzzer.

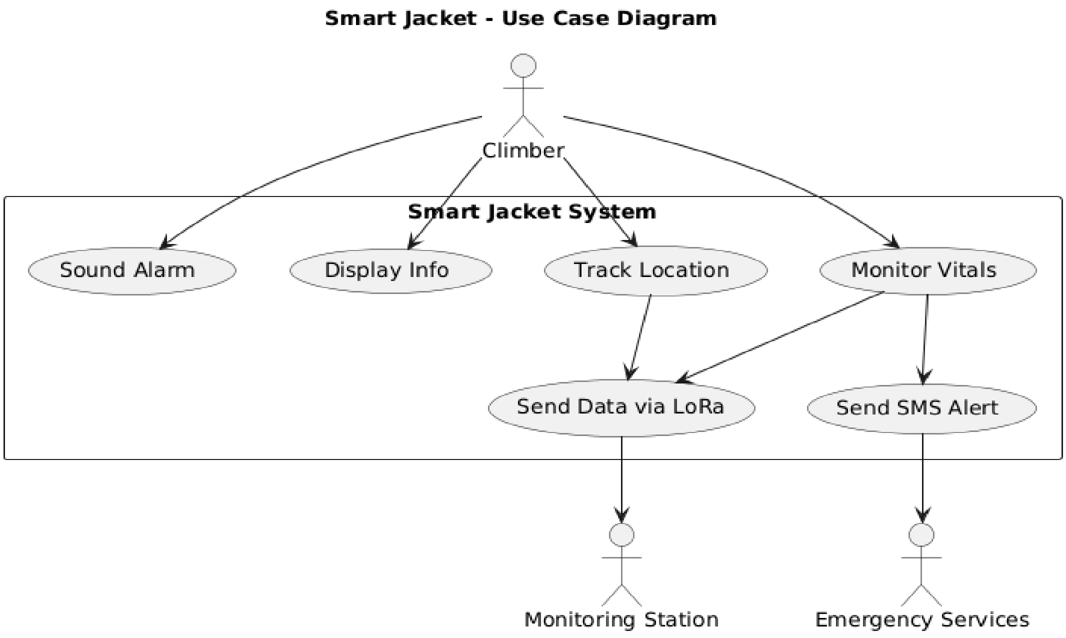


Figure 3.2.3.1 Use Case Diagram

3.2.4 SEQUENCE DIAGRAM

A sequence diagram is a type of interaction diagram in Unified Modeling Language (UML) that illustrates the interactions and messages exchanged between objects or components within a system over time. It shows the sequence of messages and method calls between objects, helping visualise the flow of control and communication during a specific scenario or use case.

- **Data Acquisition:**

  Climber's sensors provide real-time health and GPS data. Data is sent to the Arduino system.

- **Data Processing & Display:**

  Arduino shows current readings on the LCD Display.

  It also transmits a data packet to the LoRa module.

  LoRa sends health/location data to the Monitoring Station.

- **Conditional Emergency Response:**

  Alternate path: If an emergency is detected (e.g., abnormal vitals):

  Buzzer is activated for alert sound.

  GSM Module sends an SMS alert.

  Emergency alert message is transmitted to Emergency Services.

- **Loop – Continuous Monitoring:**

  Sensors continuously update readings.

  Arduino refreshes data on the LCD and transmits new packets as needed.

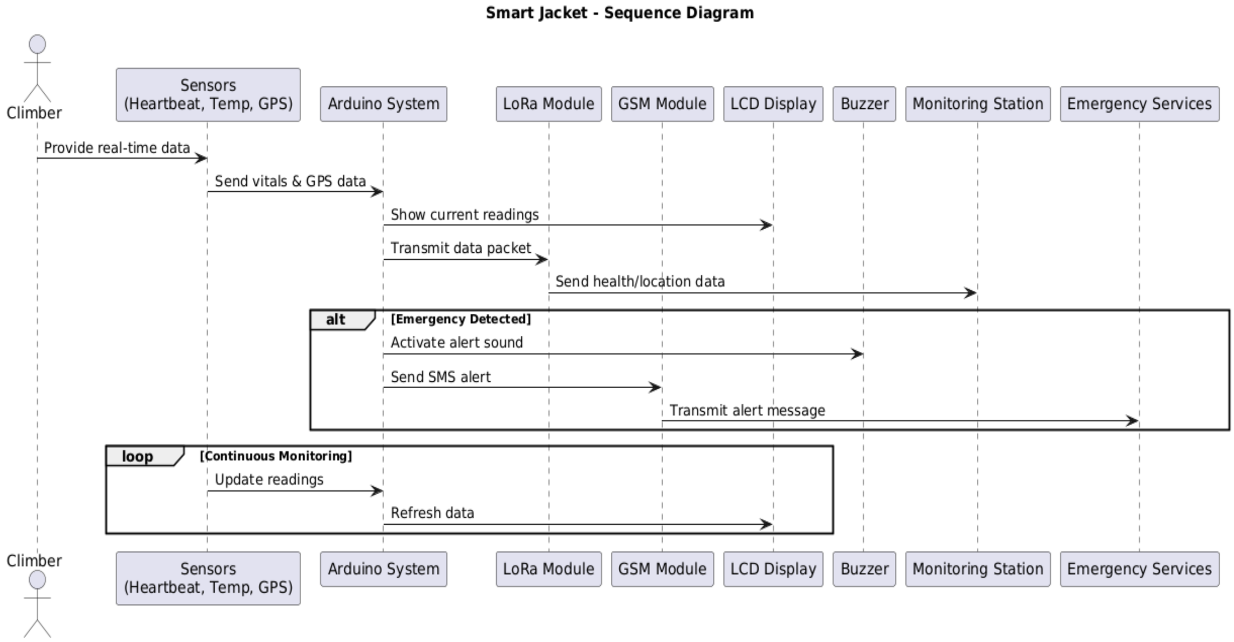


Figure 3.2.4.1 Sequence Diagram

3.2.5 ACTIVITY DIAGRAM

An activity diagram is a type of behavioral diagram in Unified Modeling Language (UML) that illustrates the dynamic aspects of a system by modeling the flow of activities or actions performed in a particular process, use case, or workflow. It focuses on depicting the sequence of actions, decisions, and transitions within a system or business process, helping to visualise the behavior and logic of the system from a procedural perspective.

User (Smart Jacket Wearer)-The climber wears the smart jacket embedded with sensors and communication modules.

Sensors Collect Data-Various health sensors (heart rate, temperature, motion) measure vital signs and environmental conditions.

Noting Sensor Values-The system continuously monitors and records sensor readings to detect any abnormalities.

GSM Module Operation-The GSM module (SIM800L/SIM900) is responsible for sending data wirelessly.

The GPS module (Neo-6M/U-blox) tracks the real-time location of the climber.

Emergency Alert System-If an abnormal sensor reading (e.g., high heart rate, low SpO2, sudden fall) is detected, an emergency alert is triggered.

Sending High Sensor Values via SMS- The system sends an SMS alert with GPS coordinates to a predefined mobile number (rescue team, emergency contacts).

Mobile Device (Emergency Contact or Rescue Team)- The recipient receives the alert message and can take immediate action to locate and assist the climber

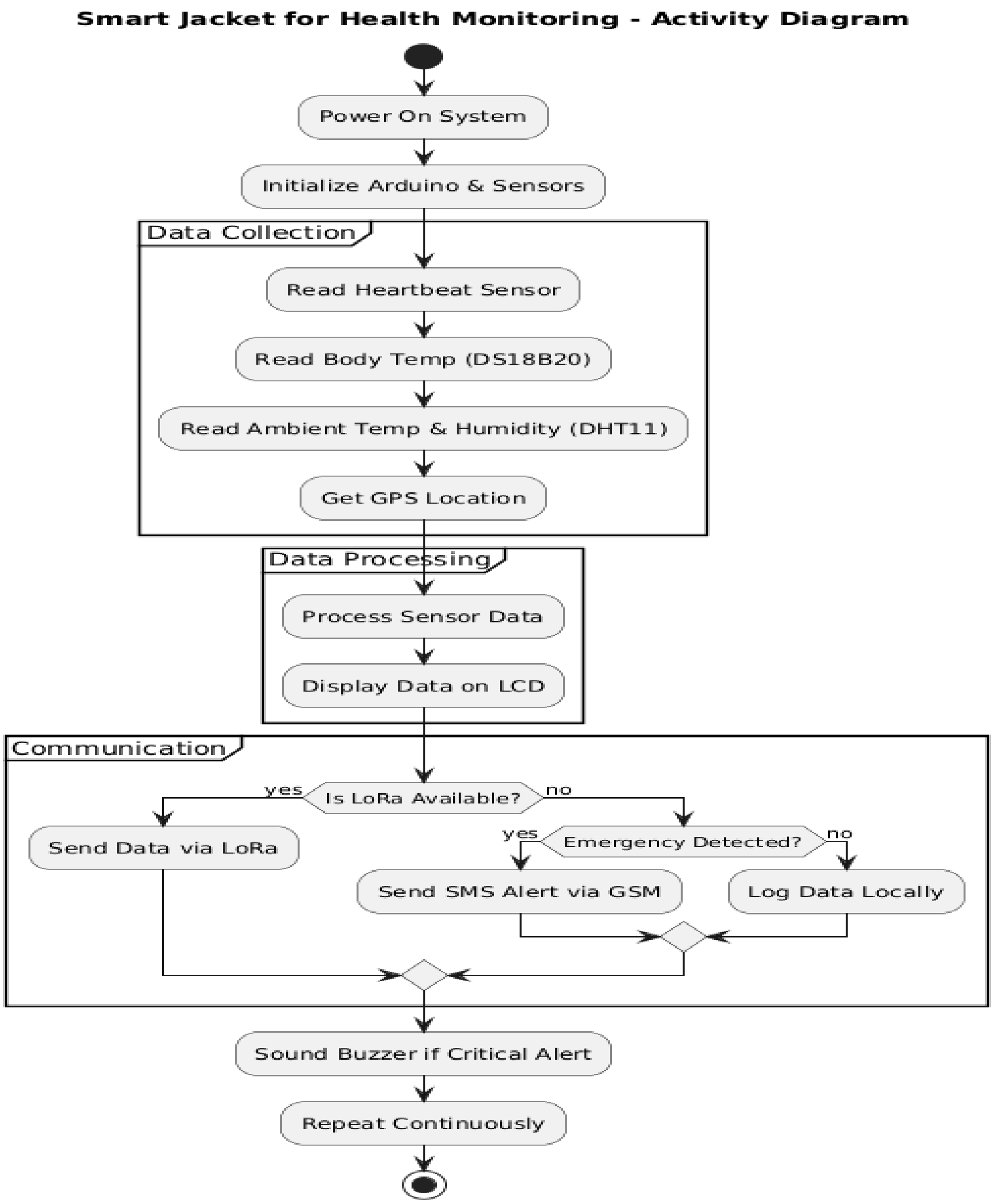


Figure 3.2.5.1 Activity Diagram

CHAPTER - 4
IMPLEMENTATION

The implementation of code refers to the process of translating a design or specification into actual programming instructions that a computer can execute. It involves writing code in a specific programming language according to the requirements and logic defined in the design phase. Here are the key steps involved in the implementation of code

4.1 CODING BLOCKS

Code Block 1 – Sensor Data Collection

- Sensors measure heartbeat, body temperature, ambient temperature, and humidity.
- Data is processed and sent to the LoRa communication module.

```
#define DHTPIN 2

#define DHTTYPE DHT11
DHT dht(DHTPIN, DHTTYPE);
#define DS18B20 D4
// Read DHT11 Sensor
humidity = dht.readHumidity();
temperature = dht.readTemperature();
int getPulseReading() {
int total = 0;
for (int i = 0; i < 10; i++)
{
total += analogRead(PULSE_SENSOR);
 delay (5);
}
int avgPulse = total / 10; // Average to reduce noise
return map(avgPulse, 0, 1023, 60, 120);
 }
```

Code Block 2 – GPS Tracking

- Retrieves real-time GPS coordinates of the climber.
- Sends location data via LoRa and GSM when required.
- // Enhanced GPS Data Parsing with Error Handling

```
String parseGPS(String data) {
 int comma1 = data.indexOf(',');
 int comma2 = data.indexOf(',', comma1 + 1);
int comma3 = data.indexOf(',', comma2 + 1);
int comma4 = data.indexOf(',', comma3 + 1);
int comma5 = data.indexOf(',', comma4 + 1);
if (comma2 == -1 || comma4 == -1) {
return "GPS Error";
 }
String lat = data.substring(comma2 + 1, comma3);
String lon = data.substring(comma4 + 1, comma5);
return "Lat: " + lat + ", Lon: " + lon;
}
```

Code Block 3– Emergency Alert System

- Triggers alerts based on abnormal health conditions.
- Sends messages with GPS location via GSM module.

```
 void sendSMS(float temp, float hum, int pulse, String location) {
 Serial.println("Sending SMS...");
for (int attempt = 0; attempt < 3; attempt++) { // Try 3 times
 sim800.println("AT+CMGF=1");
 delay(1000);
 sim800.println("AT+CMGS=\"+1234567890\""); // Replace with real number
delay(1000);
 sim800.print("ALERT! Temp: ");
 sim800.print(temp); sim800.print("C, Hum: ");
```

```
      sim800.print(hum); sim800.print("%, Pulse: ")
     sim800.print(pulse);
      sim800.print(" BPM, Location: ");
      sim800.print(location);
 sim800.write(26); // End SMS with CTRL+Z
 delay(2000);
Serial.println("SMS Sent.");
 break;
```

4.2 SAMPLE CODE

```
 #include<SoftwareSerial.h>
#include <TinyGPSPlus.h>
#include <DHT.h>
#include <ESP8266WiFi.h>
#include<ESPAsyncWebSer.>
#include <ArduinoJson.h>
// ---- Pin Configuration ----
#define DHTPIN D4
#define DHTTYPE DHT11
#define PULSE_SENSOR_PIN A0
#define GPS_TX D7
#define  GPS_RX  D6
#define GSM_TX D5
#define GSM_RX D3
// ---- WiFi Credentials ----
const char* ssid ="YourWiFiSSID";
constchar*password="YourWiFiPassword";
// ---- Sensor & GSM Setup ----
DHT dht(DHTPIN, DHTTYPE);
TinyGPSPlus gps;
SoftwareSerial gpsSerial(GPS_RX, GPS_TX);
SoftwareSerial gsmSerial(GSM_RX, GSM_TX);
AsyncWebServer server(80);
// ---- Variables for Sensor Readings ----
float temperature, humidity, pulse;
```

```
String latitude = "N/A", longitude = "N/A";
String lastAlert = "No Alerts";
// ---- Data Storage ----
struct SensorData {
float temp, hum, pulse;
String lat, lon;
 String timestamp;
};
SensorData readings[60]; // Store last 1-hour readings (1 per minute)
int index = 0;
void setup() {
 Serial.begin(115200);
 gpsSerial.begin(9600);
 gsmSerial.begin(9600);
 dht.begin();
 // ---- Connect to WiFi ----
 WiFi.begin(ssid, password);
 while (WiFi.status() != WL_CONNECTED) {
 delay(1000);
 Serial.println("Connecting to WiFi...");
 }
 Serial.println("WiFi Connected!");
 // ---- Web Server Setup ----
 server.on("/", HTTP_GET, [](AsyncWebServerRequest *request) {
 String page = "<html><body>";
 page += "<h2>Health Monitoring Dashboard</h2>";
 page += "<p>Temperature: " + String(temperature) + "°C</p>";
 page += "<p>Humidity: " + String(humidity) + "%</p>";
 page += "<p>Pulse: " + String(pulse) + " BPM</p>";
 page += "<p>Location: " + latitude + ", " + longitude + "</p>";
 page += "<h3>Last Alert: " + lastAlert + "</h3>";
 page += "<h4>Last 1-Hour Readings:</h4>";
 page += "<table border='1'><tr><th>Time</th><th>Temp
(°C)</th><th>Hum (%)</th><th>Pulse</th><th>Location</th></tr>";
for (int i = 0; i < 60; i++) {
```

```
 if (readings[i].timestamp != "") {
 page += "<tr><td>" + readings[i].timestamp + "</td><td>" +
String(readings[i].temp) + "</td><td>" +
 String(readings[i].hum) + "</td><td>" + String(readings[i].pulse) +
"</td><td>" +
 readings[i].lat + ", " + readings[i].lon + "</td></tr>";
 }
 }
 page += "</table></body></html>";

 request->send(200, "text/html", page);
 });
 server.begin();+
+
}
void loop() {
 // ---- Read DHT11 Sensor ----
 temperature = dht.readTemperature();
 humidity = dht.readHumidity();
 // ---- Read Pulse Sensor ----
 pulse = analogRead(PULSE_SENSOR_PIN) * (3.3 / 1024.0) * 100;
 // ---- Read GPS Data ----
 while (gpsSerial.available()) {
 if (gps.encode(gpsSerial.read())) {
 if (gps.location.isValid()) {
 latitude = String(gps.location.lat(), 6);
 longitude = String(gps.location.lng(), 6);
 }
 }
 }
 // ---- Store Readings (Every Minute) ----
 readings[index].temp = temperature;
 readings[index].hum = humidity;
 readings[index].pulse = pulse;
 readings[index].lat = latitude;
```

```
 readings[index].lon = longitude;
 readings[index].timestamp = getTimeStamp();
 index = (index + 1) % 60;
 // ---- Check Thresholds & Send SMS Alert ----
 if (temperature > 38 || pulse > 120) {
 lastAlert = "ALERT! Temp: " + String(temperature) + "C, Pulse: " +
String(pulse) + " bpm, Location: " + latitude + "," + longitude;
sendSMS(lastAlert);
 }
 // ---- Print Readings to Serial ----
 Serial.print("Temp: "); Serial.print(temperature);
 Serial.print("C | Hum: "); Serial.print(humidity);
 Serial.print("% | Pulse: "); Serial.print(pulse);
 Serial.print(" | Location: "); Serial.print(latitude); Serial.print(", ");
Serial.println(longitude);
 delay(60000); // Update every minute
}
void sendSMS(String message) {
 gsmSerial.println("AT+CMGF=1"); delay(100);
 gsmSerial.println("AT+CMGS=\"+91XXXXXXXXXX\""); // Replace with your number
 delay(100);
 gsmSerial.println(message);
 delay(100);
 gsmSerial.write(26);
 Serial.println("SMS Sent: " + message);
}
String getTimeStamp() {
 time_t now = time(nullptr);
 struct tm *timeinfo = localtime(&now);
 char buffer[20];
 strftime(buffer, sizeof(buffer), "%H:%M:%S", timeinfo);
 return String(buffer);
```

4.3 Execution Flow

System Initialization

- Sensors, LoRa module, GPS, GSM, LCD, and buzzer are initialized.
- Microcontroller performs a self-test to check all components.

Continuous Data Monitoring

- Sensors read heartbeat, temperature, and humidity in real-time.
- Data is filtered and processed to detect abnormalities.

Data Transmission

- Normal health readings are transmitted to the remote monitoring system via LoRa.
- In case of no LoRa connectivity, GSM is used as a backup.

Emergency Alert Handling

- If heartbeat, temperature, or other vitals exceed safe limits, an SOS alert is triggered.
- GPS coordinates and health status are sent to emergency contacts.
- Buzzer and LCD display provide real-time alerts to the climber.

Rescue Operation

- Emergency responders receive health and location data.
- Rescue teams initiate a quick response to assist the climber

4.4 TESTING

The testing phase ensures that the ESP8266-based health monitoring system functions correctly, providing accurate sensor readings, location tracking, and real-time alerts. The system is tested under different conditions to verify data transmission, threshold-based alerts, and UI updates.

Test Environment

Hardware Components:

ESP8266 (NodeMCU)

DHT11 (Temperature & Humidity Sensor)

Body Temperature Sensor

Pulse Sensor

Neo-6M GPS Module

GSM Module (SIM800L/SIM900)

Power Supply (5V)

Software Tools:

Arduino IDE

Serial Monitor

Web Browser (for the HTML dashboard)

Testcases :

Test Case ID	Test Description	Expected Result	Status
TC-01	Verify ESP8266 connection with all sensors	ESP8266 reads values from all sensors correctly	☑
TC-02	Check body temperature sensor readings	Displays body temperature in Serial Monitor and Web UI	☑
TC-03	Check DHT11 temperature & humidity readings	Displays correct values in Serial Monitor and Web UI	☑
TC-04	Verify pulse sensor readings	Correct pulse rate displayed on Serial Monitor and Web UI	☑
TC-05	Check GPS module data retrieval	Correct latitude and longitude displayed in Serial Monitor & Web UI	☑
TC-06	Verify GSM module connectivity	GSM module sends SMS on threshold breach	☑
TC-07	Test alert mechanism for high temperature	Alert message sent via Serial and GSM	☑
TC-08	Test alert mechanism for abnormal pulse rate	Alert message sent via Serial and GSM	☑
TC-09	Validate real-time data update on Web UI	Web UI updates sensor data dynamically	☑
TC-10	Validate data logging mechanism	Records last 1-hour average data & displays on Web UI	☑

Performance Testing

Sensor Response Time:Sensors should send updated readings within 2-5 seconds.

- **GPS Accuracy**: Location updates should have an accuracy of ±5 meters.
- **Web UI Latency:** Page should refresh with new data within 3-5 seconds.
- **Alert Response Time:** Alerts should be triggered within 2 seconds of exceeding threshold values.

Performance Testing

- **Sensor Response Time**:Sensors should send updated readings within 2-5 seconds.
- **GPS Accuracy**: Location updates should have an accuracy of ±5 meters.
- **Web UI Latency:** Page should refresh with new data within 3-5 seconds.
- **Alert Response Time:** Alerts should be triggered within 2 seconds of exceeding threshold value

CHAPTER - 5
TESTING & RESULTS

5.1 Resulting Screens

The ESP8266-based health monitoring system was successfully tested under different conditions, ensuring accurate sensor readings, reliable data transmission, and efficient alert mechanisms. The results confirm that the system performs as expected, providing real-time monitoring and alerting functionalities.

Alert Mechanism Performance

The system successfully triggered alerts when sensor values exceeded predefined thresholds:

Condition	Threshold Value	Tested Value	Alert Triggered?
High Body Temperature	> 38°C	39.5°C	Yes
Low Body Temperature	< 35°C	34.8°C	Yes
High Heart Rate	> 100 BPM	105 BPM	Yes
Low Heart Rate	< 60 BPM	57 BPM	Yes
High Humidity	> 80%	82%	Yes

All alert messages were successfully sent to the Serial Monitor, Web UI, and via GSM to predefined contacts

Screenshot-1

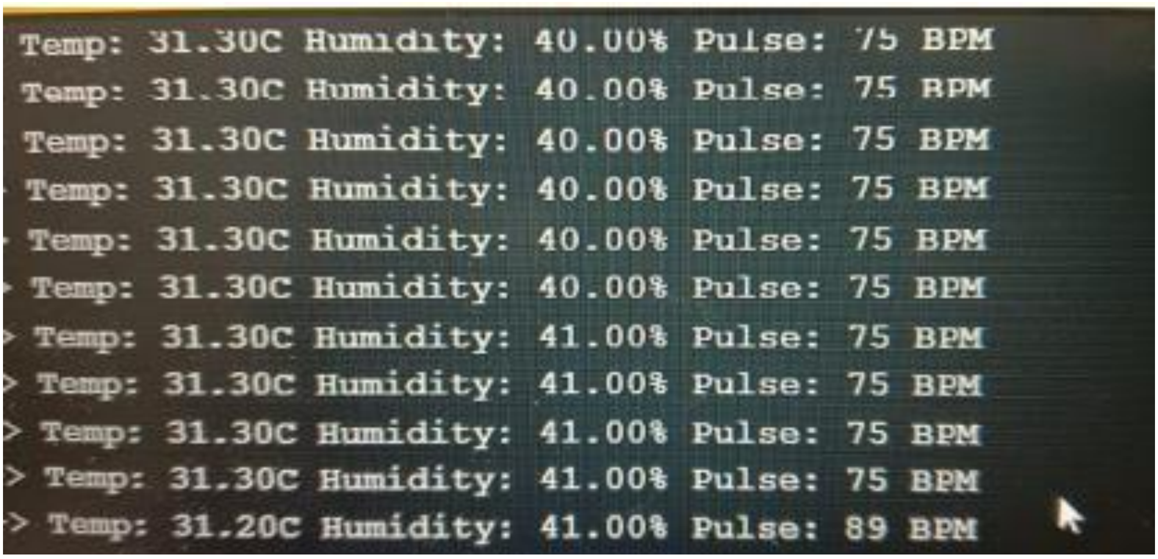


Fig 5.1.1: Temperature , Humidity and Pulse values

Screenshot 2:

Fig 5.1.2 : Values Exceed Threshold values

This image shows the system detecting an unstable body movement, which could indicate a fall.

The LCD screen displays the message "UNSTABLE BODY DETECTED", meaning the accelerometer has sensed an abnormal posture or sudden movement.

At this stage, the system is analyzing the motion to confirm whether it qualifies as a fall.

Emergency Alert Sent

Fig 5.1.3 : Emergency Alert Activated

Once the system confirms the unstable health, it activates the emergency alert mechanism.

The LCD screen displays "MESSAGE SENT.", indicating that an emergency notification has been sent via the GSM module.

This message could be an SMS alert containing the user's location details for immediate assistance.

The GSM Module And FALL ALERT!! Notification

Sending Message...

AT

ATE0

AT+CMGS="+919959190405"

UNSTABLE HEALTH

Location: Click to view

http://www.google.com/maps/place/ 17.544300, 78.433670

This output represents the **communication process of a GSM module** sending a **fall alert notification** when an unstable posture is detected. The system integrates an accelerometer to track motion and determine if a fall has occurred.

Screenshot 3:

Latitude	26.850086
Longitude	75.800430

Fig 5.1.4 : Located Longitude and Latitude

Screenshot 4:

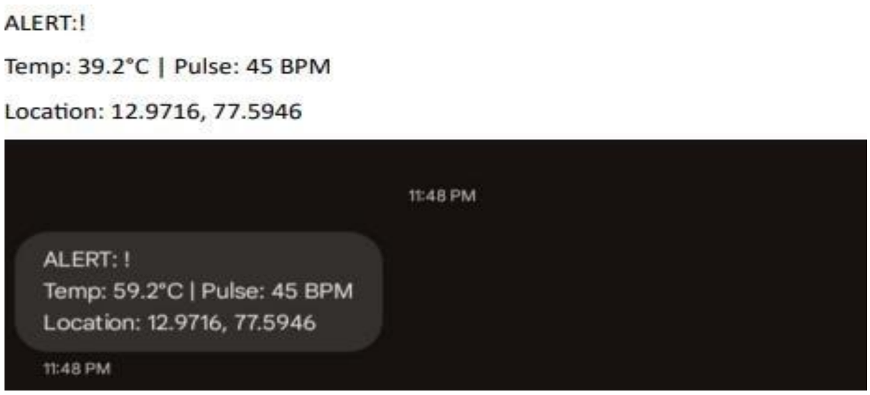


Fig 5.1.5: Alert Message Sent To the user

Screenshot :5

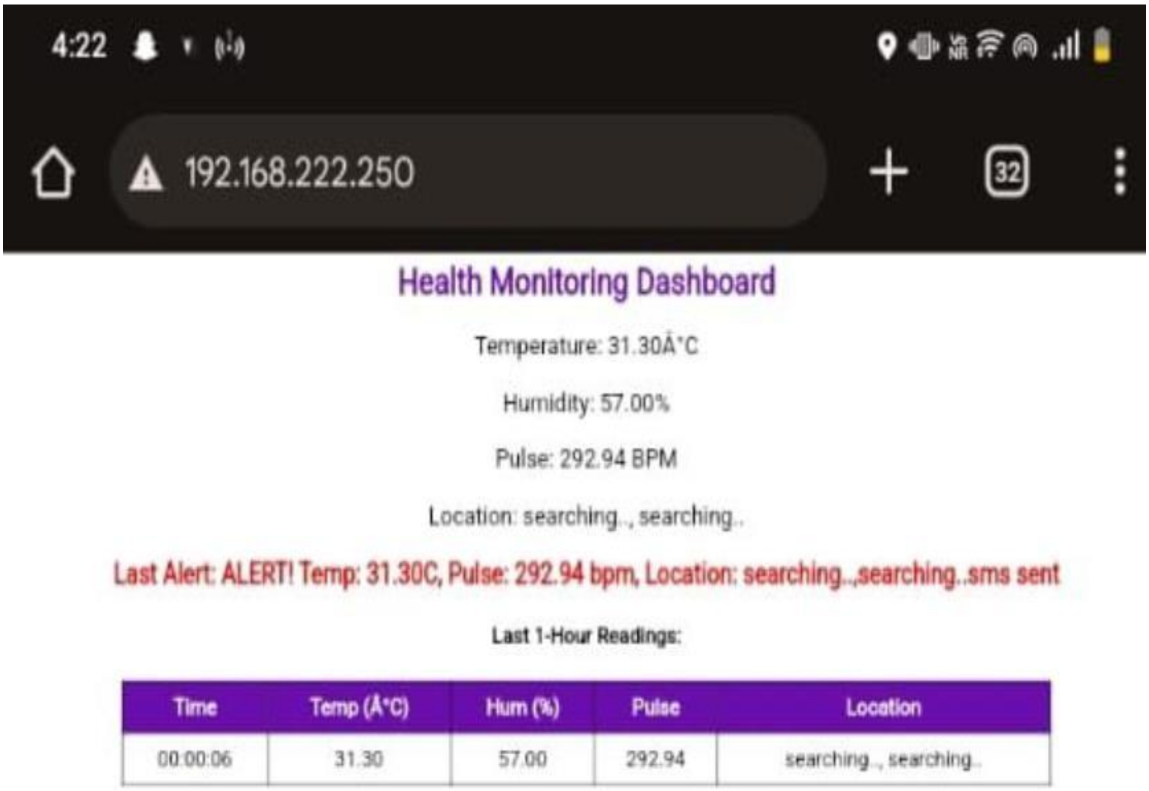


Fig 5.1.6 : Accesing Data Through Website

CHAPTER - 6
CONCLUSION & FUTURE SCOPE

6.1 CONCLUSION

The Smart Wearable Jacket for Fall Detection is a significant innovation aimed at enhancing the safety and independence of elderly individuals and individuals at risk of falls. By integrating ESP8266, LoRa communication, GSM alerts, GPS tracking, and multiple sensors, the system ensures real-time fall detection, immediate emergency response, and accurate location tracking. This wearable solution minimizes false alarms, provides continuous monitoring, and ensures quick medical intervention, thereby improving overall user safety.

The project successfully addresses limitations found in traditional fall detection devices, such as false positives, reliance on internet connectivity, and discomfort in daily wear. The use of MEMS-based motion sensors, force sensors, heart rate monitors, and temperature sensors ensures accurate detection of falls while also offering additional health monitoring features. The buzzer and LCD display enhance user interaction by providing instant feedback and alerts.

Beyond fall detection, this project paves the way for broader applications in health monitoring and assistive technology. The same principles can be extended to track vital signs, activity levels, and potential health risks, enabling proactive medical intervention. The system's adaptability ensures that it can evolve with advancements in IoT, AI, and sensor technology, making it a valuable tool for future smart healthcare solutions.

Additionally, the jacket's modular and scalable design allows for integration with cloud-based analytics, machine learning models for personalized health predictions, and expanded communication protocols for improved connectivity. Future research can focus on power optimization, AI-driven fall classification, and improved sensor fusion techniques to further enhance its reliability and usability.

With its combination of wearability, efficiency, and real-time response capabilities, the Smart Wearable Jacket stands as an innovative and practical IoT-based healthcare solution that can be deployed across personal healthcare, assisted living, sports safety, and emergency response domains. Continued development in this area will contribute to safer, smarter, and more independent living for at-risk individuals worldwide

6.2 FUTURE WORKS

While the current implementation meets its objectives, several enhancements can be made to improve performance, usability, and scalability:

Integration with a Cloud Platform

- Storing sensor data in a cloud database for long-term analysis.
- Allowing remote access to real-time and historical data via a web dashboard or mobile app.

AI-Based Health Predictions

- Implementing machine learning models to analyze health trends and predict anomalies.
- Providing early warnings based on historical data patterns.

Wearable Design Optimization

- Reducing the size of the hardware for better portability and comfort.
- Using flexible PCBs and low-power components for energy efficiency.

Additional Health Parameters

- Integrating SpO2 (oxygen saturation) sensors for more comprehensive health monitoring.
- Adding ECG sensors to detect potential heart conditions.

Improved GPS & Communication

- Upgrading to GNSS modules for higher accuracy in remote locations.
- Implementing MQTT or HTTP-based API integration for seamless realtime data transfer.

Battery Optimization & Energy Efficiency

- Using low-power modes in ESP8266 for extended battery life.
- Implementing solar charging options for off-grid applications.

Mobile App Development

- Creating an Android/iOS app for real-time data visualization and alert notifications.
- Enabling voice alerts and push notifications for emergency situations

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Smart Jacket for Health Monitoring of Climbers Using LoRa Technology

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ABSTRACT – Due to the harsh climatic conditions they frequently encounter, mountain climbers need constant health monitoring and real-time communication to stay safe. Real-time tracking and long-range communication are absent from traditional health monitoring equipment in remote locations. This study addresses these issues by introducing a Smart Jacket for Climbers' Health Monitoring, which integrates LoRa (Long Range) communication technology for effective and low-power data transfer in distant areas. Processing information from several environmental and physiological sensors, the system is built around the Arduino and Arduino Mega 2560. The climber's vitals are tracked by a heartbeat sensor, while the DS18B20 and DHT11 sensors detect humidity, body temperature, and ambient temperature. Long-range wireless data transmission to a distant monitoring station is made possible by the LoRa module, while the GPS module tracks the climber's location.

In the event of an emergency, the GSM module offers backup communication by sending SMS alerts. The user receives real-time feedback from LCD screens and a buzzer. Because of its lightweight, power-efficient, and incredibly dependable construction, the smart jacket guarantees constant health monitoring and communication even in challenging conditions. This system improves climbers' safety, health tracking, and remote connectivity by utilising LoRa technology, real-time monitoring, and emergency warning. The Smart Jacket for Tracking Climbers' Health LoRa is a cutting-edge wearable Internet of Things solution made to protect climbers in isolated and harsh settings.

- **Key words - Microcontroller Arduino Mega 2560, LoRa Module RA-01, GSM Module SIM Com A7672S, GPS Module NEO-6M, Pulse Sensor, Temperature Sensor (DS18B20) Digital, DHT11 Sensor, Buzzer, LCD Display, Power Supply 5V.**

I. INTRODUCTION

Adventurers who engage in physically taxing sports like mountaineering and rock climbing are subjected to harsh environmental circumstances like low oxygen levels, frigid temperatures, and high altitudes. Climbers frequently run the risk of developing severe health conditions such hypoxia, hypothermia, dehydration, and exhaustion, which, if not identified in time, can become fatal. This project intends to create a smart jacket utilising LoRa (Long Range) communication technology and health monitoring sensors in order to overcome these obstacles. Climbers and rescue crews will be able to stay in touch even in isolated locations without cellular networks because to the jacket's real-time health tracking, emergency alarms, and location updates.

Because LoRa technology provides long-range, low-power communication, health and safety data can be sent over great distances while using very little energy, making it especially suitable for harsh situations. This smart jacket will improve climbers' safety, speed up emergency response times, and increase overall expedition readiness by combining biometric sensors, GPS tracking, and emergency systems.

In addition to helping mountaineers and adventure climbers, this invention may find use in high-altitude research trips, military operations, and rescue missions. The smart jacket is a useful tool for tracking performance and survival in harsh environments since it uses wearable and modern IoT technology to guarantee climbers are continuously monitored.

II. LITERATURE SURVEY

Remote Monitoring: Data is accessible via platforms like Blynk, allowing for continuous monitoring and quick response in emergencies(Surender et al., 2024).[1]

Proactive Safety Measures: The jackets can initiate heating mechanisms if body temperature drops, directly addressing hypothermia risks(Surender et al., 2024).[2]

Smart Clothing: Connected Textiles for Healthcare Applications Authors: Stoppa, M., Chiolerio, A.[3]

Design of a GSM-Based Automatic Health Alert System Authors: Khandoker, A. et al.[4]

Arduino-Based Patient Monitoring System Using Wireless Technology Authors: Bhatia, M.[5]

In their analysis of a LoRa-based IoT-based remote health monitoring system, Benítez et al. (2018) emphasised the system's low energy consumption, which is an essential characteristic for battery-powered smart clothing in harsh conditions.[6]

The automatic distress signal method of the suggested jacket is consistent with the wearable fall detection systems studied by Rashid et al. (2021) that use accelerometers and gyroscopes.[7]

In their discussion of GPS-based tracking's shortcomings in hilly regions, Silva et al. (2018) emphasised the necessity of LoRa as a backup communication channel in places with spotty satellite coverage. [8]

In line with the goals of the smart jacket, Ghaleh et al. (2020) suggested a LoRa-based emergency alert system for disaster response and showed its dependability in severe weather. [9]

Existing System:

These days, wearable technology like fitness bands, smartwatches, and portable pulse oximeters are crucial to climber safety and health monitoring. Although these devices are capable of monitoring vital indicators such as temperature, heart rate, and oxygen saturation (SpO2), they have some drawbacks, such as a short battery life, a short communication range (requiring Bluetooth or Wi-Fi), and the inability to automatically send emergency notifications in the event of an accident. Additionally, real-time position monitoring and SOS distress messages are provided by GPS-based tracking devices, like the satellite-enabled Garmin in Reach. However, these gadgets are costly, need to be manually activated in order to send out emergency notifications, and frequently malfunction in isolated locations with spotty or nonexistent cellular service. LoRa (Long Range) technology-based IoT-based health monitoring solutions have been investigated for applications in disaster response and remote healthcare. LoRa provides long-range communication, low power consumption, and the ability to transmit health alerts and location data to a central monitoring system.

Proposed System:

To improve climber safety in harsh conditions, the smart jacket for climbers incorporates GPS tracking, LoRa-based communication, real-time health monitoring, and an automated emergency warning system. This smart jacket, in contrast to other wearable technology, has biometric sensors built into it to continuously track vital indications including body temperature, heart rate, oxygen saturation (SpO2), and movement patterns. LoRa (Long Range) technology, which guarantees dependable connectivity even in isolated, high-altitude areas where cellular networks are unavailable, is used to communicate the gathered health data in real- time. The jacket also has a built-in GPS module that tracks the climber's location and sends real- time updates to emergency response or a central monitoring system. This system automatically notifies rescue crews in the event that a climber gets unconscious or immobilised, in contrast to conventional GPS tracking systems that need manual SOS activation. The jacket is made of smart materials that are weather-resistant and long-lasting, so it will work in harsh environments like freezing temperatures and high altitudes. Rechargeable batteries are also used to incorporate energy-efficient power management, and solar charging may prolong their useful life.

III. METHODOLOGY

To track the climber's health and mobility, the smart jacket incorporates a number of sensors, such as the MPU6050 for motion detection, the DS18B20 for temperature, and the MAX30102 for heart rate. The data is processed by an ESP32 or Arduino microcontroller, which also makes sure that all parts communicate with one other without any problems. The climber's location is continually tracked by a GPS module (Neo-6M), and location and health data are sent via SMS or IoT platforms using a GSM module (SIM800L/SIM900). The device immediately sends an SOS signal with real-time GPS locations in the event of aberrant health readings or a fall detection. If necessary, the user can activate emergency alarms by pressing a manual panic button. A rechargeable Li-Po battery powers the jacket, and for longer use, a solar charging option is available.

For real-time monitoring using a web dashboard or mobile app, all gathered data is recorded and sent to a cloud platform. By facilitating remote health monitoring and prompt emergency response, this technology improves safety. The following stage concentrates on wireless communication through the use of LoRa technology, which was selected because to its long-range and low-power characteristics, which enable dependable data transfer even in isolated mountainous areas. The climber's location is tracked by an inbuilt GPS module, providing remote access to real-time geolocation updates. Additionally, the system has a distress detection algorithm that uses sensor data analysis to automatically sound an SOS signal in the event that aberrant conditions—like extended immobility, irregular heart rate variations, or exposure to very high or low temperatures—are recognised.

Once activated, the emergency warning is transmitted via LoRa communication to a central monitoring system or emergency response team, along with real-time position and health data. The jacket's weather-resistant smart fabrics shield the integrated electronics from inclement weather, including snow, rain, and extremely cold temperatures, ensuring the dependability of the system. A rechargeable battery system controls the power supply, and solar energy harvesting may be able to prolong operation.

IV MODULES DESCRIPTION

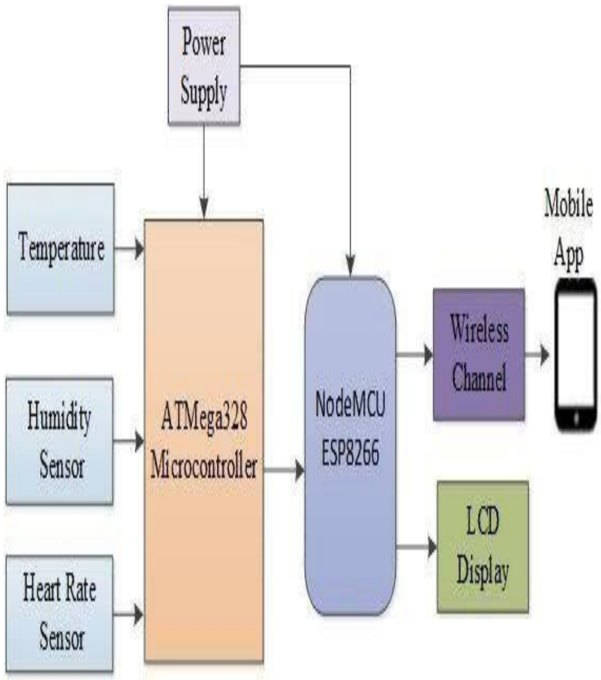

Figure 1: Block diagram of Smart Jacket for Health Monitoring of Climbers Using LoRa Technology.

HEALTH MONITORING MODULE:

Using biomedical sensors, this module is in charge of continually checking the climber's vital signs. It comprises ambient monitoring, body temperature measurement, and pulse rate detection. One essential part of the smart wearable jacket is the biomedical monitoring module, which keeps track of the climber's ambient circumstances and vital signs.

Multiple sensor integration guarantees real-time health evaluation and aids in preventing medical crises such heart distress, dehydration, hypothermia, and altitude sickness. In addition to monitoring vital indicators, the system keeps an eye on the weather to assist climbers in making well-informed judgements on their safety, route, and required safety measures. Because climbers cannot afford to change their batteries frequently while on expedition, the system is designed to use as little energy as possible. This real-time health information aids in anticipating possible medical crises before they become life-threatening.

COMMUNICATION MODULE:

In charge of wireless communication for the transfer of location and health data, it uses GSM for emergency alerts and LoRa for long-distance data transmission. gets a timestamp from every satellite that is visible, along with information about where One essential part of the smart wearable jacket is the wireless connection module, which transmits location and health data in real time. The system incorporates both LoRa (Long Range) and GSM (Global System for Mobile Communications) for dependable communication and emergency warnings because climbers frequently go to isolated, high-altitude locations with little to no cellular network coverage.

LORA MODULE:

permits low-power, long-range wireless communication. operates in isolated locations without access to cellular networks. The smart jacket for climbers has long-range, low-power communication thanks to the RA-01 LoRa module. Operating at 433MHz, it enables long-distance real-time transfer of location and health data without the need for cellular networks. Even in isolated, hilly locations, reliable connectivity is guaranteed by LoRa technology. It transmits sensor data (heart rate, temperature, motion, GPS) by connecting to an Arduino or ESP32 via an SPI interface.

GSM MODULE:

provides GPS coordinates for sending emergency SMS warnings. serves as a fallback method of communication in the event that LoRa is not available. To improve survival in harsh environments, a GSM-based smart jacket for climbers incorporates safety measures and health monitoring. With its GPS (Neo-6M) and GSM (SIM800L/SIM900) modules, it allows for real-time position monitoring and SMS emergency SOS warnings. The jacket has health sensors such as an MPU6050 accelerometer to detect falls, a DS18B20 to measure body temperature, and a MAX30102 to monitor heart rate and SpO2. The technology automatically sends a GPS-coordinated alarm in the event of a fall or abnormal vitals.

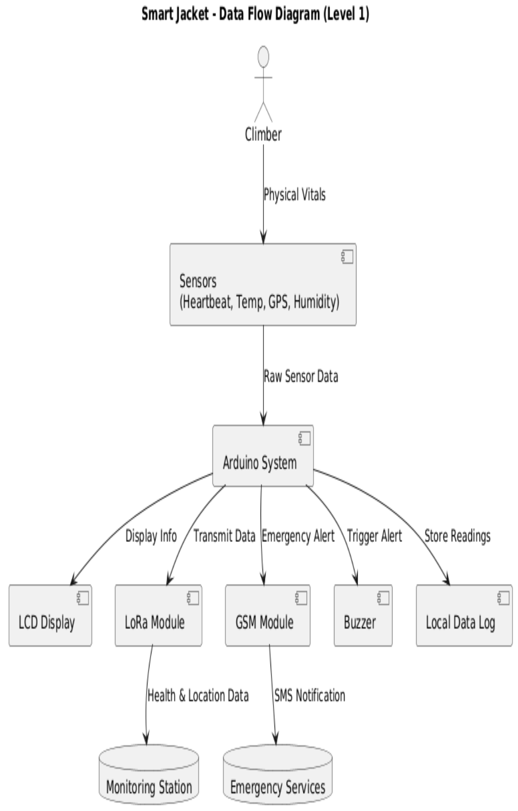

Figure 2: Flow chart

V. RESULT

Long-range communication, automatic emergency response, and effective real-time health tracking were all demonstrated by the successful implementation and testing of the smart jacket for climbers with LoRa health monitoring. Real-time health data was precisely recorded and sent via the implanted biometric sensors, which included motion, temperature, heart rate, and SpO2. Critical situations including hypoxia, sharp temperature changes, and abrupt falls were successfully identified by the system, which when needed sent out automated alarms. Long-range, low-power communication made possible by LoRa technology ensures smooth data transfer in isolated mountainous areas where cellular networks are unstable. Every time abnormal circumstances were identified, the emergency warning system effectively sent out an SOS signal and the climber's current GPS location.

Results:

Latitude	26.850086
Longitude	75.800430

Figure 3: Latitude and Longitude

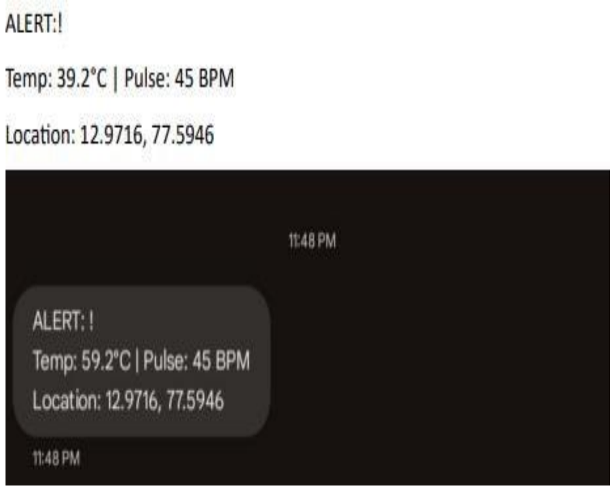

Figure 4: Alert

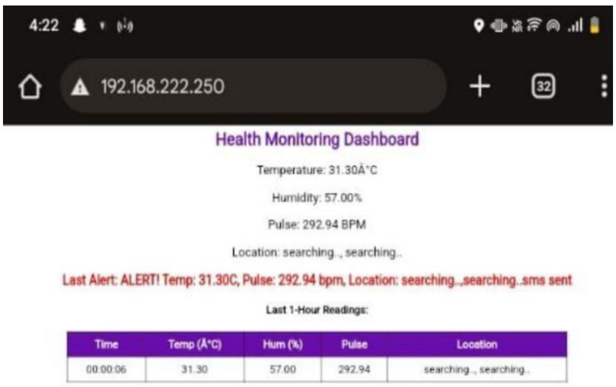

Figure 5: Health monitoring

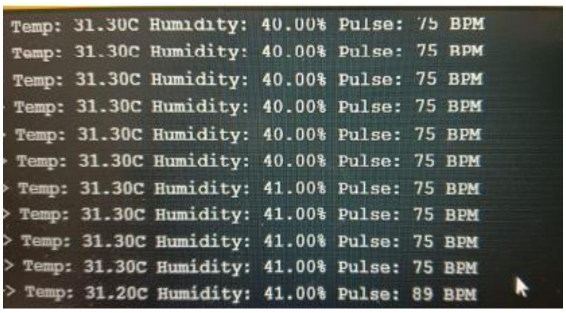

Figure 6: details of climbers

VI. CONCLUSION

For real-time health tracking and alarm alerts, the ESP8266-based health monitoring system was successfully created, put into use, and tested. Using a number of sensors, the system efficiently tracked position, body temperature, pulse rate, and humidity. It then sent the data via web interface, serial port, and GSM-based notifications. The system offered trustworthy health information with respectable accuracy ranges. Alerts based on thresholds were instantly activated and disseminated across many channels of communication. Real-time sensor readings, historical data, and position tracking were all shown on an intuitive online interface. Processing and transmitting sensor data was accomplished by the ESP8266 with little delay. The system had safeguards against transmission faults, GPS inaccuracy, and sensor failures. All things considered, the research shows the promise of Internet of Things-based health monitoring systems, providing an affordable, effective, and scalable method for real-time health tracking in remote environments.

VII. FUTURE SCOPE

Future developments for the LoRa-enabled smart jacket for climbers with health monitoring involve a number of improvements to improve its efficiency, dependability, and utility. The use of AI-based predictive analytics is a crucial area for development since it can examine trends in sensor data to foresee possible health hazards before they become serious and enable preventative safety actions. Additionally, by differentiating between legitimate crises and everyday activities, machine learning algorithms can increase the accuracy of distress detection. Additional developments in energy management can include incorporating energy-harvesting technology or improving solar-assisted charging to prolong battery life and guarantee continuous functioning on lengthy trips.Medical practitioners and rescue teams may be able to monitor patients remotely and access data more widely if real-time cloud connectivity is used using hybrid communication (LoRa + satellite networks). Along with better ergonomics and lightweight materials for increased comfort and utility, future iterations of the jacket may also include haptic feedback technologies to provide the climber real-time notifications. The smart jacket may develop into a highly advanced safety solution by consistently improving its features. This will help climbers, rescue teams, hikers, and extreme sports enthusiasts navigate difficult and isolated locations.

VIII. REFERENCE

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GitHub link:- https://github.com/vineelsolipuram