HEALTH MONITORING DEVICE

A PROJECT REPORT

Submitted by
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in partial fulfilment of requirements for the award of the course

AGB1211 – DESIGN THINKING

in

ARTIFICIAL INTELLIGENCE AND DATA SCIENCE

K. RAMAKRISHNAN COLLEGE OF TECHNOLOGY

(An Autonomous Institution, affiliated to Anna University Chennai and Approved by AICTE, New Delhi)

SAMAYAPURAM – 621 112

DECEMBER, 2024

K. RAMAKRISHNAN COLLEGE OF TECHNOLOGY (AUTONOMOUS)

SAMAYAPURAM – 621 112

BONAFIDE CERTIFICATE

Certified that this project report on **"HEALTH MONITORING DEVICE"** is the bonafide work of **SANTHIYA S (2303811724322096), SOFIYA C (2303811724322106), SHAMITHA SRI R (2303811724322102), SHEKKINAH HEPHZIBAH M (2303811724322104)** who carried out the project work during the academic year 2024 - 2025 under my supervision.

Signature

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Submitted for the viva-voce examination held on 06.12.24

INTERNAL EXAMINER **EXTERNAL EXAMINER**

DECLARATION

I declare that the project report on "**HEALTH MONITORING DEVICE**" is the result of original work done by us and best of our knowledge, similar work has not been submitted to "**ANNA UNIVERSITY CHENNAI**" for the requirement of Degree of **BACHELOR OF TECHNOLOGY**. This project report is submitted on the partial fulfillment of the requirement of the award of the **AGB1211 – DESIGN THINKING.**

Signature

SANTHIYA S

SOFIYA C

SHAMITHA SRI R

SHEKKINAH HEPHZIBAH M

Place: Samayapuram

Date: 06/12/2024

ACKNOWLEDGEMENT

It is with great pride that I express our gratitude and indebtedness to our institution, **"K. Ramakrishnan College of Technology (Autonomous)",** for providing us with the opportunity to do this project.

I extend our sincere acknowledgment and appreciation to the esteemed and honourable Chairman, **Dr. K. RAMAKRISHNAN, B.E.,** for having provided the facilities during the course of our study in college.

I would like to express our sincere thanks to our beloved Executive Director, **Dr.S. KUPPUSAMY, MBA, Ph.D.,** for forwarding our project and offering an adequate duration to complete it.

I would like to thank **Dr. N. VASUDEVAN, M.TECH., Ph.D.,** Principal, who gave the opportunity to frame the project to full satisfaction.

I thank **Dr.T.AVUDAIAPPAN, M.E.,Ph.D**., Head of the Department of **ARTIFICIAL INTELLIGENCE AND DATA SCIENCE**, for providing his encouragement in pursuing this project.

I wish to convey our profound and heartfelt gratitude to our esteemed project guide **Mrs. JOANY FRANKLIN M.E**., Department of **ARTIFICIAL INTELLIGENCE AND DATA SCIENCE**, for her incalculable suggestions, creativity, assistance and patience, which motivated us to carry out this project.

I render our sincere thanks to the Course Coordinator and other staff members for providing valuable information during the course.

I wish to express our special thanks to the officials and Lab Technicians of our departments who rendered their help during the period of the work progress.

VISION OF THE INSTITUTION

To serve the society by offering top-notch technical education on par with global standards.

MISSION OF THE INSTITUTION

- Be a centre of excellence for technical education in emerging technologies by exceeding the needs of industry and society.
- Be an institute with world class research facilities.
- Be an institute nurturing talent and enhancing competency of students to transform them as all- round personalities respecting moral and ethical values.

VISION AND MISSION OF THE DEPARTMENT

To excel in education, innovation and research in Artificial Intelligence and Data Science to fulfil industrial demands and societal expectations.

Mission 1: To educate future engineers with solid fundamentals, continually improving teaching methods using modern tools.

Mission 2: To collaborate with industry and offer top-notch facilities in a conductive learning environment.

Mission 3: To foster skilled engineers and ethical innovation in AI and Data Science for global recognition and impactful research.

Mission 4: To tackle the societal challenge of producing capable professionals by instilling employability skills and human values.

PROGRAM EDUCATIONAL OBJECTIVES (PEOS)

PEO 1: Compete on a global scale for a professional career in Artificial Intelligence and Data Science.

PEO 2: Provide industry-specific solutions for the society with effective communication and ethics.

PEO 3: Hone their professional skills through research and lifelong learning initiatives.

PROGRAM OUTCOMES

Engineering students will be able to:

1. **Engineering knowledge:** Apply the knowledge of mathematics, science, engineering fundamentals, and an engineering specialization to the solution of complex engineering problems.
2. **Problem analysis:** Identify, formulate, review research literature, and analyze complex engineering problems reaching substantiated conclusions using first principles of mathematics, natural sciences, and engineering sciences.
3. **Design/development of solutions:** Design solutions for complex engineering problems and design system components or processes that meet the specified needs with appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.
4. **Conduct investigations of complex problems:** Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
5. **Modern tool usage:** Create, select, and apply appropriate techniques, resources, and modern engineering and IT tools including prediction and modeling to complex engineering activities with an understanding of the limitations.
6. **The engineer and society:** Apply reasoning informed by the contextual knowledge to assess societal, health, safety, legal and cultural issues and the consequent responsibilities relevant to the professional engineering practice.
7. **Environment and sustainability:** Understand the impact of the professional engineering solutions in societal and environmental contexts, and demonstrate the knowledge of, and need for sustainable development.
8. **Ethics:** Apply ethical principles and commit to professional ethics and responsibilities and norms of the engineering practice.

9. **Individual and team work:** Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings.
10. **Communication:** Communicate effectively on complex engineering activities with the engineering community and with society at large, such as, being able to comprehend and write effective reports and design documentation, make effective presentations, and give and receive clear instructions.
11. **Project management and finance:** Demonstrate knowledge and understanding of the engineering and management principles and apply these to one's own work, as a member and leader in a team, to manage projects and in multidisciplinary environments.
12. **Life-long learning:** Recognize the need for, and have the preparation and ability to engage in independent and life-long learning in the broadest context of technological change.

PROGRAM SPECIFIC OUTCOMES (PSOs)

- **PSO 1:** Capable of working on data-related methodologies and providing industry-focussed solutions.
- **PSO2:** Capable of analysing and providing a solution to a given real-world problem by designing an effective program.

ABSTRACT

The Health Monitoring Devices project explores the intersection of technology, user needs, and healthcare, focusing on the design and development of intuitive, accessible, and effective tools for personal health tracking. Leveraging the Design Thinking methodology, this project aims to create innovative solutions that address real-world healthcare challenges, such as chronic disease management, fitness tracking, and real-time health monitoring.The follows a human-centered approach, beginning with empathy through user research to understand the pain points and desires of diverse user groups. By defining the core problems faced by individuals in managing their health, we ideate and prototype multiple solutions, emphasizing usability.The devices aim to collect key health metrics, such as heart rate, blood pressure, blood oxygen levels, and sleep patterns, and integrate them into a unified system accessible via user-friendly mobile applications.Iterative testing ensures continuous refinement of the devices, with a focus on minimizing user friction and enhancing the overall experience. The end goal is to deliver health monitoring solutions that empower users to take control of their well-being while supporting healthcare professionals in providing proactive, personalized care.This project ultimately aims how individuals interact with their health data and supports a shift toward more preventive, data-driven healthcare practices in the modern world.

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CHAPTER 1

INTRODUCTION

1.1 INTRODUCTION

Health monitoring devices play a pivotal role in empowering individuals to take control of their well-being. This project utilizes Design Thinking to create user- centric solutions for real-time health tracking and management. By focusing on user needs, the goal is to develop intuitive devices that monitor key health metrics like heart rate, blood pressure, and sleep patterns. Through an iterative process of empathy, ideation, and prototyping, we aim to design devices that are both functional and easy to use. This approach ensures that users can actively monitor their health and make informed decisions for a healthier lifestyle. Ultimately, the project seeks to revolutionize personal healthcare through innovation and technology.

1.2 PROBLEM STATEMENT

- Many individuals find it difficult to effectively monitor and manage their health due to complex and inaccessible health tracking solutions.
- Existing health monitoring devices often lack user-friendliness, personalization, and integration of key health metrics.
- Current devices do not provide a comprehensive overview of health, leaving users with fragmented data that is hard to interpret.
- Real-time data and actionable insights are often unavailable, limiting proactive health management, especially for individuals with chronic conditions.
- There is a need for affordable, reliable, and intuitive devices that can easily track vital signs and promote preventive healthcare.

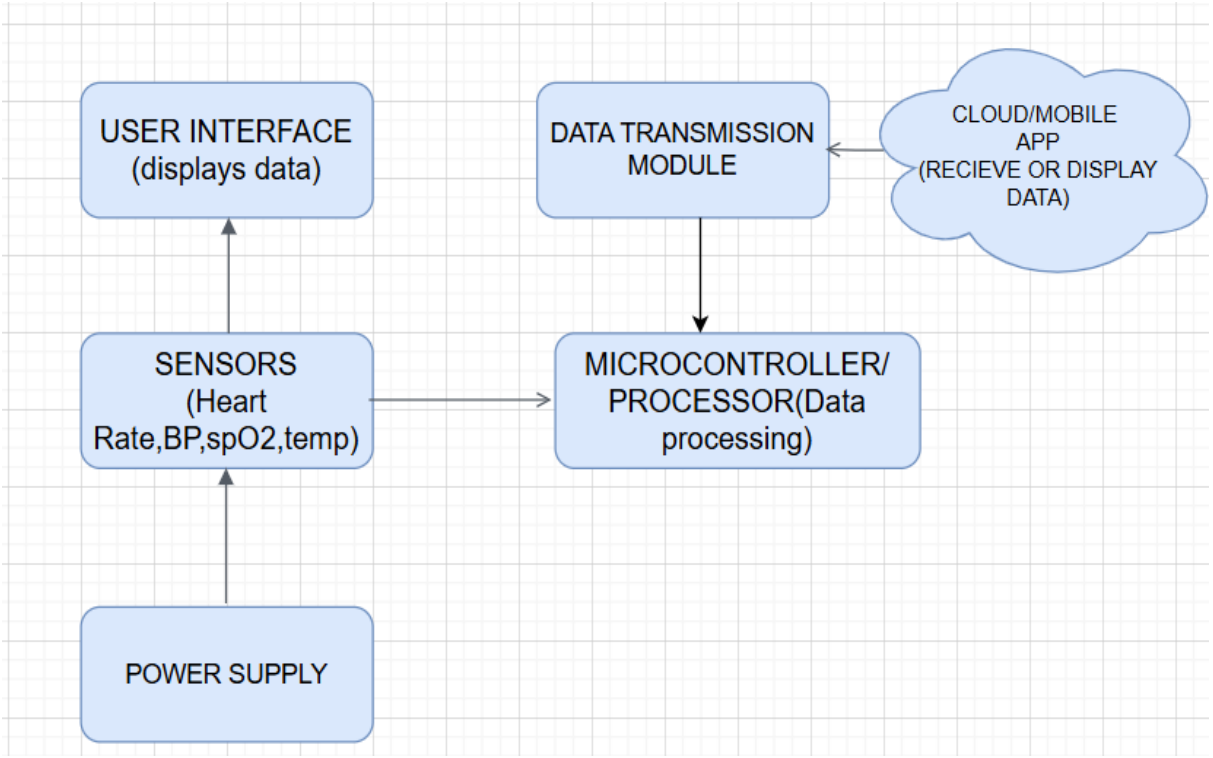
1.3 OBJECTIVE

1. **Design Intuitive Health Monitoring Devices**: Create user-friendly devices that track key health metrics such as heart rate, blood pressure, oxygen levels, and sleep patterns.
2. **Ensure Personalization and Integration:** Develop solutions that cater to individual needs and integrate multiple health data into a single, accessible system for easier tracking and interpretation.
3. **Provide Real-Time Health Insights:** Enable real-time monitoring and analysis of health data, offering actionable insights to encourage proactive health management.
4. **Improve Accessibility and Affordability:** Design devices that are both cost-effective and easily accessible to a wide range of users, promoting health awareness and self-care.
5. **Enhance User Engagement:** Ensure the devices and associated applications are engaging, motivating users to consistently monitor their health and make informed decisions.
6. **Support Preventive Healthcare:** Empower users with tools that allow them to detect early signs of potential health issues and take preventive measures to improve long-term well-being.

CHAPTER 2

PROJECT METHODOLOGY

2.1 BLOCK DIAGRAM



CHAPTER 3

KEY PHASES OF DESIGN THINKING

3.1 EMPATHIZE

The design thinking process for creating a health monitoring device begins with the Empathize phase, where designers focus on understanding the needs, challenges, and experiences of users, including patients, doctors, and caregivers. Through interviews, observations, and empathy mapping, the team identifies key pain points, such as the desire for a non-intrusive, user-friendly, and reliable device.

3.2 DEFINE

In the **Define** phase, insights from the Empathize stage are synthesized into a clear problem statement that frames the core issue. For example, the problem might be framed as: "How might we design a health monitoring device that is accurate, accessible, and integrates seamlessly into users' routines?" This step ensures the team has a well-defined direction for ideation.

3.3 IDEATE

The Ideate phase involves brainstorming and exploring creative solutions to the problem. Using techniques such as mind mapping, sketching, and expert consultations, the team generates a variety of ideas, emphasizing both innovation and practicality. The goal is to think expansively and identify potential features or designs that can meet user needs.

3.4 PROTOTYPE

In the Prototype phase, the team translates ideas into tangible representations. These can include low-fidelity models, digital simulations, or early working versions of the device. Prototypes allow for rapid exploration of concepts and provide a platform to test functionality and usability.

3.5 TEST

The Test phase involves evaluating prototypes in real-world scenarios. Users interact with the device to provide feedback on aspects like design, functionality, and ease of use. Iterative testing helps refine the device, ensuring it addresses user needs effectively and is ready for deployment.

CHAPTER 4
MODULE DESCRIPTION (EXPLANATION)

4.1 SENSOR

The sensor module is responsible for collecting physiological data. It includes components like heart rate sensors, temperature sensors, and SpO2 sensors to measure vital metrics such as pulse, body temperature, and blood oxygen levels. These sensors form the foundation of the device's ability to monitor health parameters.

4.2 DATA PROCESSING

The data processing module converts raw data from the sensors into meaningful health insights. It uses a microcontroller or processor, supported by signal conditioning circuits, to filter and process signals for accuracy and reliability. This ensures the data is ready for analysis or display.

4.3 COMMUNICATION

This module enables the device to transmit data to external systems. It typically includes Bluetooth or Wi-Fi for wireless connectivity, allowing users to sync the device with smartphones or cloud platforms for real-time monitoring and storage.

4.4 POWER MANAGEMENT

The power management module ensures the device operates efficiently. It includes a rechargeable battery to supply energy and, in advanced devices, may feature energy-harvesting components like solar cells to extend battery life.

4.5 DISPLAY AND NOTIFICATIONS

The display and feedback module provides visual or tactile information to the user. It may include LCD or LED screens to show health metrics, haptic feedback systems to deliver alerts, or audio outputs for notifications. This module ensures the device is user-friendly and accessible.

CHAPTER 5
CONCLUSION

In conclusion, the development of intuitive and accessible health monitoring devices can significantly empower individuals to take control of their well-being. By applying the Design Thinking approach, this project aims to address the gaps in current health tracking solutions, focusing on personalization, real-time data, and user-friendly design. The end result will be a device that not only provides users with a comprehensive view of their health but also encourages proactive management and preventive care. Ultimately, this project aspires to improve health outcomes by making personal health tracking easier, more engaging, and more effective for users of all backgrounds.Health monitoring devices have revolutionized healthcare by enabling continuous tracking of vital signs, early disease detection, and improved patient management. These devices leverage advanced technologies, including sensors, IoT, and AI, to provide real-time data and personalized insights. As they continue to evolve, they hold significant potential to improve healthcare outcomes, empower individuals to take control of their health, and reduce the burden on traditional healthcare systems. However, challenges such as data security, device accuracy, and affordability must be addressed to ensure broader adoption and equity in access to these innovations.

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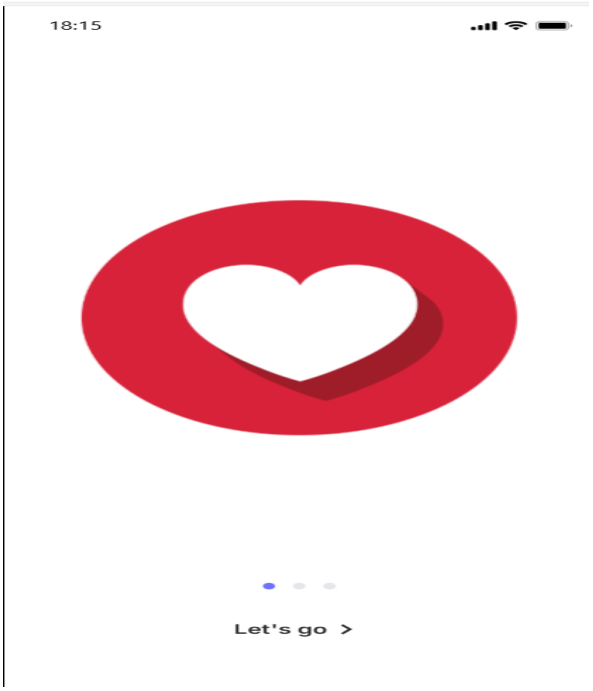
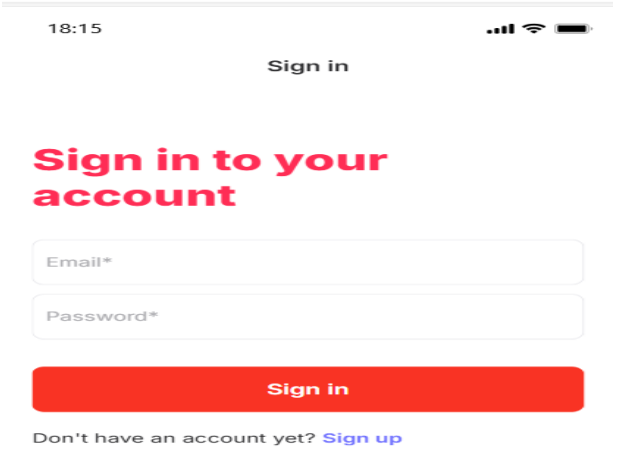
APPENDIX A – SCREENSHOTS

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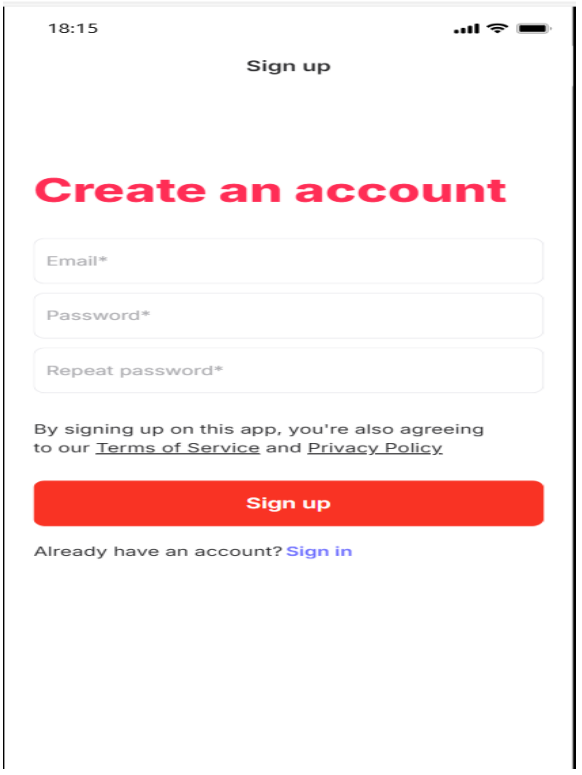
Sign in
Sign in to your account
Email*
Password*
Sign in
Don't have an account yet? Sign up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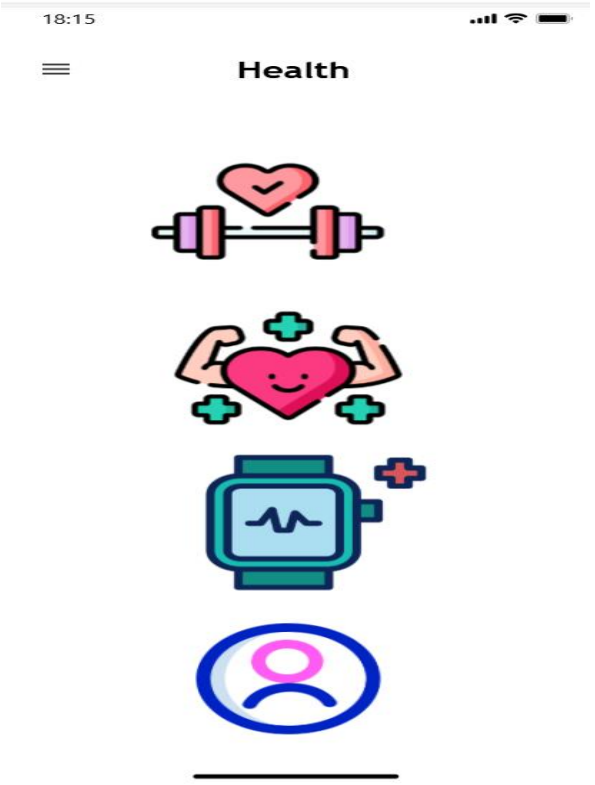
Sign up
Create an account
Email*
Password*
Repeat password*
By signing up on this app, you're also agreeing to our Terms of Service and Privacy Policy
Sign up
Already have an account? Sign in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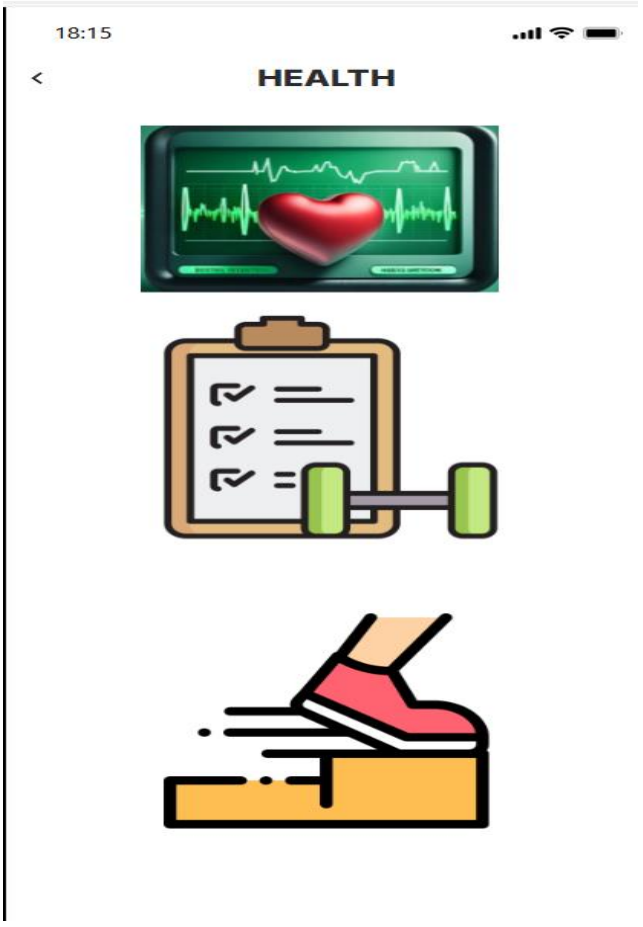
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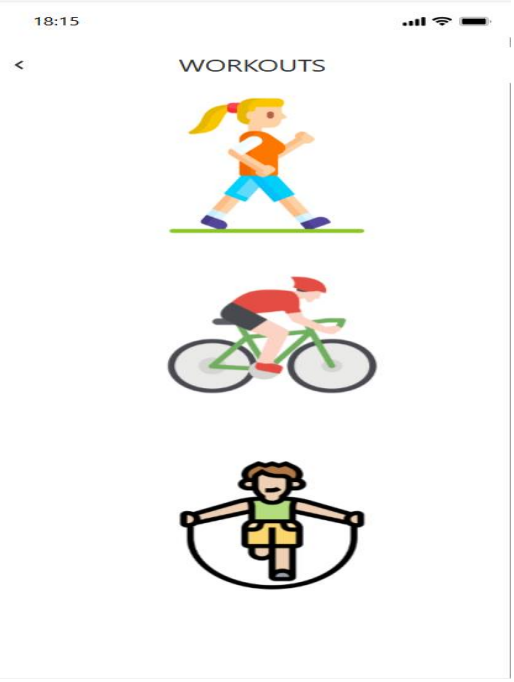
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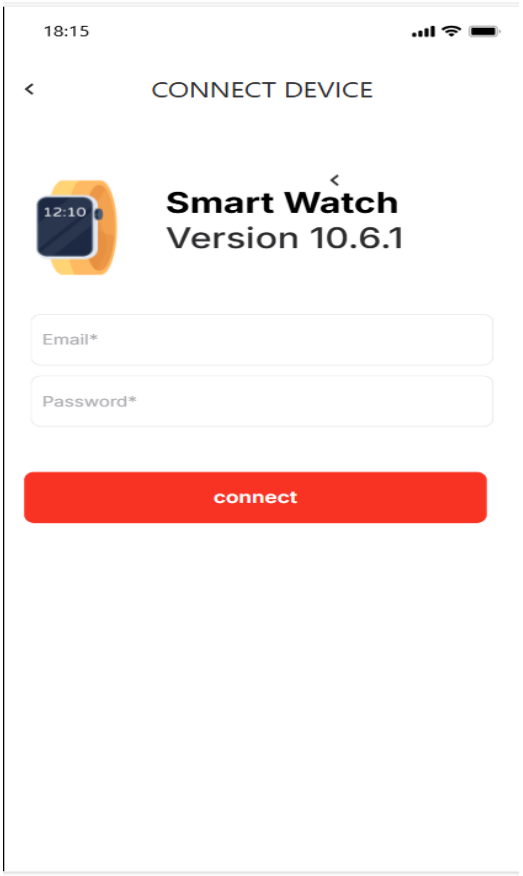
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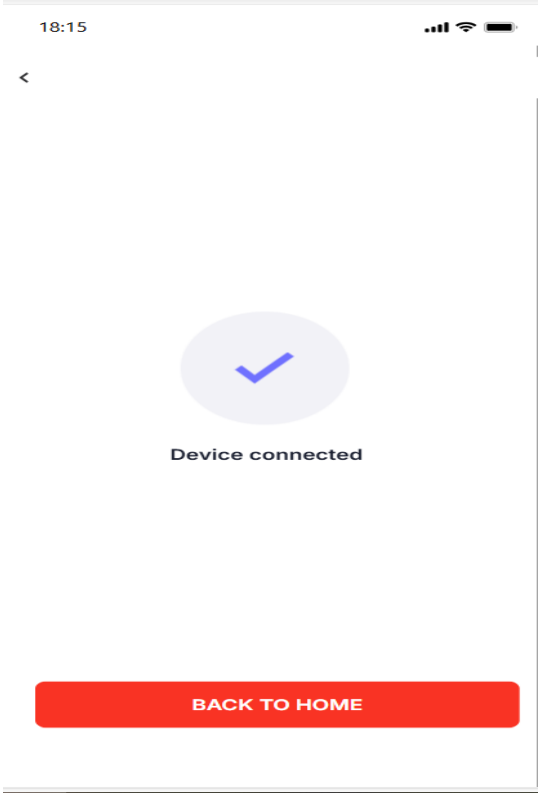
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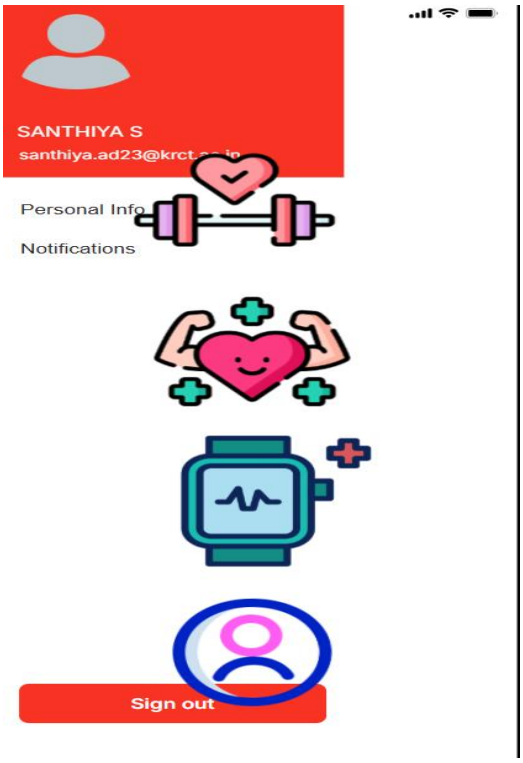
SANTHIYA S
Personal Info
Notifications
Sign out