

(12) PATENT APPLICATION PUBLICATION

(21) Application No.202111042735 A

(19) INDIA

(22) Date of filing of Application :21/09/2021

(43) Publication Date : 24/03/2023

(54) Title of the invention : WEARABLE DEVICE FOR AUTOMATIC STRESS MONITORING

(51) International classification	:A61B0005000000, A61B0005110000, G06F0001160000, G11B0027340000, A61B0005040200	(71)Name of Applicant : <b>1)Chitkara Innovation Incubator Foundation</b> Address of Applicant :SCO: 160-161, Sector - 9c, Madhya Marg, Chandigarh - 160009, India. Chandigarh India
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(32) Priority Date	:NA	<b>2)GUPTA, Sheifali</b>
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(86) International Application No	:NA	<b>4)GUPTA, Deepali</b>
Filing Date	:NA	<b>5)GUPTA, Rupesh</b>
(87) International Publication No	: NA	<b>6)ANAND, Vatsala</b>
(61) Patent of Addition to Application Number:	:NA	<b>7)KAUR, Simret</b>
Filing Date	:NA	<b>8)JHA, Prerna</b>
(62) Divisional to Application Number	:NA	<b>9)SHARMA, Aakash</b>
Filing Date	:NA	

(57) Abstract :

The present disclosure provides a wearable device (100) for automatic stress monitoring of a user, the device being adapted to be worn by the user on a wrist. The device (100) includes one or more sensors (102) configured to detect a set of attributes pertaining to one or more physiological parameters and activity status of the user and operational features of the device (100). The device (100) includes a controller (108), enabled to receive the set of attributes from the one or more sensors (102) through one or more communication units (110) and determine one or more stress indicators. Based on user inputs received from one or more input units (106), the controller (108) generates a set of output signals. The set of output signals are transmitted to one or more output units (106) through the one or more communication units (110) for generating a set of notifications related to the detected set of attributes and the one or more stress indicators.

No. of Pages : 29 No. of Claims : 8