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(57) Abstract :

A wearable safety and wellness device, comprises of a wearable structure 101 to be worn by a user around a neck region of the user, a plurality of physiological sensors to continuously monitor physiological parameters of the user, an analysis module to analyze sensor data in real time, learn user-specific baseline patterns, and detect deviations, a relaxation unit to deliver targeted vibration patterns, an audio output unit comprising a speaker 105 where soothing sounds, music, alerts, or voice guidance are played automatically upon detection of emotional distress, abnormal physiological conditions, or predefined events, a threat detection unit to monitor surroundings, identify potential threats or hazards, and generate alerts or guidance instructions to the user, a safety illumination unit to temporarily disorient a threat and an aroma diffusion unit 107 to detected stress indicators.

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