(12) PATENT APPLICATION PUBLICATION

(19) INDIA

(22) Date of filing of Application :02/02/2024

(21) Application No.202441007158 A

(43) Publication Date : 08/03/2024

(54) Title of the invention : STRESS DETECTION IN IT PROFESSIONALS BY IMAGE PROCESSING AND KNN

(51) International classification	:A61B0005160000, A61K0035747000, A61K0035745000, G06F0030398000, A61B0005053300
(86) International Application No Filing Date	:NA :NA
(87) International Publication No	: NA
(61) Patent of Addition to Application Number Filing Date	:NA :NA
(62) Divisional to Application Number Filing Date	:NA :NA

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(57) Abstract :
The main concept of this paper is to detect stress in the IT professionals with the help of Machine learning and Image processing techniques. This paper is an upgraded version of the old stress detection systems which excluded the live detection and the personal counseling but this paper comprises of live detection and periodic analysis of employees and detecting physical as well as mental stress levels in his/her by providing them with proper remedies for managing stress by providing survey form periodically. This paper mainly focuses on managing stress and making the working environment healthy and spontaneous for the employees and to get the best out of them during working hours.

No. of Pages : 9 No. of Claims : 5