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**IOT based Health Monitoring Sysytem**

**Minor Project Report**

**Submitted for the partial fulfillment of the degree of**

**Bachelor of Technology**

**In**

**Internet of Things (IOT)**

**Submitted By**

**Adarsh Borkar  
(0901IO221003)**

**Nirmal Sahu  
(0901IO221049)**

**UNDER THE SUPERVISION AND GUIDANCE OF**

**Dr. Vinay Gupta  
Assistant Professor**



**Centre for Internet of Things**

**MADHAV INSTITUTE OF TECHNOLOGY & SCIENCE, GWALIOR(M.P.), INDIA**  
**माधव प्रौद्योगिकी एवं विज्ञान संस्थान, ग्वालियर (म.प्र.), भारत**

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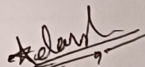


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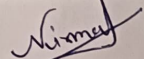
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I would also like to extend my gratitude to the entire team at **Organization's Name**, especially **Industry Mentor Name(s)**, for their collaboration and support during my time with the organization. I am grateful for the opportunity to work alongside such talented individuals and to learn from their expertise and experiences.

I would sincerely like to thank my department, **Centre for Internet of Things**, for allowing me to explore this project. I humbly thank **Dr. Praveen Bansal**, Assistant Professor and Coordinator, Centre for Internet of Things, for his continued support during the course of this engagement, which eased the process and formalities involved. I am sincerely thankful to my faculty mentors. I am grateful to the guidance of **Faculty\_Name**, Assistant Professor, and Centre for Internet of Things, for his continued support and guidance throughout the project. I am also very thankful to the faculty and staff of the department.

  
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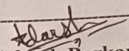
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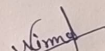
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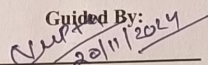
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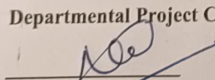
  
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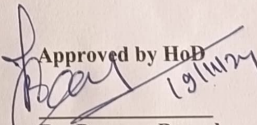
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Departmental Project Coordinator

  
**Dr. Nookala Venu**  
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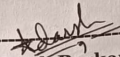


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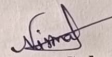
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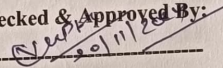
  
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### ABSTRACT

This paper presents an Internet of Things (IoT) based health monitoring system designed to remotely track patients' vital signs in real-time, enabling timely interventions and improved healthcare outcomes. The system integrates wearable sensors, wireless communication networks, and a data analytics platform to collect, transmit, and analyze patients' health data. The proposed system features: Real-time monitoring of vital signs (heart rate, blood pressure, oxygen saturation, etc.), Automated alert generation for abnormal health readings, Secure data storage and access through a user-friendly interface, Data-driven insights for personalized healthcare recommendations.

Experimental results demonstrate the system's accuracy, reliability, and effectiveness in detecting health anomalies. The proposed system has the potential to: Enhance patient engagement and empowerment, Reduce hospital readmissions and emergency department visits, Improve disease management and prevention, Optimize healthcare resource allocation.

*Wimal*  
*Aadarsh*