GETA Young Scientist
Samsya Khoj Contest 2025
31.05.2025

Result	**Consolation 08**
Problem Title	**Stress monitoring system**
Problem Description	Stress has become a major concern in today's fast-paced world, affecting mental and physical health. High levels of stress can lead to anxiety, depression, heart disease, and decreased productivity. Many people fail to recognize stress early, leading to severe health issues. Traditional stress detection methods rely on self-assessment, which may not be accurate or timely. A Stress Monitoring System aims to provide a real-time solution for identifying stress levels based on physiological parameters such as heart rate, blood pressure, skin temperature, and sweat levels. Using IoT and sensor-based technology, this system can continuously monitor a person's stress levels and alert them when stress levels are high.
Affected Audiences	1. Students 2. Working professionals 3.Teachers and educators 4.Elderly people 5.Athelets and performers 6.Milatory and security personnel 7. Driver and Transport workers 8. Entrepreneur and Business Owners
Impact Size	Hundreds and more
Location	Universal
Scope	National
Place	Universal
Occurrence	Frequently
Life risk involved?	Yes
Financial loss or Saving potential	Lakhs or more
Student	**L.RAHITHYA**, 10th Class
School	**DR.B.R.AMBEDKAR GURUKULAM**, NTR District, Andhra Pradesh
Guide Teacher	**KARICHARLA SREEDEVI**

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