



भारतीय मानक ब्यूरो

(उपभोक्ता मामले, खाद्य एवं सार्वजनिक वितरण मंत्रालय, भारत सरकार)

BUREAU OF INDIAN STANDARDS

(Ministry of Consumer Affairs, Food & Public Distribution, Govt. of India)

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DRAFT INDIAN STANDARD IN WIDE CIRCULATION

Reference : LITD 27/T-27183

Date : 13 January 2025

TECHNICAL COMMITTEE : Internet of Things and & Digital Twin, LITD 27

To,

All concerned

Dear Madam/Sir,

The following document has been prepared by the Internet of Things and & Digital Twin Sectional Committee, LITD 27. Please [click here](#) to view the document.

Document Number : LITD 27 (27183) WC

Title of the document : Internet of Things IoT - IoT for Stress Management Good Health and Well-Being

Document Type : New Indian Standard

This document has following salient features which may require specific attention for your valuable comments:

1) *This standard specifies the utilization of IoT ecosystem for management of stress levels, health, fitness and well-being of an individual. This document provides a) For an overview of stress and its management b) For framework and interfaces among different entities in the IoT ecosystem c) To elaborate and define the functional data flow for stress management d) To integrate the personal health records of the individual while ensuring privacy and confidentiality of the individual e) For monitoring of health parameters using IoT technology & wellness devices f) Use of data analytics for stress management*

Please examine the document and share your comments regarding further improvement in the document.

Last date for sharing the comments is : 12 February 2025

The comments should be shared in the prescribed template through this portal only; and the comments so received shall be taken up by the Sectional Committee for necessary action. For any other query, please write an email at litd27@bis.gov.in to the undersigned at Bureau of Indian Standard, Manak Bhawan, 9, Bahadur Shah Zafar Marg, New Delhi.

In case no comments are received, we would presume your approval of the documents. However, in case we receive any comments on the document, the same shall be put up to the Sectional Committee for necessary action.

Thanking You,

**Yours faithfully,
(REENA GARG)
Head (Electronics and Information Technology Department)
Email: litd27@bis.gov.in**



व्यापक परिचालन में मसौदा(दे)

हमारा सन्दर्भ : LITD 27/T-27183

दिनांक : 13-01-2025

तकनीकी समिति : Internet of Things and & Digital Twin Sectional Committee, LITD 27

प्राप्तकर्ता : रूचि रखने वाले सभी निकाय

महोदय/या,

निम्नलिखित मसौदा तैयार किया गया है :

प्रलेख संख्या : LITD 27 (27183) WC

शीर्षक :

कृपया इस/इन मानक(को)/संशोधन(नो) के मसौदे(दो) का अवलोकन करें और अपनी सम्मतियाँ यह बताते हुए भेजें कि यदि ये मानक(को) के संशोधन(नो) के रूप में प्रकाशित हो तो इन पर अमल करने में आपके व्यवसाय अथवा कारोबार में क्या कठिनाइयां आ सकती हैं।

सम्मतियाँ भेजने की अंतिम तिथि : 12 February 2025

सम्मतियाँ, यदि कोई हों तो, कृपया यहाँ क्लिक करके ऑनलाइन पोर्टल के माध्यम से ऊपर दी गयी अंतिम तिथि तक दर्ज कराएं।

यह/ये प्रलेख भारतीय मानक ब्यूरो की वेबसाइट www.bis.gov.in पर भी उपलब्ध है/हैं।

धन्यवाद।

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