

(12) PATENT APPLICATION PUBLICATION

(21) Application No.202511054691 A

(19) INDIA

(22) Date of filing of Application :06/06/2025

(43) Publication Date : 20/06/2025

(54) Title of the invention : A DEVICE FOR TRACKING WORK-LIFE BALANCE IN HYBRID WORKFORCE

(51) International classification :G06Q0010063900, A61B0005110000, H04W0004029000, A61B0090000000, G06N0020000000

(86) International Application No :NA  
Filing Date :NA

(87) International Publication No : NA

(61) Patent of Addition to Application Number :NA  
Filing Date :NA

(62) Divisional to Application Number :NA  
Filing Date :NA

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(57) Abstract :

A work-life balance tracking device includes an activity tracker (101), environment sensor (102), processing controller (103), and feedback display (104). It detects behavioral and environmental inputs to compute a Balance Index. The system offers real-time feedback and organizational insights while maintaining individual privacy and adaptability for hybrid work conditions.

No. of Pages : 14 No. of Claims : 5