

(12) PATENT APPLICATION PUBLICATION

(21) Application No.202511099337 A

(19) INDIA

(22) Date of filing of Application :14/10/2025

(43) Publication Date : 05/12/2025

(54) Title of the invention : A SMART WEARABLE DEVICE FOR MONITORING USER COMPUTER POSTURE

(51) International classification	:A61B0005110000, A61B0005000000, G16H0020300000, G09B0019000000, A61B0005145000	(71) Name of Applicant : 1)NOIDA INSTITUTE OF ENGINEERING & TECHNOLOGY Address of Applicant :19, Knowledge Park-II, Institutional Area, Greater Noida – 201306, Uttar Pradesh, India. Uttar Pradesh India
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(86) International Application No	:	
Filing Date	:01/01/1900	
(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	

(57) Abstract :

The present invention discloses a smart wearable device for monitoring user posture during computer use. The device comprises motion sensors (101), a microcontroller (102), a wireless communication module (103), a feedback mechanism (104), and an analytics interface (105). It continuously monitors body alignment, detects deviations, and provides real-time corrective feedback through vibration or visual cues. Integrated wireless connectivity enables posture logging and trend analysis. The invention ensures ergonomic health by offering both immediate corrective guidance and long-term predictive analytics for musculoskeletal wellness.

No. of Pages : 14 No. of Claims : 6