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(71)Name of Applicant :
  1)Jayaprakash Koyyalamudi
    Address of Applicant :Assistant Professor, Department of Computer Science & Engineering, Narasaraopeta Engineering College, Narasaraopet, 522601, Palnadu, Andhra Pradesh, India ----------- -----------
  2)Shivangi Dheer
  3)Tushar Vyas
  4)Sandeep Gautam
  5)Shivam Kumar
  6)Dr. Sandeep Kumar
  7)Dr. Sweta Bakshi
  8)Anthony Savio Herminio da Piedade Fernandes
  9)Dr. Prabhuswamy M.
  10)Nirmala. C
  11)P. Gopika
  12)M.Saratha
Name of Applicant : NA
Address of Applicant : NA
(72)Name of Inventor :
  1)Jayaprakash Koyyalamudi
Address of Applicant :Assistant Professor, Department of Computer Science & Engineering, Narasaraopeta Engineering College, Narasaraopet, 522601, Palnadu, Andhra Pradesh, India ----------- -----------
  2)Shivangi Dheer
Address of Applicant :Assistant Professor, Department of CSE, JECRC University, Jaipur, 303905, Rajasthan, India ----------- -----------
  3)Tushar Vyas
Address of Applicant :Assistant Professor, Department of CSE, JECRC University, Jaipur, 303905, Rajasthan, India ----------- -----------
  4)Sandeep Gautam
Address of Applicant :Assistant Professor, Department of CSE, JECRC University Jaipur, 303905, Rajasthan, India ----------- -----------
  5)Shivam Kumar
Address of Applicant :Assistant Professor, Department of CSE, JECRC University, Jaipur, 303905, Rajasthan, India ----------- -----------
  6)Dr. Sandeep Kumar
Address of Applicant :Professor, Management Department, Tecnia Institute of Advanced Studies, New Delhi, Delhi, India ----------- -----------
  7)Dr. Sweta Bakshi
Address of Applicant :Assistant Professor, Institute of Technology and Science, Ghaziabad, Uttar Pradesh, India ----------- -----------
  8)Anthony Savio Herminio da Piedade Fernandes
Address of Applicant :Founder Owner, Trading Equations, 54/C, Xell, Bastora, Bardez, North Goa-403507, Goa, India ----------- -----------
  9)Dr. Prabhuswamy M.
Address of Applicant :Assistant Professor, Department of Education, JSS Institute of Education, Sakleshpur, 573134, Hassan, Karnataka, India ----------- -----------
  10)Nirmala. C
Address of Applicant :Assistant Professor, Karpagam College of Engineering, School of Management Studies, Coimbatore, Tamil Nadu, 641032, India ----------- -----------
  11)P. Gopika
Address of Applicant :Assistant Professor, School of Management Studies, Karpagam College of Engineering, Coimbatore, Tamil Nadu, 641032, India ----------- -----------
  12)M.Saratha
Address of Applicant :Assistant Professor, Department of AI, M.Kumarasamy College of Engineering, Karur, 639113, Tamil Nadu, India ----------- -----------

(57) Abstract :
The machine learning-based eHealth strategy presented in this invention addresses the pressing need for effective stress and anxiety management among teachers in modern educational settings. Through the integration of advanced data analytics, personalized interventions, and adaptive feedback mechanisms, the system offers a comprehensive approach to support teacher well-being. By leveraging wearable technology, online platforms, and collaborative networks, the invention aims to empower educators with tailored strategies for coping with stressors and enhancing resilience. Ultimately, this innovative solution holds the potential to not only improve the mental health and job satisfaction of teachers but also contribute to a positive and conducive learning environment for students.

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