#### How to Cite:

Baskar, R., Kumar, G. A., & Karan, D. (2022). Smart agricultural remote monitoring system for better soil health using IoT. *International Journal of Health Sciences*, *6*(S8), 1239–1251. https://doi.org/10.53730/ijhs.v6nS8.9885

# Smart agricultural remote monitoring system for better soil health using IoT

#### Mr. R. Baskar

M.E., (Ph.D)., Assistant Professor/Department of Computer Science and Engineering K.S.Rangasamy College of Technology, Namakkal, India Corresponding author email: rbaskar@ksrct.ac.in

#### G. Arun Kumar

Department of Computer Science and Engineering K.S.Rangasamy College of Technology, Namakkal, India

#### D. Karan

Department of Computer Science and Engineering K.S.Rangasamy College of Technology, Namakkal, India

Abstract---Technology has played an increasingly important role in all aspects of our lives, farming, which is heavily influenced by various environmental factors, has necessitated the development of new methods to improve crop yield. The existing GSM-based Automated Irrigation system is not as effective and has some drawbacks, so the proposed method aims to develop a more effective Smart Irrigation system. With the help of various sensor configurations, users have addressed the use of IoT technology to assist farmers in detecting significant environmental conditions such as temperature, humidity, soil moisture, and water level. A water pump controls the flow of water by opening and closing the flow when a signal is sent through the Arduino controller. Drop by drop, water is delivered to the plant's roots by a rain gun, and when the moisture level returns to normal, the sensor detects it and sends a signal to the controller, which shuts down the water pump. Smart Farming using the Internet of Things (IoT) and Wireless Sensor Networks (WSNs) with their high sensor systems and output results are possibilities to enable more accurate, network, durable Smart Agricultural systems for better Soil health using IoT.

*Keywords*---smart agriculture, humidity, temperature, crop health, internet of things, remote monitoring, automated irrigation framework, soil moisture.

International Journal of Health Sciences ISSN 2550-6978 E-ISSN 2550-696X © 2022.

Manuscript submitted: 9 March 2022, Manuscript revised: 18 May 2022, Accepted for publication: 27 June 2022

## Introduction

In the field of cultivation, IoT has a basic impact to play. Using IoT (Internet of Things), a wide extent of strategies can be completed that are both capable and convincing in overseeing field troubles and aiding farmers in dealing with their fields. Viable agribusiness with precision and efficiency under the agrarian gather looking at structure. Numerous components are done in one machine in this yield noticing system, including creating, gathering, developing, gathering, water siphoning, evening out, and so forth. These limits can be performed by a single machine with less human mediation. Rather than doing a lone endeavor at a time with a lot of human energy, which takes time. It is alluring to over-use this advancement agricultural robot is the name of the structure/machine. With industrialization and development, cultivation has gone through a mechanical change of late. Farmers with splendid cultivation gadgets have a prevalent understanding of the most well-known approach to creating harvests, achieving better returns, and extending viability. A couple of cultivating changes have occurred, which are solidly associated with inventive types of progress. The saying "splendid agriculture" is consistently used to depict the usage of IoT courses of action in development. IoT uses countless sensors to accumulate environmental and machine data, allowing farmers to go with better decisions and work on their assignments in all cases, from animals to managing development. The system has been examined in a nursery for watering a plant. Sensors, similar to soil clamminess sensors, are sent in the field in the field section. The android application sends the data accumulated from these sensors to the informational collection. The system is turned on including the application in the control portion, which is done by including the on and off buttons in the application. Later on, the application will take the client's time and flood the field whenever the open door shows up. There is a manual change in the field to ensure that it is in manual mode.

#### **Related works**

In the ongoing procedure Global System for Mobile correspondence (GSM) based, Automated Irrigation Control uses a Rain gun Irrigation System. A line is related to the water siphon and the other opening is held near the foundation of the plant, with a storm gun water framework instrument associated with it. The movement of the water from the line is compelled by a solenoid valve. The opening and closing of the solenoid valve are done by a microcontroller. The microcontroller moves to the valves which causes them to get open. The water is given to the underpinning of the plant drop by drop, and when the soddenness content becomes satisfactory, the sensor distinguishes this and offers back the sign to the microcontroller and the chime becomes off then by pressing the button in the calling limit again.

Nursery development in cultivation is to robotization, information advancement heading with the IoT (Internet of things) development fast development and wide application. In the method, control associations and information networks joining of IoT development have been focused on due to the genuine situation of country creation. A remote noticing structure with web and remote trades joined is proposed. All the while, taking into account the structure, an information the leader's system is arranged. The accumulated data by the system obliged the rustic investigation of workplaces. An essential, straightforward, and commonsense game plan of things recognizing evidence is fundamental for communicating standard articles and devices to colossal informational collections and associations and to make certain the association of associations (the web). [1]

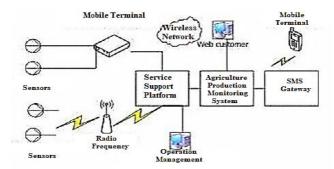


Fig. 1. The structure of Agriculture greenhouse production environment (Measurement and control system) [1]

Organization to a wide extent of devices - from Android and iOS-powered versatile, tablets, and TV contraptions to free contraptions IoT can be associated with almost anything that can be associated with and interfaced with the web. Restricting human subject matter experts - Automation can uphold the reduction of HR as well as human mix-ups. Speed Access - Crop and soil prosperity can be somewhat seen from any contraption in any space. Effective - Automatic reportage and remote checking can save farmers time and effort. Powerful Communication - Using the Android and iOS application organizes, neighborhood farmers, students, and fans can share their work and new country improvement procedures. In Survey of Drones for Agriculture Automation from Planting to Harvest, one can see the usage of Robotic Process Automation (RPA), picture taking care, plan affirmation, and AI to achieve robotization because of the tremendous extent of farmlands the paper moreover looks at Precision Agriculture giving amazing yields. In Advances in nursery robotization and controlled environment cultivation: An advancement to lay out creation lines and metropolitan cultivating one can sort out how a mix of normal conditions exchange in the best improvement of plants in different arrangements.[2]

Because of the overall creation of people, agribusiness has transformed into the primary advancement region. The chief test in agriculture is to augment developing viability and quality without predictable real perception to satisfy the rapidly extending need for food. Other than the creating people, the plant business is furthermore standing up to basic troubles on account of the developing climate. The target of this study is to propose a canny developing model considering the Internet of Things that uses packing to oversee unpleasant conditions. People use various types of sensors in this model, for instance, soil moistness, pneumatic pressure, storm acknowledgment, and dampness sensors, for various purposes. The data will be assembled in the cloud and normally determined. In every manner, Smart Farming and Traditional Farming are through and through unique concerning one another. Standard development uses the most settled and most traditional strategies for agribusiness, including the usage of old mechanical assembly for agrarian work and the production of yields without regard for market demands or atmospheric conditions measures, however, astute development uses cutting-edge advancements like splendid gadgets.[3]

IoT (Internet of Things) is the deluge addressing what might be on the horizon. In each field, the Internet of Things (IoT) is a crucial change. The ability to screen and control things from a far distance improves any endeavor. Cultivation is a fundamental field where each mechanical progress should be made. The interest in agriculture has risen vehemently as the absolute people have created, and farmers can't satisfy their endless needs. Instead of developing the size of cultivating, executing canny or exact cultivation systems using IoT will be a prevalent decision. Soil prosperity, the environment, and the water framework the board is critical hardships in development. Inspects a system that uses IoT to manage such issues. It uses the cloud to relate both genuine identifying contraptions and water framework control parts. This guides the assessment of the design. Its last disclosures exhibit the way that consistent data can be lightened with low inaction. Cultivating has been truly hampered by movement. Temperature, checking, security, moistness, and GPS distinguishing are irrefutably used to additionally foster agriculture. Clients can get to these features utilizing far-off contraptions or the web.[4]

The checking of metropolitan wastewater for cultivating use offers a splendid response for testing water quality using an assortment of sensors, with the conscious worth displayed on an LCD. The essential of this procedure is to evaluate water quality limits like pH, turbidity, temperature, BOD, and TDS, which will assist with perceiving deviations in the limits and passing on prepared messages when the value outperforms the predefined edge or the standard worth set in the Arduino Controller. These silly characteristics exhibited substance spills, treatment plant issues, or supply pipe issues, all of which could address a critical issue in regards to trim turn of events and soil quality irregularity disclosure. Since research focus techniques are exorbitantly postponed to encourage a practical response, the stream structure for checking water bodies doesn't give a level of general prosperity security continuously. improve and grow a following and evaluation gadgets to ensure a truly strong and complete picture of the circumstance with cultivating and advancement land for normal prosperity by giving a point-by-point outline including the devices and strategies in the water quality noticing system that is proposed by the execution of the sensor that engages to give the dates in an LCD Display that should be visible to the client and the data is similarly sent.[5]

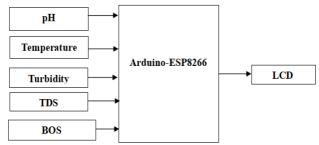


Fig. 2. Sensor-Based Waste Water Monitoring[5]

The farming industry has become more significant than any other time in the following couple of many years. Farming organizations are going to the Internet of Things (IoT) to fulfill their needs. Since we want to consistently go to lengths physically it demands a lot of investment. So involving this Smart Agriculture we can take the estimations in less measure time. In this Smart, Agriculture sensors can give ceaseless estimations concerning environmental changes. Utilizing the Internet of things we can deliver various ways of developing the dirt. Shrewd Agriculture and Smart Farming applications will assist the rancher with every minute of everyday perceivability into the dirt, crop wellbeing, and energy utilization level. This paper presents how to break down soil dampness levels, soil type, and soil quality as per water and environmental change. By taking into account this large number of elements, ranchers can conclude which sort of harvest is reasonable for the specific soil to get profit as opposed to utilizing conventional extensive strategies, and the number of composts possess to use as per the level of the supplement in the soil.[6]

#### **Proposed Methodology**

Arduino controller continually resources the data from the sensors related with it which gauge the soil sogginess, progresses it to USB interface through IoT which examinations the data got. The essential objective of this work is to give a modified water framework system thus saving time, money, and influence for the rancher. The dirt condition data from sensors is delivered off a web server informational collection using distant transmission to close how much water is required. In the proposed server informational collection, the data is saved, and the makers use the possibility of a dashboard. It works utilizing the show to control the water guide of farmland. The condition of the soil is checked given the limit of soil-like clamminess and water stream aggregate using the IoT, which is capable to turn on/off water siphons. Here comparator goes probably as an association point between the recognizing plan and the controller. The circumstance with the soil and the motor outcome is displayed on the LCD which is interfaced with the controller. Essentially, when the sensor identifies the soil condition as wet, then the controller sends direction to the hand-off to switch off the engine.[7]

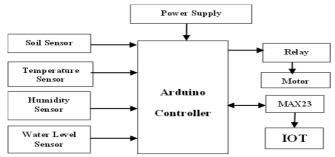


Fig. 4. Proposed methodology block diagram[7]

# IoT for data collection table

Table for data that was collected in this Smart Agricultural Remote Monitoring System using the Internet of Things (IoT)[8]

S.No	Time	Soil	Humidity	Temperature
		Moisture(%)	(%)	(C)
1	7:24:12 (AM)	64.45	41.34	40.21
2	8:24:12 (AM)	67.63	41.33	40.11
3	9:24:12 (AM)	67.7	42.82	39.56
4	10:24:12 (AM)	67.31	41.67	40.03
5	11:24:12 (AM)	68.68	39.59	40.11
6	12:24:12 (PM)	63.93	43.83	40.33
7	01:24:12 (PM)	63.44	41.12	39.55
8	02:24:12 (PM)	64.13	41.26	40.09

Table. 1. IoT for data collection table[8]

# Arduino controller pin diagram description

In this procedure, we will learn about the different pieces of the Arduino board. We will focus on the Arduino UNO board since it is the most popular board in the Arduino board family. Besides, it is the best board, in the first place, devices, and coding. A couple of sheets have all the earmarks of being a piece remarkable from the one given under, but most Arduinos share the majority of these parts.

#### Soil sensor

The soil moisture identifies the moistness content in the soil and given the value that is shown on the show, according to the control circuit motor will be start bug it will siphon the water with the help of a siphon and the siphoning exercises will happen till it fulfills the circumstances.[9]

1244



Fig. 5. The structure of soil moisture data in the production environment (Measurement soil moisture data with graph)[9]

L = (smc / wws) \* 100 L = Moisture Content smc = Weight of water in the soil mc = Dry weight of soil

#### Soil quality testing

Soil Quality Testing assumes a key part in Smart Agriculture because of the outcomes got by the tests performed on the dirt we propose the harvest to the farmer.[10]

Types of Soil	Crop(Yield)	
Sticky Black Soil	Sugarcane, Paddy,	
-	Cotton	
Sandy Soil	PalmGardens, Coconut	
Red Soil	Cotton, Groundnut,	
	Castor	
Black Soil	Cotton, Mirchi	
Clay and Sandy Soil	Bengal gram	

Table: 5 types of Soil and then Crop recommended for that specific Soil[10]

#### **Temperature sensor**

An essential temperature sensor is a contraption, to quantify the temperature through an electrical sign requires a thermocouple or RTD (Resistance Temperature Detectors). The thermocouple is prepared by two different metals which make the electrical voltage compared to an adjustment of temperature. The RTD is a variable resistor, it will change the electrical deterrent by suggestions relating to changes in the temperature in a careful, and practically direct way. The assessment of the temperature sensor is about the hotness or coolness of an article. The working base of the sensors is the voltage that scrutinizes the diode. If the voltage constructs, the temperature increases and there is a voltage drop between the semiconductor terminals of the base and maker, they are recorded by the sensors. Assuming the voltage differentiation is improved, the basic sign is created by the contraption and it is directly comparative with the temperature.[11][12]

HS = 
$$(\Sigma wp / \Sigma st) \ge 100\%$$

HS = Humidity Senor

 $\Sigma$ wp = Sum of Density in water vapor

 $\Sigma$ st = Sum of Density of water vapor (wp) at saturation

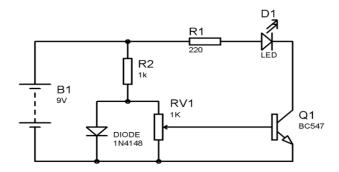


Fig. 6. Circuit diagram of temperature sensor[11]

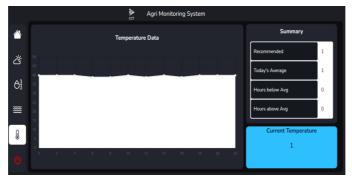


Fig. 7. The structure of temperature data in the production environment (Measurement temperature data with graph)[12]

### **Humidity sensors**

Humidity Sensors are imperative devices that help with assessing environmental tenacity. The device used to measure the moistness of the climate is known as a Hygrometer. Moisture Sensors or Hygrometers can be assembled given the sort of tenacity it is used for assessing. Inside and out Humidity (AH) sensors or Relative Humidity (RH) sensors. Clamminess Sensors can similarly be organized given the limit used for assessing Humidity. Capacitive Humidity Sensors, Electrical Conductivity (or Resistive) Humidity Sensors, and Thermal Conductivity Humidity Sensors. There are various kinds of Humidity Sensors or Hygrometer. Permit us to see about different kinds of Humidity Sensors or Hygrometers close by their working standards.[13]



Fig. 8. The structure of humidity data in the production environment (Measurement humidity data with graph)[13]

#### Relay

The power source is given to the electromagnet through a control switch and contacts the pile. Exactly when current starting points flow through the control circle, the electromagnet starts stimulating and in this way raises the alluring field. Thus the upper contact arm starts to be attracted to the lower fixed arm and subsequently closes the contacts making a short out for the force of the store. Of course, if the hand-off was by then de-invigorated when the contacts were closed, the contact move oppositely and make an open circuit. Yet again when the circling current is off, the portable armature will be gotten by a capacity to its hidden position. This power will be comparable to around half of the strength of the appealing power. This power is predominantly given by two factors.

#### LCD

The LCD is used to show the given voltage examination. Right when the endeavor is turned ON, it first glints starting messages showing the application name. At the point when the controller sketch instates the circuit, the voltage given to the streetlight is displayed on the LCD screen. The 16 X 2 LCD is related to the controller board by communicating its data pins to pins 3 to 6 of the controller board. The RS and E pins of the LCD are related to pins 13 and 12 of the Micro Controller independently. The RW pin of the LCD is grounded.

#### Water level sensor

Water Level Sensor is an easy-to-use, fruitful critical level/drop affirmation sensor, which is gotten by having a movement of equivalent wires uncovered following assessed drops/water volume to conclude the water level. Easy to complete water to basic sign change and result from straightforward characteristics can be directly scrutinized controller improvement board to achieve the level of mindfulness impact. Water level sensors are used to screen and control levels of a particular free-streaming substance inside a contained space. There are a couple of special sorts of liquid level sensors used to recognize the point level of a liquid. A couple of sorts use an alluring float, which rises and falls with the liquid in the holder.[14]

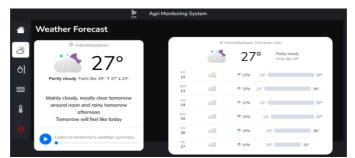


Fig. 9. The structure of Water level senor data/weather forecast data in the production environment [14]

#### IoT (internet of things)

The central spotlight falls on arranging a unique IDM system that remembers the 'things' for IoT (human clients and different devices like the handling and splendid contraptions, sensors, actuators, etc) and imparts the correspondence between them. The system is taken apart from business and specific perspectives about the recognized client and structure essentials. The underlying step is to make a speculative assessment of various IDM and correspondence structures proposed for M2M and IoT heterogeneous associations. In light of that assessment, we construe the client and structure necessities. A use case situation is depicted to depict how the design is legitimate for experiencing the same thing. Then, at that point, a unique client-centered IDM system configuration is proposed. The system correspondence streams are gotten a handle by a UML frame and a class diagram plot. In general STSO affiliation and affirmation strategies are given by UML progression diagrams. The Internet of Things (IoT) is a rapidly creating emerging subject of specific, social, and financial significance. Objects are joined with web accessibility and strong information on data that is ensured to impact how we work and live. All the while, regardless, the Internet of Things raises tremendous challenges that could hold up traffic from grasping its normal benefits. One of them is standardization, due to the different advances that need to participate in an IoT system. In a completely interoperable environment, any IoT device would connect with another contraption, with little respect to the maker or development. Eventually, interoperability is more astounding. Open guidelines can work with interoperability, yet it is insufficiently seen which methods should be executed to make decisions that permit a level of utilitarian straightforwardness.

This investigates which improvement structures have been applied by entertainers in the field concerning open normalization and which thoughts it has for progress. By using a speculative construction that joins parts from the bewildering specific structure, winning arrangement speculation, standardization speculation, and lead clients, an exploratory survey has been finished. More than 150 records have been explored utilizing emotional data assessment and coding.

The results show that a couple of standards overpower the market at this moment and that standardization is gone through prohibitive procedures by associations, provoking a partitioned IoT field in which contraptions are just party interoperable with each other. It ends up being more seen by performers in the field that IoT perhaps succeeds in accepting contraptions are interoperable. Making middleware that grants connecting devices dealing with different advances, acquiring from clients, and open-source stages are examples of frameworks that engage full interoperability. The open thought of IoT prompts the creation of dominating plans, in which its parts can be updated dependent on the particular situation. This has ideas for progression. Since IoT is genuinely not a consolidated industry in which a predominant arrangement guides steady progression, improvement begins from associating parts.

# IoT applications in agriculture

Various projects and	Description/Main concepts
applications name	
Weather conditions Monitoring	Weather conditions assume an extremely critical part with regards to the Agriculture area. In farming, there is nearly everything relies on the environmental condition. In shrewd Farming, temperature stickiness, light force, and soil dampness can be checked through different sensors. These are again utilized by the receptive framework to set off alarms or mechanize cycles, for example, water and air control.
Smart Irrigation on	In a savvy water system, robotized sprinkler frameworks or
Agriculture land	shrewd siphons are utilized. Soil dampness sensors are
	utilized in various regions to get the dampness of the dirt in rural land. Because of the outcomes from the dirt dampness sensors, the savvy siphons or brilliant sprinklers are turned On/Off.
Monitoring Soil	Ranchers generally utilize an inspecting technique to work out
Quality	soil fruitfulness and dampness content. Luckily, this examination doesn't give precise outcomes as synthetic decay changes from one area to another. In the meantime, this is very little accommodating.
	To determine this thing, IoT assumes a fundamental part in
	Farming. Sensors can be introduced at a uniform distance
	across the length and broadness of the farmland to gather exact soil information, which can be additionally utilized in the dashboard or versatile applications for ranch observing.
Livestock Monitoring	IoT gadgets can be utilized to gather information in regards to the area, prosperity, and strength of dairy cattle. This information can be additionally utilized for the recognizable proof of wiped-out creatures with the goal that they can be isolated from others, consequently forestalling the spread of infections. This Live Stock Monitoring additionally brings down work
	costs with the assistance of IoT-based sensors.
Drone Monitoring	Drone checking is assisting enormous homesteads by diminishing the expense of observing, or the utilization of Geo-

Various projects and applications are coordinated in the Smart Agricultural area for proficient process and control of different capacities[15]

situating sensors can set a steady way. In a information gathered from these robots is s server where it tends to be utilized for exam	sent back to the
navigation.	

Table. 2. IoT for data collection table[15]

#### Advantages of the IoT in the smart agriculture process

- 1. Information collection All information can be gathered with the assistance of introduced sensors. Such information like weather patterns, the medical issue of steers, crops, and so forth. Information is put away in one spot, and ranchers can undoubtedly look at it and dissect it to pursue the ideal choice.
- 2. Decrease of risks When ranchers have exceptional data gathered, they can comprehend what the circumstance will be from now on, and they can foresee a few issues that might emerge. Besides, ranchers might utilize information to work on their deals and change business processes.
- 3. Business goes mechanized Many business processes become computerized and their productivity is developing. Along these lines, ranchers might focus on other significant cycles.
- 4. Better caliber Smart agribusiness makes it conceivable to keep away from difficulties and eliminate all issues that might emerge during cultivating processes. So the nature of the item is developing and buyers get a decent result of top-caliber.

#### Conclusion

Thus the "Smart Irrigation system based on four different sensors systems for better Soil health using IoT" has been designed and tested successfully. It has been developed by integrated features of all the hardware components used. The moisture sensors measure the moisture level (water content) of the different plants. If the moisture level goes below the desired and limited level, the moisture sensor sends the signal to the Arduino controller which triggers the motor to turn ON and supply the water to the respective plant. When the desired environment condition level is at a certain limit, the system halts on its own, and the water level is turned OFF. As a result, a high yield can be achieved experiment is concerned with increasing the yield of agricultural fields by establishing a monitoring structure that lets for the effective and efficient use of water supplies. As a result, further development phase will result in increased agricultural effectiveness, and possibilities enable more accurate, network, durable Smart Agricultural systems for better Soil health using IoT.

#### References

- [1] Mr. M. A. Murtaza, Mr. Mragank Sharma, "Microcontroller Solar Powered Automatic Irrigation System" International Journal, Volume 7, Issue No.4, Year, 2017.
- [2] B.T.Salokhe, Miss Shilpa G. Gadekar, "A remote utilization of trickle water system mechanization upheld by soil dampness sensors", global diary of

cutting edge research in PC and correspondence designing, Vol. 4, Issue 4, April 2015.

- [3] Prabha, Tanujabai J.M, S. Krupesh, "constant atomization of agrarian climate for social modernization of Indian rural framework utilizing arm 7". Global Journal of Advanced Research in Electrical, Electronics And Instrumentation Engineering (ANISO 3297: 2007 Certified Organization) Vol. 3, Issue 6, June 2014.
- [4] Venkata Narayana Eluri, K. Madhusudhana Rao, A. Srinag, "Remote Solution For Water Saving In Agriculture Using Embedded System", International Journal Of Computer Science and Business Informatics, ISSN: 1694-2108 -Vol. 2, No. 1. June 2013.
- [5] Tameem Ahmad, Shamim Ahmad, Mohammed Jamshed, "An information based Indian horticulture: with cloud ERP game plan". 2015 IEEE.
- [6] V R.Balaji, M.Sudha, "Sun based Powered Auto Irrigation System". Global Journal, Volume 20, Issue No.2. Year, 20116.
- [7] J. Broeders, D. Croux, M. Peeters, T. Beyens, S. Duchateau, T. J.Cleij, P.Wagner, R. Thoelen, And W. De Ceuninck, "Versatile application for impedance-based biomimetic sensor readout," IEEE Sensors J., Vol.13, No. 7, Pp. 2659-2665, July 2013.
- [8] Santosh Kumar; Udaykumar; R.Y., "Improvement of WSN System for Precision Agriculture", Embedded and Communication System, 2015.
- [9] Wang, W. Yang, A. Wheaton, N. Cooley, B. Moran, "E\_cient enrollment of optical, ir pictures for programmed plant water pressure evaluation", Computer. Electron. Farming. Vol. 74, No. 2, Year, 2016.
- [10] Xihai Zhang, Junlong Fang, Xiao Yu 2010 "Plan and Implementation Of Codes Based On For Agricultural Information Wireless Monitoring", IEEE.
- [11] Spandana Kayetha, Suresh PabbojuApplications of IoT for Soil Quality, pp.277-286, In book: ICICCT 2019, www.researchgate.net/publication/334093548\_Applications\_of\_IoT\_for\_Soil\_ Quality
- [12] T. Prakash, T. Thaha Tasliem, R. Vishnu Devi, Dr.A. Rajivkannan, Dr.N. Saravanan, Improved Soil Irrigation System Using IOT Recommendation, https://revistageintec.net/wp-content/uploads/2022/02/1679.pdf
- [13] Widana, I.K., Sumetri, N.W., Sutapa, I.K., Suryasa, W. (2021). Anthropometric measures for better cardiovascular and musculoskeletal health. *Computer Applications in Engineering Education*, 29(3), 550–561. https://doi.org/10.1002/cae.22202
- [14] Novoa, R. B. (2021). State of the art and future applications of digital health in Chile. International Journal of Health & Medical Sciences, 4(3), 355-361. https://doi.org/10.31295/ijhms.v4n3.1772