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Soldier Health Monitoring System Using IoT, Machine Learning, and Real-Time Decision Intelligence

Himanshu, Jatin Prakash ,Anushikha, Daksh Sharma
Department of CSE (AIML), MIET, Meerut Under the Guidance of Dr. Rambir Singh

ABSTRACT: ***Modern battlefield environments expose soldiers to extreme physical and psychological stress, making real-time health monitoring crucial for mission success and survival. Traditional methods fail to provide continuous assessment, leading to delayed medical response and increased casualties. This research proposes an IoT- and machine-learning-based Soldier Health Monitoring System (SHMS) that continuously tracks vital signs, predicts health deterioration, and assists in tactical decision-making. The system integrates wearable physiological sensors, GPS tracking, cloud computing, and AI-driven analytics to generate efficiency scores, stress detection, fatigue estimation, and real-time alerts. A secure communication framework is implemented using SSL/TLS, and future integration of blockchain is proposed for tamper-proof data management. Experimental implementation demonstrates that SHMS significantly enhances situational awareness, reduces response time, and improves soldier safety. The system is scalable to defense, emergency response, and industrial safety environments.***
Keywords: Soldier Monitoring, IoT, Machine Learning, Wearable Sensors, Real-Time Health Analysis, Tactical Adjustments, Blockchain Security.

I. INTRODUCTION

Military personnel operate under unpredictable and high-risk conditions that demand constant physical endurance and mental stability. However, traditional health monitoring relies on periodic check-ups, which are insufficient in dynamic combat scenarios. Soldiers may experience dehydration, hypoxia, heatstroke, fatigue, or sudden injuries without immediate detection.

Recent advancements in IoT, sensor technology, and artificial intelligence provide an opportunity to digitally transform soldier safety. This research presents a Soldier Health Monitoring System (SHMS) designed to capture real-time physiological and psychological parameters, transmit data securely, and support instant tactical decision-making.

The system integrates sensors such as ECG, temperature, SpO2, accelerometers, and stress sensors combined with deep learning models that compute a soldier's efficiency index. A centralized dashboard displays multi-soldier insights, danger alerts, and live location tracking for field commanders.

II. LITERATURE REVIEW

1) IoT-BASED SOLDIER HEALTH MONITORING SYSTEM :

In today's world, warfare is a critical aspect of national security, with army soldiers playing vital roles. Concerns regarding soldier safety have led to the development of instrumentation mounted on soldiers to monitor their health status and real-time location. Bio-sensor systems, comprising various physiological sensors, transmission modules, and processing capabilities, offer low-cost wearable solutions for health monitoring. This system enables real-time tracking and monitoring of soldiers, aiding in minimizing search and rescue operation efforts. Utilizing GPS modules and wireless body area sensor networks (WBASNs), such as temperature and heart rate sensors, data transmission among soldiers is facilitated using ZigBee modules. In high-altitude warzones, where cellular network coverage is limited, LoRaWAN network infrastructure is proposed for communication between squadron leaders and control units. Data collected from sensors and GPS receivers are uploaded to the cloud for further analysis and predictions using algorithms like K- Means Clustering.[1] Aashay Gondaliaa, Dhruv Dixitb, Shubham Parashar, Vijayanand Raghavan, Animesh Sengupta, "IoT-based Healthcare Monitoring System for War Soldiers using Machine Learning," International Conference on Robotics and Smart Manufacturing (RoSMa2018), 2018.

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2) IoT-BASED HEALTH MONITORING AND TRACKING SYSTEM:

This paper introduces an Internet of Things (IoT)-based health monitoring and tracking system designed for soldiers. Mounted on the soldier's body, the system tracks their health status and location using GPS technology. Wearable physiological equipment, sensors, and transmission modules are integrated into the system, allowing for real-time monitoring and transmission of data to the control room through IoT. The proposed system offers a cost-effective mechanism to safeguard soldiers' lives on the battlefield. Additionally, it emphasizes the importance of securing soldiers' data in the cloud using cryptographic algorithms to ensure data privacy and confidentiality.[2] 11 12 Aashay Gondaliaa, Dhruv Dixitb, Shubham Parashar, Vijayanand Raghavan, Animesh Sengupta, "IoT based Healthcare Monitoring System for War Soldiers using Machine Learning," International Conference on Robotics and Smart Manufacturing (RoSMa2018), 2018.

3) WEARABLE SENSOR-BASED SOLDIER HEALTH AND POSITION TRACKING SYSTEM:

This research presents a wearable sensor-based monitoring system designed to ensure timely tracking of soldiers' health and geographical position during military operations. The system employs a network of compact physiological sensors capable of measuring parameters such as heart rate, body temperature, and blood oxygen levels. These sensors interface with a microcontroller that processes data and transmits it using wireless communication protocols like GSM or Bluetooth Low Energy (BLE).[3] The system incorporates GPS modules to track a soldier's movement and location in real time, enabling command centers to monitor troop distribution and respond quickly during emergencies. The study highlights the importance of reducing response time during critical injuries or extreme weather conditions and demonstrates how continuous monitoring can significantly increase survival rates. The system also emphasizes user comfort, durability in harsh environments, and low power consumption to ensure longterm operation in field conditions.

4) REAL_TIME MILITARY HEALTH SURVELLIANCE SYSTEM USING IOT AND CLOUD COMPUTING:

This paper proposes a real-time military health surveillance system that leverages IoT sensors and cloud computing for efficient and scalable health monitoring. The system integrates multiple biomedical sensors that continuously capture vital parameters such as pulse rate, ECG signals, and body temperature. These sensors transmit data to a cloud platform through IoT gateways, enabling seamless remote storage, visualization, and analysis.[4] Advanced data analytics techniques are employed to identify abnormal patterns and predict potential health risks before they escalate into critical conditions. The cloud-based architecture enables military medical teams to access live data dashboards, improving situational awareness and reducing decision making time during missions. The study also highlights interoperability, data encryption, and low latency communication as key factors for system reliability. The proposed model not only enhances soldier safety but also supports large-scale deployment across multiple battalions.

III. METHODOLOGY / SYSTEM DESIGN

Our proposed Soldier Health Monitoring System (SHMS) is a web-based application designed to monitor and analyze soldier's health conditions in real time. The system integrates web technologies, simulated health data, and machine learning techniques to provide continuous monitoring and predictive insights. The architecture of the system consists of four main components: data generation, data processing, machine learning analysis, and webbased visualization.

 System Architecture

The overall system architecture is designed to simulate the working of an IoT-based soldier health monitoring system. In a real-world scenario, wearable sensors would collect physiological parameters such as heart rate, body temperature, oxygen level, and movement data from soldiers in the field. In the current implementation, dummy datasets are used to represent sensor-generated health data.

The collected data is stored in a database where it is processed and analyzed. A machine learning model analyzes the data to identify abnormal health conditions. The processed results are then displayed on a web dashboard developed using React, allowing administrators or commanders to monitor the health status of soldiers.

The system architecture consists of the following layers:

1) Data Collection Layer – Simulates data obtained from wearable health sensors.
2) Data Processing Layer – Preprocesses and organizes the collected health data.
3) Machine Learning Layer – Analyzes the data to detect abnormal patterns.
4) Web Application Layer – Displays health reports and alerts through a dashboard.

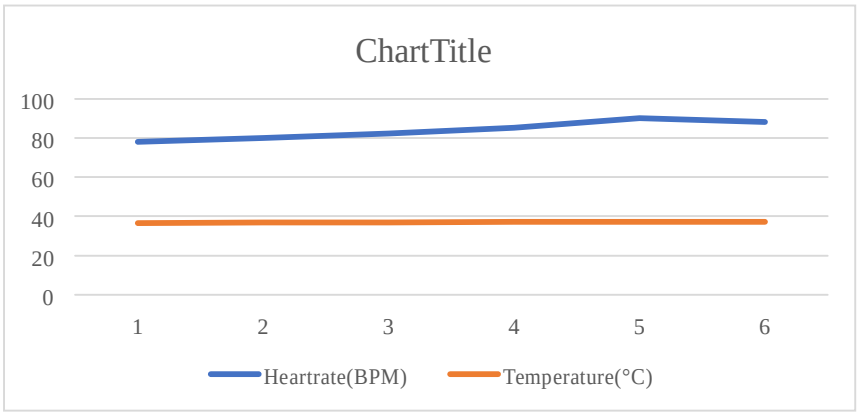
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a) Data Collection

In a real implementation, wearable devices attached to soldiers would collect physiological parameters such as:

- Heart Rate (BPM)
- Body Temperature
- Oxygen Saturation (SpO_2)
- Location (GPS)

ActivityLevel



For this project, we used dummy health datasets to simulate sensor data. These datasets represent normal and abnormal health conditions of soldiers during military operations.

b) Data Preprocessing

Before applying machine learning algorithms, the collected data undergoes preprocessing to improve data quality. The preprocessing steps include:

- Removing missing or inconsistent values
- Normalizing health parameter values
- Organizing data into structured datasets
- Labeling data as normal or critical condition

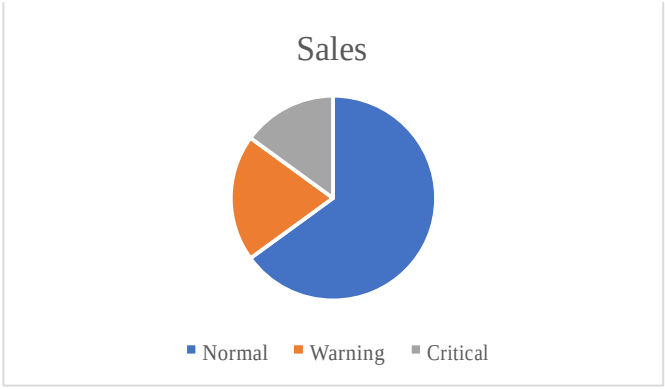
This step ensures that the dataset is suitable for machine learning analysis.

c) Machine Learning Model

We applied Machine learning algorithms to analyze health data and detect potential health risks. In this system, a K-Means clustering algorithm is used to classify health conditions into different categories such as:

- Normal condition
- Warning condition

Critical condition



This model analyzes multiple health parameters simultaneously to identify abnormal patterns. If the system detects values outside the safe range, it generates alerts indicating that the soldier may require medical attention.
Machine learning improves the system by enabling early detection of health risks and predictive monitoring, which can significantly enhance soldier safety.

d) Web-Based Monitoring Dashboard

We developed the Front-end using React, which provides an interactive and responsive user interface. The dashboard displays real-time health data and analysis results in graphical format.
The web interface includes the following features:

- Soldier health status dashboard
- Graphical visualization of vital parameters
- Alert notifications for abnormal conditions
- Historical data analysis charts

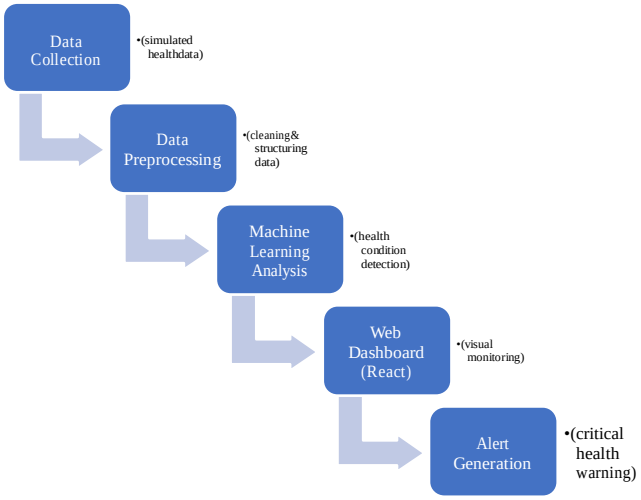
Commanders or monitoring authorities can easily access the system to track the health condition of soldiers and make informed decisions.

e) System Workflow

The workflow of the proposed system follows these steps:

- Health data is collected from wearable sensors or simulated datasets.
- The data is stored and preprocessed in the database.
- Machine learning algorithms analyze the health parameters.
- The system identifies normal and abnormal health conditions.
- Results are displayed on the web-based dashboard.
- Alerts are generated if critical health conditions are detected.

This workflow ensures efficient monitoring and quick response to potential health risks.



IV. RESULT

Our developed web-based Soldier Health Monitoring System (SHMS) successfully demonstrates real-time visualization of soldiers' health parameters using simulated data. The React-based dashboard displays vital information such as heart rate, body temperature, and health status through interactive graphs and charts. The system effectively analyzes the data and identifies abnormal health conditions, generating alerts when critical thresholds are detected. Overall, the platform provides a simple and efficient interface for monitoring soldier health and supporting timely decision-making.

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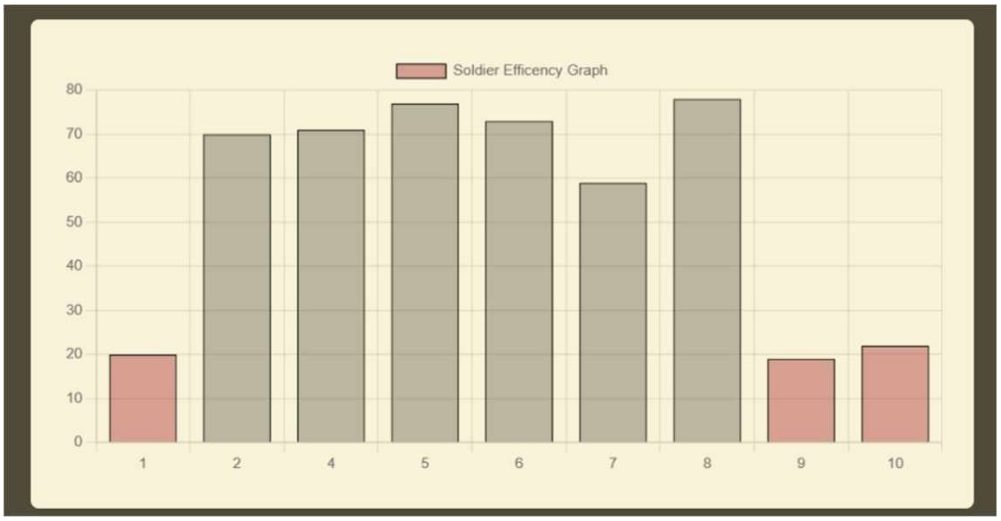


Fig.6 SOLDIER EFFICIENCY GRAPH

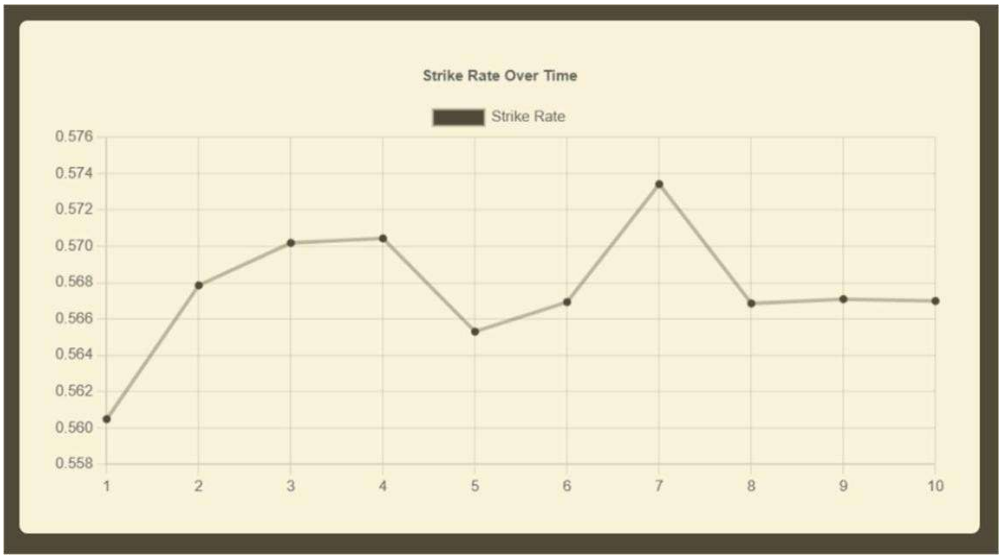


Fig.7 STRIKE RATE OVER TIME



Fig.8 SINGLE SOLDIER DASHBOARD PAGE27

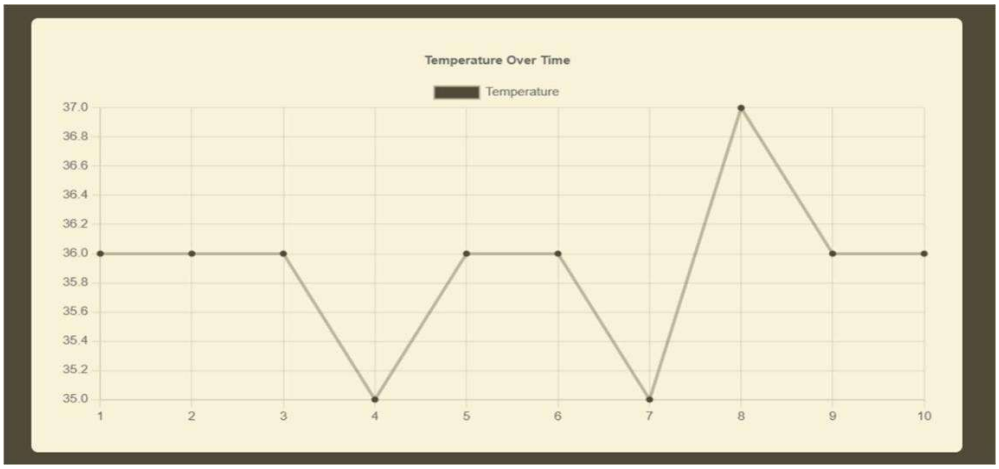


Fig.9 SOLDIER TEMPERATURE OVER TIME

V. CONCLUSION AND FUTURE WORK

Our implementation of the Soldier Health Monitoring System (SHMS) provides a crucial advancement in the safety and efficiency of military personnel. By integrating wearable sensors, machine learning, and real-time data transmission, the system enables continuous health tracking, early detection of potential health issues, and rapid medical intervention.

This ensures not only the well-being of soldiers but also enhances their operational effectiveness in high-risk environments. As technology continues to evolve, future enhancements to the SHMS could include more advanced biometric sensors capable of detecting a broader range of physiological and psychological conditions, such as stress levels and dehydration. Additionally, improving machine learning algorithms for more accurate predictive analysis would help anticipate potential health risks before they become critical.

Another area of potential improvement is the integration of AI-driven decision support systems, which can assist military strategists and field commanders in making informed decisions based on real-time soldier health data. Furthermore, expanding SHMS applications beyond military use— such as in emergency response teams, healthcare monitoring, and industrial safety—would increase its utility and impact.

Future iterations of the system could also incorporate blockchain technology for secure and tamper-proof data management, ensuring confidentiality and integrity in military operations. Continuous research and development will be essential to refining SHMS, making it more robust, efficient, and adaptable to the ever-evolving challenges faced by military personnel and other high risk professions. By leveraging technological advancements, the SHMS can be transformed into a highly intelligent, scalable, and indispensable tool for soldier welfare and operational success.

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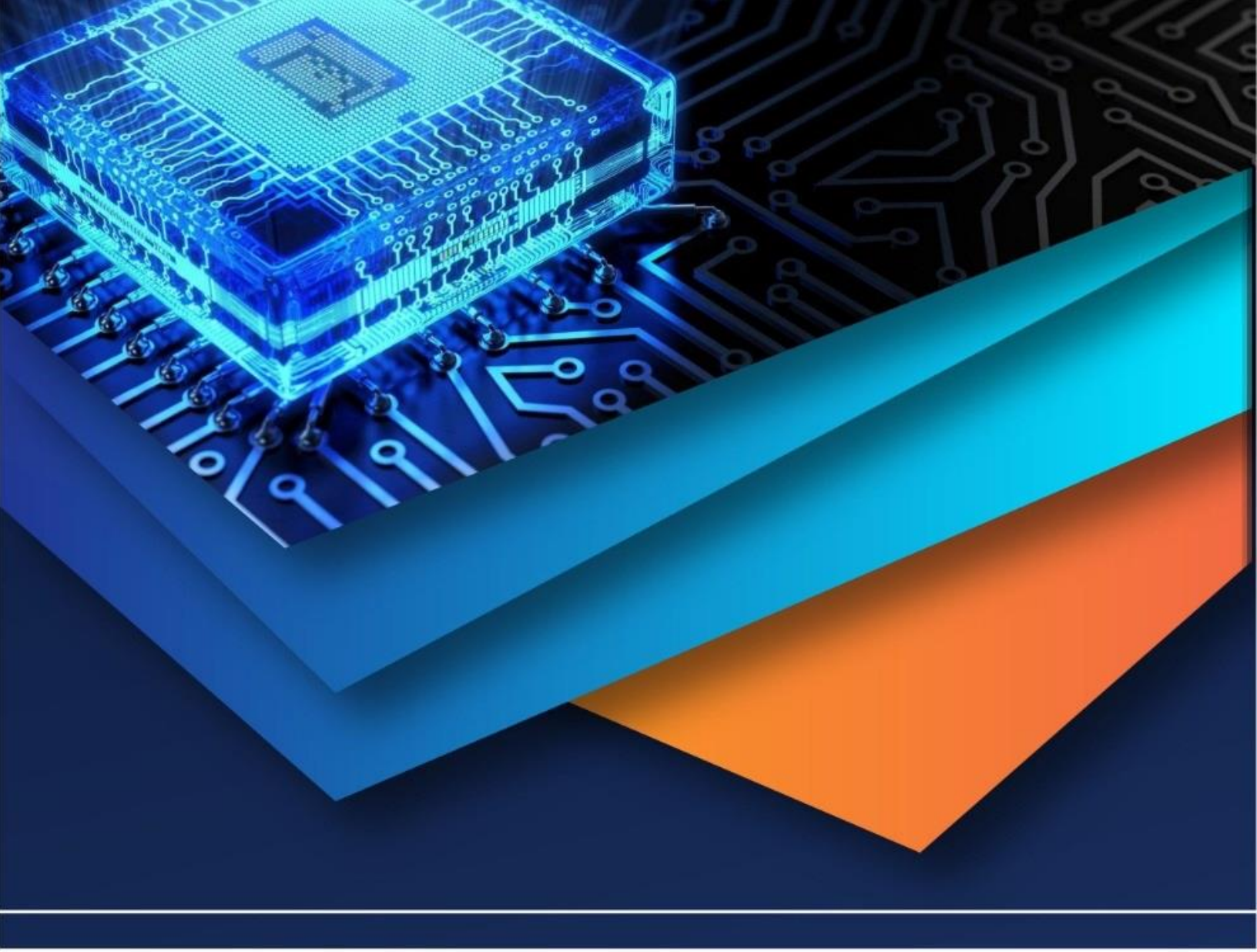
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