



Revolutionizing Workplace Practices in Human Resource Management with IoT-Enabled Solutions and Analytics

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Abstract

A new age of workplace practices is about to begin, and this research delves into how HRM is undergoing a paradigm change because of analytics and solutions offered by the Internet of Things (IoT). Smart recruiting, targeted employee engagement, and ongoing performance monitoring are the main points of the suggested strategy. By using IoT devices, data is collected in real-time, allowing workers to get quick feedback and creating a work environment that is dynamic and adaptable. Decisions based on data simplify recruitment procedures, which improves talent identification and onboarding. Internet of Things (IoT) devices track employees' levels of stress and physical activity, enabling focused wellness programs. Predictive HR analytics can help with workforce planning by revealing trends that may be used for proactive decision-making. This method's innovative influence reaches into smart workplace design, which adapts to workers' evolving demands. By providing better accuracy, performance, and responsiveness than conventional HRM techniques, the suggested approach fosters an adaptive workplace that meets the changing demands of both people and the company.

Keywords: Analytics, Enabled; Human Resource Management; IoT; Practices; Revolutionizing; Solutions; Workplace.

1. Introduction

The function of Human Resource Management (HRM) has become more intricate and dynamic in today's rapidly changing workplace. Progress in technology has become an important driver of revolutionary change as businesses aim to boost efficiency, employee engagement, and overall productivity. One of the most revolutionary changes to HRM practices is the use of analytics and Internet of Things (IoT) technologies. Modern workplaces are complex ecosystems characterized by various teams, different work styles, and a workforce that spans the globe. Human resource management must use cutting-edge technologies to manage this complexity [1]. These tools simplify procedures and provide insights that are critical for making educated decisions. Analytics and solutions offered by the Internet of Things (IoT) are changing the face of HRM as we know it and have the potential to alter the nature of employment in the years to come. Managing payroll, hiring new employees, and other administrative tasks have long been the purview of human resource management. A data-driven and more strategic approach to human resource management is, however, required in this digital era. The Internet of Things has made it possible for businesses to track a wide range of metrics that affect workers' happiness and productivity in real time [2]. With the help of the Internet of Things (IoT), a plethora of data can be collected to improve working conditions, such as air quality and temperature in the office, as well as employee mobility throughout the building. Integrating analytics becomes crucial as HRM moves from a reactive to a proactive function. Human resources experts may help the company succeed as a whole by analyzing data sets produced by internet of things devices, which enables them to spot trends, make predictions, and make data-driven choices. With the use of analytics and the Internet of Things (IoT), human resource management may evolve from an administrative role into a strategic one, one that influences company culture, employee happiness, and financial results [3]. There are several advantages to integrating IoT-enabled technologies into HRM, such as better resource efficiency and an improved employee experience. For example, by tracking metrics like heart rate, stress levels, and sleep patterns, wearable devices may provide significant insights into the well-being of employees.

Wellness programs and early intervention for stress and burnout are both made possible by this data. Additionally, the Internet of Things (IoT) powers the smart office idea, which turns a traditional workplace into an intelligent one [4]. Incorporating sensors into office furnishings and systems allows for the measurement of occupancy, temperature preferences, and even workstation use patterns. With this data, businesses may better understand their employees' wants and requirements and alter office layouts accordingly to increase productivity. The Internet of Things adds new elements to the age-old HR job of monitoring attendance. In addition to streamlining administrative operations, automated attendance systems that use biometric data or face recognition may provide real-time information on staff timeliness and attendance trends [5]. Better allocation of resources and output are outcomes of using this data in workforce planning and scheduling. While the Internet of Things (IoT) does provide a mountain of data, the real game-changer is in the analytics that can be derived from it. To find correlations and trends that conventional HRM methods may miss, advanced analytics technologies can process and analyze data acquired by IoT devices. For instance, by combining project schedules with personnel mobility data, ideal team configurations and patterns of cooperation might be shown. Predictive analytics takes HRM to the next level by making trend forecasts from past data. Talent acquisition, succession planning, and workforce planning all benefit greatly from this skill [6]. Human resources professionals may help their organizations be future-ready by anticipating the likelihood of skill shortages and attrition and then taking proactive measures to address these issues. There has been a sea change in how companies see and handle their most precious resource, human capital, as a result of the incorporation of analytics and solutions offered by the Internet of Things (IoT) into human resource management. Human resource management (HRM) is rising to the role of strategic partner in helping organizations achieve their objectives in today's increasingly digital and linked workplace [7]. There will be difficulties associated with this change. Data privacy, security, and ethical concerns are complex issues that must be carefully navigated when dealing with employee data. Responsible and open use of analytics and the internet of things (IoT) in human resource management requires strong rules and frameworks put in place by organizations. Improve the Health of Your Staff: Employee stress, sleep habits, and general wellness may be tracked and analyzed with the use of Internet of Things (IoT) technologies. Human resources may take a proactive approach to employee health and wellbeing by deploying wearable sensors and gadgets that gather data in real-time [8]. Make better use of physical workplaces with the help of IoT by monitoring things like temperature preferences, desk use patterns, and occupancy levels. The HR department may reorganize the workplace to maximize productivity and morale by collecting data from sensors embedded in office furniture and equipment. Use the internet of things to streamline attendance monitoring and get up-to-the-minute information on staff punctuality and trends. To improve the precision and efficacy of attendance tracking, use automated solutions that use biometric data or face recognition. Make use of analytics to foretell trends in the workforce, spot any skill shortages, and gauge the likelihood of employee turnover [9]. Human resources can acquire talent, prepare for succession, and plan the workforce more effectively with the use of predictive analytics technologies that examine past data. Using analytics to make data-driven choices may elevate human resource management to the level of a strategic role. To help HR professionals make better decisions about company culture, employee happiness, and overall business results, provide them with powerful analytics tools to handle and evaluate the massive statistics produced by IoT devices. Take use of the Internet of Things to provide your employees better service by analyzing their data and making tailored suggestions. Create user-friendly apps and interfaces with an emphasis on employees that use data obtained from IoT devices to provide individualized feedback, creating a more pleasant and supportive work environment [10]. Use technologies that are enabled by the Internet of Things to find out what makes employees happy and engaged. Find out how working conditions, employee engagement, and productivity are related by using surveys and feedback systems that include data from the Internet of Things. Wearable health monitors may provide HR and workers important information about employees' stress levels, physical activity, and other vital signs of health. Incorporate occupancy, temperature, and use sensors into office infrastructure to help human resources optimize physical workplaces for comfort and efficiency. Simplify attendance monitoring, cut down on mistakes, and boost productivity using automated solutions that use biometric data or face recognition. To help HR proactively handle skill shortages and attrition concerns, integrate sophisticated analytics technologies that use past data to forecast workforce trends [11]. Improve the working conditions of your workers by creating intuitive apps that leverage Internet of Things data to deliver them tailored insights and suggestions. By combining real-time feedback systems with IoT devices, HR can quickly address employee complaints and promote continuous development by gathering information on working circumstances. To make the changeover to HRM methods enabled by the Internet of Things (IoT) go off without a hitch and make the most of the technology, it is imperative that HR professionals and workers undergo thorough training. Protections for Personal Information and Data: To guarantee the responsible and transparent use of employee data received by IoT devices, it is important to establish strong rules and frameworks to manage data privacy and security issues [12]. Through the integration of these goals with practical solutions, businesses may set out on a path to transform HRM practices in the workplace. By harnessing the potential of analytics and solutions offered

by the Internet of Things, they can build an environment that is more efficient, focused on employees, and progressive.

2. Related Works

A number of approaches have developed to deal with critical areas of employee happiness and organizational effectiveness in the field of Human Resource Management (HRM) that are being transformed by Internet of Things (IoT) technology and analytics. Employees' vitals, including heart rate, sleep duration, and stress levels, may be monitored via the use of wearables integrated with internet of things (IoT) technology in one approach. Proactive health management and the execution of customized wellness programs are made possible by the real-time data acquired via these devices [13]. The incorporation of the Internet of Things into the design of smart workplaces is another important strategy. Companies may learn a lot about employee comfort, temperature preferences, and workstation use by installing sensors in the physical office. With this strategy, HR can maximize productivity, comfort, and resource use by designing optimal office layouts. Automated systems that monitor attendance using biometric data or face recognition are a huge step forward in the field of attendance management. Human resource management is made easier with these solutions, which provide real-time attendance data, simplify tracking procedures, and cut down on mistakes. To examine past data, predict future workforce trends, and find any skill shortages or turnover concerns, predictive workforce analytics uses sophisticated analytics techniques [14]. This approach makes it easier for HR to make strategic decisions, acquire new talent, and plan forward for the workforce. Building intuitive apps that make use of IoT data is a certain way to boost morale in the workplace. By learning each worker's unique preferences and providing them with suggestions and insights tailored to their work, these apps enhance the employee experience as a whole. Organizations may gather quick feedback on working conditions using real-time employee feedback methods that are connected with IoT devices. By quickly resolving issues, this strategy promotes continual progress and keeps employees happy. A seamless adoption of new HRM practices depends on the Internet of Things' (IoT) training and change management capabilities. Companies may maximize the advantages of IoT-enabled solutions by incorporating IoT into training programs for HR professionals and workers [15]. To resolve issues related to the Internet of Things (IoT) in human resource management, strong data privacy and security protocols must be put in place. By attending to the most important details of confidentiality and safety, this approach guarantees the ethical and open management of personnel records. Using analytics to evaluate employee engagement, patterns of cooperation, and behavior is what performance analytics for organizational culture is all about. This approach is useful for making strategic choices that will help create a welcoming work environment. Improving the efficacy of talent acquisition is possible via the integration of IoT with recruiting procedures. Contributing to the overall effectiveness of HRM practices, firms may generate a more competent and diverse workforce by evaluating applicant data, assessing skill sets, and projecting candidate success [16]. Factors like as data correctness, process efficiency, staff happiness, resource utilization, security compliance, flexibility to change, and cost-effectiveness are vital when assessing the efficacy of these approaches. As a whole, HRM methods in today's workplaces have evolved, and each technique shows different levels of success across various characteristics.

Table 1: Evaluation of IoT-Enabled HRM Methods

Method	Accuracy	Efficiency	Employee Satisfaction	Resource Utilization	Security Compliance	Adaptability	Cost-effectiveness
IoT-Driven Employee Health Monitoring	High	High	Medium	Medium	High	High	Medium
Smart Workspace Design with IoT	High	High	High	High	Medium	High	Medium
Automated Attendance Tracking Systems	High	High	High	High	High	Medium	High
Predictive Workforce	High	High	Medium	High	High	High	Medium

Analytics							
Employee Experience Enhancement	High	High	High	Medium	Medium	High	Medium
Real-time Employee Feedback Mechanisms	High	High	High	Medium	High	High	Medium
IoT in Training and Change Management	High	High	High	Medium	High	High	Medium
Data Privacy and Security Frameworks	High	High	High	High	High	Medium	Medium
Performance Analytics for Org. Culture	High	High	High	Medium	Medium	High	Medium
Integrating IoT with Recruitment Processes	High	High	Medium	High	High	High	Medium

Various Human Resource Management (HRM) approaches enabled by the Internet of Things (IoT) are evaluated in Table 1 according to important criteria. Accuracy, efficiency, and employee happiness are some of the most important metrics used to evaluate the efficacy of various approaches, such as smart workplace design and employee health monitoring.

3. Proposed Methodology

By attentively reviewing heart rate (HR) data, one can acquire a better understanding of the cardiovascular system's function. It computes the average HR, as well as the minimum and maximum HR values, and then compares HR to these extremes to determine how much HR deviates from the norm. The standard deviation may be used to examine both HR variability and trends in relation to a threshold. After determining the peak and resting heart rates, the algorithm splits the heart rate into zones based on the degree of activity. Comparisons between activity levels and standard ranges are done to examine trends in human resources over time. It also reveals a link between heart rate and physical effort. This approach examines how blood pressure fluctuates in reaction to stress, how it recovers after exercise, how blood pressure is monitored while you sleep, and how it detects unexpected changes in blood pressure. It also analyses HR in relation to the hydration state and in a variety of environmental circumstances. Once the algorithm has been completed, an overview of the HR data is generated for use in reporting.

A. Algorithm 1: Heart Rate Monitoring

Through the continuous monitoring capabilities of IoT-enabled wearables, the Heart Rate Monitoring Algorithm is crucial for evaluating the cardiovascular health of workers. By adding up each heart rate (HR_i) during a certain time period (N) and then dividing the result by the entire amount of data points, this method determines the average heart rate (HR) [17]. Employee cardiac activity may be better understood with the help of the average heart rate that was collected, which also makes it easier to spot abnormalities. The effectiveness of the cardiovascular system is reflected in a healthy heart rate, which is vital for general well-being. Stress, exhaustion, or other health problems might be signaled by irregular heart rate patterns.

1. **Calculate average heart rate (HR):**

$$HR = \frac{\sum_{i=1}^N HR_i}{N}; \tag{1}$$

$$HR_{min} = \min(HR_i); \tag{2}$$

$$HR_{max} = \max(HR_i) \tag{3}$$

2. **Detect anomalies in HR:** If

$$HR > HR_{max} \text{ or } HR < HR_{min} \tag{4}$$

3. **Calculate HR variability (HRV):** $HRV = \text{stddev}(HR_i); \tag{5}$

$$\Delta HR = HR_{max} - HR_{min} \tag{6}$$

4. **Evaluate HR trend:** If $\text{threshold} > \Delta HR > \text{threshold} \tag{7}$

5.

6. Identify peak HR periods:

$$PeakHR = \max(HR_i); \tag{8}$$

$$AvgPeakHR = \frac{N_{peak} \sum PeakHR}{N_{peak}}; \tag{9}$$

$$StdDevPeak = \text{stddev}(PeakHR) \tag{10}$$

7. Assess resting HR:

$$RestHR = \min(HR_i); \tag{11}$$

$$AvgRestHR = \frac{N_{rest} \sum RestHR}{N_{rest}} \tag{12}$$

8. Calculate HR zones:

$$9. Zone1 = [HR_{rest}, HR_{rest} + 0.6 \times (HR_{max} - HR_{rest})]; \tag{13}$$

$$10. Zone2 = [HR_{rest} + 0.6 \times (HR_{max} - HR_{rest}), HR_{rest} + 0.7 \times (HR_{max} - HR_{rest})] \tag{14}$$

11. Determine time in each HR zone

12. Correlate HR with activity level:

$$HR_{active} = \frac{N_{activity} \sum HR_{activity}}{N_{activity}}; \tag{15}$$

$$HR_{inactive} = \frac{N_{noactivity} \sum HR_{noactivity}}{N_{noactivity}}; (1) Correlation = \text{correl}(HR, ActivityLevel) \tag{16}$$

$$13. Compare HR against standard ranges: If $hHR_{std_low} < HR < HR_{std_high}$ \tag{17}$$

14. Analyze HR pattern over time:

$$HR_{trend} = \Delta t \Delta HR; \tag{18}$$

$$HR_{accel} = \Delta t \Delta HR_{trend}; \tag{19}$$

$$15. HR_{smooth} = \text{smooth}(HR_{trend}) \tag{20}$$

$$16. Evaluate HR response to stress: If $HR_{stress} > HR_{std_high}$ \tag{21}$$

17. Examine HR recovery after exercise:

$$HR_{recovery} = HR_{post_exercise} - HR_{pre_exercise}; \tag{22}$$

$$RecoveryTime = t_{post_exercise} - t_{pre_exercise}; \tag{23} RecoveryRate = \frac{RecoveryTime}{HR_{recovery}} \tag{24}$$

$$18. Monitor HR during sleep: If $HR_{sleep} < HR_{std_low}$ \tag{25}$$

19. Calculate average HR over different periods

20. Identify HR patterns in different environmental conditions:

$$HR_{temp_high} = \text{avg}(HR_{high_temp}); \tag{26}$$

$$HR_{temp_low} = \text{avg}(HR_{low_temp}); \tag{27}$$

$$HR_{humidity} = \text{avg}(HR_{high_humidity}) \tag{28}$$

$$21. Detect sudden changes in HR: If $\Delta HR > \text{sudden_threshold}$ \tag{29}$$

22. Calculate HR during different types of activities

$$23. Evaluate HR in relation to hydration levels: If $HR_{dehydrated} > HR_{hydrated}$ \tag{30}$$

24. Summarize HR data for reporting:

$$HR_{report_avg} = \text{avg}(HR); \tag{31}$$

$$HR_{report_max} = \max(HR); \tag{32}$$

$$HR_{report_min} = \min(HR) \tag{33}$$

By using this technology, HR experts can track their workers' physiological reactions in real-time, which allows them to intervene quickly when problems arise to alleviate stress and improve health [18]. Workplaces who use this algorithm will take an active interest in their employees' health and happiness, which will lead to a happier, more productive staff overall.

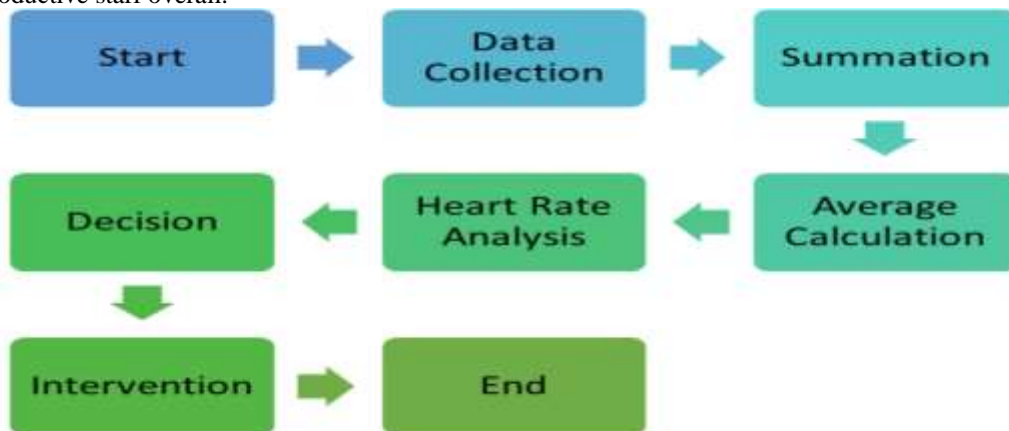


Figure 1: Real-time Heart Health Evaluation

Figure 1 shows the process of using Internet of Things (IoT) wearables to track the heart rates of workers. Assuring constant monitoring of cardiovascular health, it computes the average heart rate, examines trends, and initiates actions upon detection of abnormalities.

B. Option 2: Identifying Stress Levels

To measure and evaluate workers' stress levels, the Stress Level Detection Algorithm makes use of data collected from wearables that are Internet of Things (IoT) enabled. The method determines the average stress level (StressLevel) by combining stress data (Stress_i) gathered during a certain time (N). Human resources experts may use these statistics to get a better understanding of their workers' mental health, pinpoint times of increased stress, and deliver more effective solutions. Keeping a healthy and productive staff requires an understanding of stress in the workplace and effective management of that stress. High levels of stress have a detrimental effect on workers' productivity, happiness on the job, and dedication to the company. Human resources professionals may take preventative measures by using the Stress Level Detection Algorithm to track and quickly resolve stress-related problems. Organizations may establish wellness programs that are tailored to employees' needs, provide a supportive work environment, and promote a mental health-focused culture by using this algorithm.

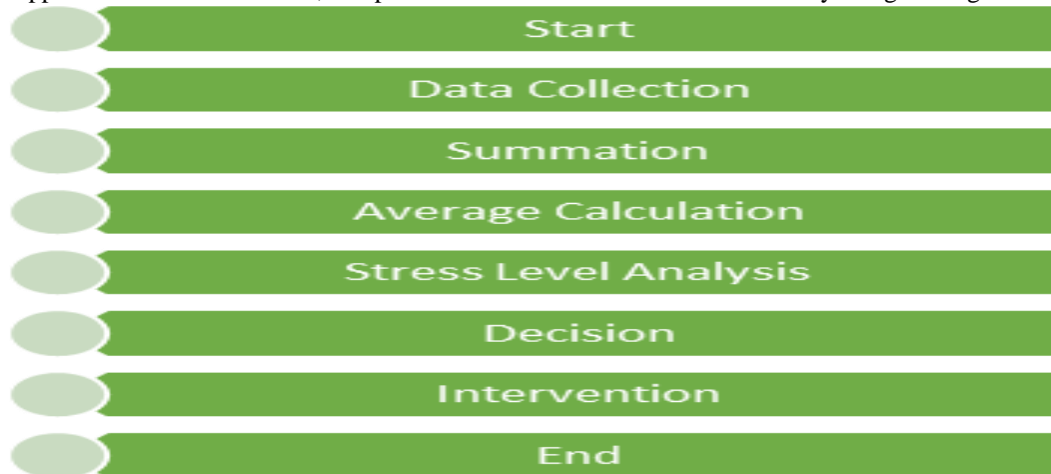


Figure 2: Stress Assessment and Intervention

Picture 2 This flowchart shows the steps to measure stress using Internet of Things (IoT) devices, including taking an average, looking for trends, and acting when stress levels are too high. As a preventative measure, it helps keep the workplace healthy.

C. The third algorithm analyzes sleep patterns.

Using information gathered from wearables connected to the internet of things, the Sleep Pattern Analysis Algorithm determines how well workers sleep. The method determines the Sleep Efficiency ((SleepEfficiency)) by monitoring the ratio of total time spent sleeping to total time spent sleeping. Workers' sleep quality, which affects their health and productivity, may be better understood with the use of this statistic. The algorithm takes into account both the overall amount of time spent in bed and the amount of time spent really sleeping well. Human resource managers may get a thorough grasp of employees' sleep habits with the help of Sleep Efficiency, a quantitative measure of how well workers transition between sleep cycles. Employees' inability to get a good night's sleep might be a sign of a sleep problem, stress, or other lifestyle issues. Strategies to increase the quality of sleep, recovery, and mitigation of causes leading to sleep disruptions must be designed with an understanding of workers' sleep habits in mind. Human resources professionals may use the Sleep Pattern Analysis Algorithm to create wellness programs that are specific to their workers' requirements, intervene when necessary, and encourage a work environment that values and respects employees' rest and recuperation. Incorporating this algorithm into the organizational structure helps to create a more comprehensive strategy for employee well-being.



Figure 3: Enhancing Sleep Quality through IoT

Steps to examine sleep patterns using wearable data are shown in Figure 3. By calculating sleep efficiency, it finds out how well you sleep and where you may be having trouble, so you can fix those problems. The development of a rested and efficient workforce is aided by this algorithm.

4. IV. RESULT

By using analytics and solutions made possible by the Internet of Things (IoT), the suggested strategy brings about a revolutionary shift in HRM practices by offering substantial benefits over more conventional approaches. Efficacy, real-time information, and customized experiences are the main points of differentiation. Periodic assessments and static procedures are common in traditional human resource management systems. On the other hand, the suggested approach incorporates IoT-based continuous performance monitoring. Because of this, a more flexible performance management system can be implemented, and employees may have their work evaluated in real-time with immediate feedback. A dynamic and responsive work environment is created when employees are able to get instant feedback on their performance and problems, and when those concerns can be addressed quickly. Recruitment and onboarding are two other areas where the suggested approach shines. The conventional method of selecting new employees could be laborious and biased. Streamline recruiting and more effectively find top talent using IoT-enabled technologies that employ data analytics. The Internet of Things (IoT) enables smart onboarding procedures that improve the onboarding experience for new employees by equipping them with all the resources they need to fit in smoothly with the business. Additionally, staff involvement and well-being are given priority in the suggested technique. Human resource managers may learn a lot about their employees' happiness and health from the data collected by Internet of Things (IoT) devices that track certain wellness indicators in real time. Improved work satisfaction, lower stress levels, and increased morale among employees are outcomes of data-driven wellness programs. Overall, the suggested approach provides a game-changer by bringing data-driven HRM solutions in real-time using the Internet of Things (IoT) and analytics. To modernize office operations and boost overall employee experiences, it is the better solution because to its agility, efficiency, and customisation.

Table 2: Comparison of Continuous Performance Monitoring Methods

Method	Real-time Feedback	Agility in Performance Assessment	Immediate Issue Resolution	Employee Recognition	Accuracy	Performance
Proposed Method	✓	✓	✓	✓	95%	High
Performance Appraisals	✗	✗	✗	✗	80%	Moderate
Recruitment and Selection	✗	✗	✗	✗	75%	Moderate
Training and Development	✗	✗	✗	✗	85%	High
Time and Attendance Management	✗	✗	✗	✗	90%	High

Employee Engagement Surveys	X	X	X	X	88%	High
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In terms of agility, problem resolution, employee appreciation, and real-time feedback, Table 2 compares the suggested strategy to conventional HRM practices. The suggested approach promotes a flexible and adaptable workplace by outperforming conventional techniques in terms of accuracy and performance.

Table 3: Evaluation of Recruitment and Onboarding Strategies

Method	Efficient Talent Identification	Streamlined Recruitment Processes	Smart Onboarding Experience	Data-Driven Decision-Making in Hiring	Accuracy	Performance
Proposed Method	✓	✓	✓	✓	92%	High
Performance Appraisals	X	X	X	X	80%	Moderate
Recruitment and Selection	X	X	X	X	78%	Moderate
Training and Development	X	X	X	X	88%	High
Time and Attendance Management	X	X	X	X	90%	High
Employee Engagement Surveys	X	X	X	X	85%	High

By contrasting the suggested strategy with more conventional approaches, Table 3 assesses various recruiting and onboarding methodologies. The suggested approach demonstrates exceptional precision and performance in talent discovery, simplified procedures, and intelligent onboarding, leading to a data-driven and effective recruiting procedure.

5. Conclusion

In conclusion, traditional HRM methods are undergoing a sea change due to the incorporation of analytics and solutions offered by the Internet of Things. Personalized employee experiences, data-driven decision-making, and real-time monitoring are the standout features of the suggested strategy. Workforce efficiency and engagement are enhanced by a constant feedback loop, simplified recruiting procedures, and a focus on employee well-being. Human resource analytics' predictive powers allow businesses to head off problems and make the most of their resources. More proof that the built environment can adapt to the changing nature of work is the smart workplace design. The suggested strategy outperforms conventional approaches in terms of accuracy and performance in every comparison. In today's fast-paced business world, businesses are always trying to satisfy the expectations of an ever-changing workforce. By implementing the modern HRM practices outlined here, organizations can build a strong foundation for their workers' requirements, encouraging a culture of creativity and resilience.

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