

INTERNET OF HUMAN CENTRIC LIGHTING: A BRIEF OVERVIEW ON INDIAN ASPECTS

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Human Centric Lighting is popularly known as lighting for health and better living amongst lighting designers and researchers. It has impact on individual health, behavioural and emotional stability at night that suppress melatonin generation rate. This paper presents a new concept called Internet of Human Centric Lighting by which lighting systems can be monitored and administered by smart internet enabled gadgets for stimulating our work efficiency and relaxation at night to reinforce natural circadian rhythm for a better living environment.
