

# Low Consumption and Energy Efficient IoT based on Wireless Sensor Network for Health Care System

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## ABSTRACT

*In the Internet of Things, savvy objects speak with each other, data are accumulated and certain solicitations of clients are fulfilled by various questioned data. The improvement of vitality productive plans for the IoT is a testing issue as the IoT turns out to be more mind boggling because of its huge scale the present systems of remote sensor systems can't be connected specifically to the IoT. Since vitality productivity is of most extreme significance to these battery compelled IoT devices, IoT-related guidelines and research works have concentrated on the device vitality saving issues. This paper shows a far reaching review on vitality preserving issues and arrangements in utilizing differing remote radio access advancements for IoT connectivit. To accomplish the green organized IoT, this paper tends to vitality proficiency issues by proposing a novel sending plan. The simulation results show that the new scheme is more energy efficient and flexible than traditional WSN schemes and consequently it can be implemented for efficient communication in the IoT.*

**Keywords:** *IoT, Wifi, ZigBee, REEQ, Wireless sensor Network, Battery, Energy efficiency, MUC, GPRS, Low Consumption Energy Efficient (LCEE).*

## I. INTRODUCTION

The Internet of Things (IoT) has been pictured as the correspondence and mix of shrewd articles (things). The strength of IoT prompts a novel setting of up and coming administrations and applications. These sensors and actuators (e.g., observation cameras, home machines, and condition checking sensors) are normally furnished with various types of microcontrollers, handsets, and conventions for correspondence of detecting and control data [1, 2, 3].

These genuine items, either sensors or actuators, are associated with each other to exchange their detected data to brought together servers, where data is all things considered put away and made accessible for specific clients with appropriate access rights. The system qualities of IoT utilizing these remote innovations are very not quite the same as those for conventional wired or remote systems in light of the fact that the quantity of devices taking an interest in correspondence is vast [4]. What's more, movement per IoT device is normally less in light of the fact that each IoT device faculties and exchanges a little measure of data to a comparing IoT server, in spite of the fact that data created from countless may on the whole impacts affect the system execution. Besides, IoT systems ought to work steadily and reasonably for a more extended period with no

requirement for human intercession. Devices in such IoT systems will normally work in light of battery control sources, and thus, vitality productivity is normally of most extreme significance in device administration. Investigating a specific Wireless Sensor Network (WSN) area, vitality effectiveness for battery worked sensor nodes and lifetime prolongment have been inquire about issues for so long [5, 6], where Medium Access Control (MAC) layer conventions center around modifying the obligation cycle for sensor nodes, and steering layer The conventions are intended for data collection and many-to-one transmission. Correspondingly, since IoT devices working in the IoT organize worldview are additionally battery worked, battery utilization ought to be remembered amid IoT arrange organization. The acknowledgment of cost decreases to accomplish green systems administration is the exploration goal of this paper. Numerous vitality effective plans for WSN have been proposed in the current past, for example, pecking order [6, 9] and correct [7, 8] ones, yet these investigations have not inspected the game plan of the items with regards to a vitality productive IoT. We demonstrate that this plan is more agile and productive contrasted with customary methodologies for WSNs and it can be effectively executed in a vitality proficient IoT. Additionally we introduce a complete overview on late endeavors to determine the vitality protection issues for asset compelled IoT devices, and examine issues and arrangements gave in various types of writing .The MCU should be to a great degree vitality proficient. Computational necessities will probably manage the choice of a 32-bit or 8-bit MCU, yet low vitality prerequisites stay paying little heed to the MCU decision. Vitality utilization in low-power and dynamic modes, and in addition the need to rapidly wake up from low-control modes to full-speed activity, will have a critical effect in monitoring battery control.

Consider how much the picked MCU can manage without really utilizing the CPU center itself. For instance, noteworthy power investment funds can be accomplished through self-governing treatment of sensor interfaces and other fringe capacities. Having the capacity to create the boost flag, or power supply, for the sensor from the MCU and read back and decipher the outcomes without waking the MCU until "valuable" data is gotten can go far toward amplifying the framework's battery life. How about we think about the remote availability. The system topology (Figure 2) and the selection of conventions will both affect the power spending plan required to keep up the remote connection. Now and again, a basic point-to-point interface utilizing an exclusive sub-GHz convention may appear like a proper decision to yield the most reduced request on control from the battery. Be that as it may, this setup can confine the extent of where and how the sensor can be conveyed.

*"Design considerations include major system elements such as the microcontroller (MCU), wireless interface, sensor and system power managemnt."*

A star arrangement based on either 2.4 GHz or sub-GHz advancements expands the adaptability for different sensor organization, however this would likely build the many-sided quality of the convention, thusly expanding the measure of RF movement and framework control. A third alternative to consider is a work design in light of a convention, for example, ZigBee. While a work arrange forces the greatest deplete on the sensor node battery, it likewise gives the best level of adaptability. Contingent on the remote stack, a work system can likewise furnish the most solid arrangement alternative with a self-mending system.

### 1.1. ZigBee Wireless Protocol

ZigBee remote convention is viewed as a standout amongst other hopeful advancements for the agribusiness and cultivating spaces. Given its low obligation cycle, ZigBee is viewed as suitable for PA applications, for example, This paper analyzes the writing with a particular spotlight on remote systems administration perspectives for IoT vitality protection. The rest of the paper is sorted out as takes after. In Section 2, we give fundamental data about IoT arrange models, IoT device structures, and different applications. In Section 3, we examine some conceivable issues that can cause battery waste of IoT devices and thus influence the lifetime of IoT devices and systems. In Section 4, we audit vitality monitoring arrangements gave in various types of writing. In Section 5, we propose vital research headings with respect to vitality rationing issues for remote systems administration based IoT and we give finishing up comments.

### 1.2. WiFi Wireless Protocol

WiFi is presently the most widely used remote innovation accessible in convenient devices, including tablets, cell phones, workstations, and work areas. WiFi has an appropriate correspondence separation of around 20 m and 100 m in indoor and open air conditions, individually. In PA applications, WiFi expands differing designs by interfacing a few sorts of devices by means of an impromptu system. WiFi and 3G remote innovations were utilized in [36] to evaluate the agrarian uses of cell phones. Remote access and short message administrations have likewise been utilized for controlling and observing secured crops. In [37], farming data, for example, soil temperature, soil dampness, climate temperature and stickiness, daylight force, and CO<sub>2</sub>, were put away in a portal before they were transmitted to the server PC over a WiFi arrange. A Wi-Fi (IEEE 802.11g)- based savvy WSN is proposed for farming observing in [38]. The proposed framework comprises of three nodes: sensor, switch, and server. The atmosphere states of the nursery or agrarian field, for example, moistness, temperature, pneumatic force, light, water level, and soil dampness, are checked. The said work endeavors to bring down cost, limit wiring associations, and upgrade the versatility and adaptability

of the detecting focuses in WSN. In any case, the vitality utilization of the proposed framework is amazingly high at 42.17 J/h. Given that WiFi requires much power [5], long communication time, and huge data payload [26]. WiFi technology is not preferable for agricultural applications in spite of the fact that a Wi-Fi server prevents data losses by adopting data redundancy techniques. In addition, WiFi cannot be employed for multi-hop applications and influenced by number of users and the signal intensity; thereby, it is inappropriate for agriculture WSNs. Moreover, the WiFi nodes listen all the time, so power consumption will increase [39].

## **II. RELATED WORK**

### **A. Internet of Things(IoT)**

IoT is a developing innovation utilized as a part of different applications, for example, home robotization, human services, ventures, advertise, and so forth. It is pulling in impressive consideration from both open and private parts [1-3]. IoT arrange is alluded as shrewd system, in light of the fact that the accessibility of savvy and minimal effort devices, which works self-governingly with its detecting, calculation and correspondence capacities [1].

Likewise the multiplication of IoT offers openings however may likewise bear dangers. A here to dismissed perspective is the conceivable increment in control utilization. IoT devices are relied upon to be reachable by different devices constantly. This infers the device is devouring electrical vitality notwithstanding when it isn't being used for its essential capacity. Billions of such devices in this manner raise concerns with respect to extreme standby vitality utilization, regardless of whether the individual device has just direct power needs.

This paper examines the standby energy of novel mains associated IoT devices and their evaluated affect on the overall standby vitality utilization [3]. Traditional organize empowered devices like PCs, tablets, cell phones, diversion supports, set-top boxes, and brilliant TVs, and also organize framework gear and server farms, are not secured. The extent of this examination is featured in yellow in figure 1 beneath. The report additionally surveys the related IoT correspondence advancements and in addition Since IoT contains a wide assortment of businesses and applications, we have first organized the IoT space agreeing applications. At that point they have been organized with respect to their standby vitality potential in view of the assessed multiplication. The IoT is a term that is banded around a considerable amount nowadays, basically, the IoT comprises of an interwoven of equipment, programming and administrations all cooperating to assemble and transport data, break down data, and afterward utilize that data to settle on choices that enhance the proficiency of particular assignments. The devices that populate the IoT environment run from brilliant machines and cars, to wearables and everything in the middle. While they may vary in application and utilize, every one of these devices makes utilization of four basic segments: detecting.

#### **i. GPRS/3G/4G Technology**

General Packet Radio Service (GPRS) is a bundle data benefit for GSM-based phones. GPRS oftentimes encounters variable deferrals and throughputs, and such innovation relies upon the volume of buyers that offer a similar correspondence channels and assets. Gutiérrez et al. [40] utilized the GPRS module and WSN to build

up a programmed edit water system framework in light of the data gathered by temperature and soil dampness sensors introduced at the root zone of plants, and considered this framework a financially savvy and pragmatic answer for enhancing water quality in PA. A dribble water system process was assessed in [41] by estimating soil dampness. A model framework was likewise created in view of an data administration server and a WSN-GPRS entryway. WSN-GPRS passage goes about as an extension amongst WSN and GPRS where the data from the WSN are exchanged to an data administration focus. Navarro-Hellín et al. [42] outfitted different remote nodes with GPRS to gauge and transmit soil, plant, and air data. The remote nodes have boundless independence due to their free nature and utilization of sun based vitality. Distinctive sensors may transmit data to a remote area by means of a GPRS arrange for promote investigation by utilizing tablets, cell phones, or PCs. All horticulture sensors are interfaced to the sensor board to acquire agrarian data. Such data is transmitted to the remote server for promote investigation through the GPRS-board, which relies upon a GSM/GPRS portable system shown in Fig:1.

Data amassing, system, and data getting ready. Most devices including the IoT organic framework will be battery powered and should work for a significant extended period of time with no help or substitution [4-8]. To get by for drawn out extends of time on a singular battery charge, these contraptions must exhaust immaterial power. Other IoT contraptions will be filled by essentialness got from an external source, a strategy known as imperativeness gathering. In the two cases extended essentialness viability is huge to bringing the most extreme limit of the IoT to life. The IoT is an extreme thought with capacities promising to really change the way society lives and works. In reality, headway is at show in advance in a collection of regions that will impact various things to seem, by all accounts, to be to a great degree one of a kind than they are today—and not just from a client perspective [8, 9].

It compares the aforementioned wireless communication protocols or technologies relative to different parameters, including power consumption, communication range, data rate, cost, system complexity, and other parameters. The challenges in agricultural applications may be developed from the selection of the deployment range. For instance, the transmitted signal by the sensor node is attenuated when the agriculture field is separated by obstacles. Power consumption is considered as another limitation in the WSN design in agricultural applications [5]. The ZigBee wireless protocol was designed to run with a suitable communication range and low power consumption. LoRa and SigFox are considered to work with low power consumption and long radio range shown in Fig 2: . Accordingly, the power consumption and communication distance of the above technologies have been assessed as follows.

### **III. INDENTATIONS AND EQUATIONS**

#### **The Energy Efficient based IoT :**

A considerable measure of research has just been accounted for productive correspondence in WSNs for the sending of a green IoT [10, 11], yet little work is discovered concerning



vitality proficient correspondence for a versatile IoT. Steering conventions can be arranged into three kinds [11].

- Energy proficiency based;
- Reliability and system task based
- Network task based.

The customary innovations like home computerization, remote sensor systems and control frameworks will turn out to be more proficient and more intelligent because of association of IoT. IoT is having an extensive variety of use zones. For example, Medical applications for checking the wellbeing of a patient and sends the data remote. The present creating Wearable instrumentation is additionally in view of IoT. The illustration wearable instrumentation is Smart wrist groups, route pills, and so forth. This techniques require a web interface to refresh the wellbeing data or to control the device with an advanced mobile phone. The IoT likewise assumes a crucial part in media applications for promoting and trading the data around the world. The assembling forms additionally requires IoT for production network administration, computerized control frameworks for checking the assembling forms. IoT in vehicle applications and movement upkeep turned into a most utilizing zone of mechanization. The robotized devices in a vehicle ought to be associated with a cloud to refresh the auto wellbeing inside a timeframe. By interfacing the vehicles and activity in light of static steering (Cluster Heads (CH), Cluster Broker (CB), Relay Node (Nrelay), End Node (EN)). The lower layers comprise of sensor nodes, bunch heads, hand-off nodes and group facilitators. The highest layer is the meeting layer. This layer is involved base stations which are associated with the web. In the lower layers, nodes sense the thing or the articles and transmit the data to the Nrelay nodes. Nrelay pass the data to the CHs. To adjust the heap on the CHs and cluster broker CBs, CHs pass the data to the upper layer CB which additionally hands over the data to the upper layer CB and this procedure proceeds till the data is transmitted to the BS at the highest layer. Accomplishing the vitality proficiency important to empower IoT devices to keep running for quite a long time on a solitary battery won't be a simple undertaking. It requests the utilization of low-control segments and more proficient power frameworks. Along these lines this paper proposed vitality productive algorithm for IoT. We recommend endeavors are at present centered around looking into better approaches to enhance vitality productivity, including procedure and transistor devices. With a specific end goal to help the vitality proficiency of the sensor arrange constituting the IoT condition, we propose a subdivided IoT based vitality convention that can progressively move starting with one stage then onto the next as per the power on/off condition of the IoT device. Our proposed plot is important to screen the IoT devices genuine vitality utilization data and locate the central point and examples through deliberate displaying and examination for various sorts of structures. Such outcomes can be utilized to additionally outline and execute proper IoT based systems administration framework to develop suitable techniques and methodologies enhancing the vitality productivity for structures. Our proposed condense the exploration on the point into three successive key viewpoints:

(1) Vitality Efficiency of IoT: Through correspondence arranges, the utilization and age of vitality are checked and signed in various granularities including the entire building, floors, divisions, labs, rooms, and even tenants.

(2) Energy Modeling and Evaluation: Through disconnected displaying and assessment, recognize the vitality utilization examples and variables that may impact the utilization and the degree of their effect.

(3) IoT System to Apply Practical Changes and Strategy Adjustments: The displaying and assessment comes about are utilized to distinguish the key vitality segments of the working, to apply modifications, and to devise procedures to diminish vitality utilization. We are characterized fundamental suspicion of our proposed plan and IoT based systems administration framework is planned and prototyped to understand the techniques and accomplish the objective Routing Mechanism An ordinary node can impart just in a neighborhood area that is, it can just transmit data to the transfer node whose separation is limited from that node . Typical nodes can just transmit the data yet transfer nodes and bunch head nodes can perform both the errands of transmission and gathering of data.

- Stationary nodes (transfers and sensors) are placed. gnalling frameworks to the web, individuals can undoubtedly locate the most brief way for their goal from the activity observing frameworks and can explore naturally by checking every other course

## **B. Energy Monitoring of IoT**

We understand that structures can be altogether different from each other and it is critical to locate the basic "thing" or example among them as far as vitality effectiveness. So in our undertaking we conversed with some on-grounds building upkeep specialists completely and examined the regular structure of these structures [1]. We found that for such little office structures or home structures, it is moderately less complex and less demanding to apply organizing innovations to control or change their vitality strategy. In correlation, huge structures like our testbed are more hard to change and it is additionally one reason why in this paper we principally center around such huge office structures. With our discoveries in this testbed, it is moderately simpler to tailor and sum up the framework to explain the issue with different structures of a similar sort or distinctive composes.

## **C. ENERGY EFFICENCY ALGORITHM BASED IOT**

**System Model :** We have used the same tiered framework as used except for the relay layer which is not use in our framework, as can be seen in figure 2. It presents the hierarchical network structure where all objects placed are static and follow the transmission Sensors are set in arbitrary form and hand-off nodes are set in progressive fashion.

- Nodes know about the lingering vitality (Er) data.
- The battery levels of hand-off nodes are high, when compared to sensor nodes.
- Relay nodes are set one jump neighbor to sensor node and hand-off node.
- Sink isn't constrained by energy .In this paper utilized engineering AODV steering convention is used for data transmission. The explanation behind picking AODV convention is its receptive nature, no topology messages trade is required for correspondence along the connections, which lessens data transfer capacity usage. The most imperative preferred standpoint of AODV is its capacity to recuperate itself if there should arise an occurrence of node disappointments. It finds the briefest way from source to goal, in light of the bounce tally. For asset compelled remote sensor organize, vitality level of the node must be considered. In proposed work

directing leftover vitality considered for course revelation process shown in Fig: 3. The primary target of this paper is to improve the system lifetime to accomplish a vitality effective IoT, so the enhancement for view of

#### **D. Residual Energy**

The vast majority of the WSN applications are dealt with by battery worked devices, so vitality is considered as an imperative asset. Lifetime of the whole system relies upon vitality use. The nodes which are close to sink will be over-burden in multihop transmission, this prompts uneven vitality drainage and node drainout its battery soon. In an IoT situation made out of WSNs, to keep away from this issue, vitality of the node ought to be considered amid course revelation process. The node with great vitality level can be considered as middle nodes from source to goal. The leftover vitality ( $E_r$ ) of node is characterized as Units (2). D. RREQ Q packet format. AODV convention utilize course ask for (RREQ) parcel for course revelation from source node to goal node. To execute the  $E_r$  in AODV, it ought to be included RREQ control parcel. This paper proposed figure 3 portrays the RREQ parcel organize with Residual Energy ( $E_r$ ) data. By including D. RREQ bundle organize AODV convention utilize course ask for (RREQ) bundle for course disclosure from source node to goal node. To execute the  $E_r$  in AODV, it ought to be included RREQ control parcel. This paper proposed figure 3 portrays the RREQ parcel arrange with Residual Energy ( $E_r$ ) data shown in Fig: 4. By including this data in control bundle, AODV chooses the way based Hop Count and Residual Energy. Route selection of AODV protocol is done by destination node. When the destination node receives router quest, it discards further out request and start sending the route replay to the source. The Figure 4 shows the path selection procedure of the destination node in the IoT environment considering energy efficiency

#### **E. Leftover Energy**

A large portion of the WSN applications are taken care of by battery worked devices, so vitality is considered as a vital asset. Lifetime of the whole system relies upon vitality use. The nodes which are close to sink will be over-burden in multihop transmission, this prompts uneven vitality drainage and node drainout its battery soon. In an IoT situation made out of WSNs, to maintain a strategic distance from this issue, vitality of the node ought to be considered amid course revelation process. The nodes with great vitality level can be considered as middle of the road nodes from source to goal. The remaining vitality ( $E_r$ ) of node is characterized as Units (2).

##### **i. . Simulation setup**

Recreations of the proposed conspire have been performed by the Network Simulator adaptation 2.35 on the Linux Ubuntu variant 14.04. The test condition is appeared in Table 1. 50 joules is utilized as introductory vitality for sensor nodes and 60 joules as beginning vitality for Relay nodes. Transfer nodes transmit the data to sink node.

##### **ii. Performance Evaluation**

System lifetime: The system is said to be vitality productive system in light of its system lifetime. Adjusting the vitality utilization will delay the system lifetime and keep the system from vitality entire issue. The lifetime of the system is evaluated in view of first demise node, since when first node begins deplete out its vitality, inside a limited ability to focus time every single other node will deplete out its vitality. The purpose behind brisk



node demise after first node passing is, after first node demise the second node will convey the data heap of clench hand node, henceforth it will be over-burden and prompts battery deplete out. After second node demise, the data over-burden of first and second will be given to third node. So also every one of the nodes in arrange deplete out its battery. In reproduction result, the principal node passing in irregular situation of transfer happen at 140th second, in proposed organize design first node demise happen at 200th second. In arbitrary arrangement of transfer nodes, every one of the nodes misfortunes its vitality in 400th seconds. Likewise In proposed design, just 15 nodes misfortunes its vitality after whole reenactment period .This shows, the proposed network architecture performs uniform energy consumption and Normal Energy utilization of nodes shown in Fig 6: Energy effectiveness of the system is straightforwardly identified with normal vitality utilization of nodes. The execution and lifetime of the system relies upon adjusted vitality utilization of nodes. In Fig. 4 the normal vitality utilization of hand-off nodes are in adjusted way (uniform). This says the proposed arrange engineering, gives adjusted vitality utilization of nodes. From above outcomes it is comprehended that, the effective blend of node position and directing instrument gives vitality effective system.

#### IV. FIGURES AND TABLES

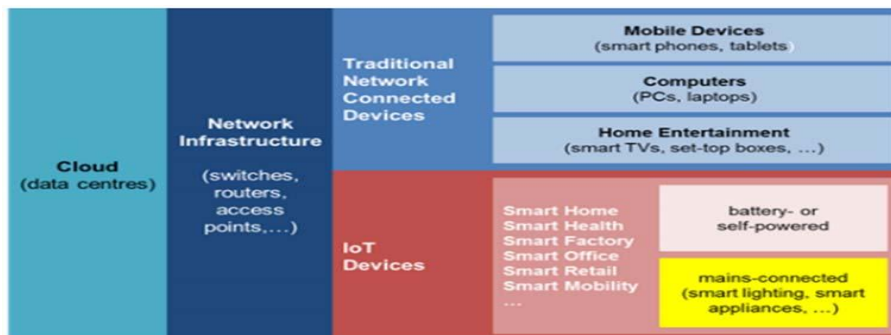


Fig:1. System over view and scope of study(yellow)

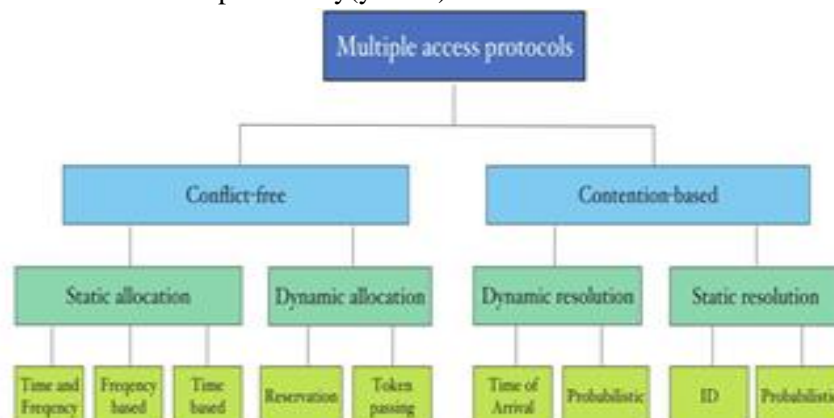
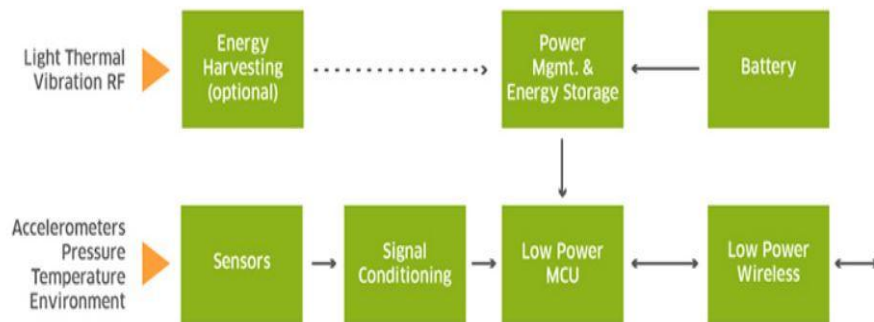


Fig: 2 .Multiple access Protocol based Network.



Typical Wireless Sensor Node Architecture

Fig. 3. Typical Wireless Sensor Node Architecture

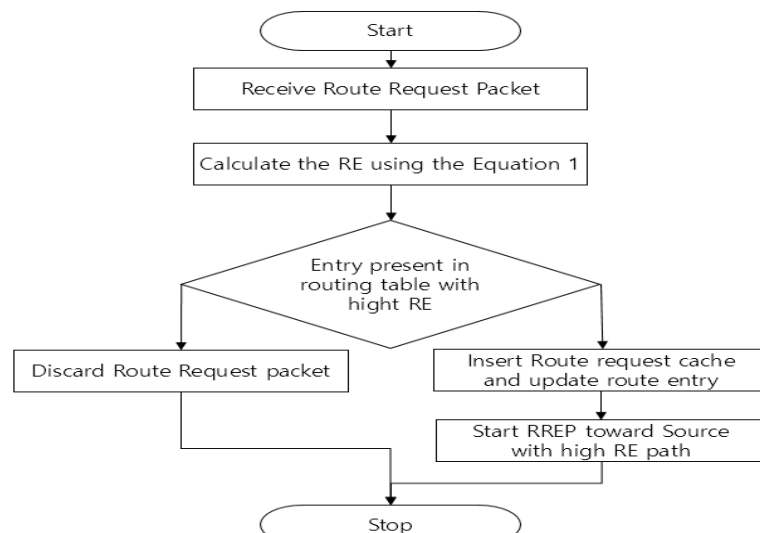


Fig 4. Minimum Erpath selecting Algorithm

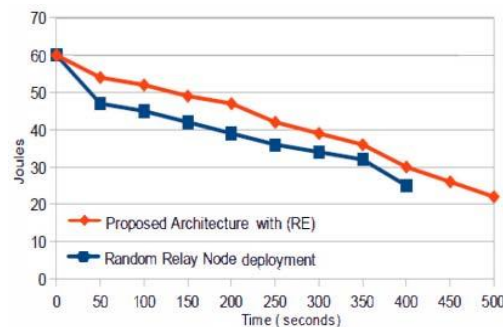
Type	Flags	Reserved	Hop count
RREQ (broadcast) ID			
Destination Address			
Destination Sequence Number			
Original Address			
Original Sequence number			
Residual Energy			

Fig 5. REEQ packet format

Description	Default
Routing Protocol	AODV, AODV(RE)
MAC/Physical Layer	802.11

Channel Type	Wireless
Radio n Propagation Model	Two Ray Ground
Traffic Type	Constant Bitrate
Antenna Model	Omni Directional
Initial node energy	50J
Initial relay energy	60J
Total number of nodes	68

**TABLE 1. SIMULATIONRS ENVIRONMENT**



**Fig 6. Average energy consumption of node**

## V. CONCLUSION

In this area, we propose a couple of research headings for vitality protection in remote systems administration based IoT. IoT is alluded as low power savvy device arrange. Executing required savvy device for specific application and keeping up the system for long time are the two vital contemplations of IoT arrange. Using the vitality in proficient way is the fundamental objective of IoT organize. In this paper, various leveled arrange engineering is proposed to take care of the vitality entire issue and appropriate steering system is executed to deal with low power devices (battery worked). Normal issue influences the system lifetime is uneven vitality utilization, this issues are taken care in proposed work. Our recreation result appears, the proposed engineering gives adjusted vitality utilization, better system lifetime. Henceforth it is reasoned that, proposed organize engineering is more appropriate for WSN and IoT applications.

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