

A. Assignment: 1

Name: Aarya Deshmukh
PRN no: 2124UCEF1081

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WHAT IS PROBLEM ?

A problem is something where a human put their maximum efforts to get it done or solved.

- Define a problem statement and give a brief executive summary snapshot :-
 - A) Executive Summary
 - B) Project Description
 - C) Project Scope

PROBLEM STATEMENT

How can a busy working parent streamline their daily routine to reduce stress, save time, self-care, and ensure they can effectively manage both work responsibilities and family life?

EXECUTIVE SUMMARY

In today's fast-paced world, working parents struggle to balance their professional and personal lives. The problem is increasing by inefficient time management, lack of organisation, lack of self-care, and the pressure of meeting multiple demands. This project aims to identify and implement strategies that will help a working parent to manage their daily routine, reducing stress and freeing up time for both work and family. By focusing on time management, task prioritization, and efficient use of resources, the project seeks to create a sustainable balance.

PROJECT DESCRIPTION

Objective

The objective of this project is to help a working parent create a more efficient daily routine, allowing them to better manage work tasks, household responsibilities and personal time. The goal is to reduce daily stress and improve overall quality of life by introducing practical strategies for time management and organisation.

Background

Balancing work and family life is a challenge for many working parents. With the demands of a full-time job, managing household chores taking care of children and finding personal time, many parents feel overwhelmed. The lack of a structured routine leads to missed deadlines, forgotten tasks and increased stress. This project seeks to address these issues by developing a more organised and efficient daily routine that enables the parent to fulfill all responsibilities without feeling overwhelmed.

Aim

Time management

Task Prioritization

Resource Optimization

Self care

Efficient good daily routine

Managing household chore

PROJECT SCOPE

This project specific is to make website.

* Features *

- o Parenting hacks and tips
- o User-friendly content
- o Accessible design of website
- o Fast loading speed
- o Mobile-friendliness
- o Recommendations for improving time management.
- o A set of tips for maintaining efficient daily routine
- o Guidance on self-care and relaxation into daily routine
- o Tips for how to manage childcare, work and family task

* Website also have key areas to focus

1) Morning Routine

- Analyze the current morning routine to identify time-consuming tasks.
- Propose strategies for simplifying morning activities such as preparing the night before and using time-saving tools.

2) Work Schedule Management

- Review the current work schedule and identify areas where tasks can be more effectively managed.
- Introduce techniques for better task prioritization, such as using a daily planner or digital task management app.

3) Household Chores

- Assess the current distribution of household chores

and explore ways to streamline tasks.

- Consider the use of services like grocery delivery to reduce time spent on household management.

4) Childcare and Family Time

- Evaluate the current approach to managing childcare and family activities.

5) Evening Routine

- Review evening routine to identify opportunities for relaxation and preparation for next day.
- Propose a bedtime routine that helps unwind while ensuring that tasks for next day are planned.

- This scope defines the project boundaries, ensuring the focusing is on practical, actionable strategies that fit into parent current lifestyle and resources.