

```
import time
my_time = int(input("Enter the time in seconds: "))
if(my_time < 0):
    print("time cannot be less than 0, please enter valid time")

for x in range(my_time,0,-1):
    sec= x % 60
    min= int(x / 60) % 60
    hr= int (x / 3600)
    print(f"{hr:02}:{min:02}:{sec:02}")
    time.sleep(1)
    print("time is up !!!!!")
```

↵ Enter the time in seconds: -1
time cannot be less than 0, please enter valid time