

PROBLEMS	Ideal Solution	Solutions which require a Tech solution	Rating
sometimes I forget drinking water regularly and do not drink enough water required	I could keep a bottle of water where I spend most of my time and then make proper marks that in this hour this much water should be finished. By seeing it we will also get a constant reminder to drink water	Yes	6
I have a assignment due and I don't remember the due date so I forget doing it	I could add everything at my calendar and put constant reminders on the devices which I use the most	Yes	7
there is a lack of physical excersises because everything is online which do not include any physical movement	I could find many excuses to get up and do something, this could include small chores of the house.	Yes	5
I forget where I keep my things and then they get lost	I could make a record of which things to be kept where and then I should clean it once in a week	Yes	8
I don't remember the homework given by my teachers in every class	I could write them down in a notebook or a piece of paper	Yes	9
Sometimes we forget to turn off the A.C. when no one is there in the room	We could keep the remote in front of us or the place to which we will see	No	
Sometimes, the things that we order from the local store are delivered but we don't get a verification that this thing is kept outside the door or delivered due to this things may decay if it is related to food	They should have some confirmation calls or sms	Yes	10
During this period, there is very much shortage of the clinical or medical things required	People should not get everything in advance so it doesn't create shortage for people who require it in a emergency	Yes	3
When our task is very difficult and we don't find the motivation to do it, we end up getting the things not finished at time	We could put any motivational qoutes around our workspaces	Yes	7
We think that we will remember the tasks that we have and we don't remember it then we don't complete it	We should immediately write the things which we need to do. We have to build our habit to do it	Yes	4
We sometimes, feel tired at our desks and then go at the bed to work which can lead to some posture issues or we may sleep rather then working	We could have a comfortable workspace on which we don't feel tired	No	
In a hurry we keep our belongings where ever we find the space due to that it may broke or we will not find that	We should clean up our organizers, drawers etc. regularly so that we find a perfect place to keep the unwanted things	No	