**Project Title:** 

**BREAK APP** 

**Project Designer:** 

Harsha Priya G

End-User:

Students, Staff, and all Internet users

# Purpose (Problem or Background addressed by the project):

In the digital era, all the common people are dwindled into the work, studies, research in their personal laptops, professional laptops and mobile phones. As a result, people are not taking care of eye exercise and relief time.

The designed break app is best designed to take a break at regular intervals so as to soothe the work and thereby the productivity of work is achieved with relax time

Break app is an app it helps to deviate from monotonous work to chill out in between work pressure.

# Implementation:

It is implemented using python language.

### Ways to use this app:

The source code is made to open using python software available by google. Just run the source code in the python editor and it will be running at the background and the timer will be set for every constant time the break to be taken will be intimated to you.

#### Source code:

https://github.com/Harshapriya123/breakapp

# Security:

There is transparent and enhanced security is assured. There are no data-stealing or monitoring of data.