```
import pyttsx3
from plyer import notification
import time
# Speak method
def Speak(self, audio):
        # Calling the initial constructor
        # of pyttsx3
        Engine = pyttsx3.init('sapi5')
        # Calling the getter method
        Voices = engine.getProperty('voices')
        # Calling the setter method
        Engine.setProperty('voice', voices[1].id)
        Engine.say(audio)
        Engine.runAndWait()
def Take_break():
        Speak("Do you want to start sir?")
        Question = input()
        If "yes" in question:
```

```
Speak("Starting Sir")
If "no" in question:
        Speak("We will automatically start after 5 Mins Sir.")
        Time.sleep(5*60)
        Speak("Starting Sir")
# A notification we will held that
# Let's Start sir and with a message of
# will tell you to take a break after 45
# mins for 10 seconds
While(True):
        Notification.notify(title="Let's Start sir",
        Message="will tell you to take a break after 45 mins",
        Timeout=10)
        # For 45 min the will be no notification but
        # after 45 min a notification will pop up.
        time.sleep(0.5*60)
        Speak("Please Take a break Sir")
        Notification.notify(title="Break Notification",
         Message="Please do use your device after sometime as you have"
        "been continuously using it for 45 mins and it will affect your eyes",
        Timeout=10)
```