

notAddict

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1. What is notAddict?

- In simple words , notAddict is nothing but a digital well-being utility that can be used to regulate the excessive internet usage of an intended user.

2. Why notAddict?

- Smartphone users in India are consuming an average 1GB data per day -- from an average 4GB a month not long ago.
- Spending more than 90 minutes on online activities daily across the entry-level , mid and premium segments.
- While this can indeed have good effects , many a times the much needed time and effort of people are indeed wasted on social media and mainly online games. This ultimately causes talent drain to both the individual and country as a whole. !

How notAddict Works?

- notAddict lets user choose specific websites to control.
- Certain time interval can be applied by user to the websites he needs to control.
- After this certain time interval is over , the loading speed and responsiveness of website reduces drastically.
- This discourages the user from continuing wasting his time and resources and makes him concentrate his effort on other relevant affairs that need to be done.

Advantages of notAddict

- Reduced wastage of time and resources of an individual.
- More effectively spend time is equal to more success in life.
- notAddict can be used to create restrictions on certain users using the computer.
- notAddict can make the user realise the passage of time and not syncing away in the wrap of internet entertainment.

Future Enhancements

- A fully functional Android application.
- Support to multiple Operating Systems and a wide variety of users.
- Adding more functionalities and customizations like categorizing certain days for more internet usage restrictions like exam days.
- Addition of a browser extension for easy selection of websites for restriction usage.

Thank You!