

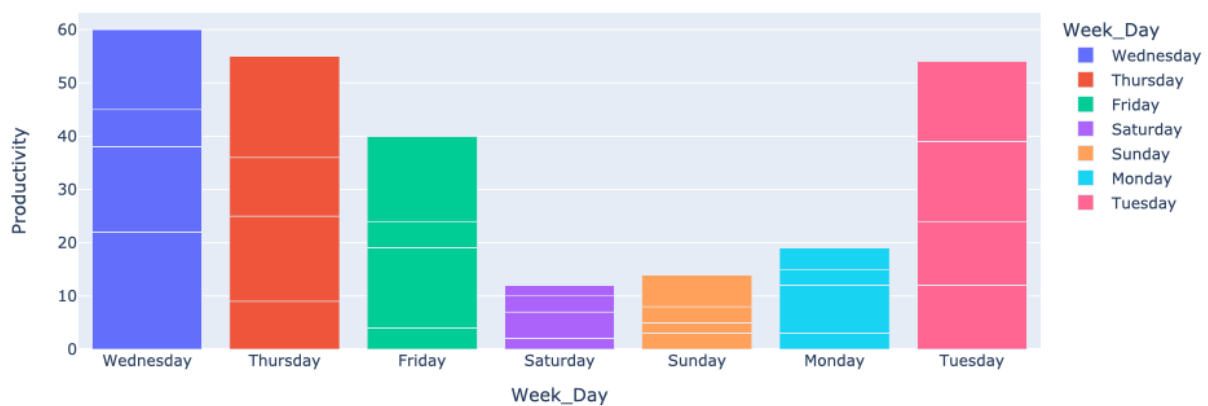
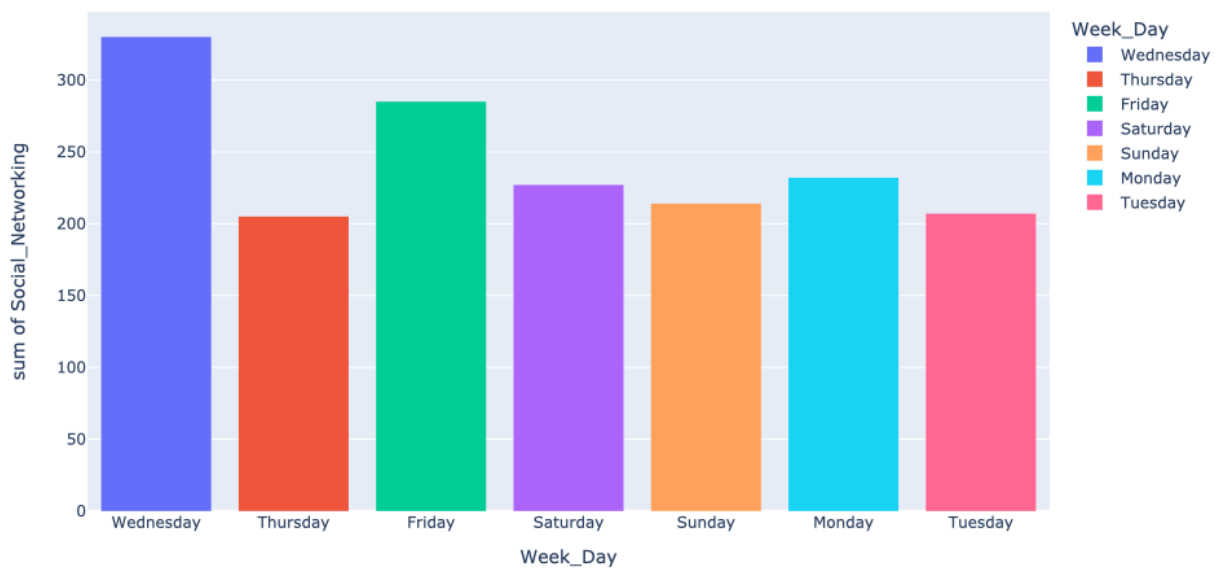
Craft a Story Project Report

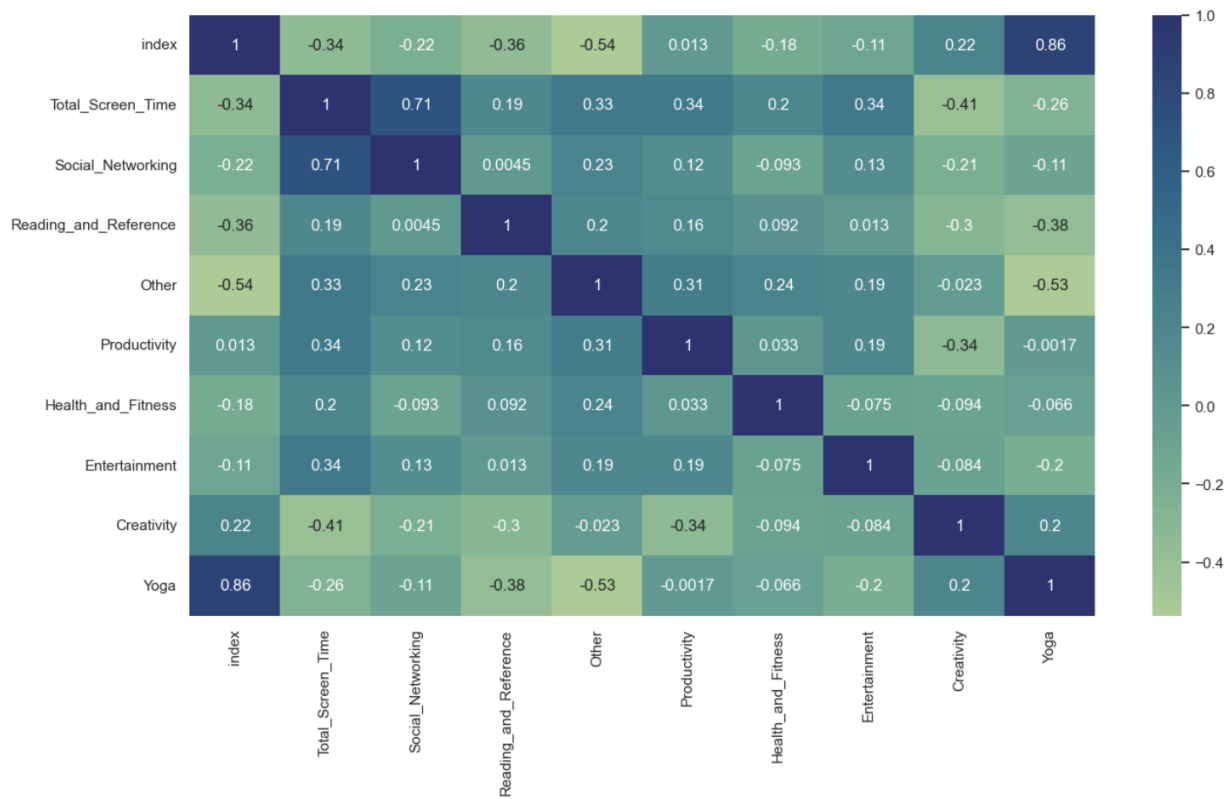
22nd November 2023

PURPOSE

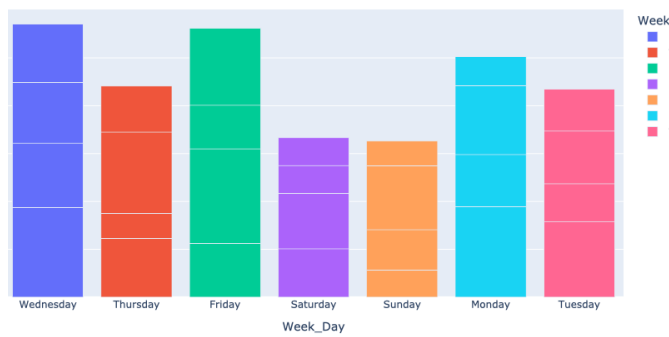
We are trying to find out if yoga has a direct impact on screen time and how exactly time is spent over a week period. This dataset shows total screen time, social networking, reading and reference, productivity, health and fitness, entertainment, creativity, and yoga.

While this study is not made of 'big data', I find the correlation of activities based on yoga practice valid.





screen time by week day



Conclusion

In conclusion, the combination of yoga and social activity directly impacts screen time. You can see how staying productive during the week seems linked to practicing yoga. As compared to increase in screen time and entertainment usage during the weekend days with a lack of yoga practice.

REFERENCES

All notebooks containing my process can be found [here](#).

Cleaned Data can be found [here](#).