**Key Findings on a project name**- “Screen Time Habits in the Digital Family”

* While working on this project I have observed that people mostly spend time using social media for entertainment.

Screenshot:

A screenshot of a computer

AI-generated content may be incorrect.

* During the survey I have observed that the usage of smartphone is at peak

Screenshot:

A close-up of a login

AI-generated content may be incorrect.

* People mostly spend 4hours in a day just on different screens which caused eye strain, lack of physical activity and change in sleeping pattern

Screenshot:

A screenshot of a computer

AI-generated content may be incorrect.

* Therefore, Rahamath, Rakesh and kairav spend more time on screen comparatively others and that has affected there sleeping pattern and has caused eye strain…

**Suggestions to improve screen habits**

* **Schedule Screen time**- Rather spending all day using smartphones limit usage while sleeping and at dinner table.
* Include some time for physical activity such as Yoga, exercise or a walk in a park